

# The Eyes of the Golden Hall

~ A Newsletter of The Center for Human Awakening ~

**January 2025 Newsletter**

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## FROM THE EDITOR'S HEART

In the world of inner work specifically, and therapy in general, awareness is both king and queen. Can any transformation or healing take place without first having some sort of awareness of what is floating around in our heads? Can our behavior, as manifest through our thoughts, change if we are not aware of what we are thinking and doing? The preceding is a lead-in to sharing that the theme for this newsletter is '*Awareness.*'

I would normally share personal articles of my own on the theme, and then include numerous articles from Richard Harvey's teachings. There are numerous passages I have written recently about my awareness that I could share in this newsletter. But I am respectfully bowing to Richard's psycho-spiritual teachings on awareness for this edition of our newsletter.

One thing I am beginning to tap into with my awareness practice is that it is not 'I' that is aware. Awareness comes from beyond the self. Try this exercise...instead of saying "I am aware of...", say "There is an awareness of..." You will begin to shift your understanding of awareness and the source of awareness.

The theme for our next newsletter (May 2025) will be 'Relationships.' If you would like to contribute to our May newsletter, reach out to us at [info@centerforhumanawakening.com](mailto: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](mailto:info@centerforhumanawakening.com).

~ Robert Meagher, Editor

## THEMED ARTICLES

### 1. Awareness: The Expression of Your True Nature, by Richard Harvey

Awareness in essence is our individual reflection of the Absolute Divine, or God. As such it occupies the important position at the end of these novenas as the preeminent, preparatory practice for your sacred-spiritual approach. Without awareness nothing is possible—no inner work, witnessing, self-consciousness, self-discovery. In time the reality that your personal awareness is a reflection of the universal totality of Existence itself releases in you a great spiritual insight—that you and the Divine are One. You receive this in this present human life in the form of spiritual baptism, the raining down of spiritual grace onto, through, and pervading your bodily form and, providing you are prepared and ready to surrender to it, its infusion into your heart. You are Consciousness. You will know this through awareness. The goal of awareness practice is non-awareness, as you become lost in the Ultimate truth of your all-inclusiveness. But for now let us begin the first part of the lecture.

Awareness is not simple. It is not simply *awareness* for a very long time. For a while it is transitive awareness: you are aware *of*... you are aware of something. Let's try this right now. What are we aware of? What are *you* aware of? Well, you are aware of my voice. This is the sound you are listening to and to listen and engage with my voice takes awareness, right? Within my voice you are aware of tone and cadence, emotion, rhythm, pitch. There's also the silence, isn't there? The silence or the gaps between these words—my words, my talking, my speaking voice communicating to you now. Spaces appear as regularly as sounds, so you are aware just now of sound as well as not sound. The two somehow combine together to give an impression and you are aware, or you *can* be aware, of this interplay of words and silence as well. You are listening. Some physical dynamics are in play that move your eardrum and from your sense impression of sound you derive meaning from these symbolic utterances that are not that far up the totem pole from grunts, moans, shouts, which transmit something to you as well.

What else are we aware of? Well, there's the context in which this present transaction is taking place. I am speaking to you via the internet. This is a discourse, a psycho-spiritual lecture. Robert has introduced the talk. You have variously prepared or not for the event and here we are interacting in context with certain assumptions and expectations that we are perhaps aware of. Your relationship to me and to the lecture material defines your experience. If you think me inspirational then you bring a certain set of assumptions to this occasion. If you are suspicious of me, there's another set. If you think of my teachings as an adjunct or embellishment for your present spiritual path, another. And if you consider me your spiritual teacher, yet another set of expectations, assumptions, and evaluative thoughts will define the event of this meeting... for you.

Then there's your present physical location. You are in a room, in a house, in a town, city or countryside with a national boundary, a political and geographical identity... a definite location. And this is important; it is a significant fact for our awareness, knowing this, experiencing this, considering our definition through this, even when we may be able to transcend such pettiness. We are humanly, materially, physically, and grossly *somewhere* and in some kind of locational condition... and we are aware of it. Furthermore you are in a body... or you are the body... or you occupy your body. Your body of course is changeable. Some aspects of your

physical form, the body, are in no way the same as they were yesterday, last year, or perhaps even a minute ago... or a second ago. Your body is constantly changing—the respiratory system, the circulatory system, the digestive system, the lymphatic system, the muscular system, the skeletal system, everything is on the move and you experience it sometimes. You may not be habitually aware of them, but as soon as we mention these systems, you become more aware of how they are behaving or how you are behaving or how they behave in you, just now, in this present moment. For example, be aware of your breath. Bring your attention to the in breath and the out breath. Are you breathing into your chest or your abdomen... or both... are you breathing into one more than the other? Is your breathing shallow or deep? Is there a space between the in breath and the out breath? And so on and do you notice that as we make our observations through bringing our attention to the breathing process, so the experience itself is affected? And this is an important aspect of awareness. Awareness heightens our consciousness of its object. What we are aware of is affected by our attention to it.

You are aware—to a greater or lesser degree—of the space around you; what is in the room—objects, animals, light and dark, warmth and cold. You are aware of the overall tone of your day including your attitude to life now, your worries, present concerns, priorities. Beneath your thought tones, the stream of mental activity, restlessness, and harmony is the emotional realms and this too is something for our awareness to engage in. The primary colors of emotionality: sadness, fear, anger, and pain, may lead us into an inspection of the flows of feeling throughout the organism. In the primary energy centers—your pelvis, chest, and cranium, you may experience the full spectrum of feeling through locating the specific range of emotions that inhabit each of these energy centers.

Awareness of emotions and tracking, developing, and familiarizing yourself with the emotional realms is an altogether far more subtle practice. But those of us who have made their commitment to therapy and inner work and particularly who have been fortunate in finding a reliable and skilled practitioner to encourage and gently guide them are initiated into the subtle realms of energy, emotion, feeling tones, inner dynamics, holistic correlations, sense impressions, inward and outward expansion and contraction, the subtle machinations of character, and connections to the higher realms that inner work necessarily inducts us into.

*[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 21<sup>st</sup> Century.'* See <https://www.therapyandspirituality.com/books/moksha-dawn.html>]



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

## 2. The Return to Innocence, by Richard Harvey

The loss of awareness is the loss of innocence. Children are aware naturally. As children we looked, we watched, we took it all in, sounds and birds, the sky, the voices, the communications, the psychic realms, the astral body. The magic of life filled us and we were empty enough to receive it. The loss of awareness is the loss of innocence and the leaving of the child state. We enter later childhood, adolescence, and early man- or womanhood with a compromised awareness. We know this. Look around you. Look at people who are unable to sustain attention, are unable to take in because they are already too full. Look at people and notice their tensions, their restlessness, their attachments to opinions, to making impressions. People mostly are not aware. It is one of the sacred-spiritual practices that we are losing in the world today, one of the sacred-spiritual practices we who understand must take responsibility for. Only in the hands of the few, by the attention and caretaking of that very few can these precious practices of the natural and, in time, evolved human being resist being subsumed in superficiality and shallowness.

Awareness is a courageous act. You do not seek to fill the silence, to clog the airways with words, to think and feel constantly, to wear yourself out with tension, with restlessness, pointlessness, with always trying to “get somewhere,” to appear purposeful and motivated, because we live in a culture that has forgotten the value of quiet, of rest and emptiness, of silence, spacious contemplation, and the gentleness of deep relaxation.

An aware person is a spiritual person: it is a fact that human beings are naturally spiritual. It should hardly need to be said but let us say it anyway: to be aware is to be spiritual because your awareness of the gross, material, interactive, physical realms will in time be so total that you will go deeper inward naturally. Inwardly you will encounter the subtle realms of energy, feeling, emotion, psychic phenomena, etheric and astral events and begin to lift the veils and see beyond identity, separation, and division which lay the seed of discontent and conflict.

In time you will return to a state of innocence, but this innocence will be qualitatively different from the state of original biological childhood. This innocence is better described as a wise innocence for the sake of all you have been through to acquire it and to hold it lightly.

*[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 21<sup>st</sup> Century.’ See <https://www.therapyandspirituality.com/books/moksha-dawn.html>]*



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

### 3. No Boundaries to Awareness, by Richard Harvey

It is a symptom of our disconnection from existence that in this present era we have been so interested in learning to be aware. The previous generations turned off, became other than present and preoccupied to an extreme degree. We were or those of us who can claim seniority were raised by people like this. They were preoccupied with status, prestige, material things, work, suppressing emotions, appearances—the list seems endless. People became enormously complicated in or around the 19<sup>th</sup> century when communications and opportunities, possibilities, relationships, society, and religion underwent a quantum leap. Much of the simplicity of life eroded very quickly in the 19<sup>th</sup> century. Before this the ruts or train tracks of conventional life with its expectations and assumptions were very firmly established. The exceptions, the rare exceptions, were those who even considered change in their lives. Economic, societal, sociological, and moral factors weighed so heavily in most people's lives. You simply got on with it.

For many, great choice became possible in the 20<sup>th</sup> century, the age of the individual, the age of commercialism and business, later corporate business, the age of the self, the age of rising ambitions, and inner and outer transformation, the age of global awareness. Our intellectual and informational reach extended all around the world as mass media informed us of almost anything we wanted to know. The mysteries decreased through the wealth of knowledge that was, quite literally, at our fingertips.

But knowledge is not wisdom and being informed and clever is not being aware. In the 20<sup>th</sup> century we became, here in the West, enormously enthusiastic about awareness, meditation, mysticism, eastern religions—Buddhism, Hinduism, Jainism. We wanted to know about Zen, Sufis, the *Bhagavad Gita*, because it seemed to us that our religion didn't offer enough guidance, enough truth. The themes of our innate curiosity: karma, the reality of the world, the doctrine of rebirth, meditation, principles and practices that promised a deeper understanding about life seemed to emanate from the East. So we went there... in droves, following the examples of Herman Hesse's book *Journey to the East* and Christmas Humphries in his literary odyssey. We went to India and Asia like Paul Brunton, Paul Reps, and David Godman. Young men and women from the West teemed over to the East to bring back or in some cases stay with the insights of the sages and the sadhus, the god-men, and the realized adepts.

Well, all things pass and in time we spread the knowledge or wisdom, perhaps more thinly. Spiritual teachers appeared in the West—western-born teachers who seemed every bit as significant, profound, and aware as the eastern ones. We learnt that enlightenment didn't necessarily have a geographical preference, that there are no boundaries to awareness.

So what is awareness in the spiritual sense and why is it so important in sacred practices?

Awareness is your state of being. It is your engagement and your relationship with being itself. Awareness is your ability to participate in life in the very fullest sense. This participation through awareness is not how we think of participation or how it appears in the usual ways. It may not be overt or even outer at all. It is a deep innerness. Your being is immensely powerful; your being is like a still lake, like a great ocean, or like the sky when it is impenetrably blue, vast, distant and near at the same time. Awareness has no limits and neither does the person who attains it.

Awareness has within it all possibilities, great potential and fulfillment, and an expansive, inner capacity of being and becoming. You are always becoming, always moving toward a goal, the goal of unity, of love, of a



greater freedom. And yet all that goes on in the inner life or the outer world, or the deepest possible layers of your soul and spirit, occur *in* awareness. This is why we can rightly say that if we are not aware we don't know what is really happening, because we don't know who we are.

*[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 21<sup>st</sup> Century.'* See <https://www.therapyandspirituality.com/books/moksha-dawn.html>]



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

## 4. What's The Point?, by Richard Harvey

The spiritual aspirant comes sooner or later to the seminal, the pivotal question of the spiritual journey. It is: What's the point? This question is nearly as significant as who am I? In fact the two are inextricably joined.

The despair of pointlessness brings you over the threshold into the heart. Your release of the source of pointlessness is the crucial thing. Clinging on to the small self, the petty small self who self-aggrandized him- or herself and is a victim of fear and desire must be released and the issues must be resolved: the two are synonymous. Work through your issues, bring them to resolution, and let go of your identification with a petty small self. It is not you. It never was. You are spiritual, divine. When you get hold of that idea and you are not ready for it, all kinds of confusion reigns. The neurotic, dependent, egocentric individual who hears that he is a divine person thinks he can do anything he wants. It goes in the ego-filter of course; he has no other. So it is crucially important that you maintain vigilance over your ego-processes through your awareness practice.

Pointlessness—in some form of the question what's the point in anything? What is my life for? What is my purpose?—is one of those lifting of the veils, one of the dark moments and travails of psycho-spiritual inner work. It is a welcome threshold, although the one experiencing it may feel the sacrifice, the shedding, acutely or even chronically. The world before us has so disappointed us, we feel full of futility and we may feel ridiculous as everything we have held dear now appears to be inconsequential. What is the point in anything at all? We cry and wail as we are borne to the other shore.

The stages of awareness through pointlessness, early initiation, avoiding self-aggrandizement, insights and understanding, superficial and greater attainments to which we may become serially attached, re-asserting of ego-forces even after we seemed to have surpassed them, and further deceptions and atrocities of the soul can be mesmerizing, disabling, demeaning, and stultifying. You cannot do this alone. This should be and must be heard. Of the most significant mistakes propagated about the inner life the very idea that we may be able to do it on our own through self-help and a self-directed inner journey is the greatest. This is not a solo flight. For a dilettante, for a light acquaintanceship with the inner realms, some books, some light meditation, relaxation, a little singing of ancient mantras, a retreat will be enough. But the serious seeker should know that there are certain necessities. They are the path (follow the one that captures your heart), the community or group of like-minded souls which will be needed for mutual support and holding, and finally the teacher, guru, or figure in human form that leads you on. He is the one who knows you better than you know yourself. He is the one who appears to you with a light and to whom you feel overwhelming resistance and devotion by turns, as he poises you on the very brink of yourself. Looking back at you, deepening into awareness, whatever arises you find the strength to go on in faith and deep trust.

Awareness starts where it finishes—in naturalness. When you begin practicing awareness the first thing you notice is that the judging mind prohibits awareness. You cannot be aware and judge or criticize and this is the key, because the judging mind is the very same mind that creates the false self. Awareness is the healing balm for the false self; it is the cure and the return to reality.

You have come from awareness and to awareness you will return. But in the meantime you have a choice. One way is to play and become submerged in the illusion of unreality, taking it very seriously, and remaining loyal to the dream. This is what the early Christians called *eidololatria*, worshipping false gods, and what the Zen Buddhists call *gedo Zen*, falling for the illusion. The other way is to become aware, here and now, which is the only place you *can* be aware.



The practice begins in an objective way. You adopt a method and a discipline, and you practice to become proficient, to improve in some way. This has nothing to do with awareness itself. The practice and the reality of awareness are of course different, as different as the journey is to the destination, as cooking the meal is to the feast.

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

## 5. The Spirit Of Deep Acceptance, by Richard Harvey

The second thing you will notice about awareness practice, after judging and criticizing, is acceptance. In fact acceptance is the remedy for judging. It is what replaces judging in the psyche, in your soul. You progress from small acceptances to big ones and eventually, simply *acceptance*.

Acceptance does not mean everything is alright and people can do what they want to do and be as horrible to each other as they like, you included. Acceptance means that underneath all the arising forms, emotional and behavioral dynamics, and dramas of life you fundamentally see that all is working for good. The movement of love and devotion is the fundamental orientation or axis of the world. Sometimes acceptance means that even difficult events and behavior can be “seen through” and you can love even in the most difficult and challenging circumstances. Other times acceptance means that you intervene and make waves of some sort. The idea that you accept everything includes acceptance of yourself and acceptance of yourself means that your actions may also be done in the spirit of deep acceptance.

The awareness practice that you adopt progresses in time, often rapidly, to some rather strange events from the point of view of the relative world. The relative world is the domain of time, space, relationships, shifting forms of the Hindu *maya*. But when you sit in meditation—and meditation is really another word for awareness—you can disengage from all these. What is there instead?

For some time what is there instead are the sense and memory impressions of the relative world. So you dream, fantasize, imagine, and invent, and you fall into deep reveries. After a while you may see that your reveries and fantasies are so deep and convincing that they are more or less indistinguishable from the “real thing.” It may even occur to you that you have created the dream of appearances or apparent reality yourself. Because you have! This is a precursor of what I have come to call the *Philozovo*—the passionate response to the call of the Divine. As I have noticed so often, mystic spiritual paths—or spiritual ways that are experiential or seek to merge with the divine as opposed to talk about it, seek comfort in it, externalize the Divine or make spirituality an essentially moral, societal, political activity—all valid truly spiritual paths begin at the same point. Sometimes it is called faith, other times trust, other times conversion. All imply the insight that the world you see is not real, or you do not see the world as it is, you see the world as you are, or as Gurdjieff wrote, life is real only then, when “I Am.”

This is drama along the way of practicing awareness, because whether you notice any of this or not (and some of it may only occur to you afterward) you fall through the cracks—the cracks of time, the gaps in space. And when you return, you are aware that you have been disengaged from your habitual mind and dislocated from your sense of self (later you may see what this implies, but for now the experience is enough).

Relative time and space may be pictured as a linear process, progressing from left to right. This is how we live our lives: from left to right, from day to night, year in and year out. So long as we remain engaged exclusively with activity, neurosis, goal-oriented and conventional life, with all of its expectations and shared assumptions, we are attached to the linear progression of predictable, largely pointless events and outcomes.

To maintain this takes a great deal of effort, a kind of self-hypnosis, and resolute resistance to insight. The tiredness and exhaustion of the spiritual student who releases him- or herself from this round of intensive activity (mental, physical, psychological, repetitive and predictable) is so intense that they find themselves

sleeping unexpectedly at unusual times, in surprising ways, as the layers of chronic fatigue are released and healed, and they return progressively to the natural state.<sup>1</sup>

*[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 21<sup>st</sup> Century.'* See <https://www.therapyandspirituality.com/books/moksha-dawn.html>]



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

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<sup>1</sup> For more on this subject, see my article “Psycho-Spiritual Psychotherapy: The Role of Tiredness and Exhaustion” at <http://www.ibuzzle.com/articles/psycho-spiritual-psychotherapy-the-role-of-tiredness-and-exhaustion.html>.

# **SOULFUL SHARINGS:**

## **6. What's New and Upcoming at the Center?**

Some students and patrons of the Center have recently shared their videos with us for hosting on our YouTube channel and website. We invite any spiritual teacher and / or student or patron of the Center to share their videos with us. We may welcome the opportunity add your video to our YouTube Channel and website.

The theme for our next newsletter (May 2025) will be 'Relationships.' If you would like to contribute to our May newsletter, reach out to us at [info@centerforhumanawakening.com](mailto:info@centerforhumanawakening.com).

## 7. 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](mailto: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 ***VLOGs*** are posted on a regular basis. The VIDEO BLOGs 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.

View the VLOG at <http://www.centerforhumanawakening.com/Video-BLOG.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 book<sup>2</sup> he states 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 with us!

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<sup>2</sup>*Your 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](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)

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](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)



## 8. 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](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://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>

## 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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