

Friends of Sacred Attention Therapy

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

~ *Richard Harvey*

July 2016 Newsletter

Volume 1, Number 3

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1. MESSAGE FROM OUR FOUNDER:

You are Engaged in a Timeless Ceremony of Awakening

Perhaps you and many people like you are experiencing discomfort and life change. All is questioned and there is a frisson between your inner sense of knowing and the outer structures of appearance and arising "reality."

The world does not seem a very happy place. Superficiality, hypocrisy, lack of forgiveness and compassion are sometimes all we can see. It is as if we do not belong here and we chafe and kick against the structure of the established order, not knowing where the boundary for expressing our outrage and our dissatisfaction should truly be.

Aware of others around us who may feel similarly we endeavor to feel kinship. But even there we are thwarted. Our lack of belonging, our seemingly intrinsic "separateness" sets us apart even from those who appear as restless and dissatisfied as we are.

Old beliefs are crumbling, patterns of behavior and emotions begin to seem less real. Those things, people, and habits that used to mean so much to us become more distant, less important, and hardly worthy of our attention any more.

As you shift your center from the known to the unknown, from safe to secure, you may sometimes falter and wish you could go back. Don't go back! The fear will pass. The panic will dissipate. Watch your fears and your need to control. Become aware of that part of you that compromises, asks less of life and is stifled. You have lived for so long on so little. A victim to thought and fantasy you have stayed in a small room for the whole of your life. Now the bell is ringing, calling you to the Divine reunion, the sacred assembly, the spiritual ceremony of revival and new life.

You wonder if you will survive through the tests, the ordeal, and the struggles of spiritual transformation. You will. No demands are made on you that you cannot meet, no challenges that you cannot overcome, and no trials that you cannot endure. It doesn't always seem that way, but that is because the present tests and trials constitute the death of your old self – the death of your old self and the birth of Truth.

The tests, the ordeal, lasts as long as you hold on. Indeed, your very clinging is the agony itself. Release the clinging and feel what happens!

More than anything be compassionate toward yourself. You are experiencing a great travail. This is the greatest event of your life, for this event is your birth into Truth and the key is your individual identity.

There is a spiritual secret and like all well-concealed secrets it is hidden in plain sight. Today, a brief reading on social media, or a passage from a mind-body-spirit book or self-help article will reveal this – the greatest of all secrets... and it is this...

You are not what you think you are, not what you have been raised to be. You are not this identity which has you in thrall, which you are so incredibly attached to and believe in. This characterful personality of yours is merely an appendage, an act, a mask, a disguise. In Reality you are the Divine.

Everything you see is the Divine, not just some of it and not other parts of it. Everything is the Divine and that must of course include you. Your real identity is Truth. You are sacred-spiritual-Divine Reality... and nothing else. The body, the personality and character, and the sense of ego-identity which underpins this individual, separating and divisive center is merely fleeting, false, and fictional.

In order to maintain this fiction of the separate self we embroil ourselves in reactivity. We opine, express preferences, points of view and experience emotional responses all based on the small separate self-sense. This sense is rather like a cinema screen – completely blank, featureless, colorless, and drama-less. Until the moving pictures and sound are projected on the screen, nothing whatsoever is happening.

If you look back to locate the source of your self-sense where did it start? How was it created? Who are you in your defensive characterful self?

The answer is that your entire personality, character, and small self (or childhood ego) is a defensive reaction to your experience of the conditions of early life. In childhood – the most intensive powerful tsunami of worldly experience you ever have – the learning curve was so steep, the experiences came so thick and fast, the stimuli were so plentiful and varied you were forced to resist your meeting with the world... and the world meeting you. Your relationship to the outside and the inner experiences of reactivity they provoked in you were so strong, so powerful, so overwhelming and intense you cultivated character and personality as a buffer – a protective boundary between yourself and others, yourself and experience, yourself and wonder.

Growing up you fixed these patterns and assumptions toward life and in a unique mix of emotional and behavioral patterning, as you became you. Your loyalty now to the one who is you (though strictly speaking masquerading as you, for it is not your true self) is now being eroded from the inside. Liberation reflexes with threat as your very being feels like it is being attacked. But this is not your being that is feeling attacked – and this is what you should remember in the days and nights and succession of moments and travail when you treat yourself gently, compassionately, and with great sensitivity and infinite kindness.

Nothing is being attacked; there is nothing to defend... you are simply flowering, growing into yourself, at last, your true Self, the one you have always been. All help is given and all the help you need is present. Don't worry about how long it takes or how hard it feels or how deep your torment. You are engaged in a timeless ceremony of great significance – *the timeless ceremony of awakening*.

Never again will you awaken... for you will never go back to sleep again. After this wondrous event of realization, you will never be ignorant again, uncompassionate again, blind, unclear, unfeeling, or un-alive again.

Throughout all your experiences of discomfort and life change, remember these things... and be gentle with yourself.

[Your responses to this and all other "Message from Our Founder" articles are invited and welcomed for inclusion in our forthcoming *Friends of SAT* newsletters]



~ Richard Harvey, Founder of Sacred Attention Therapy ~

2. Dry Land, by Richard Harvey

DRY LAND

(An old lyric which I wrote 32 years ago has been surfacing in my consciousness recently. Here it is for your enjoyment! - Richard)

Sailing alongside a misty shore
When the wind gave out I used the oars
Lord knows I don't have to try

Moving law -- changing minds
Keeping hold of the timeless time
Between the hello and the goodbye

Patterns flashing on the water's edge
A man in a boat, a straw hat on his head
And this present knows no fear

Seven birds of the sea have flown
Into new horizons in search of home
And my purpose still is clear

Trailing fingers in the sand
I'm given all that's in my hands
Lord knows that that's the prize

Revolving scriptures -- pages torn
Oral tradition -- modern scorn
Won't a man believe his eyes?

Paddle ripples in the sea
I'm given what's in front of me
I need only open my hand!

Drifting down into a hidden bay
Needing nothing if I follow the Way
All my steps are on dry land

Dry land, dry land
All my steps are on dry land

Dry Land ©Richard Harvey 1984

(A live performance of Dry Land, captured on cassette tape in 1984, has been brought into the 21st century in digital form and uploaded to <https://soundcloud.com/richard-harvey-287129082/dry-land>.)



~ Richard Harvey, Founder of Sacred Attention Therapy ~

3. Character Strategies: A Diagnostic Tool for Sacred Attention Therapy – Part 2 – The Schizoid Character Strategy, by Robert Meagher

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

What character strategies are your clients exhibiting? What stage in their human development did these strategies form? What are the strategy's themes and questions? What is the personality type for a given character strategy? What life statements are associated with certain character strategy? What is the therapeutic approach for a given character strategy? The upcoming articles in this series will strive to answer these questions. We will begin our exploration of the different character strategies with the 'schizoid' character strategy.

Schizoid Character Strategy

The schizoid character strategy is rooted in the pre-birth period of life to the first six weeks of life. The schizoid defense is all about minimizing or stifling self-expression and emotional contact. Schizoid personalities bear the weight of themes revolving around: welcoming; belonging; fitting in; and inclusion. These themes emulate our basic needs about being born into the world and may manifest and play out in the schizoid through such introspective questions as:

- *Am I welcome?*
- *Do I belong here?*
- *Do I have a right to be here?*



The schizoid personality is sensitive, withdrawn, and analytical. He or she likes to think, theorize, and fantasize, and is often stiff, shy and awkward in social interactions. Their life statements may include:

- *I am in danger here*
- *I don't fit in here*
- *There's something wrong with me*

In working with the schizoid, healing is brought about by slowly meeting and accepting him or her. You cannot be too sensitive with the schizoid. Your sensitivity is needed in order to gain the schizoid's trust. The therapist's efforts should be focused on helping the schizoid feel alive, feel trust, and to feel life. The schizoid will hold in their feelings and responses until he or she is ready to let them out. At this point, the therapist needs to support this cathartic process, steadily and patiently. Finally, regressive and birth work, performed with great warmth and sensitivity, may be appropriate at the right time.

The next article in this series will explore the 'oral' 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. Spiritual Street: One Participant's Reflection on Satsang with Richard Harvey, by Cathy Knight

As a *civvie*¹ in spiritual terms, I had never even heard of the word Satsang. I googled the term and found that it's about being in the company of truth. I felt a little apprehensive and nervous about signing up for the first session; a little unworthy, like a kid peeking in at the grownups, but maybe that's just me.

Nevertheless, I did attend the meetings (six in all) via Skype, and using headphones. Robert Meagher organises and facilitates the calls; he encouraged us to sit quietly, breathe deeply, and settle ourselves. Robert opened the Satsangs by asking us in turn to briefly introduce ourselves to the group. That, by itself, felt a little like I was the imposter in a room of spiritual scholars, but in the event it was easy enough. Sure, I know who I am and which country I'm sitting in, don't I? Then the meat of the meeting began with Robert asking the first of our submitted questions.



With a few deep breaths, Richard taps into a fountain of knowledge and experience. We all listened intently to his words and wisdom unfolding in real time. Richard had no prior knowledge of our questions, but a natural ability to get to the nub of the question and share his vast knowledge. Oftentimes our questions were, strictly speaking, more psychological than spiritual in nature, but this accentuates the effectiveness of the SAT model, combining psychology and spirituality, and thereby making both more accessible to this civvie. One question would roll easily into another, and if it didn't, we sat in comfortable silence. Once submitted questions had been answered the floor was open to the participants' arising questions. Then the flow increased as we sat there together, listening and learning.

In latter weeks we were encouraged to have our Skype cameras on – so beware if you're sitting there in your pyjamas at five in the afternoon, as I was! The effect of the Satsangs for me was one of truth, connection, and being there. As one who has previously wanted to slide under the exit door in physical meetings, I found this pleasantly surprising.

The participation inspired a great flow of energy and love through my being. I felt literally uplifted and gifted by the time we shared online. I could feel my crown chakra opening and I felt goose bumps on my skin. I understood more clearly the connection and the oneness between all life. There was a great sense of oneness, across the continents, which for that hour we were holding our hands and hearts across. I feel a little less like a civvie on Spiritual Street and would sit again with Richard and Robert and other truth seekers in a heartbeat.



Cathy Knight lives in Dublin, Southern Ireland. She is a SAT Level 1 student.

¹ A British colloquialism meaning someone who is uninitiated.

5. In, the Only Way Out: An Account of Long-Term Ongoing Therapy with Richard Harvey, by Trudie van den Bos

I went to see Richard more than ten years ago because after many serious therapies and life changes I still felt very depressed and did not see a way to live with it anymore. I was a divorced artist at the age of 48 and had been like this off and on for as long as I could remember—feeling I did not belong anywhere and doing my best to feel human at all.

He either was the last one I would talk to or he would know something I didn't. He did. He drew a circle with a center and said that all I saw manifested in my life was on the outer rim of me and in the center was an empty stillness and peace that could sustain me, that he was willing to work with me to find my way in, but that he never "helped." I liked that. After a few sessions that made sense to me we made a sort of pact. He said I could reach that place if I would decide to never do another therapy again. In other words, to go all the way to the bottom.

I was not convinced, but said if I could become human on the way it was enough for me. He advised me to write in my journal whatever I found or felt. And to draw. (I was a sculptress so drawing was not my thing but he asked me to because I would not be hindered by having to make "art"). I did. I wrote one journal after another. I read to him one journal after another. I had to choose what to read, because the pages seemed to write themselves even in my sleep... and I drew. Stacks of drawings I brought him. Visions of my past, visions of my present, and visions I had never known. And out came my songs—one CD full, and another, and more. And I gradually began to see by his wise, intelligent, and careful comments that it was a waste trying to be normal and belong, because I was an artist, not by vocation, but by nature. And that my sense of belonging would come more than anything from being connected to myself. More than from being a part of any group.

Some things I learned I will never forget. He said that any difficult circumstance could be dealt with by going inside and unwinding the inevitable knot there. It was true for me. Time and again I found the inside work rewarded by circumstance. And I was baffled by his openness about his own limitations without shame. And by his firm boundaries!!!! I could still feel lost and terribly hopeless by the end of a session, but time was time. Strangely enough this slowly filled me with a sense of trust, reliability, and continuity. "Slow, safe and gentle," he said and, "It takes as long as it takes." There was no health insurance that could blow the whistle on me. I do not know how I always managed to pay him, but I always did somehow and we would work the work until it was done.

In the first months I was terrified and ashamed of my own desperate clinging to him. I had no life but the therapy and it was as if I had him, a stranger, living with me in my head day and night, thinking about him and the sessions all the time. When I shyly shared this, he said with a friendly smile, "I can offer you one comfort out of my own experience: this will pass in time."

I discovered that if you were given tarmac to eat by your parents as a child, you will live on tarmac when you are grown and refuse real food. I discovered why I grew up with the notion of being a saviour to the world or any living thing, exhausting myself endlessly. And also how holy and cracked I really was.

It was my work. I went up his mountain every week, never not wanting to. It was terribly intense, but I had never done anything with such a sense of purpose and matter of course. He never "helped" but he was totally there in the time I paid for. And the terror passed after a year or so. I settled with this other person in my head and was no longer terrified by it. Until one day, after about three years, Death itself abruptly cut in to work with me, calling me home to Holland to help my daughter face her sudden cancer and to take care of my little granddaughter. One week Richard and me were talking about how merciless I had found Death to be. Hacking at my little dog's grip on life until it had to let go, at which Richard had asked, "Is Death merciless or full of mercy?" And the next I stood hugging my stricken family in Holland

feeling stricken myself. But to my own wonder I was there. Totally. Not feeling depressed. Sad? Certainly! Scared? Shitless! Angry? Raging! But depressed? No. And because of all the work we had done, I found myself listening to my daughter's pain of our past, held her in my arms in between chemos acknowledging her wounds and her grief, and giving her the love I had now, realising how rich we were in this, living or dying. I thought often, "... merciless or full of mercy?"

My daughter survived and I stayed on in Holland helping her with my grandchild, thinking I had reached my goal with more peace than ever. Sometimes in confusion I would write a "Therapy Letter" to Richard and his answers would be enough. Time went on and with the years I started to miss the depth of sharing we had, finding no one else to do this with. But, still not depressed, I counted my blessings. Then, after five years, three dogs, many journals, songs, and drawings later, living in the most perfect little place ever, I was hit by something that is called tinnitus, a continuing loud sound in the ears. I would walk around my beloved forest with my current dog, desperate, not knowing how to tolerate this unceasing noise in my head twenty four hours, seven days a week, not sleeping and not being able to concentrate on anything, coming to think seriously that the only way to quiet would be that of a bullet, stricken with the thought that this time there was no way out. My time was up. The next thought was, "I have been here thinking this before and being mistaken. What, where, how... I talked to Richard!"

I mailed him through the terrible din, explaining and asking what to do. His reply was almost instant. He was now doing sessions on Skype and I was welcome to work with him, trying to find a way. Death had brought me back on his doorstep.

He asked me to draw my tinnitus and show him. And I drew someone with two giant space probes on the head, seeking the universe for a connection. And in answer to what I wanted to connect to, I said "Mercy. It is mercy I am seeking."

And that is what we did these past three years.

And it turned out to be my way to live with this sound: seeking how to connect to mercy in everything. Letting it in or out of every crack and hole in myself I could find, hunting them up, until in the end I discovered myself, forty years ago, standing with a gun in my hand aiming at what I loved most, trying to get rid of all I did not know how to handle.

With Richard at my side I could leave the gun this time and kneel down in front of it. And, unlike me forty years ago, it had mercy on me and forgave me for being what I had wanted so desperately to be: human.

I do not think I will ever become more holy than this. I still do not recognize myself in any of Richard's books. But, being such a leaky cauldron and not be empty all the time I think it is most merciful to sit in the pouring rain whenever I can.



Trudie van den Bos was born in 1957. She is a Dutch artist, singer/songwriter, Skype therapist, and writer living in the north eastern part of The Netherlands.

6. What 'Psych' is for You?, by Robert Meagher



I often get asked... “What is the difference is between a psychiatrist, psychologist, and a psychotherapist?” Every once in a while I will also be asked what a psychoanalyst does. In most cases, the person asking the question is asking for themselves or on behalf of someone they know. Here is how I describe the differences among these disciplines.

A psychiatrist is a medical professional (i.e., MD) who specializes in the diagnosis and treatment of mental illness. Psychiatrists I have spoken to inform me that the primary means of diagnosing mental illness is through the Diagnostic Statistical Manual of Mental Disorders (DSM), currently in its 5th edition. The DSM-5 is, in the West, generally accepted as the standard for classification of mental disorders by mental health professionals. The primary treatment they offer, with few exceptions, is pharmaceutical drugs. Some psychiatrists may also offer psychoanalysis and psychotherapy (see below).

A psychologist specializes in the study of the way the mind works as expressed through human behavior. Psychologists will not study diseases of the mind or treat them. Psychology is both an academic discipline and an applied science. When applied, the clinical psychologist will, among other things, help the client to understand their behavior and, if desired or necessary, modify their behavior. Psychologists may work in counseling capacities. Psychologists typically do not practice psychiatry, but they may offer psychotherapy as part of their practice (see below).

Psychoanalysis grew out of the theories and associated techniques of Sigmund Freud. Since the inception of Freudian psychoanalysis, the field of neo-Freudian psychoanalysis has emerged that offers a plethora of approaches. Neo-Freudian approaches may be based on the work of such pioneers as Carl Jung, Alfred Adler, or Melanie Klein, to name a few. The psychoanalyst, usually but not always a medical professional, will help the client make sense of their thoughts. Dream analysis, for example, is one such application of psychoanalysis. The psychoanalyst will interpret the client's thoughts for the purposes of creating insight and resolution of the presenting problems.

Psychotherapy, psych meaning ‘of the mind,’ may include elements of psychiatry, psychology, and psychoanalysis. Over the past fifty to sixty years, however, psychotherapy has expanded to integrate therapy of the body and the spirit. This is evident in two branches of psychotherapy born out of humanistic and transpersonal psychologies that endeavour to address the client in a holistic way. Two other branches of psychotherapy emanate from psychoanalysis (see above) and behaviorist schools of psychology. Today, many psychotherapists are not medical professionals. In recent years, psychiatry and psychotherapy have diverged. Where it may have once been customary for a psychiatrist to also offer psychotherapy, today the psychiatrist typically offers a diagnosis based on a pathological model, treats the disorder chemically and may recommend psychotherapy to rehabilitate the patient.

So...which ‘psych’ is for you? In summary:

- If you are dealing with what you think is some form of mental illness, and you want a pathology diagnosed as part of your treatment, then a psychiatrist may be a good place to start. If you wish for a someone to take a more holistic approach to your healing, then consider a psychotherapist trained in humanistic and/or transpersonal psychologies.

- If you want to understand human behavior, in particular your own, for the purposes of modifying or changing that behavior, then working with a psychologist is your best bet.
- If you want someone to help you make sense of your thoughts and dreams, a psychoanalyst should be a good fit for you.
- If you want someone who can work with you to cope better with life, in general, and gain a better understanding of who you are, a psychotherapist may be the best place to start.

Sometimes the lines blur among these four psych disciplines. But hopefully the brief descriptions above help to clarify and focus which professional you can benefit the most from working with.



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.

7. What's Upcoming for SAT?

Richard Harvey has launched a new *satsang series* that will take place on Fridays, from 1530-1630 EST / 2130-2230 CEST, starting Friday, June 17 and ending Friday, July 22. For more information about these satsangs, and to register, visit <http://www.sacredattentiontherapy.com/Satsang-with-Richard-Harvey.html>.

Over the coming months the **SAT website will be redesigned**. The first phase of this complete transformation will include a new menu system. We intend to complete this first phase by the end of August. During the fall we intend to implement phase II which will include a new look and feel to the website (i.e., imagery and layout). The final phase, in 2017, is intended to move the entire website under a new name and more expansive vision for SAT. Stay tuned for updates!

Development of **SAT Online Training, Level 2**, continues, with the intention of launching Level 2 before the end of 2016, or early 2017. Compiling the thirty-six lectures and the twelve Supporting Documents for the **SAT Online Training, Level 2** is an exciting and stimulating task. To be at last progressing into the very cutting edge of depth and ongoing long-term inner work and therapy is enthralling. Those who have trod the path of psychological and spiritual transformation have never precisely described or been able to tell us exactly how this is done. With respect for Jung, Assagioli, Grof, Rogers, Maslow, and the rest; with grateful bows to my direct, present-life, physical-mental-emotional-spiritual teachers in the great work of personal liberation -- Dror, Boadella, Crisp, Rebillet, Crook, Emerson, and the rest, and with love and reverence for the avatars, the masters, and the grace-filled adepts who rose above the concerns of this world,² the human tendencies toward self-advancement and thus bondage, who would not "leave us to wander through buttercup summers," who did not "leave us to wander when there was no other,"³ and for their earnestness and sublime sincerity in holding on to this samsara and preserving for the present age the golden thread of spiritual enlightenment, I dedicate our work in Sacred Attention Therapy. The four levels of the training will -- if enough of us follow this risk-filled and intense path to personal freedom -- create an initiative of creative fire that will amount to "the roar of a wave that could drown the whole world"⁴ in, and through, compassion.

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>.

² See <http://www.therapyandspirituality.com/about-richard-harvey.html> for more details of the Richard Harvey/SAT lineage.

³ These two evocative, transcendental lines are from the lyrics of *The Master's Eyes* by Van Morison, Lyrics© Universal Music Publishing Group.

⁴ From *A Hard Rain's a-Gonna Fall* by Bob Dylan Lyrics © Bob Dylan Music Co.

8. Other SAT News

We have created **'bundles' of resources** to deepen your exploration of SAT. These 'bundles' consist of resources (e.g., articles, videos, BLOGs, VLOGs, etc.) that focus on such themes as love, forgiveness, and human relationships. To explore your SAT bundles, visit <http://www.sacredattentiontherapy.com/SAT-Bundles.html>.

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>.

Please tell others about SAT; please tell your friends, your therapists, your relatives, and any forward, progressive thinking people who could benefit from this work -- the books, the lectures, or the training. In my forthcoming book⁵ I state the case for us being "custodians of the future" in a world that is being debased as it loses touch with the genuine sacred-spiritual truths and ceremonies. If we do not act in all the ways that our true nature dictates we will become complicit in the destruction of the human consciousness of the inner worlds, responsible in whatever way for the degradation of the outer world, and ignorant and helpless in the insight that there is truly no separation between the inner and the outer, between us and them, and between the human and the divine.

Thank you for being a Friend of SAT!

⁵ *Your Sacred Calling: Awakening the Soul to A Spiritual Life in the 21st Century*, to be published by Austin Macauley Publishers Ltd later this year.

9. 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

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Robert Meagher
Registrar

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

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