

Feature article: A "Heart Meditation" Evening with Peter Rengel



SPACE Producing HAI Workshops in Australia

Supporting Programs for Awareness, Creativity and Expansion

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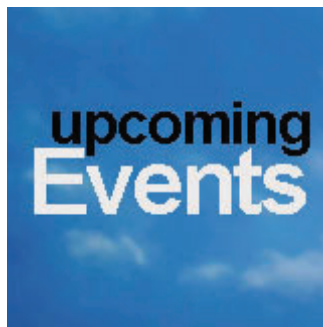
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In this Edition

Our Feature Article:
[A "Heart Meditation" Evening](#). With HAI Facilitator Peter Rengel

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

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



[A "Heart Meditation" Evening](#)
with Peter Rengel
11 March 2014, 7-10 pm
Awareness Institute, Crows Nest

[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

A "Heart Meditation" Evening with HAI Facilitator Peter Rengel



Being in the "Now," in the present, is many people's spiritual "North Star." This evening offers meditations and exercises to assist you in attuning to the Here and Now and to experience tender connections with yourself and others.

This evening consists of meditations to open your Heart, plus partnered exercises to gently nurture one another. As an individual, you will have opportunities to open to your own spiritual vulnerability that allows you to fall back into your infinite inner self from which our divinity arises. As a member of the community that we are co-creating together for this evening, you can exchange your heart energy with others so that we are all assisting one another to come home to Love.

Imagine feeling loved, lovable and loving in a three-hour time span. Deepen your inner peace, whether you have ever meditated or not. You can learn ways to more effectively dance beneath your thoughts and be nurtured by the vast richness of the universal Love within your own heart.

Tuesday, 11 March 2014

The Awareness Institute, Blue Room
1/20 Clarke St, Crows Nest

[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

**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.

Time: 7 to 10 pm

Doors open at 6.30 - please be on time as the doors close at 7:15 so as to not interrupt the opening meditation.

Cost: \$25, if paid online by Monday 10 March:

<http://www.space.org.au/HeartMeditationPayment>.

Or \$30 cash at the door.



Peter Rengel, M.A., is a spiritual counsellor in San Francisco, a facilitator for the Human Awareness Institute for 25 years, and the author of *Seeds of Light* and *Living Life in Love*. He helps people to transcend psychology in order to awaken their Love and to live in harmony with Life's spiritual rhythm.

Level 1 - Love is a Miracle

In just over a week - still places available!



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

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

Cost: \$640 (incl. food & accommodation)

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

To Register: <http://space.org.au/workshops/registration>, select "Love is a Miracle"

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



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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