

Feature article: *How Hugs Heal - Have You Had a Hug Today?*



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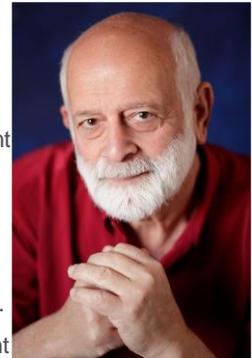
Ouch, Oops and Simple Communication

Good communication is a critical part of all relationships. It is especially an essential part of maintaining a healthy, intimate partnership. Interestingly, the quality of the communication, “how” we communicate, is just as important as “what” we communicate, to maintain the healthy, intimate relationship. When the relationship is enduring a stormy period, quality communication is often the best way to get it back on track.

We get to practice several communication skills as participants and on the team when attending HAI relationship workshops. Some skills require setting up and preparation, so both parties are ready and willing to partake in the dialog. Given that partners establish this context and process beforehand, using a single word to communicate can be sufficient to send a powerful message and get the sender or recipient’s attention. The underlying intention must always be to return to a state of loving connection.

For example, the word “Ouch” can be used by the receiver, conveying that “those words hurt”. Similarly, the word “Oops” can be used by the sender to convey the message “I’m sorry, I didn’t mean to use those words” or “Oops, that does not feel right...let me say that better”. It’s sometimes more effective if followed by ten seconds of silence, eye contact thereby allowing the message to land. Just a taste of simple, yet universally applicable tools you get to experience at a HAI workshop.

Abe Moses President



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SPACE, Producer of HAI and other complimentary workshops in Australia

<http://space.org.au>

I dared... and... created great connections

I am so glad that I flew up from Melbourne to attend the NEW 'Creating Daring Connections' one-day workshop. If you thought this was going to be 'Pathways to Intimacy' reworked, I am sorry to disappoint you. This is a completely new, exciting, invigorating and profound one-day 'taster' of the astonishing work of HAI. Please do not miss the next one! Days later and I am still buzzing, and in my heart. Maybe Melbourne can host one soon.

:-) ♥ M.M

To register your interest in attending a *Creating Daring Connections* one-day workshop in Melbourne please add your details and a brief message here: <http://space.org.au/contact>

More info: <http://space.org.au/one-day-workshop/creating-daring-connections>



A Community Evening with a Difference

This is an exciting and very special opportunity for anyone who is curious to know more about our facilitators Sarah and Peter Sandhill. You will have an exclusive chance to ask questions about facilitating workshops for The Human Awareness Institute (HAI) all over the world and why they love doing what they do together and individually.

Discover their passions outside of the workshops, hear more about their journey to countries where these workshop are conducted. Hear some of their experiences about leading the workshops here in Australia during the last 20+ years.

This two hour community evening will appeal to anybody who wants to know more about the leaders of our workshops on Love, Intimacy and

[Want to dip your toe with a
meetup?](#)



[Free Mini Workshops](#)

A free preview of what you can expect in our longer events.

“In a safe and nurturing environment, you can dip your toe, learn and also practice many ways to improve your relationships”

To register your interest in attending a

Sexuality.

Bring yourself, family and friends, work colleagues and curious acquaintances and meet Sarah and Peter.

Regardless of your relationship status or gender orientation, everyone is welcome to come and enjoy AN EVENING WITH SARAH AND PETER who will be leading the next Level 1 workshop on 18 - 20 August in the Hunter Valley. AND there will be a very special registration deal offered on the night for anyone who decides to join us for the weekend workshop.

Date: Wednesday 16 August 2017

Time: 7pm for 7.30pm start and finishing no later than 9.30pm

Venue: Crows Nest Community Centre

Cost: Free

RSVP: By 15 August 2017 <http://space.org.au/contact> or just turn up on the night (it helps to know how many are expected)

More info: <http://space.org.au/peter-and-sarah-sandhill-community-event>

Love is a Miracle: A Participant's Experience

Three months ago, I walked out of a HAI Level 1 workshop, turned to Abe and mumbled "That beats 20 years of psychotherapy!"

I recently read about an educator's despair over the marketing problem he was experiencing with his communication course. "it is like trying to sell space travel to cavemen". He knew what he offered was life changing, but the people couldn't imagine how much change was possible.

This parallels my recent experience of HAI.

Depressed for 25 years, I didn't think life could be good. As a farmer and then a builder's labourer, when I heard about HAI, I thought "what is this...a love cult?" And when hearing something was "life changing" my reflex was that is likely to be generally "bullshit"; a bloated exaggeration, a marketing overreach, fit to be scornfully discarded. My depression had stolen my identity, my self-love, and self-respect. While I was told depression was a chemical imbalance, it's also about shame, vulnerability, authenticity and love. My deeper truth was that I was terrified scared of showing the real me. And what I needed was to dive deeply into the love and trust that is HAI.

Free Mini Workshop in please add your details and a brief message here:

<http://space.org.au/contact>

For more info on dates, times and locations around Australia:

<http://space.org.au/freeminiws>

Creating Daring Connections

A 1-day workshop in
Adelaide: 7 October
Sydney: 14 October

HAI Level 1: "Love is a Miracle"

A residential weekend workshop in the
NSW Hunter Valley
18 - 20 August 2017
17 - 19 November 2017

"Even if you don't believe in miracles,
come prepared to experience one."

Further information

Please contact us on

Despite engaging with several therapists (including electrotherapy) over 25 years, I was actually close to applying for a disability pension. HAI put my change onto a crazy, fast forward spin. I went from recovery from pain and depression, to exponential growth. Yes, I needed to risk. Yes, I needed to open myself to others. I realised that my vulnerability was my strength, and a key to getting my life back! Doing HAI took courage, but I was sick of being trapped, and getting the same as I was always got. Now I am looking at starting my own business. It is a crazy change in a short time. No bullshit! D.W.

Introducing Peter and Sarah Sandhill

Dear friends...I am Peter Sandhill, Aussie facilitator with the Human Awareness Institute. I'm very excited to be returning to my homeland in August this year with my wife Sarah who is also a HAI facilitator, and my son Jeremy.

It's always special for me to lead HAI workshops here. Being involved in 'heart work' and having it be so well received in Australia for over twenty five years, is amazing. Actually if it wasn't for HAI I might not have met my wife Sarah. We met at a HAI Workshop in Australia.

What we love about HAI is that it:

- Is really about all levels of connection
- Takes people through progressively deeper levels.
- Has a style that is inclusive and builds bridges and communities.

What can you get out of attending a HAI workshop?:

- Learning about setting boundaries, making choices, saying and meaning 'no' and having an authentic 'yes'
- Changing our perception of what love really is.
- Opportunities to practice and learn these skills and more in a very safe environment. Sarah and I



(02) 8005 1085, or email
info@SPACE.org.au



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,

look forward to you joining us.
Best wishes, Peter

How Hugs Heal – Have You Had a Hug Today?

Dr. Joseph Mercola writes in his article:

“We need [four] hugs a day for survival. We need [eight] hugs a day for maintenance. We need 12 hugs a day for growth.” This may represent the minimum and optimum thresholds to generate sufficient oxytocin, a hormone released by your pituitary gland in response to physical touch. The simple act of hugging may not only increase your bond with others, but may also boost your physical and emotional health.

http://articles.mercola.com/sites/articles/archive/2017/05/20/hug-benefits.aspx?utm_source=dnl&utm_medium=email&utm_content=ms1&utm_campaign=20170528Z3&et_cid=DM147102&et_rid=2021308179

Regional Wrap-ups

HAI has a number of regions in Australia where local communities are created and thrive after individuals have completed their first HAI workshop. Here are some updates from Adelaide and Melbourne. We are also excited about events coming later this year in Byron Bay and the Northern Rivers communities!

Adelaide has a vibrant HAI community that has been alive and well for many years. Graduates of the HAI program enjoy a monthly reunion, usually followed by friends joining to share a meal with the hosts. For more information contact Julie via email: rfreak@bigpond.com or M:

*understanding, trust, kindness,
compassion, reverence, honesty and
love. The Human Awareness Institute is
committed to creating a world where
everyone wins.*



Newsletter produced by Abe Moses
with invaluable assistance from Mark
Adams and Irene Jehnich.
With gratitude and appreciation to all
contributors.

0401 135 648.

or email us for more info: <http://space.org.au/contact>

Melbourne is just beginning to re-form its HAI community. There was a decent one there some 15 years ago, but it dissipated with the leader moving on. Creating a community with common interests in improving their relationships is the first step towards attending a one day HAI workshop.

Want to be part of this community? Contact David Newton via email: dnewton61@yahoo.com.au or M: 0405 779 789. Everything starts with the first step

Want to Dip your Toe with a Meetup?

If you want to dip your toe and get a sense or some idea of what this work is about join our meet up group *Exploring Intimacy - Sydney* and start mingling with like minded people.

More info: <https://www.meetup.com/en-AU/ExploringIntimacy-Sydney/>

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