

Feature article: "Feel and Heal Anger" Workshop



## SPACE Producing HAI Workshops in Australia

Supporting Programs for Awareness, Creativity and Expansion

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## "Feel & Heal Anger" Workshop

Anger is the feeling often experienced when we feel hurt, shamed or powerless. Unexpressed anger usually manifests as blocked passion. Suppressed anger can keep us stuck in an old pattern of defense, acting out in a drama or hurting ourselves with various patterns of addictive behaviour.

**At this workshop, in a safe environment we create, you can...**

- Develop an authentic relationship with your emotions.
- Heal your fears of anger.
- Release old hurts, grief, guilt, shame and blame.
- Recognize and release your anger through using your body and your voice.
- Learn to listen and receive others anger and to set boundaries.
- Discover your hidden passion and embrace this into your life.
- Have the opportunity to fully express yourself

**When:** 5th – 6th September, 2014

**Times:** 6pm-10pm Friday, 10am - 6pm Saturday

**Where:** Pennant Hills, Sydney

**Workshop Price:** \$225

**To register:** <http://space.org.au/workshops/registration> and select **"Feel and Heal Anger Workshop"**

**For more information:** Email us at [info@SPACE.org.au](mailto:info@SPACE.org.au); or call 8005 1085

**Your Facilitators:**



Denise Cook



Racquel Andersen

[Feel and Heal Anger Workshop](#)

An empowering new workshop  
5-6 Sept 2014, Crows Nest, Sydney

[Pathways to Intimacy](#)

A profound one-day workshop in Crows Nest, Sydney. 21 Sept 2014.  
"Your first step along the path to deeper and more meaningful relationships."

[Sacred Union of Opposites](#)

With Dr Deborah Taj Anapol  
10 - 12 Oct 2014, near Mittagong

[HAI Level 1: Love is a Miracle](#)

A weekend workshop on the Central Coast  
13 - 15 March, 2015  
"Even if you don't believe in miracles, come prepared to experience one."

[Free Mini Workshops](#)

A free preview of what you can expect in our longer events. "In a safe and nurturing environment, you can learn and practice many ways to improve your relationships..."

Visit [SPACE](#) for dates, times and locations around Australia.

**Further information**

Please contact us on 02 8005 1085, or email us

## **"Sacred Union of Opposites"**

A Tantric Weekend Retreat with Dr Deborah Taj Anapol



Duality, polarity, pairs of opposites is what makes the world go round. When masculine and feminine energies magnetically attract it's magical; when they're at war, we suffer.

*"On this magical weekend retreat we engage deeply in the transformative process of deconstructing the conditioning which has created obstacles to the Sacred Union of Opposites within. We renew the natural flow of life force energy, using maps and methods drawn from Pelvic Heart Integration, including breath, conscious touch, psychodrama, as well as ancient yogic practices."*  
Deborah Anapol.

**When:** October 10-12, 2014.

**Times:** 5.30pm Friday to 4.30 pm Sunday

**Where:** Southern Highlands NSW (near Mittagong)

**Early Bird Price:** \$595 (Note: Expires on Fri 26<sup>th</sup> Sept. - 2 weeks before the workshop)

**Regular Price:** \$650

**To register:** go to

<http://space.org.au/workshops/registration>, select "Sacred Union of Opposites" from the list of events. Please complete payment at registration.

**For more information:** Email us at [info@SPACE.org.au](mailto:info@SPACE.org.au); or call 8005 1085



### MISSION STATEMENT

The Human Awareness Institute (HAI) empowers individuals to be potent, loving, contributing human beings. HAI promotes personal growth and social evolution by replacing ignorance and fear with awareness and love. HAI aims to create a world where people live together in dignity, respect, understanding, trust, kindness, compassion, reverence, honesty and love. The Human Awareness Institute is committed to creating a world where everyone wins.



**Abe Moses, Editor**

Newsletter produced by Abe Moses with invaluable assistance from Irene Jehnich.

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## "The Joy of Being Total"

An excerpt from the book by Peter Rengel entitled "Living Life in Love"



"Being total" within yourself means diving fully into your own psyche. When Socrates said, "Know thyself", he was not just making polite conversation. Become fascinated with your inner workings.

Look inward as you move through the external world. Notice every nuance of your reactions to every event so that you can learn the ways you separate yourself from Life. Focus your passion inward as well as outward. Let your need to uncover the Truth about your inner world be so encompassing that you become excited when you sense your next fear surfacing. Let your thirst for Truth be quenched by the minutest insight into your mind's subtle delusions. *When you are so hungry for Love that you would kill (your own ego) for it, then you are headed Home.*

With Love,  
Peter

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## Getting my Life Working Again



**Moose Miller**

There came a point where I just had to admit to myself, that my life was not working for me! Ouch! Eek! I was in my mid-30s and my longest relationship was a year. I always assumed I would settle down and have a happy family life. Yet, I could see the actions I was taking were not leading me that way.

Then I came across the workshops of the Human Awareness Institute. I did an intro evening and felt very, very confronted. Was this very pinch in me that meant I knew that this offered something new to me. Something that might help....? Well, it took me a year to sign up to Level 1, because I was scared, although I probably would

not have admitted it then.

Since then, I have done many of the workshops and am a happy chappy. What an experiential education in relating to others!! This has been my key to happiness at work and in my personal life - I have a lot to be grateful for. Here's the snag though, prior to coming to HAI workshops, I really was so in the dark that I did not know what I needed. Perhaps that was what that year of indecision was about. Either way, I am glad I took the leap of faith.

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For more of what participants are saying visit our [testimonials page](#).

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## **Melbourne News**

### **Community Builders!**



Maria Moy



Maureen  
Matthews

### ***HAI community in Melbourne gets a boost...***

*The expansion of the work of the Human Awareness Institute's work in Australia takes another small step with the production of Pathways to Intimacy workshop in Melbourne in late June.*

*Well written experiences by Maureen through her About Last Nite column in the Sunday Age attracted many enquiries for the workshop. Eventually, the workshop was well attended – the first one in Melbourne for a long time! Maria was a superb contributor to the creation of the event, and the SPACE leadership group, and intern group sincerely express their appreciation and gratitude for her hard work. You can find out more about Maureen's column by clicking on the link below.*

*(<https://www.facebook.com/aboutlastnightmm>)*

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## Join "Exploring Intimacy - Sydney"

and stay engaged with your heart in as you journey towards more intimacy with self and in your relationships.

Our [Meet up Group in Sydney](#) gathers at least once a month, spending quality time exploring intimacy of self and in relationships.

<http://www.meetup.com/Exploring-Intimacy-Sydney/>

## SERVICES DIRECTORY

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**Dr Philip Bailey** Homeopathy and Counselling Sessions via Skype, Family Constellation Workshops.  
[baileypm@inet.net.au](mailto:baileypm@inet.net.au), 0425 209 569, [www.drphilipbailey.com](http://www.drphilipbailey.com)

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**Allison Thomas** Relationship Coach and Consultant, Tantra Massage Trainer. Adelaide and Australia-wide. [ally@mytantramassage.com.au](mailto:ally@mytantramassage.com.au), 0419 038 310, [www.mytantramassage.com.au](http://www.mytantramassage.com.au)

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**Neil Grainger** Life Coach. Australia-wide. 042 5210 962, [neil.grainger@bigpond.com](mailto:neil.grainger@bigpond.com)

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**Denise Cook** Personal Growth Counsellor. Sydney and Australia-wide.  
[denisecook@ozemail.com.au](mailto:denisecook@ozemail.com.au), (02) 9460 7091, [www.denisecook.com.au](http://www.denisecook.com.au)

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**Jude Burger** Improve the Way you Think - Act - Relate: [www.thinkactrelate.com](http://www.thinkactrelate.com)

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**Abe Moses** Life Coach, Holistic business Consultant, Tantric Massage Practitioner. Sydney. 0418 769 372, [www.intimate-encounters.com.au](http://www.intimate-encounters.com.au)

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