

The Eyes of the Golden Hall

~ A Newsletter of The Center for Human Awakening ~

September 2024 Newsletter

Volume 9, Number 3

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FROM THE EDITOR'S HEART

This edition of our newsletter, like the last one, is intensely personal. One may even see it as painful. The theme is '*Devotion.*'

My singular contribution to this newsletter is another gift from my caregiving journey with my partner. I share the painful experience of my partner being hospitalized and to be informed he would not be returning home, but would be transitioned into a long-term care facility. It is through this experience I have been able to practice devotion. This is a kind of life-in-the-trenches devotion; not what one may envision spiritual devotion to be. But read closely, my sharing is the form in which spiritual devotion is presenting itself.

The next series of articles are from our Founder, Richard Harvey. Richard grounds us in the spiritual teachings of devotion with several rich and profound articles about absolute devotion.

The theme for our next newsletter (January 2025) will be 'Awareness.' If you would like to contribute to our January newsletter, reach out to us at info@centerforhumanawakening.com.

Please take a moment to review the 'Soulful Sharings' at the end of this newsletter with news about what's new and upcoming at the Center, as well as links to a plethora of resources. Let us know what you think. Write to us at info@centerforhumanawakening.com.

~ Robert Meagher, Editor

THEMED ARTICLES

1. There Is Light In The Darkness, by Robert Meagher

Those of you who have been following my caregiving journey over the past months and years, know that I have served as the sole and soul caregiver for my partner who lives with advanced stages of Parkinsons and dementia. Last month brought about a new chapter in that caregiving journey.

One Saturday evening at the beginning of May, my partner experienced paralysis. He simply could not move, let alone get in or out of bed. Within 48 hours, we placed two 911 calls. The first call brought us to hospital emergency, only to be discharged 10 hours later, once his mobility returned. The second call brought us back to hospital emergency for the same reason (paralysis). Gratefully, a doctor who cared enough to take a more holistic view of the situation, admitted my partner to the hospital for observation.

Over the following days, after a banter of tests, consultations, and assessments by neurologists, geriatricians, occupational therapists, physiotherapists, social workers, dementia specialists, and a cast of other well-meaning people in white lab coats, it was determined that my partner was not able to return home. My partner would be transitioned into the long-term care system.

The path into a long-term care home is not clear. It is possible my partner will remain in hospital for a few months before moving to a 'transition' facility, where he will wait for a bed / room to become available in a long-term care home. The wait in the transition facility, I am told, could be upwards to a year before a bed becomes available in a long-term care home.

The preceding events have created a set of circumstances that results in having to sell our home and for me to find another place to live. I am blessed that our home has sold quickly and I will be moving in to a new home in September.

At the risk of sounding dramatic, I cannot remember life offering me such an emotional-charged set of circumstances. Yes, it feels stressful. Yes, I feel anxiety most days. Yes, things feel very dark right now. But...there is also light in the dark.

My daily visits with my partner in the hospital have become a devotional practice. As challenging as these times feel, visiting my partner is an opportunity to practice compassion and to try, as best I can, to offer support to my partner during this end-of-life chapter of his life. It's an opportunity to, no matter how bad things look, to put someone else's needs ahead of mine; to get outside of myself at a time that tends to persuade you that it's all about you!



Photo Credit: pexels.com - Skylar Kang

My partner and I have had some wonderful, tender moments in the hospital room. Amidst the decrepit, antiseptic-laden walls of a run-down hospital, these tender moments are etched in my mind and a vivid reminder that, in the end, all that really matters is love.

As I put one foot in front of the other each day, there have been numerous, not-so-little signs that all is in divine order; that life has aligned for me and that life has my back. Seemingly serendipitous events are commonly sharing their light with me and people are coming out of the woodwork to offer assistance and support—people I never would have thought would care-a-less.

I am grateful for my spiritual practice and never-more-aware how grounding and nurturing my devoted practice has become over the years. My devotional practice has brought with it a resolute faith that there are blessings in here for me. It is sometimes difficult to see them at this time. I too realize this is all happening for my good and that I will come through this enriched and grateful. I also accept and surrender to the awareness that I must GO THROUGH this in order to realize the blessings.

Devotion to my partner. Devotion to my spiritual practice. It is through this devotion that I am able to see the light in the darkness. And what a blessing that is!



Robert Meagher: is Co-Founder of The Center for Human Awakening. Robert has been ordained as an Interfaith Minister and Certified as a SAT Therapist (Level 1 and Level 2).

2. Devotion: Absolute Surrender To The Divine, by Richard Harvey

Devotion is your absolute surrender to the spiritual Divine, to God. Of course there appears to be many kinds of devotion and surrender or of things to surrender and devote yourself to. But in Reality there is only one and it is devotion to the Divine. In order to do this you must stop doing everything that presently interests you and occupies your time. If you are not presently residing in reality, in perpetual Reality, then you *are* in illusion. And this means you are practicing devotion to the wrong object. The wrong object in this context is anything other than the Absolute Reality, everything other than the Self-Sourcing Divine or totality of existence.

The reason we can be so firm, even rigid, about this is because nothing apart from the Divine satisfies you over time. Anything you are presently devoting yourself to will die, will pass because it is impermanent. It is born and it dies. It has arisen, so it will—it is bound to—subside. The only thing that doesn't pass, die, or subside is the Self-Sourcing reality, the Divine. It is beyond *all* arising. It is actually prior, or more original to, *all* appearances.

The world of appearances is where you are situated just now. These appearances include everything, all the many and various details of the circumstance of your life, the context you abide in. To leave here is almost unthinkable. Fantasies of death, suicide, insanity are the closest you can get to the very idea. Losing your grip on life, your will to live, your enthusiasm and motivation to go on—these are the kinds of images and thoughts that arise in response to the spiritual instruction to leave this world. Yet when you do truly do this you discover another world, another existence before which the one you held so tightly onto pales into insignificance. This is because the world you create, maintain, and cling to is not Real. It's full of objects that are born and which die. It is full of meaninglessness, of futility, only man-made purpose.

In the Reality of the Divine, meaning, purpose, and truth abound and all intellectual restlessness and uncertainty is transcended. You are liberated. You are free and this is not possible anywhere else.

So what you seek, what you devote yourself to, is always pointless until you discover your true desire, the object that your deepest Heart seeks, until you surrender the search itself, until you muster the courage, the determination to discard all things you do, possess, and are attached to in a million complex ways for one simple attainment—the Truth.

Only the Truth-Reality-Divine satisfies the Heart, the Soul, and the Spirit. But you must surrender—wholly. Half-surrender, glancing acquaintanceship with spirituality, good intentions, vague cravings, and listless application are not enough. You hear about this a lot. Seekers struggle in their spiritual practice, strive to establish spiritual discipline, desire spiritual attainment, but are reluctant to pay the price. If you are one of



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them, you should relax. Your ego has engaged in the spiritual process and you will suffer a perpetual stalemate. Nothing will ever happen for you truly spiritually. You will simply suffer under the pretence of being on a spiritual journey. But it's all nonsense. Your ego has engaged in spirituality, which is a contradiction, rather like saying a bird flies underwater or you can hear the sound of your dinner—it doesn't make any sense. It is not real. There is only strictly one way out of this predicament and the way is devotion.

Devotion is the flowering of awareness. And awareness is the pre-eminent practice of the seeker who is intent on attaining the awakening of the first stage of inner work—the process of self-discovery. In the first stage you must practice devotion also—devotion to *you*. The object and the exclusive focus of your inner work practice is self, self, self. It is extremely selfish, selfish in the extreme. Yet selfishness taken to extremes is the way to selflessness. There is no other way—truly. Have the courage to be totally selfish, then selflessness will bloom in you spontaneously, unexpectedly.

[This article is an excerpt from the e-book 'Moksha Dawn: Talks on A Radical and Innovative Approach to Spirituality and the Sacred in the 21st Century.' See <https://www.therapyandspirituality.com/books/moksha-dawn.html>]



~ Richard Harvey, Founder of The Center for Human Awakening ~

3. The Devotee Is Moved By God, by Richard Harvey

It is quite beyond most people's understanding and expectations. Devotion is the flowering of awareness and today many people who have devotion in the heart misunderstand themselves because there is no precedent, no understanding, and no role for devotional practice in the modern world.

The devotee, a devotional or bhakti spiritual practitioner, must abandon everything to follow the heart. If they do not they will be in agony, a certain kind of agony which is hard for people who are not devotees to feel or understand. It is like being parted from your love or your child or something or someone you love, only a thousand times more painful. The heart feels this pain and reflects this pain intensely and really the devotee cries and wails and sings and moves and experiences *kriyas* and spontaneous movements. The genuine devotee is moved by God.

If you are a bhakti yogi you must allow yourself to be moved, to be a conduit in the hands of the Divine and surrender to the will of God. Nothing is your own. It never will be and it never was.

When devotion is your way, your nature, the self, the ghost of individual identity, is somehow peculiarly, insidiously seductive. The challenge of egocentricity is central in everyone's spiritual life. However, with a bhakti practitioner egoic aspirations and ambitions are subtly seductive and sticky. Sometimes it is as if the aspiring devotee cannot hear the spiritual doctrines about the transcendence of egocentricity.

My encouragement for you is to consider and become aware of your sacred nature. Remember that all flowers are not the same, yet who can judge one as being better than another. We are all manifestations of the eternal. Now looking at yourself in this light consider, first, whether or not devotion is your way, or part of your way. Second, listen to what I now have to say and apply it to yourself if you are devotional in your inner nature. Listen to it to deepen in understanding of devotion as a path if it is *not* in your inner nature, so you can extend understanding and empathy to others for whom devotion is central.

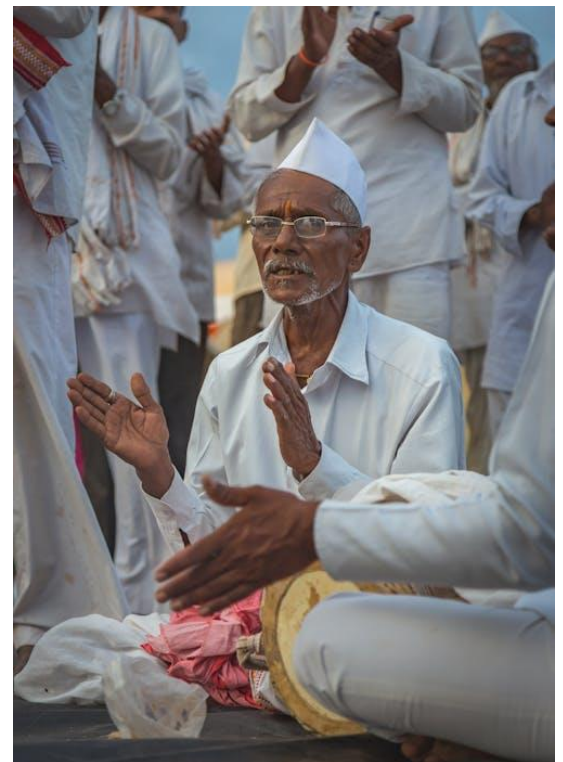


Photo Credit: pexels.com - Vikram Pataskar

The devotee struggles a lot with personality and character since the complete transcendence of both are so crucial to the practice of devotion. A devotee comes to God through devotional practices and ordeal. The devotional longing is total: the deep longing of the lover for the beloved, like the total surrender of the gopis when they hear Krishna's flute and abandon their worldly responsibilities. For Sri Ramakrishna:

One must have childlike faith—and the intense yearning that a child feels to see its mother. That yearning is like the red sky in the east at dawn. After such a sky the sun must rise. Immediately after that yearning one sees God.¹

Some spiritual practitioners can work piecemeal at the ego-processes, take it apart a bit at a time and work gradually. For the devotee it is all or nothing. So as a devotee your restless ordeal, the struggle to release your exclusive identification with the ego-forces will be powerful and last long. But it is because in your heart you know how final, decisive, and liberating this surrender to your destiny will be.

The archetypal psychologist James Hillman died in 2011. He left nearly 100 publications, including twenty major works. When he was a child he was considered backward at writing, behind for his age in forming handwritten letters. Hillman explains that in his soul he knew that his destiny would lead him to do a lot of writing. His life-path was bound up with writing. One of the most revolutionary thinkers in the analytical schools of the 20th century, as a boy he was daunted by the task he intuited lay ahead. This is reminiscent of the devotee's relationship to the ego and resistance to surrender. Once the ego is dropped the devotee loses themselves in the Divine for good.

[This article is an excerpt from the e-book 'Moksha Dawn: Talks on A Radical and Innovative Approach to Spirituality and the Sacred in the 21st Century.' See <https://www.therapyandspirituality.com/books/moksha-dawn.html>]



~ Richard Harvey, Founder of The Center for Human Awakening ~

¹ Sri Ramakrishna, *The Gospel of Sri Ramakrishna, Originally recorded in Bengali by M., a disciple of the Master*, trans. Swami Nikhilananda, New York: Ramakrishna-Vivekananda Center 1942. 337-8.

4. Gnana, Karma, and Bhakti: The Fruits of Absolute Devotion, by Richard Harvey

Broadly speaking we fall into three principle types and this typology can be further elaborated into more complex types and so on: the willing types, the feeling types, and the thinking, intellectual, mental types. The first, the willing, achieve their union with the Divine through service, action, relationship with others, good works perhaps, selfless action and deeds. The second, the feeling, through their heart-engagement and love toward all beings and all things. The third, the mental, through their renunciation, merging, and union with the Divine in love-bliss fullness. Three paths, three ways, three very different expressions of fulfillment, Love and unity. You should know which you are.

If you are a devotee, for example, and you have trouble with the will worlds, the worlds of material ambition, work, career, money, time, children, and family, is this a problem or is this the expression of your nature? It is the expression of your nature.

If you are a karma yogi in selfless service and you experience difficulties meditating or withdrawing from the world, is this a problem or an expression of your nature? It is an expression of your nature.

If you are gnani yogi who has difficulty with other's slowness, their apparent stupidity, and lack of intellectual understanding, is this a problem or an expression of your nature? It is an expression of your nature.

Traditionally there have been two ways to Divine attainment—the way of awareness and the way of devotion. One is the way of meditation or *dhyana*; the other the way of total devotion or *bhakti*. One is methodical, the other is reckless. Devotion is the way for the modern era as we rise into the heart energies of the fourth chakra and undo the many ills of modern times, learn and teach compassion by example, and finally trust, respect, and honor the sacred-spiritual truths and practices that are presently fast disappearing from our consciousness and human life. Awareness and love, *dhyana* and *bhakti*—the way to devotion.

Bhakti means engaging with affection, our surrender to the Divine with a deep response to our passionate call with unconditional love and trust. The disciple of love surrendering into the full spiritual life of the devotee is not for everyone, but our salvation lies in the hope that it becomes a reality for more and more as sacred-spiritual practices become practiced in disciplined settings, in neo-monastic groups and communities, as spirituality is distinguished from soulfulness and political engagement, social work, and material and planetary concerns. A new world heralds, we hope a world where the spiritual teachers, adepts, and realizers are properly valued and revered, honored and respected for their representation of the spiritual *in itself*. Pure spirituality with no application does not merely deserve a place in human society; we are lost without it.



Photo Credit: pexels.com - Ricardo Santanna

Devotion is the outcome of overflowing love, a love that may hardly be conceived, let alone experienced today. A hundred years of immense changes: political, geographical, technological, industrial, ecological, sociological in response and reaction to many upheavals has blinded us to the precious jewel of spiritual love, its splendor, its luster, and its radiance.

Engage seriously in the process of self-discovery, the first of the four vehicles of devotion, transcend the small separate self, deny the ego-processes by becoming natural, embrace yourself in your fullness, allow selfishness to pervade your life until it bears you into selflessness, to the life of the heart, to compassion and authenticity, to the flowering of an individual life, the second of the four vehicles of devotion. Uncover the heart and let it be your true and real center. In time allow it to convey you into the Divine domain, the house of your spirit, where you respond with never-ending affection in profound relief and blessed surrender, spontaneously and endlessly loving, brought into the Presence, the very Presence of God and knowing that you stand at last face to face with your True nature, your True Self.

These are the fruits of Absolute Devotion.

[This article is an excerpt from the e-book 'Moksha Dawn: Talks on A Radical and Innovative Approach to Spirituality and the Sacred in the 21st Century.' See <https://www.therapyandspirituality.com/books/moksha-dawn.html>]



~ Richard Harvey, Founder of The Center for Human Awakening ~

SOULFUL SHARINGS:

5. What's New and Upcoming at the Center?

The theme for our next newsletter (January 2025) will be 'Awareness.' If you would like to contribute to our January newsletter, reach out to us at info@centerforhumanawakening.com.

6. Other Center News and Offerings

The *Arhat Project* is a residential spiritual community for people seeking personal authenticity and Self-realization where the processes of personal inner enquiry and transformation are accelerated through a neo-sacred, engaged schedule and life-style of spiritual discipline and focus and psychological exploration and awakening. Based on the psycho-spiritual approach described in Richard Harvey's book *Human Awakening*, particularly *The Three Stages of Awakening*, Arhat is a neo-spiritual living project where personal and spiritual development are intensified and potentized through communal life, group work, lectures and study, meditation, spiritual and sacred practices, and spiritual direction. If you are seriously interested in being a part of a residential community based on Richard Harvey's *Three- Stage Model of Human Awakening* (see <http://www.therapyandspirituality.com/interview-stages-awakening.html> and <http://www.therapyandspirituality.com/human-awakening.html>) and you find yourself in the first, or possibly the second, stage of this model and you would be inspired and enthusiastic about establishing a core group for a spiritual community where personal and spiritual development is accelerated, intensified and potentized in a semi-monastic, secular structure of scheduled tasks and spiritual discipline, then please write via our contact page at <http://www.centerforhumanawakening.com/Contact-Us.html>.

Personal Retreats for personal and spiritual growth. Whether you are looking at a specific issue or exploring your life's purpose, a personal retreat allows you the time and space for personal exploration, clarity and relaxation, personal growth, deepening insights, and replenishment. A retreat gives you the opportunity to withdraw and turn inward, away from the world of ordinary everyday demands, pressures and responsibilities. On retreat you make time for issues that are calling to you from your inner world, to relax, recuperate and refresh yourself spiritually, physically, energetically, mentally and emotionally. Your retreat can be self-directed, or themed with guidance, skillful reflection and encouragement from our Founder. For more information about the retreats, please visit <http://www.centerforhumanawakening.com/Retreats.html>.

The Sacred Attention Therapy (SAT) Project is a rare, unique and exciting project will produce a body of writing that explores the psycho-spiritual psychotherapy of Richard Harvey through his 3-stage model of human awakening. The resultant published works will endeavor to guide readers through Richard Harvey's model with practical exercises, examples and theory. The work will almost certainly be illustrated by personal material that arises in the process of experientially learning about Richard's Sacred Attention Therapy through this collaborative venture. For more information about the SAT project, please visit <http://www.centerforhumanawakening.com/About-Research.html>.

There is a plethora of *Resources* available to you on the Center website, many of them free. You can enjoy articles, books, integrated bundles of teaching aids, videos, and more. Begin your exploration of these resources at <http://www.centerforhumanawakening.com/Community.html>.

Volunteer opportunities abound at The Center for Human Awakening. 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 the Center, please email us at info@centerforhumanawakening.com.

- Web Developer (WordPress) to Customize BLOG
- Crowdfunding Researcher and/or Coordinator
- Hosts for Traveling Satsang
- Social media promoters
- Transcribers
- Writers
- Editors
- Mock therapy clients

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

Sacred Attention Therapy (SAT) Practitioners can work with you through the three stages of human awakening. Contact us for a 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. <https://www.centerforhumanawakening.com/Contact-Us.html>.

The Center's ***BLOGs and VLOGs*** are posted on a regular basis. 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, 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.centerforhumanawakening.com/BLOG.html>.
View the ***VLOG*** at <http://www.centerforhumanawakening.com/Video-BLOG.html>.

The ***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 LinkedIn and Facebook Groups 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 on Monday, Wednesday and Friday each week. For more information about the SAT Study Group, and to sign up, visit <http://www.centerforhumanawakening.com/Study-Group.html>.

Please tell others about The Center for Human Awakening; please tell your friends, your therapists, your relatives, and any forward, progressive thinking people who could benefit from this work. In Richard Harvey's newest book² he states the case for us being "custodians of the future" in a world that is being debased as it

²Your Sacred Calling: Awakening the Soul to A Spiritual Life in the 21st Century, now published by Austin Macauley Publishers Ltd.

Purchase in US dollars (\$) here... https://www.amazon.com/Your-Sacred-Calling-Awakening-Spiritual/dp/1786129035/ref=sr_1_1?s=books&ie=UTF8&qid=1493308719&sr=1-1&keywords=Your+sacred+calling

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 with us!

Purchase in British pounds (£) here... https://www.amazon.co.uk/Your-Sacred-Calling-Awakening-Spiritual/dp/1786129035/ref=sr_1_1?s=books&ie=UTF8&qid=1493308719&sr=1-1&keywords=Your+sacred+calling

7. Links

WEBSITES

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

SOCIAL MEDIA

FACEBOOK

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

LINKEDIN

<https://www.linkedin.com/in/human-awakening-228506131>

YOUTUBE CHANNEL

http://www.youtube.com/channel/UCD_pJVba_LktmEzfunc51kfQ

BOOKS

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

VIDEO TALKS

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

STUDY GROUP

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

BLOG

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

VIDEO BLOG (VLOG)

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

RETREATS

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

INDIVIDUAL AND COUPLES THERAPY

<http://www.centerforhumanawakening.com/About-Us.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>

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