

HAI's "Miracle of Love" Workshop

Love, Intimacy and Sexuality can be challenging to deal with in a relationship. Human Awareness Institute workshops teach the skills to help you deal with these sensitive topics in your relationships.

Why Attend?

For most of us, our relationships work (or don't) but understanding why is a mystery. We go through life looking for a soul-mate, or trying to hang on to the one we have, with little or no understanding of how to communicate our true feelings. Isn't it time you stopped doing the same things over and over again and hoping for a different result?

During the workshop, you explore and create new ways of being with others that are satisfying and



nurturing. You are also supported in discovering anything that may be keeping you separate from others, like the fears and judgments that can stand in the way of your happiness.

We help you define what love, intimacy and sexuality mean to you, and in turn, how that affects the other areas of your life.

There is nothing you must believe, and no allegiance you must pay; no organization to join and no pressure to sell to your friends.

About Us

The Human Awareness Institute (HAI) was founded in 1968 by Dr. Stan Dale, DHS. Since 1968 HAI has offered unique workshops dealing with intimate relationships and human sexuality. Over 75,000 people have experienced HAI.

For many people sexuality is a taboo subject. HAI offers a forum to learn, share our fears about and discuss intimate relationships. Our workshops are

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specifically structured to provide a safe environment.

We are open to adults of all sexual orientations (although we structure workshops with a numeric balance of men and women, we make no assumptions about gender orientation).

HAI also offers a broad spectrum of advanced workshops, support groups and community activities to people who have participated in a Love, Intimacy and Sexuality workshop. Those who have completed a workshop may obtain the password to the private web site with all the details.



Workshop prices start as low as \$45 for a one-day workshop and \$395 for an all-inclusive weekend (workshop, meals & indoor/outdoor camping).

Register for Our Workshops

Register for HAI workshops online at www.hai.org or by calling the telephone number for the area where you want to attend a workshop.

For online registration, click on "Register" on the HAI home page.

To register by phone, call the phone numbers in the "Contact HAI" section of The Workshop Guide. If your area does not have a phone number listed, call the HAI Office number for Northern California.

Whether you register online or by phone, we want to speak with you on the phone before registration is completed. We want to provide additional information and answer your questions in advance to help make your first experience of a HAI workshop pleasurable and rewarding.

Give yourself the gift of experiencing more love and intimacy than you have ever believed possible – register for a HAI workshop!

WHAT PARTICIPANTS SAY ABOUT OUR WORKSHOPS

“The most liberating workshop I have ever attended. My life is expanding at an amazing speed and I feel totally at choice and free. I actually feel more intimate with people on an everyday level and I understand my sexuality much more.”

— J.C.

The HAI 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, honesty and love. The Human Awareness Institute is committed to creating a world where everyone wins.

Contact HAI in Your Area



Northern California

Phone: 1-800-800-4117 (within the USA only)
+1-650-571-5524 (worldwide)

Fax: +1-650-358-0543

Email: office@hai.org

Postal: Human Awareness Institute
700 Widgeon St.
Foster City, CA 94404-1336

Southern California

Phone: 1-800-800-4117 (within the USA only)
+1-650-571-5524 (worldwide)

Email: socal-office@hai.org

Postal: Human Awareness Institute
700 Widgeon St.
Foster City, CA 94404-1336

Midwest U.S.

Phone: +1-313-791-8566

Fax: +1-313-565-6420

Email: midwest-office@hai.org

Postal: Human Awareness Institute Midwest
856 Ardmore St.
Dearborn Heights, MI 48127-4111

East Coast U.S.

Phone: +1-617-312-5692

Fax: +1-617-249-0637

Email: eastcoast-office@hai.org

Postal: Human Awareness Institute East Coast
8 Fresh Pond Place
Cambridge, MA 02138-4430

Australia

Email: australia-office@hai.org

Germany

Phone: +49-40-31795313

Email: germany-office@hai.org

Postal: Human Awareness Deutschland/Europa
Wohlwillstr. 1
D-20359 Hamburg
Germany

United Kingdom

Phone: +44-20-8364-8877

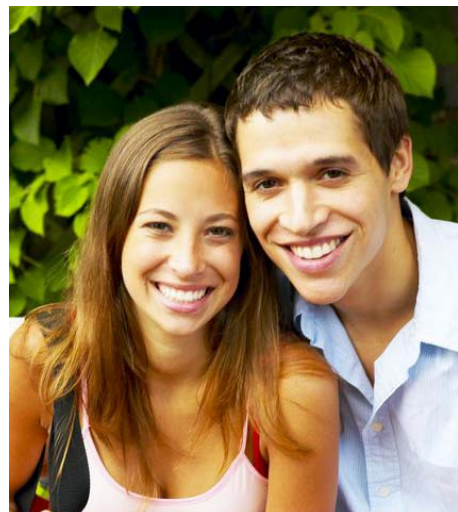
Email: uk-office@hai.org

Postal: Human Awareness Institute U.K.
P.O. Box 3111
Barnet, Herts EN5 2YU
England

WHAT PARTICIPANTS SAY ABOUT OUR WORKSHOPS

“ *A dream come true! I have more intimacy, love, communication tools, community and satisfying sex in my life as a result of this workshop. The facilitators who led this workshop were love personified.* ”

— P.N.



2009 HAI "Miracle of Love" Workshops

ALL EVENTS ARE IN 2009 UNLESS OTHERWISE INDICATED

Northern California
Oct 31—Nov 2, 2008
December 5—7, 2008
Jan 30—Feb 1
March 13—15
April 17—19
May 29—31
July 10—12

August 28—30
October 2—4
November 6—8
December 4—6

Australia
Feb 27—Mar 1
November 27—29

East Coast U.S.
April 3—5
October 9—11

Germany
February 6—8
September 18—20

Midwest U.S.
October 24—26, 2008
June 5—7
July 17—19

United Kingdom
March 20—22
September 4—6

Take the 30-Second Quiz Now

Do you often feel that your partner really doesn't listen to you?

Would you like to make new, loving friendships with like-minded people?

Do you think parts of your body, or perhaps all of your body, is ugly?

Is it worth one weekend of your time to gain a lifetime's worth of better relationships?

Do you wish your relationships with your family were more loving and respectful?

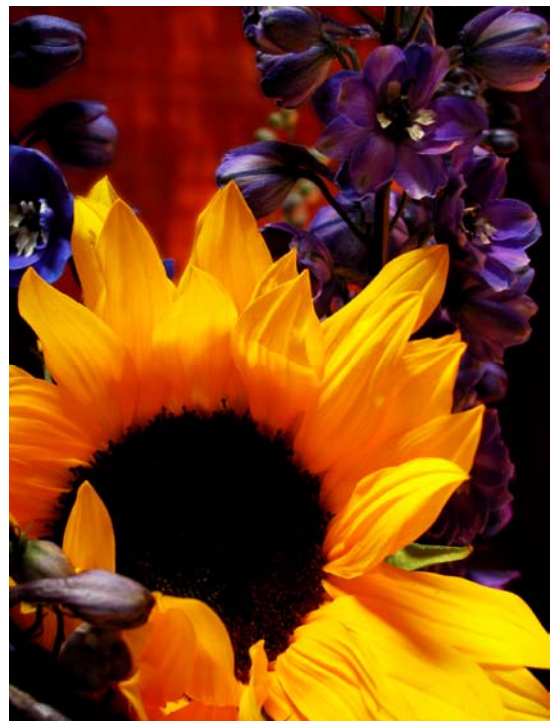
Would you enjoy a weekend at a nature resort or hotel where you brought home a better self image as well as a better tan?

If you answered yes to any of the questions above then the Love, Intimacy & Sexuality Workshops has something to offer you.

WHAT PARTICIPANTS SAY ABOUT OUR WORKSHOPS

“ I never knew I could change this much in two days. So much has begun for me on such a deep level. It's just the beginning but I can feel the growth, new confidence and insight into the better parts of myself. ”

— J.W.



“Sun Spirit” © Suzanne Peters

Couples Workshop

The HAI Couples Workshop* is focused exclusively on couples' relationship issues. The other Love, Intimacy and Sexuality workshops examine relation-



ship issues in a more general scope, The Couples Workshop creates a conducive environment to explore your intimate relationship and take a fresh

look at it.

You and your partner can expand the closeness and intimacy between you; find out what you want and need, and how to support each other in getting it; experience just how much you mean to each other; look at your history together and how it influences your relationship now; and develop new tools and ways of communicating that lead to a deeper, more satisfying relationship.

Planning for a future together? The Couples Workshop could well be the best investment for you, your partner, and your relationship.

* The pre-requisite for the Couples Workshops is "The Miracle of Love" Workshop (LIS 1)

Forgiveness by Chip August

There's a lesson in "The Course in Miracles" that I think about frequently. "Forgiveness is the key to happiness." What is forgiveness? Are there some actions, some behaviors so heinous and venal that they are unforgivable? Why should I forgive anyone who knowingly hurts me? How will that make me happy? I have the right to my upset, why should I let the perpetrator off the hook?

My Dad was an alcoholic and alcoholism is one of those diseases that affect the whole family. When sober or just a little high my Dad was warm, funny, a great singer, a good dancer and the life of every party. When drunk, he was mean and spiteful and prone to ranting and raging, threatening, belittling and humiliating.

Over and above all this, drunk or sober, my Dad was a man who added a criticism onto every sentence. "Nice to see you, you look like your getting



fatter." "Great school play, I wish you had known your lines better." "It was nice to meet your new girlfriend, it's a shame she's so quiet." By the time I was a teenager I believed all the criticism and no longer heard anything else. And I knew I deserved to be treated better than I was getting.

As the years went on the hurts and humiliations piled up and I grew further and further from my

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Forgiveness (continued from page 5)

Dad and the rest of my family. I grew angrier and angrier. I lived my life as an attempt to prove to my Dad that I was smarter, better, more talented than he was giving me credit for. I kept trying to change our history, to heal the past hurts, by “performing”, by winning my Dad’s respect. And, of course, nothing I could do changed my father’s behavior.

And what kind of life did I create for me? Always trying to prove something to a man who was drowning in his own disease. Trying to get approval or acceptance from a man who didn’t have it to give. Today this all seems so clear, but living it at the time I felt trapped.

WHAT PARTICIPANTS SAY ABOUT OUR WORKSHOPS

“ I felt like I was in the only room of sanity that there is on this planet concerning relationships. I am feeling like a lot of deep wounds are starting to be healed and a lot of shame reconciled. ”

— L.C.

Then, in my mid thirties, I found AlAnon and HAI and began to learn that I was OK, perhaps even magnificent. I learned about the family disease called codependency. I began to develop better boundaries about what was my problem and what was my father’s. I discovered I had nothing to prove. I could choose love, joy, and happiness instead of the suffering that I learned so well in my youth.

So I tried to pushed aside all my anger and hurt about my Dad. I severed the connection. I stopped calling or writing or visiting. But with him or away from him, the Dad inside my head didn’t go away.

Pretending I didn’t need my parents’ approval didn’t actually make me any happier.

One day, when I was expressing my pain and upset about my Dad, for the umpteenth time, Stan Dale asked me “When are you going to let your Dad off the hook? You’re right, he was a lousy Dad and didn’t give you what you wanted and needed. So when are you going stop blaming him and get on with your life?” (You know, I have no idea what Stan actually asked me, but this is what I remember hearing.)

I was furious. Didn’t he understand my pain and suffering? Was I supposed to condone my father’s brutality? Just write it off? Didn’t Dad owe me an apology at the very least? Shouldn’t he make some kind of amends? What made Dad deserve my forgiveness?

Actually, it turns out that nothing makes anybody deserving of forgiveness. Or, alternatively, we all deserve forgiveness because to be human is to make mistakes, and to be in relationship with humans is to sometimes hurt them and sometimes be hurt by them. The point is that forgiveness is not for the other person, the perpetrator, the transgressor. Forgiveness is for the one who is doing the forgiving.

If holding onto the hurt and pain of my relationship with my father is causing me to suffer, then the only path out of that suffering is to let go. And if I’m the one letting go then my fathers past or present behaviors aren’t really that important.

Forgiveness could be defined as giving up all hope for a better yesterday. Letting go of my need to have someone else behave differently for me to be OK. Forgiveness is not reconciliation, condoning,

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letting the other person “get away with something”. It’s not about them at all. Forgiveness is for me.

Who suffers when I choose not to forgive? Perhaps my Dad suffers because I’m withholding myself from him. But whether he suffers or not, I suffer. I harden my heart. I hold onto past hurts and humiliations. I recreate my “father wound” with every boss, and in every new family I create. Who suffers? Me.

Who is freed from suffering when I let go of my belief that Dad has to change, make amends, and apologize? Me.

Ah but how does one let go of a burden one has carried for a lifetime? I’m sorry to tell you there is no one-size-fits-all answer to that question. Here’s what I did.

I decided to try to guess at what motivated my Dad to behave the way he did. I knew that he knew the pain and suffering he caused me (because I’d told him innumerable times). I believed (and still believe) that I am a lovable human being and a “good son.” So why would Dad persist in his bullying, humiliating, disrespectful ways?

As I thought about it I came to see that my Dad was a hurt little boy who covered over his low self-esteem and feelings of inferiority with this “tough” exterior. I came to realize that my Dad and I both wanted the same thing from each other – unconditional love and respect. It was obvious that my Dad was incapable of offering it to me. How could he give me what he didn’t possess?

So my process of forgiving, of letting go was to reframe my history with my Dad, to see it differently. And, from this new perspective I was able to give up all my hope about changing the past, and focus

my attention on creating a present that did not perpetuate my suffering.

I began to offer my Dad the very words and behaviors I wanted from him. I stopped criticizing and complaining and began praising and acknowledging him. I treated him as I would treat a difficult but beloved son. And I transformed our relationship into one that included hugs and the words “I love you.”

And on the days that I resented my situation, I turned to friends and lovers for my support. I stopped asking Dad to give what he didn’t have. I let go.

WHAT PARTICIPANTS SAY ABOUT OUR WORKSHOPS

“It was an extremely profound, loving, dynamic way to experience inner growth. You are all masters and I honor you.”

— L.C.

There’s an old story about a man who seeks audience with a Sufi master. He tells the master that he is in great pain about his adult son. The boy does not visit often enough. He refuses to participate in the family business. He often shirks his prayers. And in this way is causing his family much pain and suffering. He asks the master for advice.

As the man ceases talking the master jumps up off his cushion runs to one of the pillars supporting the roof of the building, throws his arms around the pillar and begins screaming as loud as he can. “The pillar has got me! Help me the pillar has got me!”

As people come rushing in from all over the building the man yells at the master. “What are you talking about? Are you mad? Just let go.”

The master smiles and says “Just so.”

Chip August has been leading Love, Intimacy and Sexuality workshops for HAI for 15 years.

Have Questions about Our Workshops?

You may have questions about our workshops ranging from what to expect in the workshops to accommodations to carpooling. You might want to ask about how our workshops benefit all your relationships, deepen your intimacy, or increase your self esteem. Or you may want to inquire about what is covered by the cost of a workshop, about the food or special needs.

There are many questions and answers at our web site at www.hai.org. There you can find not only a

wide range of questions and answers, but also some video clips of our workshop facilitators addressing some of the questions as well as related testimonials from the participants in our workshops.

If you have any questions that are not answered on our web site or if you would just prefer to speak with someone directly about your wishes or concerns, please feel free to call a member of our staff from the contacts list in this guide.

On Being Happy by Michael Chorost

I was mournful when Halloween rolled around in 2004. My editor and I had just locked down the text of my first book, a memoir. I felt as if I had just lost part of myself. Writing it was like having a close friend with whom I could converse and argue. For three years I'd worked on it till late every night, driving home rubbery-legged and red-eyed. And now the manuscript had gone away to live a life of its own, beyond my control.

I was mournful about my dating life, too. I was about to turn 40. When I was in love with someone, I thought, my restless yearning would go away and I would finally be content. I would feel like I had finally drawn into port after endless winters at sea. I'd heard people say that they could be happy without a partner, and I didn't believe them. I suspected them of either giving up or being delusional.

But I did feel contented in a certain way. I'd summed up my life and spirit in 232 pages. The book was as personal to me as the bones of my hands, the clothes in my closet. Anyone who read

it would know me intimately, and in that sense, I had escaped death. I'd backed up my spirit into the hard drive of civilization. From here on out, I could die at any time knowing my life had not been wasted.

A friend of mine came over to help me carve a pumpkin. We'd dated briefly, and while it hadn't worked out, I'd taken it with good grace. I made a joke about having a postmortem date where both of us were wielding sharp knives, and we got down to business. We cut a hole in the top and began scooping out a stringy mess of orange pulp and seeds. Annabelle asked me what I wanted in my dating life. "I'd like to be with someone who really knows how to communicate," I told her. "Most people don't know how to communicate. Nobody teaches them. We teach math and writing in our schools, but we don't teach people how to listen to each other."

Annabelle considered that while poking out the pumpkin's triangular eyeholes. Then she asked me

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On Being Happy (continued from page 8)

if I had heard of a workshop conducted up north of the Bay Area. She told me it was about love and intimacy, and that I might learn a lot from it.

The idea scared me. But what I wanted now was experiences so profound that I had not even imagined their possibility. *That* was what I wanted: not just to keep on living, but to go so far beyond what I had already known that it would leave me stunned and gasping. I was ready to try anything.

At 40, I was ready to die. And that made me ready to live.

I arrived after a nerve-wracking drive through winding, pitch-black roads. Scared. Uptight. Dragging a suitcase full of clothes, and a sleeping bag.

I took off my shoes and went in the door. Suddenly I was surrounded by warm light and a large, carpeted room full of people chattering away. Beige walls, high rafters, ceiling fans, and faces; so many faces. I gave my name at the reception desk, stuttering a little, and was issued a parking permit for my car. Then a woman with deer-like eyes came up to me and said, “Would you like a hug?”

“Yes, sure,” I said, feeling both startled and grateful. She enveloped me in her arms, calming me as if I were a restive horse.

So that’s what it is, I thought to myself as I parked my car. *It’s a place where you can get a hug.*

After dinner the facilitators asked us to sit in pairs on the floor, facing each other in a straddle position. We were invited to touch each other’s faces, one at a time, with the other’s permission. My partner, a slender, dark-eyed brunette with the eyes of a nervous horse, assented with the air of

someone going along with the program. “Are you sure?” I whispered. She jerked her head impatiently. As I touched her forehead her eyes closed. As I moved my palm to cup her cheek, I felt a rush of tenderness.



“Playa Prayer” © Tobias Funk

One cannot touch someone else’s face and not see them as they are, or wish they could be; every stray thought is mirrored on the face despite themselves; one can see their feelings in every saccade of the eyes, every quiver of the nostrils or the chin. As the philosopher Alain de Botton has said, a vulnerable face, whether in sleep or in the intimacy of the encounter, “invites a gentle regard that in itself is almost love.” A huge area of the brain is devoted to control of the face, and even more to the hands; touching someone’s face with one’s hands stirs up neural waterfalls of gentleness.

Then she reached out to touch my face. I assented by closing my eyes and bowing my head. I felt her cool fingertips shakily stroke my cheekbones, then trace upward into my hair. I imagined that her touch would feel like the susurrations of a warm

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breeze. But she moved her hand in short, stiff strokes, as if my skin was made of clay. She was touching me mechanically. It kept me on the surface of my body, rather than allowing me to descend to depths. *She's afraid.* I was angry with her. I sympathized with her. I pitied her.

I opened my eyes and we stared at one another. The air between us had softened, though she still seemed wary. I felt astonished. I had only touched a woman like this during sex.

WHAT PARTICIPANTS SAY ABOUT OUR WORKSHOPS

“ I was very impressed with how each new exercise was introduced. A sacred and loving space was created in which to work. This is a dream workshop. ”

— M.Y.

And then we were asked to separate and find another partner, this time of the same gender. I felt a surge of tension. To do this with a *man*? But I found a man about my age, dark-eyed and dark-haired, going slightly gray. We sat down awkwardly in the straddle position. When men touch, the skin radiates alarm. We looked into each other's eyes. I touched his forehead, his temples, his cheeks, his upper lip, his chin, and discovered, for the first time, what stubble felt like. A rough, cross-grained, sandpaper texture. This is what women experience every day – this feeling of a man's skin. Amazing that they put up with us. His eyes seemed remote, even frightened; this emboldened me. I looked directly into his eyes.

I began to think of The Workshop as a magnetic confinement chamber where people collide and

react, spinning off new experiences in every minute. You can't pack 70 or 80 questing and highly motivated people into one room for three straight days and not get a giddy array of micro-dramas and explosions. It's not real life; it's a compressed, superheated version of it, and that's the joy of it. The exercises are designed to push your buttons. You have to be someone who likes having your buttons pushed, because you know you'll learn from it.

On the first night I slept deeply, exhausted. On the second night I slept only a few hours because desire and longing were stalking my mind like uncaged dragons. On the third night I couldn't sleep at all because I was afire with wonder. So many new ideas and insights! It was like discovering a new continent between California and Japan. How many more revelations might be in store?

Eager to keep learning, I went to the next HAI workshop a few months later, and began dating a beautiful woman I met at one of my readings. We communicated honestly, had good times and great sex, and learned from each other. But for complicated reasons, it didn't work out. After we broke up, I was prepared to feel remorseful, lonely, and horny. But to my great surprise, I didn't feel that way at all. I took such pleasure in eating breakfast with one hand while turning newspaper pages with the other. For the first time in my life, I felt happy to be by myself.

While dating her, I had gone to my third and fourth HAI workshops. At the workshops I get flooded with touch – hugs, backrubs, face-touching. To be sure, I get touched when dating someone, but it's a different kind of touch, overlaid with the complex pleasures and tensions of a relationship. The

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On Being Happy (continued from page 10)

workshops have allowed me to become comfortable with a simpler kind of touch, the kind that saturates me with oxytocin, endorphins, and the compassion of people that I have come to recognize as being as human as myself.

Feeling happy by myself has gone on long enough now for me to be sure it isn't a temporary thing. I keep poking about in my new spirit in wonder – it's as if someone broke into my apartment while I was away and replaced my ratty old couch, painted the walls, and filled the fridge with lasagna and wine.

It's not just because of the workshops. They confer moments of clarity and insight, but the emotional high soon fades in the ruckus of daily life. It's more

that they helped me coalesce a long-accumulated series of impressions and lessons. The workshops didn't heal me. I healed myself, with the help I got from them.

On the J train in San Francisco a few weeks ago I realized, "I'm free." Free to do what I want to do, instead of being endlessly driven by hormones and desire. I had spent so many years assuming I could only be happy only in a relationship. To feel happy anyway is one of the vastest and subtlest surprises of my life.

Michael Chorost is a HAI workshop participant and the author of "Rebuilt: How Becoming Part Computer Made Me More Human" — a memoir of going deaf and getting his hearing back with a cochlear implant.



"Red Nude" Acrylic by Gina Papen

Peaches, Sunday Afternoon

Peaches, now at their peak,
Any sweeter and they would spoil,
Almost falling apart under the kitchen knife,
And we carry them you and I
Into the sun slanting across our bed
And we take the peaches into our mouths,
Trail the juices down each curve and hollow,
Follow the glistening tracks with laughing
tongues.
And I lie back and with a sigh
I bring the dripping sweet fruit to my lips
And as it dissolves and melts in my hungry
mouth
I dissolve and melt
In yours.

Jennisara, July 2002

Many Other HAI Workshops

HAI's "Miracle of Love" Workshop is the first of seven of the "Love, Intimacy and Sexuality" workshop series that HAI offers. It is often referred to as Level 1.

Once you have experienced the "Miracle of Love" Workshop (LIS-1), you can participate in HAI workshops on a number of different themes:

LIS-2 "Loving Yourself"

LIS-3 "Living at Choice"

LIS-4 "Integrating Spirituality and Sexuality"

LIS-5 "The Dance Between Control and Surrender"

LIS-6 "Creating Community"

LIS-7 "Being the Source of Love"

You can participate in all of these workshops, but these workshops build on each other so they are offered to you in sequence.

To learn more about each of these workshops, you can read about them at www.hai.org or call the HAI office or contacts for your area listed in this guide.

This guide also has information about the Couples Workshop and Singles Events that HAI produces.

Introducing HAI's Facilitators

Experienced facilitators with many years experience in our work will guide you through the workshop weekend. Each workshop is led by two facilitators and supported by a staff of volunteers (typically one staff member for five participants).



Stan Dale, DHS

Founder of the **Human Awareness Institute**, creator of the *Love, Intimacy and Sexuality workshops*, transactional analyst, sexologist, lecturer, author.

Stan has taught at various universities and is on the faculty of the Institute for the Advanced Study of Human Sexuality.



Felicia Williams, Ph.D.

Insightful counselor, business consultant, and life-work coach. Felicia 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.



Chip August

Workshop leader, HAI Facilitator, Certified Hypnotherapist, NLP Practitioner, as well as a nontraditional psychological, emotional and spiritual coach

and counselor. Chip helps people navigate the challenges in their lives and careers. And, in that process, helps people find more joy and reduce stress in their lives. Chip also facilitates the Healing Anger Workshop, and, with his life partner Leslie Levy, leads parenting classes (PET), and classes for couples ("Passionate Relationships")

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Introducing HAI's Facilitators (continued from page 12)



Sarah Sandhill

Certified hypnotherapist and support group facilitator. Trained at The Process Therapy Institute, Sarah assists individuals and couples in developing new skills to enhance personal expression. She also co-facilitates a workshop for women called Journey into Body and Soul.



Peter Rengel, MA

Spiritual counselor and the author of *Seeds of Light and Living Life in Love*. Peter helps people to transcend psychology in order to awaken their Love and to live in harmony with Life's spiritual rhythm. He also facilitates a weekend meditation retreat, "Spiritual Awakening," and a nine week group, "The Art of Being," which provide vehicles for people to develop their compassionate witness within. Peter is also deeply in love with his wife, Donna, and his son, Kavi.



Peter Sandhill, MA

Diversity and cross-cultural specialist, university educator, counselor and yoga teacher. Peter's passion is assisting people of all ages and backgrounds to see their own inner beauty, power and potential. He also co-leads a men's workshop and a program for teenagers to develop self esteem and leadership qualities.



Barbara Musser, M.B.A.

Meditation, visualization and yoga teacher, and spiritual healing practitioner, Barbara helps people to live fully and joyfully in the enormity and radiance of their unique magnificence. She also leads daylong workshops for tweens and teens and their parents, to talk about puberty, sexuality and reproduction, and have a rite of passage.



Anne Watts

Anne is an insightful, compassionate and sensitive educator, mediator, and counselor/facilitator. She leads workshops on four continents and travels extensively teaching adults to have more loving, fulfilling relationships with themselves and others. Anne has been leading Love, Intimacy & Sexuality Workshops for the Human Awareness Institute since 1985. She also leads workshops on healing the inner child, financial intimacy and freedom, and the art of aging. She has a successful counseling practice in Petaluma, California where she lives in a deeply loving relationship with her husband, Mark Kupke.



Donna Spitzer, MST

Montessori educator, Lomi body/mind practitioner, teaches how to communicate with love and facilitates people in the discovery of the richness of intimate partnership.

HAI Singles Events

There are lots of singles out there. So why is it so hard to meet the people you want to Date? People you want to connect with? Sometimes finding a person you want to date – a person who is available – someone you really want to get to know – seems impossible.



The HAI Singles Event is a whole new style of meeting people. Join us in creating an evening for singles to have fun, make friends and get to know each other in a natural, comfortable way. Our professional workshop leaders will help you connect with

other participants in a way that is real and meaningful. Come see what's possible in just a few hours.

In 2007, there are Singles Events in Northern California on the following dates:

Feb. 3rd – San Francisco

May 5th – East Bay

Aug. 11th – San Francisco

Nov. 3rd – San Francisco

WHAT PEOPLE SAY ABOUT OUR SINGLES EVENTS

“ I find the HAI Singles Events a fun place to connect with people in a meaningful and intimate way, and it is always a special experience whether I meet the love of my life or not. ”

— Jamie Elmer

HAI Community

Many of those who have participated in Love, Intimacy and Sexuality Workshops want to know how they can continue to enjoy the company of others who are learning how meaningful and satisfying their relationships can be.

HAI has an active community of workshop participants who come together for community events and parties, monthly support groups and special events. Some of those events include exercises that help deepen the understanding they have gained from attending HAI's workshops.

HAI workshop graduates also travel together to lo-



cations throughout the world. Traveling with HAI graduates is particularly enjoyable because of the close relationships people make through HAI's workshops and activities.

Experience Our Workshops in Many Beautiful Locations

You can experience HAI's "Love, Intimacy and Sexuality" Workshops in many unique and beautiful retreats and conference centers in the United States, the United Kingdom, Germany and Australia.

One of the most frequently used locations is at a hot springs resort; others are in centuries-old manor homes, rustic camps, a dance center, and a 300 year-old stone barn lovingly transformed into a workshop venue.



Harbin Hot Springs in California



Seminarhof in Schöppingen, Germany



Oxon Hoath in the United Kingdom

How to Get a Taste of HAI

There are several ways to enjoy your first experience of the HAI – with no obligation and no hard sell.

HAI offers free Introductory Evenings at many locations in the U.S., Australia, Germany and the United Kingdom. You can find introductory events on the HAI events calendar for your area at www.hai.org or call or email the HAI contacts listed in this guide.

HAI also has Singles Events and some Community Events open to the general public.



WHAT PARTICIPANTS SAY ABOUT OUR WORKSHOPS

“ I could not have imagined this weekend before it happened and I cannot believe it happened now afterward. The great calm and good sense and kindness of the facilitators and the new loving sisters I got to know makes this the most awesome experience of my life.

— J.L.

Treasure

A box of precious jewels
Each with a unique power
Some offer pain, but others joy
Open the box and feel them all
One by one .

Anthony Cody

Subscribing to HAI News

To hear about HAI workshops and events in your area, subscribe to news from HAI by going to the web site at www.hai.org. Click on "Subscribe" on the home page.

You will receive occasional emails about recently-scheduled events and additional details. You can unsubscribe at any time.

WHAT PARTICIPANTS SAY ABOUT OUR WORKSHOPS

“ I would like to thank you for the most important workshop in my life and for experiences that were great fun and great pain at the same time. It was just what I needed. The only thing is that it was too short and I can't wait to come back to the next level ”

— L.B.



“Morning Love” Photograph © Suzanne Peters