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Feature article: Love Beyond Thought



SPACE Producing HAI Workshops in Australia

Supporting Programs for Awareness, Creativity and Expansion

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In this Edition

Discover what [Love is a Miracle](#) has to offer you!

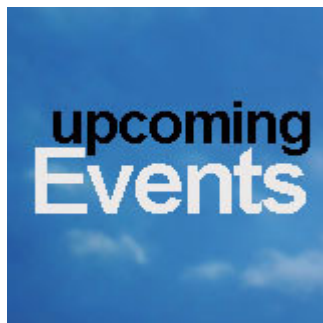
Our Feature Article: [Love beyond Thought](#). By HAI Facilitator Peter Rengel

Meet your [HAI Facilitators](#)

Follow Maureen as she speaks "[My Exciting HAI Adventure](#)"

[HAI community thriving in Adelaide](#)

Join [Exploring Intimacy A Meetup support group](#) in Sydney



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

A weekend workshop on the Central Coast, Friday, 7 March, 2014, 5:30 pm
"Even if you don't believe in

Love is a Miracle

A profound Human Awareness Weekend Workshop



How did you learn about love, intimacy and sexuality?

How good would it be to learn and practice being more open, and yet feel safe with others?

We often don't realise is that our very ideas and thoughts about these topics may be preventing us from fully expressing and receiving love.

Examine this for yourself! The workshop provides you with many opportunities to do so.

Be moved by the depth of emotional openness that occurs throughout the course of the weekend. Just imagine a group of people being completely honest and real with each other!

When: 7th – 9th March 2014, 5.30pm Friday to 6.00pm Sunday

Where: Central Coast NSW

Full Price: \$640 -- **Newsletter Special \$550 - Hurry, offer ends next Tuesday 18 February!**

Facilitated by [Peter Rengel](#) and [Felicia Williams Cosey](#)

To Register: <http://space.org.au/workshops/registration>, select "Love is a Miracle" and mention "Newsletter Special" in the Comments.

For more information: Email us at info@SPACE.org.au Or

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experience one.”

[Pathways to Intimacy](#)

A profound one-day workshop in Crows Nest, Sydney. 10 May 2014.

“Your first step along the path to deeper and more meaningful relationships.”

[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



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

Feature Article: Love beyond Thought

by HAI Facilitator Peter Rengel



If you are lying in bed with your lover, you can be many places other than in the present with each other. You can talk about the day's events or about your hopes and dreams and fears or about how your relationship is or is not working. All of these are well and fine and can create a deeper bond at the level of thoughts and ideas. Yet, there is another kind of bond that occurs when all the words and ideas have stopped. When your hearts and perhaps your sex open to each other and the energy just flows between you, a whole new level of communication has begun.

This leap from words and thoughts into just exchanging energy can be the most terrifying growth step you've ever taken. Waves of irrational emotions sweep you away. As you merge and blend with your partner, you lose your ego boundaries and your sense of a separate self. You are in a surrender process of giving up "I" for "us." You begin to experience you and your partner as interdependent. As you are born into "us," what you are really losing is the illusion of being separate. As that illusion dissolves with one other person, the sense of union begins to transfer over into the rest of mankind. As you fall totally in love with one other human being, you fall in love with all human beings. As you fall in love with all human beings, you fall in love with all creatures and all of creation.

It is up to you to repeatedly find the courage it takes to confront your mind and to allow yourself to surrender into merging into love with your partner. You can choose to keep on interacting at the level of the mind until the day

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Abe Moses, Editor

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

With gratitude and appreciation to all contributors.

your time with another person this way. You may even find a certain level of contentment there. But there will always be a deep underlying discontentment, a kind of conscious or unconscious knowing that you are missing out on something.

So take a risk. Dive into love. Let go of the stubbornness that keeps "I" as a separate being. Feel the pain of letting go of control and of not knowing. For it is within your very decision to risk it all that the deepest sense of inner peace is born.

With Love,
Peter

Meet Felicia Williams Cosey and Peter Rengel

HAI Facilitators Felicia Williams Cosey and Peter Rengel are our special guests in Australia in March, presenting HAI workshops in NSW locations.



Felicia Williams Cosey, Ph.D. has more than twenty years' experience helping people develop strong, supportive, lovingly effective relationships. She guides individuals to find, build and live their unique lifework dream. She helps couples gain skills to fuel their love while resolving issues. As a consultant specializing in Organizational Change Management, Felicia also aids business organizations in developing people-systems that match their long-term strategic goals. She loves assisting people in their personal growth, especially in dealing with issues of life transitions, relationship challenges, career change, overcoming childhood traumas, and developing self-love and personal power.

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Peter Rengel, M.A., is a “Heart Meditation” Teacher and a Spiritual Counsellor who specializes in assisting individuals and couples to experience more love in their lives and to transcend psychology in order to live in harmony with Life’s spiritual rhythm. Peter began facilitating the Love, Intimacy & Sexuality workshops in 1989. He is the author of two heart-opening books, *Seeds of Light* and *Living Life in Love*. Peter also leads his own meditation retreats, workshops, and classes – “Spiritual Awakening,” “Yes!” “Living Life in Love,” and “Opening to Intimacy” (a couples’ class taught with his wife, Donna, who he has been with since 1985). His greatest spiritual teacher has been his son, Kavi.

My Exciting HAI Adventure

by Maureen Matthews, Melbourne, VIC



When I first heard about HAI workshops I was a bit sceptical – another New Age, American scam? But people I liked and respected were passionate and actively involved, and I was intrigued. I started off attending a ‘Spiritual Awakening’ weekend, which I found profoundly enriching, so I decided to do Level 1 of the LIS (Love, Intimacy and Sexuality) series. The first thing that really impressed and reassured me was that the facilitators and the volunteers on the team were authentic, down to earth, and caring. It was clear that there was no hidden agenda, no scheme to make money – these people were helping to co-create a safe space in which people could allow themselves to open their hearts and be heard; learn skills to help them on their life journey; and experience

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workshop meant that no one needed to feel pressured. We were constantly reminded that when it came to participate in any exercises, the choice was always ours. I felt that I was being gently guided through each insight or idea so that I was able to understand and integrate new things without feeling pressured or anxious. I loved the whole experience so much that I immediately continued to Levels 2 and 3, and am very excited about doing Level 4 in March this year!

HAI Community Thrives in Adelaide – thank you, Robert and Julie!

The work of the Human Awareness Institute continues to thrive in Adelaide thanks to the efforts of Robert and Julie Freak. As interns of the Institute's program, Robert and Julie continually give their 100% by holding community events such as Free Mini Workshops, social reunions and the HAI Christmas Party in Adelaide. "Our house is like others second home", Robert said recently. "People call in to have a swim in the pool, stay over and generally make themselves at home, even if Julie and I are not there".

Last May, the HAI leadership team in Adelaide successfully



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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<p>to Intimacy” one day workshop, with 22 people attending. A number of graduates from that workshop have gone on to attend higher levels of the Love, Intimacy and Sexuality workshops. In fact, Robert has been the source of referring several people to attend the higher levels of HAI workshops for many, many years.</p> <p>To find out more how you can experience HAI in Adelaide contact Robert and Julie, by emailing rfreak@bigpond.com or contact Robert on 0407 187 447.</p> <p>forward to a friend</p>				