



*HMD LECTURE: Tuesday, December 8, 2015*

**Snuggle into Togetherness: The Energetics of Bedtime Stories**

*Presented by Andrew Sam Newman*

The last 20 minutes of the day is a precious time for connection between parent and child. Meaningful connection at the end of the day can help children sleep better and grow in confidence and esteem, knowing that they are loved and feeling that they belong. At the same time, this contact give parents confidence in their parenting ability and the family field settles. This talk will look at the energetic factors that create or disrupt this sweet connection, including: aligning with the unified family field at bedtime; the group hara of parent and child; creating sacred space with a young child; things that disturb the unified field and disrupt connection; the healing power of stories; how stories can be a homeopathic vaccination; the transition from day to night—how to honor energetic transition zones when speeds of life change; tips on how to channel healing stories; how storybook characters can root spiritual values; the perfect age to teach values to kids; and Dr. Emoto's gift to a good night's sleep. It promises to be fun!



**Andrew Newman** has followed his deep longing for connection and his love of all things spiritual in a ten-year study of healing. His portfolio of work includes running a therapy practice as a Barbara Brennan Healing Science Practitioner, inspiring and publishing over 2,500 donated poems as the PoemCatcher, volunteer coordination for Habitat for Humanity in the townships of South Africa, and directing Edinburgh's Festival of Spirituality and Peace. He is a qualified Non-Dual Kabbalistic Healer and has been actively involved in men's work through the Mankind Project since 2006. His latest project, the Conscious Bedtime Story Club, is a culmination of all of these areas of experience, intended to bring parent and child into deeper connection and spiritual union with each other.