

Feature article: "Igniting your Love" at the Couples Weekend Retreat



## SPACE Producing HAI Workshops in Australia

Supporting Programs for Awareness, Creativity and Expansion

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## ? **"Igniting your Love"** Start 2014 off on a new note!

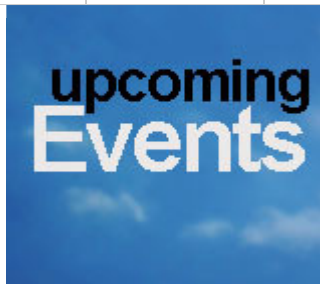
With Peter Sandhill – HAI Facilitator



The HAI Couples Weekend Retreat, "Igniting your Love" workshop is very special. Couples who have been married for years have attended and afterwards comment that they never realized they were missing out on so much richness. For some, it is like reinvigorating the romance spark that started their relationship. For others, it is resolving niggling (or large) conflicts that have been festering. And for others still, it is about having retreat from their busy lives to focus on and refresh their love.

This weekend is about diving in together, sharing a lot, practicing tender ways to touch and receive your partner's touch, to honour and cherish your sweetheart, to tell the truth and be heard for your experience and perspective. We teach a variety of skills. The workshop is very experiential. And we offer real life, in the moment coaching, if desired, on difficult and challenging areas. You are always "at choice" and your privacy about tender topics is honoured. There is also a very playful and fun element to the workshop. As a guy, I have loved seeing my lover (now my wife) be in her unique femininity that is inspiring, arousing and potent.

Come and join my co-facilitator Anne Watts and myself on this amazing weekend. <http://www.space.org.au>



With love,  
Peter

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## *"Practicing Gratitude"*



Denise Cook – Personal Growth Therapist

Practicing Gratitude...What does this mean Well, let's explore Gratitude...an emotion that's very close to my heart.

Gratitude isn't always easy; it can be at odds with some deeply ingrained psychological tendencies.

Robert A Emmons PhD is a world expert on gratitude, he did a study on 1000 people aged from 8 to 80 for 3 weeks who were grateful and discovered the following:

**Physically:** They showed a stronger Immune System, less aches and pains, lower blood pressure, took better care of their health, slept longer and felt more refreshed as a result.

**Psychologically:** They had a higher level of positive emotion, were more alert, alive and awake, they had more joy and pleasure in their lives and also more optimism and happiness.

**Socially:** They were more helpful, generous and compassionate, more forgiving, more outgoing and were less lonely and isolated.

What's interesting to me is that Gratitude is in fact a social emotion! It strengthens relationships because it requires us to see how we are supported and affirmed by others, it's an affirmation of goodness and true gratitude requires humble dependence on others, in turn this helps us to achieve the goodness in our lives.

**Gratitude allows us to:** Celebrate the present—it

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[HAI Couples Workshop.](#)

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Many couples whose relationships were faltering or stalled (or just needed a boost) have left more deeply in love than they had ever been!

Friday, 7 February 2014

5:30 pm

[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 miracles, come prepared to 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](mailto:info@SPACE.org.au)



value of some thing or someone and therefore we don't take this/them for granted.

With gratitude we become greater participants in our lives as opposed to just spectators. Gratitude blocks toxic or negative emotions such as envy, resentment, regret - these can erode our sense of happiness and wellbeing. In a study done by psychologist Alex Wood in 2008, gratitude has been shown to reduce the frequency of depression and also lowers the level of resentment and envy.

Grateful people are more able to have a better perspective on negative/stressful life events. Better self-worth is the positive spin off from being grateful. Sometimes when choosing gratitude, you just become accepting of life as it is and are grateful for what you actually have.

**Here are some practical tools to cultivate gratitude:**

- Keep a daily gratitude journal.
- Count your blessings every morning and again in the evening, finding things to be grateful for is the key to lasting happiness. Maybe it's the beauty of nature, the convenience of time, a time saving gadget or a special love in your life.
- Find 3 things to be grateful for each day/evening.
- Pay gratitude outwards generously and unconditionally, it's the little gestures that make a difference to all of us in life, saying a personal thank you, asking someone what their name is when they serve you in a restaurant/shop, thanking friends, work mates, the postman, the street cleaner---just do it whenever you get the chance---remembering when you give you also receive.
- "Grateful" A Love Song to the World by Nimo Patel and Daniel Nahmod is well worth a listen if you can make the time. (<https://www.youtube.com/watch?v=sO2o98Zpzg8>)

I personally believe that GRATITUDE is one of the most powerful practices in my life. I offer this gratefully, trusting you are open to receiving.

Denise Cook

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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.



**Abe Moses, Editor**

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

With gratitude and appreciation to all contributors.

## *"Tissues and Issues"*

by Allen & Rosie Stewart

When we first met in 2010 there was an immediate attraction between us. However, Rosie was just ending a three year relationship and needing some time to herself. Rosie realised that she was repeating the same patterns in her relationships which subsequently failed. Later in 2010, I (Allen) introduced Rosie to HAI workshops and she attended the 'Love is a Miracle' workshop which she found quite profound and thought provoking. In 2011, I (Rosie) attended another 'Love is a Miracle' workshop and went on to experience Levels 2 and 3. During this time our friendship flourished as we learnt how better to communicate using techniques taught by HAI.

In early 2012 we both found ourselves single again and available to explore the possibility of a relationship. We are both strong and passionate people and forthcoming in our views. We also had accumulated issues that triggered us as individuals. HAI gave us the strategies to be able to communicate openly, honestly and in a safe way. While issues occasionally arose in our early days, we also both shared a deep love for each other and were committed to our relationship. We learnt to deal with the issues. When problems arose we would sit side by side as a couple placing a "tissue box" on a table in front of us as a symbol of the issue. We would then discuss the issue honestly expressing our individual views and were able to compromise to find a win for us both. As we are about to head into our third year together, the tissue box has become a little tattered, but the issues (and tissues) have almost all disappeared. I (Rosie) still love my knitting, which I do while Allen is fishing – a win-win.

We still use the relating techniques we have been taught so well in HAI and now have happily and confidently chosen to commit to a life together. We will marry on 18 January 2014.

Love to All,  
Allen & Rosie Stewart

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## *"Dancing the Dance of Relationships"*



### HAI Facilitator [Anne Watts](#)

For many people, what **matters** most in their lives are their "relationships".

What challenges do your relationships present for you?

- What stops you from entering deeply into another relationship?
- How do you "return to love" after the storm?

For a preview of just what's possible please join HAI Facilitator Anne Watts for this amazing experience!

Thursday 30<sup>th</sup> January 2014 7pm – 9.30 pm  
Ford Room, Crows Nest Community Centre  
2 Ernest Pl, Crows Nest

For more info <http://www.space.org.au/Jan14SydFMW>

To reserve your place, register at <http://www.space.org.au/contact>.

[www.SPACE.org.au](http://www.SPACE.org.au) - Producers of HAI Workshops in Australia

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## Wisdom

“Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits one-self, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way. Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now.”

[William Hutchison Murray](#)

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**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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