

# Level 2 of the HAI

## HAI Love, Intimacy and Sexuality Workshops:

# Loving Yourself

## 7<sup>th</sup> – 9<sup>th</sup> August 2009, Canberra

*Level 2 continues from where Level 1 left off. Participants reveal themselves, layer after layer, and discover that their insides are not only “not so bad,” but lovable, acceptable, and beautiful!*

How often have you thought any of these or a similar thought?

*“When I lose 10 pounds, I will like myself better.”*

*“If I had a lover, my life would be better.”*

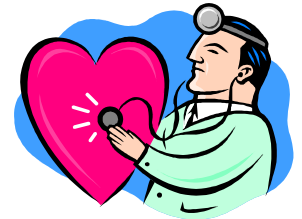
*“If I were better-looking, I would have it made.”*



We think we are unlovable and unacceptable. We hide our pain and our tears, comparing our insides (our low self esteem) with other people's outsides (smiles, good looks, apparent confidence). This leaves us feeling even more alone, and even more not-okay about ourselves.

Fighting, hiding, and avoiding the parts of us that we don't like keeps alive our fears, insecurities and mistrust. “What we resist, persists.” Transformation requires that we love and accept our fears,

anger, and pain as much as we do our joy, power, and beauty.



Our ability to give and receive love is dependent upon how much we are able to love ourselves. Once we accept ourselves—what we like as well as what we don't like—we are free to share ourselves, without reservation, with one another. Seeing our own beauty allows us to better see the reflection of our beauty in others. Accepting our so-called bad sides allows us to grow and to respond with humility, compassion and love in the face of these same traits in others. We are able to look into anyone's eyes and say, “I know you—you're just like me!”

**Level 2** is a loving journey inward to *discover, embrace, celebrate* and *unabashedly love* your individual uniqueness. As you find acceptance for your own experience of simply being a human being, your self-judgment dissolves into a heart-felt compassion for yourself and others. After Level 2, when you look in the mirror, you will see your friend, your lifetime partner, someone you know, love and accept “just the way you are.”

HAI Workshops in Australia are produced by SPACE Inc.

Supporting Programs for **A**wareness, **C**reativity and **E**xpansion

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