

Friends of Sacred Attention Therapy

...listening with the whole self to the soul of the other.

~ Richard Harvey

April 2016 Newsletter

Volume 1, Number 2

You have received this newsletter because you are a Friend of Sacred Attention Therapy (SAT). If you have any comments, feedback, or questions about anything in this newsletter, or would like to offer a contribution to the newsletter, please write to us at info@sacredattentiontherapy.com. Namaste.

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1. MESSAGE FROM OUR FOUNDER, Richard Harvey



CHOOSE JOY!

Why are so many of us so unhappy?

Recently some friends came to visit and their story was typical. Anxiety about life's woes and worries, stress and exhaustion from too little sleep and the inability to relax, too much task-orientation in their lives, little or no time for themselves, for pleasure contemplation or inner enrichment.

I said to my friend, "It's hard to choose joy, isn't it?" And he sighed and looked at me and said, "Yes Richard, it is."

Now we in the helping, healing professions spend a lot of time with misery. Possibly more time than is in the end proportionate to people in general. But nevertheless I have noticed that the legacy of unhappy parents, unhappy upbringing, and life principles, beliefs, and unconscious guiding statements that support misery and unhappiness lead to purposefully advocating unhappiness: *people want to be unhappy*.

There is an expectation of inverted virtue, isn't there? Through self-sacrifice, abstinence, forbearance, and martyrdom, not only is our place assured in heaven (!), but we identify ourselves as strong, robust, self-denying, and independent.

Joy, however, is very close. Closer to you than your next breath. Let me ask this: Would it be strong or weak, a challenge or a habit, a plus or a minus, if in your life – today for instance – you chose joy? Not merely an acceptable level of happiness or a little naughty treat for yourself, but joy?

In joy you can lose yourself. A little happiness, a brief pleasure or indulgence can always be controlled. You can manoeuvre the ego-self through that kind of positive experience so that your ego-contracted self stays very much intact. But with joy... with joy you are in serious danger. You may lose yourself in the embrace or forget yourself in the intensity. Your unhappiness and all its causes may be forsaken, discarded, forgotten forever.

So why choose joy?

~ Richard Harvey, Founder of Sacred Attention Therapy ~

2. Drowning in Love: A Meditation on Spiritual Love, by Richard Harvey

The Path to real Absolute Love is curious – how can there be a path to you, to yourself, to now. And yet viewed from our individual identifiable ego-stance there must always be a distance to traverse. Spiritual, real love is yourself, your natural state and your given condition. Yet here the journey to it is described in seven parts:

PART 1: The Struggle of "You" with the Divine

PART 2: The Ordeal of Mind

PART 3: Waiting for Love Divine

PART 4: Loving Space Holds You

PART 5: Grieving for What is Passed

PART 6: Grace Enters

PART 7: There is Space...

You may be in this place and you may not (ready or not, as the children say). Either way I suggest that you read the following, then consider reciting it internally or externally as a meditation for your day, moving through one part after the other over seven days of sacred-spiritual practice. As you practice this meditation let the meaning and experience of the words deepen inside you and observe after three repetitions of the seven meditations over seven days (twenty-one days in all) what changes have occurred.

... marks a pause. ... a longer pause, and so on. Speak or recite the words very quietly and from your heart. Allow the words and their meaning to pierce your heart and resonate in your soul. The key is innocence of soul... Enjoy!



PART 1: The Struggle of "You" with the Divine

Spiritual love – real love – provokes all holdings, all contractions, to drop away. You know the reality of this love when you encounter it by the difficulties that arise. Your fears, your insecurities, your need to know, your wanting to be fixed and not change, not enter into freedom. You want the transition to be on your own terms. You want to fly but you want an 'off switch', a break, a holiday, a little of this and a little of that.

No-thing, no pretense or imitation of real absolute Love will make it through in the realization and remembrance of my true Loving Self. "You" want... and all of these wants and needs, expectations, ideas "you" have about divine Love... will have to be seen, felt and let go of... the Heart knows that the real satisfying eternal Love it yearns for... cannot be remembered through the past... it cannot be known or captured.

PART 2: The Ordeal of Mind

You cannot embrace the totality of the love that is offered. Your ego comes between you and this love and attempts to assert itself. The fight rages inside you and unsettles you. You try to remember how much you have always wanted this and how different it is now that you have it within your reach. Your unsettled feelings turn into frustration, anger, fear and insecurity, uncertainty, lack of control, sadness at what you are leaving behind, and anxiety about what is to come.

You are trapped between anticipation and memory, while knowing that this love cannot be fathomed, understood, or reduced to any kind of description.

And for a time, that seems endless, pointless and dark... I notice an internal battle going on by seeing what life is left behind... the feelings of hopelessness and despair that come up, the super-ego, the "spiritual-concept-and-ideas-knowing mind" that judges what is being released and experienced as egocentric and immature. There is a maturity that emerges and allows you to see that there is no hope or way out to be found... in any desperate attempt to understand anything that mind proposes... there is no hope to be found indulging in a state or feeling.

PART 3: Waiting for Love Divine

Unable to move forward or back, you are frustrated, restless, and turbulent. It is here that you must learn to wait. You must wait and release your longing, liberate yourself from your need to know anything, and as you wait you deepen – deepen into present experience, into the truth of what-is. You deepen through layers of thought, feeling, and experience into the being state. At your very center you begin to feel – faintly at first and then more strongly – peace, tranquillity, and the certainty that you are in the hands of the Divine presence.

Softly a profound calm starts to dawn in me... and I feel a concordance: agreement with all that is arising... an acceptance of everything as it is... a natural knowing that you cannot change, control, or hurry these changes taking place... For a time the pain of the futility of the battle gets so confusing and intense... that placing attention here in this simple instant... is the only place where you find peace and rest. The Heart knows and senses this is a blessing... as everything is... ... Love divine is purifying and embracing in its light all that is false or imaginary.

PART 4: Loving Space Holds You

You are relieved, nothing can take away the fundamental truth that you are loved and cared for, that whatever may happen to you, you remain cherished and held. This allows you to follow the process of acceptance and release.

Yes, loving space holds me... ... allows without hiding anymore the uncertainty of not knowing who I am... while knowing I am loved beyond worldly concerns... and beyond words or expression... with no opposite or condition. All is allowed to be seen... there is space for everything that is dropping away and for what has never moved. It is like there is a pause, a stopping of confidence in the person... its habitual survival, memories, strategies... and something that is bigger than you... takes over... and is supporting all of this unfold.

PART 5: Grieving for What is Passed

Now you must grieve. You must grieve the old life, for what has passed and is passing, for what you have had and for what you have lost. You must grieve even as you hold on in the leaving, in the new arriving, and in the uncertainty of being in either place or anywhere at all. The Divine is uncompromising, as fierce and unforgiving as Nature. It destroys and resurrects you as it will. You are tussled in the turbulence, just as you are held tenderly in the caress of the Divine whenever it suits God to embrace or to destroy. You are willing, you are surrendered, you are bowed to the hand of grace, to the birth of Love in Truth.

Surrender feels like it is letting go of the attention given to the struggling... ... and you start to relate... ... become aligned with existence... ... in a gentle and natural way.

PART 6: Grace Enters

Throughout your waiting you deepen in surrender into a profound state of letting go when – perhaps when you least expect it – grace enters. Grace is the flowering of your surrender, the inner realization that you are not the doer in your life, that you are not living your life, but life lives you... ... and in that moment, that eternal moment, all becomes clear, the waters still and the sky draws a protective cover over your face... as grace kisses your soul.

It feels final and at the same time – in the same moment – coexisting... with a sense of immediacy... intimacy... whole... part of something unknown, greater. Innocence and purity are reborn and understood anew... as the living reality... experienced always for the first time... without possession or ownership... or capturing them in anyway. And you realize that it is always here – this way of Being... of relating to Life... of Being Life... fresh...innocent... pure Life.

PART 7: There is Space...

Real unconditional Love touches a dimension in Being that has fierce courage to hear your Heart's call and not compromise it for anything, an immense capacity to see the Truth and share it... ... real faith... ... unwavering Trust in God's will....

My heart feels gratitude for seeing me from and where I really am... where we meet and are forever One Love... I release anything that feels unlike Love... there is space – space for anything... and everything I want to do and Be.

... and...

I see that when overwhelming Heart feeling comes there is an impulse to show, give, share almost immediately... and that interrupts the wave of Love... I will stay with it and see how it feels to allow Love to drown me, without needing to redirect it quickly... It is as if... when I explored the way and allowed myself to savor anything good.... this Love... this Love that I have searched for in so many things... so many ways... ... and so many faces... is now here and I want it All... I want to allow and open and surrender to It... to let It have me... I feel so happy... and so willing.

(With heart-thanks to Carla González)

~ Richard Harvey, Founder of Sacred Attention Therapy ~

3. Character Strategies: A Diagnostic Tool for Sacred Attention Therapy – Part 1, by Robert Meagher

This is the first in an ongoing series of articles about the Sacred Attention Therapy (SAT) core element, Character Strategies.

I once attended a social gathering that was to honor the passing of a dear friend's husband. Unaware to me there were many other psychiatrists and psychotherapists in attendance at this gathering. As I met, greeted, and took up chatting with various guests, a group of people gathered around me as they overheard a conversation I had struck up with another guest who happened to be a psychiatrist.

I was being asked about Sacred Attention Therapy (SAT). In sharing my understanding of Richard Harvey's groundbreaking approach to depth psychotherapy and his 3-stage model of human awakening, the psychiatrist began to explain their general purpose and approach—read paradigm—to psychotherapy. I was informed that they would first endeavor to, as quickly as possible, diagnose pathology so they could then prescribe a treatment. The primary source and means they used to diagnose pathology was the Diagnostic and Statistical Manual of Mental Disorders and their treatment was, with very few exceptions, led with pharmaceutical drugs.

After I returned home from the gathering I continued to ponder the exchange with the psychiatrist about their psychotherapeutic approach of diagnosing pathology and prescribing treatment. I asked myself, "Were there any similar diagnostic tools in the Sacred Attention Therapy approach? And if so, what were they?" I recounted the seven core elements of SAT and realized that the SAT core element of 'character strategies' was particularly useful in helping the therapist to profile their client and even provides helpful guidelines on treatment.

This series will explore character strategies—the age range these strategies develop within, their life themes, the questions the client may be grappling with in their life, their personality type, life statements, and proposed therapeutic approach to working with a client who exhibits a particular character strategy. Having explored all the character strategies offered through the SAT psycho-spiritual psychotherapeutic approach, future articles will share how character strategies may be used in a therapeutic encounter and a cautionary note/tale on use of character strategies in the therapeutic setting.

What are Character Strategies?

SAT defines character strategies as how we resist meeting the world through defenses and how we protect our persona as if it were ourselves. These character strategies are developed through stages of human development up to the age of five and later refined and unconsciously reinforced. The six character strategies offered through the SAT psycho-spiritual psychotherapeutic approach include:

- Schizoid
- Oral / compensated oral
- Psychopathic
- Masochistic
- Phallic
- Hysteric

The next article in this series will explore the 'schizoid' character strategy.



Robert Meagher: is Co-Founder, Vice-Principal, Senior Tutor, and Registrar of the Sacred Attention Therapy (SAT) Online Training initiative; Coordinating Editor for the SAT Project; and Registrar for Friends of SAT. Robert is a Certified SAT Therapist (Level 1). He has been an understudy of Richard Harvey since 2012.

4. Profound Truth: Acknowledging an Awakening, by Clair Heslop

My journey to Andalucía

My name is Claire, 41 years old, a mother, and the owner of a small Pilates studio in England. I decided to see Richard Harvey in Andalucía for a Personal Retreat in February 2016 as I had been struggling to make sense of my initiation with the truth seven months earlier following a deep meditation.

Not ever having gone through therapy before I had no idea what to expect, how it worked, and what the outcomes were. Richard emailed before I left the UK asking me to write down what I felt I needed to talk about which he would respond to with an outline of headings and topics. I remember one of them being, 'Tell me what true consciousness is?'

My first session

I wasn't nervous, thank goodness. There was such a calmness about Richard that allowed me to let down my guard. I felt very safe. So when Richard started by asking me to tell him about consciousness and my initiation, I thought, phew what a relief he asked that first! However, my speech must have been fast, because Richard stopped me and asked me to take a few minutes, breathe and centre myself, and tell it from my heart. I then realised how much of my dialogue comes from mind, so I closed my eyes and instantly felt my heartbeat and the energy radiating from it. That's when I dropped mind... as every breath, cell, nerve, and heartbeat took over me. From this moment on I was no longer in mind.

I took a deep breath, opened my eyes, and looked straight at Richard and spoke: 'After six years of wondering, despair, and disconnection to almost everything in my life, I felt as though I was at the bottom of a pit, the darkest corners of my mind, and there was nowhere else left to go. In the outer world I had everything, a nice little house, savings, a business, and a very loving and supportive partner who encouraged me to do whatever made me happy. The trouble was nothing externally made me happy anymore. Having been someone who climbed mountains, travelled, and always did as I pleased with my work, I just could not understand how I was so unhappy. I had everything, but, at the same time, I had nothing. I felt heaviness in my whole body with a sense of overwhelming numbness. I felt as though I was dead and just going through the motions day by day .

"Everything is bullshit!"

'One day I began to meditate and then before I knew it I was meditating every day. Months went by which led me to a very powerful meditation one Sunday morning. Then something happened that would change my life forever. After my meditation I found that I could not stand up. I wasn't in my body. I felt sickness and dizziness as I staggered onto my feet. I climbed up the stairs on my knees and told my partner, "Everything is bullshit! The whole world is bullshit!" I could not stop saying it.

That night in bed I was awoken by electric spasms running through my spine to my crown. From this day on I did not sleep properly for six weeks. I survived on fresh air, never ate much, and could not tolerate listening to TV, radio, and most people. I removed myself from the outer world and sat in nature for hours, which seemed like minutes. One day during those six weeks I took my dog out on our usual walk. As I entered the tree line I stopped as everything around me was glowing with energy. The grass, leaves, trees, and sky were all communicating to me. Everything was alive. I felt an unbelievable magnetic pull from my heart centre that expanded outwards to everything in front, below, and above me. I received a powerful message saying we are all the same, we are all connected. Tears of joy and realisation streamed down my face.

During these six weeks all fears and desires dropped away. I can't even recall being with mind. I cried everyday as I could feel layers and layers of me peeling away. I had no will or desire to stop any of it.

After these six weeks I slowly returned. Two months later I find I have no energy to even get out of bed. I feel like the race against myself has finally ended. I surrender into this feeling of emptiness on many levels. This is very new to me – surrendering , accepting, remaining empty, becoming nobody.'

"You have a duty..."

Richard sits back in his chair and looks straight into my eyes and says, "Claire, I have a very important message for you. You have been shown the truth, you now have a duty to see this through." Every word that he spoke penetrated through every breath, cell and nerve in my body. I was gone. Gone from my body. I did not feel attached to it. Every fear and desire I had ever carried just evaporated. I was in a space of no time. Tears wept as I was so relieved to finally tell my experience and for someone to fully understand it the way I deeply wanted someone to understand it. I only had one thought which came from my heart (I know it came from my heart as it was such a powerful message) that was... WOW... I can't believe somebody is telling me that I'm capable of so much love when I believed all my life I was incapable of this.

It wasn't just what Richard said, it was the conviction in his words. His whole body spoke these few words back to me. I felt such profound truth and faith running through every cell, nerve, and breath. I felt alive with so many feelings. The message was so powerful that I could have packed my bags and gone home immediately.

We continued to talk, however I felt as though I did not have anything else to think of or ask. It was as if I had dropped mind and was in such a peaceful place that reassured me that it's OK to not ask. I realised that everything I wanted to ask came from desires and fears, but somehow Richard empowered me with such truth and faith, I just simply sat and sat in this inner peace and knowing. Then Richard said, "The Divine will take care of you Claire." Wow! That alone dissolved all my questions.

Opening up more and more

Richard left the yurt and I stayed on. There was a log fire and views to die for. I wasn't going anywhere. I seemed to just sit, stand up, walk in a circle, and before I knew it six hours had passed. I seemed to be losing track of time. And then Richard was back at the yurt for our second session and I just seemed to be in a bubble that drifted around without mind. The remaining days were the same. I was opening up more and more. I was connecting to the sky, butterflies, birds, everything just as I had done previously during my six weeks of awakening. My heart felt like it was a magnet that was being pulled by whatever I looked at. Tears of inner peace relentlessly streamed down my cheeks when this connection opened up. I could feel such forgiveness for everyone in my life. It was like all my senses were heightened and no mind interfered with the abundance of openness that I felt.

I could not make sense of this while I was out in Andalucía with Richard, but in all honesty I did not want to analyse it or make sense of it. I just loved going with it. On reflection now, Richard was one of the only people I have met to press the right buttons and say the right things at the exact right time. I learnt so much about feeling and thinking. I will return. Thank you Richard.

Love, Claire



Clair Heslop: is a Pilates studio owner and teacher, and a BASI comprehensive certified teacher.

5. Meeting the Irrational, by Katalin Czondor

I learned very early in the school, that the difference between 0 and 1 is the same as the difference between 1 and 2, i.e. it is 1. Very clear, very logical, very simple. This is what I knew as a fact ever since.

Thinking rationally was definitely something I was valued for as a child. The word irrational was used in my environment mostly in a negative sense, for describing a thought or behaviour as irresponsible, maybe naïve and childish, and anyway, no good points could be earned for that. I participated recently in an art class where I was asked to contemplate on what affect different shapes have on me, and I found that the square was such a perfect symbol for the rational way of thinking. The boundaries are given, they are perfectly clear, regular and predictable, and all that gave me immediately a feeling of safety. In the Sacred Attention Therapy (SAT) training course, the module of Life Statements revealed the background for me: as children we need to make sense of the world, so we seek to define, we seek for boundaries to hold us, as a key to find comfort and security. We need to look for and create our squares – or boxes, as it is more commonly referred to – to survive.



Looking back now, thinking rationally did clearly dominate my life even when getting older. I used it extensively in my “chosen” profession as a scientist, where I studied the mechanisms of neuronal functions—just to make sure I stay with both the tools and the subject above the neck, where all what matters resides... I learned to measure quantities, to ask Yes or No questions, to be persistent until I find the logical explanation for what I see. But, I also remember clearly being deeply affected by a question raised by my teacher at the university: isn’t it naïve to think that we can ever understand how the human brain is working using our human brain?

However, on that particular art class, when I looked at the square, I didn’t only feel security, I also felt very annoyed by that structure. It felt like being squeezed into something unreal, being limited and having a suspicion that I am missing out on something. Since it was an art class – it felt like I would use only the six colour pencil set for drawing my life (blue, green, yellow, red, violet, black) without knowing that actually there exists an infinite number of hues, that the colours can be mixed and moreover, the sun doesn’t have to be always yellow, or the trees green, do they?

For a long time the irrational was very scary for me – if I can’t calculate, if I don’t know what the outcome will be before I start, if it is not logical, it can’t be safe. Which, as a child makes sense, but as a women in her thirties might sound (and feel) rather restrictive and plain. Thanks to the inner work I’ve done in the last years, and my involvement in SAT (both in individual sessions, as well as in the SAT online training course), I am rather starting to get curious about the irrational. If I allow myself to enter there without fear, I can make some surprising discoveries. Even when it lasts only for a short moment – but my world seems to expand enormously, and feels much more real.

That is how I woke up one day with the realisation that actually in certain cases the difference between 0 and 1 can be much, much bigger, than between 1 and 2. The difference between having no-one in my life who understands what I am

talking about, who really listens to me and having one person who does, is much bigger, then the difference between having one or two people close by, who can listen to me genuinely. And I mean real listening, and real understanding. I hardly met anyone before in my life, who could hear me or see me without adding automatically his/her own baggage, even in a therapeutic environment. It is important to mention that I don't mean to blame anyone for this – as I see, this is inherent of human nature, and I clearly do the same. But finding one person who is able to release his/her own agenda in order to meet me as whole – that means a change in quality, not only in quantity.

SAT claims that each therapist must therefore pass first through their own personal process, to become completely free from their conditioning and limitation. Only in this natural stage of authenticity, compassion and heart-felt awareness can emerge a receptive emptiness, where real listening and real understanding can take place. Honestly, I still have a hard time to take in the idea that the therapy's effectiveness lays firmly in the relationship between the therapist and the client, and that this healing relationship is what therapy is about. What we are actually doing in a session seems in some sense not to matter? Sounds rather precarious to me. Right now I would feel much more confident with learning about what to DO with the client, and in which order, but instead I had to face the unbelievable right at the beginning of the SAT training course: there is no formula in SAT practice... I mean imagine, there is NO FORMULA! –a big challenge for me, as someone who was so far 'slightly' focused on the square part of the world. I do feel the importance and the Truth in the sentences above, but embracing them and transforming them into a deep and steady certitude—that seems to be a long way ahead of me. But the realisation about the difference between having no-one or one person who really listens might be my first step towards that certainty.



Katalin Czöndör, PhD: was a researcher in Neuroscience. Katalin is currently a student of the Sacred Attention Therapy Online Training, Level 1 and is enjoying a transition period with her career.

6. The Heart of Devotion, by Carla González

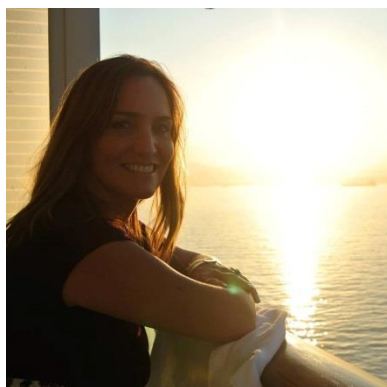
The Heart of Devotion finds beauty in all creation. It permeates everything that is seen with an amber glow that is perceived as and with Love. It's Presence is always here and at times it comes to the foreground and its intensity, the feeling of pure devotion for oneself or anything or anyone that it sees or connects intimately with feels overwhelming, like a huge tsunami, an immense wave of liquid, loving nectar that you just can't contain within. So the Heart expands and extends to include the whole world. It claims you, drowns you, it takes over in such an indescribably beautiful way!

The Heart of Devotion is pure, innocent, all including, enamored with the world, totally surrendered to the divine essence that calls from within. It's voice is clear and loud and you just feel compelled to obey its demands. It needs your whole attention and will pull and call sweetly or fiercely till you die and keep dying and make your final resting place in its core.

The Heart of Devotion communicates and relates to Life in a simple, clear, pure, and natural way. It feels and expresses deep compassion with the humanness it has incarnated in this lifetime and extends it with authentic tenderness to others. When witnessing human or any other life form suffering, it connects and becomes that pain and will caress and tend to that form till healing is seen and felt. It really cares for all of God's expressions and is enthusiastic about giving its life and energy in the service of Love, aiding in relieving pain and feels exalted with joy when it testifies to Love, seeing the human family experiencing wonder and awe at God's creation and being grateful for realizing – finally realizing – the Presence of heaven here!

The Heart of Devotion is a source of constant creative expressions, all reflecting the joy of aliveness, the magnificence and variety of colors, the amazement of this ever-unfolding mystery! It loves to share, to give and receive happiness and love. It knows all is One so it delights in giving to itself in seemingly other forms. It is fun and is always birthing dance, songs, play, laughter that honor and celebrate existence.

It allows, accepts, rejoices, bows to Life, does not question, it trusts, loves. It allows events to unfold naturally. It accepts qualities and expressions of other Beings. It rejoices when divine human qualities are nurtured. It does not question God's will. It trusts it is One with Love. It loves hearing birds sing, watching seagulls fly by the ocean, resonating with sacred art, seeing the colors of the rainbow or in a Christmas tree, tasting nature's sweet fruits, hearing beautiful music, smelling the mysterious mystic scent of incense. It delights when witnessing tenderness, humans collaborating, and people enjoying life! The Heart of Devotion bows to Life realizing all is Love!



Carla González: is the Founder and Creative Director of Colegio Mission, Los Cabos, Mexico. She is also a student of the Sacred Attention Therapy Online Training, Level 1.

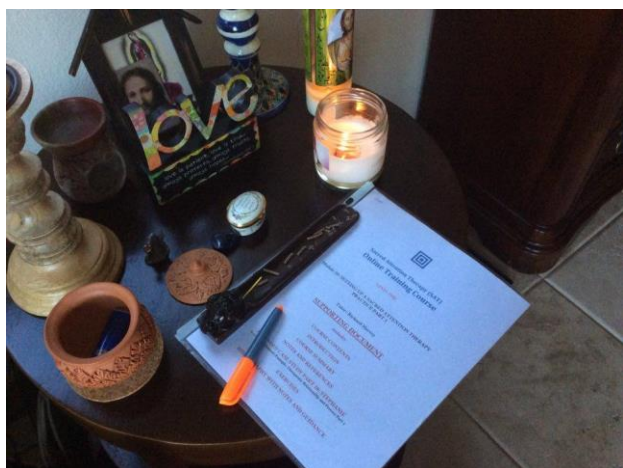
7. SAT Online Training: One Student's Journey, by Robert Meagher

As the Registrar for the SAT Online Training it is always a joy and pleasure to hear from students about their experiences leading up to, and through, SAT Online Training. One such student recently shared part of their experience in pictures.

This student's journey was portrayed in a beautiful drawing that reflected the major literary works that led them to SAT and the SAT Online Training (see picture to the right). The illustrated journey began with teachings by Osho. Osho was a mystic, guru, and spiritual teacher born in India. He was a professor of philosophy and travelled throughout India in the 1960s as a public speaker. Osho's work led this student to study A Course in Miracles (ACIM). Channeled by Helen Schucman in the mid 60s, ACIM is a modern-day spiritual masterpiece is often described as a self-study course in personal and spiritual transformation.



Eckhart Tolle's *The Power of Now* was the next major literary influence on this student's journey. *The Power of Now* is intended to be a self-help guide for day-to-day living and stresses the importance of living in the present moment. Gangaji was another major influence on this student's journey with her book *the Diamond in Your Pocket*. Gangaji's offering is a series of contemplations and insights that examines one's never-ending search to find fulfillment, and reveals how to stop the endless activities of one's mind and experience the brilliance and radiance of who one really is in the present moment. The Mexican spiritual teacher, Dharmesh Anand, wrote a book entitled *El Amor Habla* that was the next stop on this student's journey. All of these literary works led this student to Richard Harvey's major teaching, *Your Essential Self*, the primary text for SAT Online Training, Level 1.



SAT Online Training invites the student to explore in a plethora of exercises as part of their journey through the training. Some of these exercises are focused on inner work, while other exercises provide the student the opportunity to reflect on their experiences working with clients.

The image to the left shows the cover page to the SAT Online Training, Level 1, supporting document for Module 10: Setting Up A SAT Practice, Part 1. The cover page has been incorporated in this student's sacred space / altar. What a beautiful image and way to honor the sacred teachings inherent in the SAT Online Training.

If you are enrolled in the SAT Online Training and would like to share your experiences with the training in this newsletter, please write to the Registrar at info@sacredattentiontherapy.com.



Robert Meagher: is Co-Founder, Vice-Principal, Senior Tutor, and Registrar of the Sacred Attention Therapy (SAT) Online Training initiative; Coordinating Editor for the SAT Project; and Registrar for Friends of SAT. Robert is a Certified SAT Therapist (Level 1). He has been an understudy of Richard Harvey since 2012.

8. What's Upcoming for SAT?

Here is what we are up to...

The last in a trilogy of *collaborative satsangs* with Richard Harvey and Berdhanya Swami Tierra will take place on April 14. For more information about these collaborative satsangs, and to register, visit <http://www.sacredattentiontherapy.com/satsang.html>.

Your Sacred Calling, Richard Harvey's follow up to 'Your Essential Self,' will be published by Austin Macauley Publishers Ltd. (London) later in 2016. This will be Richard's eighth book and a compelling adjunct to support aspirants through the second stage of human awakening, as part of Richard's 3-stage model of human awakening. *Your Sacred Calling* is an innovative and original book on preserving the sacred truths, rituals, and practices that connect us to our divine selves and empower us to grow through our personality to spiritual realization. The central theme of the book is that the sacred is fast disappearing from our world, not only due to the materialistic, non-spiritual culture, but through the influence of the spokespeople and teachers who purport to be speaking out for it. We have become immersed in spiritual half-truths, superficiality, and self-serving compassion. However, the book points the way through this mire of confusion and shows how to turn the adverse circumstances in which humanity presently finds itself into a precious opportunity for awakening. Enquiries about the date of release and pre-orders for *Your Sacred Calling* may be sent to <http://www.austinmacauley.com/contact-us>.

We have begun to turn our attention to development of *SAT Online Training, Level 2*, with the intention of launching Level 2 by the end of 2016, or early 2017.

We are considering creating *packages of resources* to deepen your exploration of SAT. These 'packages' will consist of bundles of resources (e.g., articles, videos, BLOGs, VLOGs, etc.) that focus on themes such as love, forgiveness, and relationships.

9. Other SAT News

Richard Harvey's newest article is entitled "You Are Engaged in A Timeless Ceremony of Awakening" and can be viewed by following this link... <http://www.therapyandspirituality.com/articles/timeless-ceremony-awakening.html>

Human Awakening is now available through the books page of the SAT website (<http://www.sacredattentiontherapy.com/Books.html>). *Human Awakening* is the source book for Richard Harvey's radical new approach to inner work for the 21st century that proposes his 3-stage model of human awakening. Human Awakening is also the extended, previously-unpublished version of *Your Essential Self*.

The **Yurt at Richard Harvey's spiritual and personal development retreat center** has been rebuilt (see photos below). It now has an insulated, wood roof and will provide a year-round sacred space for retreatants and other seekers.



Volunteer opportunities abound with Sacred Attention Therapy. If you would like to volunteer for one of the opportunities below, or if you think of other ways you would like to share your gifts and talents with Sacred Attention Therapy, please email us at info@sacredattentiontherapy.com.

- Hosts for European tour
- Social media promoters
- Transcribers
- Writers
- Editors
- Mock therapy clients

For more information about the above volunteer opportunities, please visit <http://www.sacredattentiontherapy.com/Volunteer.html>.

SAT Practitioners can work with you through the three stages of human awakening. See the list of SAT Therapists that are available to work with you on your journey of self-discovery, transformation into authenticity, and union with the source of consciousness. Visit <http://www.sacredattentiontherapy.com/SAT-Therapists.html> for all the details.

Richard Harvey's **BLOGs and VLOGs** are posted weekly. Both the BLOG and VIDEO BLOG are spontaneous, short pieces. The material is written or recorded in response to questions, remarks, and responses on spiritual matters that Richard has received or read during the week, interactions in the Sacred Attention Therapy Study Group, or simple inspiration with a feeling for the moment's revelation.

Read the BLOG at <http://www.sacredattentiontherapy.com/BLOG.html>.

View the VLOG at <http://www.sacredattentiontherapy.com/Video-BLOG.html>.

The **Sacred Attention Therapy (SAT) Study Group** brings together psychotherapists, psychiatrists, psychologists, complementary and alternative medical practitioners and therapists, counselors, coaches, healers, spiritual guides, spiritual teachers, students of spiritual and psychological growth and development, and more. We gather on our Facebook Group to build a community of SAT students and practitioners; provide a forum for raising awareness of SAT and for studying and practicing SAT; and facilitate the journey of self-discovery, transformation into authenticity, and union with the source of consciousness. The Study Group moderator posts questions and readings (as 'pinned' posts on our Facebook Group page) on Monday, Wednesday and Friday each week. For more information about the SAT Study Group, and to sign up, visit <http://www.sacredattentiontherapy.com/Study-Group.html>.

There are a plethora of **resources** available on the SAT website for your benefit...many are free. Books, articles, lectures, videos, a BLOG and VIDEO BLOG—a cornucopia of materials for your discovery, exploration, study, and enjoyment. And our study group and SAT-sangs provide interactive methods to deepen your study of SAT. Begin to explore these resources here... <http://www.sacredattentiontherapy.com/Books.html>.

10. Links

WEBSITES

<http://www.sacredattentiontherapy.com/>
<http://www.therapyandspirituality.com/>

SOCIAL MEDIA

FACEBOOK

<https://www.facebook.com/SacredAttentionTherapy>

LINKEDIN

<https://es.linkedin.com/in/sacred-attention-therapy-37694877>

TWITTER

<https://mobile.twitter.com/RHphilozovo>

YOUTUBE CHANNEL

http://www.youtube.com/channel/UCD_pJVba_LktmEzfuc51kfQ

BOOKS

<http://www.sacredattentiontherapy.com/Books.html>
<http://www.therapyandspirituality.com/books/>
<http://www.amazon.com/-/e/B004WC4YQI>
<http://www.barnesandnoble.com/w/the-flight-of-consciousness-richard-harvey/1004783095?ean=9781853981418>

ARTICLES

<http://www.sacredattentiontherapy.com/Articles.html>
<http://www.therapyandspirituality.com/articles/>
http://ezinearticles.com/?expert=Richard_G_Harvey
<http://www.buzzle.com/authors.asp?author=51337>
<http://www.articlesbase.com/authors/richard-harvey/835688>

LECTURES

<http://www.sacredattentiontherapy.com/Lectures.html>

VIDEO TALKS

<http://www.sacredattentiontherapy.com/Videos.html>
<http://www.therapyandspirituality.com/video-talks.html>

STUDY GROUP

<http://www.sacredattentiontherapy.com/Study-Group.html>

BLOG

<http://www.sacredattentiontherapy.com/BLOG.html>

VIDEO BLOG (VLOG)

<http://www.sacredattentiontherapy.com/Video-BLOG.html>

RETREATS

<http://www.therapyandspirituality.com/retreats.php>

INDIVIDUAL AND COUPLES THERAPY

<http://www.sacredattentiontherapy.com/About-Us.html>
<http://www.sacredattentiontherapy.com/SAT-Therapists.html>
<http://www.therapyandspirituality.com/individual-therapy.html>
<http://www.therapyandspirituality.com/couples-counseling.html>

PRACTITIONERS' SUPERVISION

<http://www.therapyandspirituality.com/practitioner-supervision.html>

MUSIC

<http://www.therapyandspirituality.com/richard-harvey-music.html>

DONATIONS

<http://www.therapyandspirituality.com/offer-support.html>

Robert Meagher
Registrar

Friends of Sacred Attention Therapy

...listening with the whole self to the soul of the other. (Richard Harvey)

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