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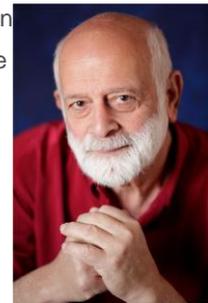
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## *Walking the Journey*

Mission statements have been around for longer than I can remember. I first came across them in my time in the US. Mission and Vision Statements were the conspicuous signature of many of the organisations there. They were in the board rooms, above the CEO's chair, in the foyers, in the corridors, in the lunch rooms and in many other places.



The Human Awareness Institute (HAI) also has one such [Mission Statement](#). I came across it at my first HAI Level 1 workshop in May 1999. For years I had thought of Mission statements as words of lofty but unattainable aspirations or simply something I just read on a wall, or on a website and agreed (or silently disagreed) with.

After some years and numerous HAI workshops I really began to appreciate the power in **this** mission statement. For me the true power of any mission statement comes when I can sense or feel an embodiment of it. Embodying of a statement implies that the essence of the words become a part of the way I am. These words have now become a part of the way I can easily choose to be. It's been a powerful journey of embodiment. I dare you to walk alongside with me as you too consider the journey of embodying the words of the HAI mission statement.

**Abe Moses** President

SPACE, Producer of HAI Workshops in Australia

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"

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

## [Creating Daring Connections](#)

A 1-day workshop in Crows Nest, Sydney: 20 May

## [Gender and Sexuality Diversity](#)

A 1-day workshop in Crows Nest, Sydney: 24 June

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

A residential weekend workshop in the NSW Hunter Valley, 18 - 20 August 2017.

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

### [Further information](#)

Please contact us on (02) 8005 1085, or email [info@SPACE.org.au](mailto:info@SPACE.org.au)

## ***Lack of Touch is Destroying Men***

I came across this fascinating article by Mark Greene entitled "*How a Lack of Touch is Destroying Men*". He starts by writing the paragraphs below, which got my interest. *"In preparing to write about the lack of gentle touch in men's lives, I right away thought, "I feel confident I can do platonic touch, but I don't necessarily trust other men to do it. Some guy will do something creepy. They always do".* Quickly on the heels of that thought, I wondered, *"Wait a minute, why do I distrust men in particular?"* The little voice in my head didn't say, *"I don't necessarily trust people to not be creepy"*, it said, *"I don't trust men"*.



He goes on to offer his perspective that *"we believe that men can never be entirely trusted in the realm of the physical. We collectively suspect that, given the opportunity, men will revert to the sexual at a moment's notice. That men don't know how to physically connect otherwise. That men can't control themselves. That men are dogs..."*

He goes on to write how this leads to *"Touch Isolation"* and its likely consequences.

*"Accordingly, it has become every man's job to prove they can be trusted, in each and every interaction, day by day and case by case. And so, we prove our trustworthiness by foregoing physical touch completely in any context in which even the slightest doubt about our intentions might arise. Which, sadly, is pretty much every context we encounter?"*

To read the full article click here: <http://upliftconnect.com/how-lack-touch-destroying-men/>

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## ***Creating Daring Connections***

This new one day workshop is best suited to anyone over 18 who wants to explore and discover what works and what is missing in their quest for connection with both themselves and also with others.



In today's busy-ness we often miss our deeper longing for connection and operate/live from a busy superficial place, when really what we are aching for is a much more real and authentic



CREATING A WORLD WHERE EVERYONE WINS

## 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.*



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

With gratitude and appreciation to all contributors.

connection with ourselves and of course with others. What we long for is the connection that takes us into a quieter, deeper and more real place, this inner space has a very real RISK attached to it for some people----a place of vulnerability, honesty, truth, communication beyond trivia, fun, silliness and sometimes mistakes, these are all part of the RISK factor of Creating Daring Connections.

SO.....

What this day will give you is a whole-hearted, structured process of discovery with like minded people who are also longing to connect more deeply and more authentically. The day has a safe and tight container of energy to hold this process for participants. The structure is experiential which is the best way to learn because your experience can't be wrong for you.

We start at 9am sharp and finish no later than 6pm.

Date is 20 May 2017 Saturday

Cost \$145 -----Secure your place by registering early.

Registration essential

(02) 8005 1085 or: <http://space.org.au/workshops/registration>

Venue: Crows Nest Community Centre, Pilone/Chadwick Rooms, 2 Ernest Pl, Crows Nest NSW

Beverages provided

Bring your heart and willingness to risk Creating a Daring Connection and to learn.

DON'T even think about being late, there is no way you would want to miss a moment of this delightfully, risky day filled with new opportunity.

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## New Workshop: Gender and Sexuality Diversity (GSD)

***An educational workshop about diversity within traditional gender and sexuality for anyone who works with and/or supports GSD people***

An educational workshop about diversity within traditional gender and sexuality for anyone who works with and/or supports GSD people.

Explore the history of gender and sexuality diversity in various cultures, language that's been owned and is being used by people to describe their experience, and brainstorm language to use - how to talk about and work with diverse bodies, gender and sexuality in an inclusive way.

Join in an embodied exploration of what it might be like to be 'beyond the normative' as far as gender and sexuality is concerned, an opportunity to embody what it feels like to be accepted and included and what it feels like when we're not.

Inhabit an expansive space where something new can be allowed to form beyond what others tell us and what we tell ourselves, so as to explore our own manifestations beyond the binary, and how we are all constrained by assumptions and societal 'norms.'

**Dragan Zan Wright**: A professional psychotherapist for over ten years and experienced trainer and facilitator of groups, Dragan has a private psychotherapy practice in the Northern Rivers and educates throughout Australia in the fields of mental health, trauma informed care, working therapeutically with complex trauma, working somatically and supporting people with gender diversity and diverse expressions of sexuality. Dragan is committed to educating and to facilitating people to experience authentic embodiment, particularly in the realms of gender, sexuality and releasing past interpersonal trauma. Dragan believes in the wisdom of the body and 'being' to heal, and the importance of conscious radical inclusion to facilitate societal healing and in raising awareness and experience of true embodied consent.



<http://www.draganzanwright.com/>

**Workshop details:**

Location: Crows Nest Community Centre, Pilone/Chadwick Rooms,  
2 Ernest Place, Crows Nest

Date: 24 June 2017

Times: 10am – 4pm

Cost: \$145

Contact: Neil on 0425 210 962, or [neil@space.org.au](mailto:neil@space.org.au)

Registration: <http://space.org.au/workshops/registration>

**This workshop is limited to 25 participants.**

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## ***Intimacy - An Expanded View***

*By Stan Dale*

Intimacy - an expanded view - or a different perspective.

For many of us the word Intimacy strikes fear into our hearts. For some of us perhaps it's closer to terror!

That's understandable! In today's world the word intimacy has etched a neuronal pathway to mean sex. Click here, <https://www.youtube.com/watch?v=RaujDYBT1Cg> and see what Stan Dale, founder of the Human Awareness Institute, has to say about intimacy.

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## ***Level 2 Feedback***

At a recent HAI Level 2 "Loving Yourself" workshop, participants were invited to offer some feedback on their workshop experience. Here's what some of them said:

*"Extremely well presented workshop in a very safe environment".*

*AB.*

*"Taking time to invest in understanding myself and my relationships with others took a while. Wish I'd been an earlier adopter of this work." MA*

*"I mostly feel soft and strong, and my relationship with HAI friends is different from any other one, and I cherish those differences." JR*

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## ***Free Mini Workshops***

What would you say if someone invited you to a very affordable Love, Intimacy and Sexuality weekend workshop?

Whilst I really don't know, my sense is that you might not be part of a crowd of people gathering overnight to be the first in the queue to buy tickets.

But what would you say if someone invited you to a two hour Free Mini Workshop to give you a sense of what the weekend workshop was about? And then offered you the choice of whether you would like to attend? Then my sense is that your response might well be

different.

Here is what our Free Mini Workshops offer:

A chance to meet other like-minded people in similar situations as you

Learn to really listen and hear what others are saying?

Participate to your level of comfort - honour yourself and the choices you make.

Get to know about the weekend workshops, and how they are structured.

If you are in the greater Sydney area, we'd love to see you at one of the two Free Mini Workshops coming up soon:

- Wednesday 3 May - more info here:  
[space.org.au/May17SydFMW](http://space.org.au/May17SydFMW)
- Tuesday 6 June - more info here:  
[space.org.au/Jun17SydFMW](http://space.org.au/Jun17SydFMW)

Both at the Crows Nest Community Centre, 2 Ernest Place, Crows Nest, commencing at 7pm.

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