

# Level 3 of the HAI

## Love, Intimacy, and Sexuality Workshops

# Living at Choice

18<sup>th</sup> – 20<sup>th</sup> November 2011, Hunter Valley

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*Why do you do what you do?* How much of your life do you **choose** and how many of your choices are preprogrammed responses?

Have you ever found yourself avoiding someone you were attracted to? Have you caught yourself procrastinating when you wanted to get a job done? Have you lied to a friend, telling him when he canceled an appointment that it was all right, when in fact you were angry?

Much of what we do in life is a result—either directly or indirectly—of the messages we’ve received since birth about how we **should** and **shouldn’t** be. From the time we were very young, we absorbed information about how men are **supposed** to be, how women are **supposed** to be, how we should act in different situations, and what feelings are okay to express when.

The sum total of these messages can be called our “programming.” Much like a computer, we have been programmed. And also much like a computer, we have an automatic way of responding, a “programmed response,” when a given stimulus is experienced.

By examining our programming, we can find a new freedom in the present: to choose to keep those

responses that serve us and to rid ourselves of those that don’t. You will learn to move into your own power, and into the newfound freedom of making healthy, loving choices for yourself and your relationships. We are able to look at our lives in a different light.

- ♥ If I were to die next week, how would I feel about how I have lived my life?
- ♥ Am I doing what I **really** want...or what someone else wants?
- ♥ Am I waiting for “someday”?
- ♥ Do I avoid people I find attractive?
- ♥ Do I procrastinate?

Breakthroughs abound as we discover where we have been at the effect of our past and where we have stopped ourselves from fully expressing our love and our passion for living. Level 3 leaves us with a profound, renewed commitment to passionately live life to its fullest!



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*HAI Workshops in Australia are produced by SPACE Inc.*  
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