

Feature article: "Erotic Meditation Workshop"



SPACE

Producing HAI Workshops in Australia

Supporting Programs for Awareness, Creativity and Expansion

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Community Builders!
HAI Community in Northern NSW boosted by a Local Champion

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Erotic Meditation Weekend & Preview Evening

A magical tantric retreat with [Dr Deborah Taj Anapol](#), exploring a new transformative practice for activating Awareness and Presence through Pleasure.

- Experience and enjoy this exciting weekend retreat where Deborah shares her new practice, integrating a potent combination of erotic touch and mindfulness meditation.
- Discover true freedom, as you surrender the need to cling or intensify or escape a pleasurable sensation.
- Allow new depths of openness, flow, activation, unconditional love and connection to arise as we initiate self into ever increasing levels of awareness.

A **Preview Evening** to this event is offered on Wednesday 8th Oct at the Crows Nest Community Centre in Sydney. <http://www.space.org.au/preview-deborah-taj-anapol>

When: Workshop: 10 - 12 October 2014

Preview: Wednesday 8 October, 7 pm

Where: Workshop: Southern Highlands NSW (near Mittagong)

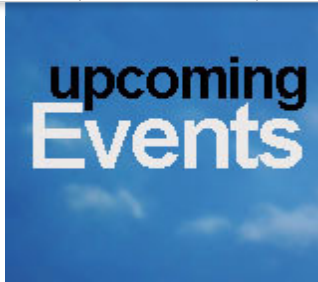
Preview: Crows Nest Community Centre (Sydney)

Price: Workshop \$595 (residential)

Preview: \$20

To register:

Workshop: <http://space.org.au/workshops>



[Erotic Meditation - A Preview with Deborah Taj Anapol](#)

A Preview evening of what you can expect in the weekend workshop is presented at Crows Nest on Wed 8th October.

[Erotic Meditation Weekend with Deborah Taj Anapol](#)

A exploring a new transformative practice for activating Awareness and Presence through Pleasure

[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 at info@SPACE.org.au

and select "Deborah Anapol: Erotic Meditation"

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

For more information: Email us at info@SPACE.org.au; or call 8005 1085



Deborah Taj Anapol, Ph.D. is an explorer of the spaces where sex, spirit, sustainability, love and ecology meet. She brings an integration of more than three decades

of spiritual practice, the healing arts, western psychology, academic training, yoga, and woman's wisdom to her work as a seminar leader and relationship coach. For more about Deborah, visit her website: www.lovewithoutlimits.com.

The Power of Commitment

There are so many articles and essays that have been written about commitment over the years – search it out over the networks and you can get lost in the maze.

Goethe wrote one that stands out...but it is kind of long. Goes like this:

"Until one is committed, there is hesitancy, the chance to draw back..." I am sure many will remember that one.

And another one by **Jerry Lewis**...

"I have a loyalty that runs in my bloodstream, when I lock into someone or something, you can't get me away from it because I commit that thoroughly. That's in friendship, that's a deal, that's a commitment. Don't give me paper - I can get the same lawyer who drew it up to break it. But if you shake my hand, that's for life"



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.

When you encourage others, you in the process are encouraged because you're making a commitment and difference in that person's life. Encouragement really does make a difference.

So here is something a little simpler by **Stan Dale**, founder of the **Human Awareness Institute**: [Stan Dale on YouTube](#)

Thank you for your commitment, Stan...your creation lives on!



Stan Dale

An Open Letter to the HAI Community

By Dr Deborah Taj Anapol



Abe Moses, Editor

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

You probably may not know me. Maybe you met me last year at the evening event SPACE sponsored at Crows Nest or maybe you know that I wrote the first of the new flood of books on polyamory back in 1992; or that I teach some unusual forms of Western Tantra called Pelvic Heart Integration and Erotic Meditation. Maybe you've heard that I'll be offering a weekend retreat called the [Erotic Meditation Weekend](#) near Sydney in just a few days.

I want to tell you why you might want to consider attending, whether or not you are part of the HAI community.

I met Stan Dale, the founder of HAI, back in the early 80's through our mutual friends and lovers who were formerly known as the UV Family. Joe, Vicki, Monica, and Ellie had a huge influence on my work and my life, and they also had a major influence on HAI.

I chose to develop my own work rather than becoming part of HAI, and to this day, what I offer is a parallel stream to the HAI workshops...similar and yet very different.

At the Erotic Meditation Weekend in October I plan to introduce a **new style of Tantric practice** which is being developed in response to the challenges Western 21st Century people have with traditional spiritual practices and which you can continue to work with on an ongoing basis in your existing networks of friends, lovers, and partners.

I also plan to share about the **FOUR** genders which shape our inner and outer worlds and to show you how you can draw on the resources of your communities to create a harmonious and loving **Inner Marriage** among them.

But most of all, I'll be making myself available to you as a resource – someone who's been consciously exploring the territory of love, sex, and intimacy since the early 80's. I've made lots of mistakes on my journey, as well as having been blessed to receive many gifts. There is no one "medicine" that's right for everyone, and over the decades I've developed a certain amount of skill in seeing what's needed at a particular time by a particular person. So I can help you to choose, or know whether what you've already chosen, is appropriate for YOU.

I will be available for a limited number of private sessions while I'm in Sydney (you can email me at taj@lovewithoutlimits.com to inquire about booking) but you will get far more from sharing this weekend together with all of us.

I don't know **WHEN** or even **IF** I'll be teaching in Australia again. So jump right in, this opportunity may not come around again!

I hope to encounter you in person soon!

With love and appreciation for the time you took to read this,

Deborah Taj Anapol: www.lovewithoutlimits.com.



Deborah Taj Anapol

North Coast News

*HAI Community in Northern NSW
Boosted by a Local Champion*



**Stephen
Powell**

The expansion of the work of the Human Awareness Institute's work in Australia takes another small step with the production of a successful Pathways to Intimacy one day workshop in near Lismore in mid-August.

Stephen Powell is a natural leader and enthusiast in the Northern Rivers area. Stephen has energised the HAI community in that neck of the woods over the last 12 months, holding social reunions in his home, bringing community together and supporting the work of HAI. Often willing to provide his home as a venue for local events Stephen has a selfless attitude serving the community, often going the extra mile to do what needs to be done. The SPACE leadership group and HAI community at large sincerely express their appreciation and gratitude for his enthusiastic work.

Thank you, Stephen!



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/>

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