



PRH Australia

e-Newsletter

Issue five, October 2013

Theme:

Freeing Life in Me

Welcome to you all, our readers, for this fifth edition of the PRH Australia newsletter. It is always clear that Spring is on the way when the first daffodils open up, then blossom appears on the trees, and the fragrance of flowers is in the air. Our theme "Freeing Life in Me" feels like it fits this time of year, as we celebrate the beginning of Springtime. Here in Melbourne Spring is sometimes wild and windy, cold and wet, or balmy and sunny: Springtime, as a time of growth in the natural world, can be a metaphor for our own inner growth. It can sometimes seem slow, and then – all of a sudden – it seems like what was hidden is now open to view.

We have some wonderful contributions from workshop participants, sharing some of their experiences from the workshop "Freeing Life in Me". This is a workshop which uses creative expression as a means of exploring ourselves as well as written analysis and can be taken as an introductory workshop to the PRH process of personal growth.

Our next issue will be on the theme of "Making Decisions". We welcome articles, ideas and photos from anyone who feels called to contribute. All items can be sent to Zofia at zofia@prhaustralia.com, by 29th November.

We invite you to log in and "Like" us on Facebook and post a comment or question, or have a look at the website at www.prhaustralia.com to find out what is the latest news in the Australian PRH community.

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Getting Inspired by Andre's words

"One of the objectives of PRH Education is to help persons push back the frontiers of unconsciousness, so that they take ownership of themselves more and more, and so that they manage their life with clarity." - Andre Rochais



This quote of Andre's inspires me to continue to work on my growth. There is so much to know about myself and in knowing this I can run my life better.

When I look back 10 or 20 years I can appreciate that I have grown a lot because I know so much more of myself than I did then.

I know why I react in certain situations and I know how I can resolve my difficulties. I know more of my capabilities and I know I can depend on them: knowing them helps me to try new things with confidence.

From my experience I have found the PRH approach of self-discovery a very efficient way of getting to know myself – particularly the tool of PRH analysis.

I love the way I get to know something new about myself each time I sit down to write an analysis.

Even though I have learnt so much about myself, I feel that there is so much more to find out! It is like an adventure for me.

Some questions for reflection.....

I reflect on what I have learnt about myself recently.
How does this insight help me to live my life better?

(Refer to page 9 for participants' experiences of using PRH analysis)

Zofia Di Stefano, PRH Educator for 15 years

Life Giving Relationships:

“Double O”

This article is about, possibly, my favourite artwork ever: yep it is a big call, but I seriously love it so much. I first came across it at the end of 2012 at the National Gallery of Victoria. The piece is called “Double O”; it’s by Zilvinas Kempinas, a Lithuanian artist. I have visited two times since and have sat in front of it for ages each time (with my journal and pen in hand). I love it so much because it frees something in me: it gives me a sense of celebration, joy, awe, freedom, wonder and so much more.

The piece is very simple: there are two industrial-strength electric floor fans facing each other about three metres apart, in between two large oval loops of black magnetic videotape are suspended freely in the ebb and flow of the air currents created by the fans. The loops dance through each other, they float higher, they wriggle and squirm; they tussle as one looks like it is trying to escape but the other pulls it back. They jump and float up, then drift down. They slant one way and then are almost horizontal before frantically bouncing back. They entwine and separate, swoop and soar and move with grace and ease in the created air flow. The black tape shimmers and shines in the light. The loops pounce and race, tangle and move in unison, then go their separate ways. There seems to be a desperate jerkiness at times, smoothness at others. They move briefly towards me and then dash back, they dip and climb and fly in the fan-created breeze. There is an elaborate twist and fold as one swoops through and then rejoins its mate in the dance. They stop for the briefest moment before dipping, dodging, stretching and collapsing. As people walk past they become a part of the art by disturbing the flow of air and impacting the piece.

The lesson I got the first visit was that life is the art of finding your own dance, within the limits and boundaries that we all have. Life is knowing yourself so that you have the strength, faith and confidence to ride the currents of life’s ebb and flow. The next time I visited I sensed a freedom in the letting go and dancing within the flow, not fighting against it.

This is one analysis I did on the artwork:

*I feel a freedom. A freedom from straining. A freedom from striving.
I just need to go with the flow. I feel a sense of awe and wonder at how simple it can be.
I see the dance of life. I feel the dance of life. I revel and dance, and celebrate the life within me.
I flow, and twist, and drop, and soar, and float.... There is an ease in this going with the flow: ease and freedom.
I feel limitless, at one with this art, at one with the life that flows through all...*

It may not be art that “floats your boat”: what is it that gives you joy and makes you feel alive? What gets through your defences to loosen and free you up? What is it that frees the life within you?

Debbie Bishop has been doing PRH for many years. She is a big fan of PRH’s FPM program and the Creative Expression workshops.

Upcoming Workshop: *Freeing Life in Me*

Here are some reflections by past participants who have enjoyed doing Freeing Life in Me: Enjoy!

Last November I had a wonderful experience in the workshop conducted by Zofia called "Freeing Life in Me". The many opportunities to use my inner creative expression using various mediums were freeing in themselves - as well as a very powerful process for me to review my life at present and how I might make some changes!

"This year I have pursued this process by choosing to do more artistic activities: my classes are enjoyable as well as being quite challenging as I am constantly learning quite new techniques. I have made items of "slumped glass" including patterned glass bowls, jewellery and a mirror frame.

My latest creation is a mosaic table for our garden - bits of glass combined with chips of broken china! I love my creations but I am delighted with the PROCESS of creation I am able to enjoy at present.

How lucky am I in this later stage of my life! Thank you Zofia for enabling me to do this workshop and freeing up the creativity of "The Green Eyed Girl" in my life."

Margaret Chandra



Fiona's reflection on her creative expressions during the workshop "Freeing Life in Me":

I found looking at my life through making art allowed my Being to show itself without the usual constraints - I saw beauty in the cracks, and new ways of seeing myself that have helped my Being to emerge.

Fiona Tito Wheatland

My experience of the workshop **FREEING LIFE IN ME**
by Margaret Neale

'Freeing Life in Me' was one of the most powerful PRH workshops that I have attended. Being able to use creative medium meant that it was far easier to bypass the 'I' and tap into innermost sensations. Also it was just plain fun to splash around with paint without being concerned about being artistic. One of the things I really liked was that the workshop was so unrushed. There was plenty of time to explore and express sensations. In my written expression there was too much detail to include here so I have just provided a brief summary of the paintings I have chosen to share.



1. This first painting I named 'Joy'. Washing the page with yellow made me feel really happy and expressed profound and joyful life experiences.

2. Named 'Hidden and open' this painting depicts aspects of me that I am cautious about sharing and areas where I am open and transparent. The arrows represent giving and receiving: sometimes pure, some deflected and distorted. Queries (?) represent doubts and questionings.



3. I named this painting 'The Blue'. Our task was to express the life that dwells in our depths. Sitting in the grounds, my sensation was of immersion in constancy, deep infinity, stillness, calm, and peace that was also warm, living and aware. I felt a bit like a baby in the womb, taking the life within which I am enclosed for granted, almost without awareness. My sensation was of basking, a lack of striving, just being and of others also being there. The beauty and complexity of nature around me including the wind and clouds I experienced as a two dimensional transitory foreground, a bit like a stage set compared with the infinite, unchanging blue that deepened as I moved further into it.

4. This 3D picture expresses anger and rage.



5. I named this 'Imperturbable'. My sensation was of being the blue within 'The 'Blue' and calm. What propels me forward? Love, honesty, courage, faith and trust depicted as gold, red and blue. What holds me back? Fears, wounds, doubts, busyness: the grey, black and purple. The blue is profound, solid, complete, deep, peaceful, inimitable; untouched by the insignificant smudges that leave no ripples.



My experience of the workshop: **Freeing Life in Me**

by Laurel Johnson

The big black boot saying 'No!!!' was especially important to me in that workshop, but the main joy of it was the freedom to throw colour about and let forms emerge and become meaningful without my conscious intention intervening and censoring. That allowed surprises and new insights to come spontaneously.



I really loved that workshop and it left me feeling whole for the first time, which has lasted, even through external stresses, ever since. I am now a happy person from the inside, for which I am ever grateful to you.

I did Freeing Life in Me in March 2008. Here are a couple of my pieces: “dance” and “shine”.



This is the “new” I received from one analysis in the workshop: *The new is the quietly: quietly shining. No need for flamboyance or extravagance. No need for bright and flashy. Quietly shining.*

Quietly shining feels like a shining that is reliable and steadfast. It is not a flame that is in danger of flickering out. It can be relied upon and drawn upon as a source of strength and hope and resilience.

And an important discovery I made through the workshop: *I don't need to be small anymore. But I don't need to go to the opposite extreme of grand flamboyance. I can glow/shine as I am, where I am.*

I am so grateful that I did this workshop, and as is often the case it was perfect timing for that stage of my life! Thank you Zofia and PRH.

Debbie Bishop



Freeing LIFE in Me

Explore inner life and its obstacles using creative expression

Objectives:

- Increase self-knowledge of your life energy and the obstacles that hinder its free expression
- Learn to express your experience using colour, lines and shapes (using paint, pastels, collage materials, clay etc.)

Content:

- Exploring your present self-image
- Expressing the life that surges up from the depths of your being
- Expressing the obstacles that block this life
- Encouraging life in you and helping it overcome these obstacles

Note: You do not need any artistic experience
There are no workshop pre-requisites

Dates: Friday Nov 8, Saturday Nov 9 to Wednesday Nov 13

Time: 1pm – 4pm (Nov 8), 9am – 5pm (other days)

Venue: The Country Women's Association
3 Lansell Road Toorak VIC
(Accommodation is available at the venue)

Register By: Friday Oct 25, 2013

Cost: \$540 (\$390 concession)

PRH Australia Community news:

PRH Afternoon Tea

In September PRH Australia associates and friends gathered together for an informal afternoon tea hosted by Zofia. Everyone contributed to a delicious spread and a fantastic afternoon was had by all! We even had a special guest in the form of Rebecca Craige's new baby daughter Evie. Here are some photos of the day...delicious!



Maud in France

PRH Associate and Newsletter editor Maud Briscoe-Renaud is currently visiting her family in France. Baby Hugo has been meeting his family for the first time! Here is a picture of Hugo with his great-grandparents and one with his grandmother "Mamie".



Recent workshop:

Understanding Myself Indepth

Here are a couple of responses from the participants.....

Philip Chan shares his experience of the benefits of using the method of PRH analysis.....



“I see the beautifulness of the PRH analysis method – its delicacy; its fruitfulness. I can hear it opening me up to my inner feelings; helping build my relationship with myself. I experience its realising power when it culminates at the point of emission of the sensation.

The PRH method of analysis echoes in me with its rigorousness and accuracy. Finding my truth in me means I need not be afraid to experience pain and embrace joy. Finding the truth in me means I need to come out from hiding of my distorted views and painful past and let the goodness of my Being emerge and radiate.”

Annemaree Sleeth reflected on what makes a healthy self-image.....

“A healthy self-image is when all the pivotal centres are at one with each other.

Then the “I” can become malleable and pliable and lead life with newness coming in, and letting go of the old.

It then goes with the ebb and flow.”



Participants of the workshop: Understanding Myself Indepth.... (very colour co-ordinated!)
Paul Shie (a priest from Brunei), Annemaree Sleeth, Debbie Bishop, Zofia Di Stefano, Philip Chan.

Next edition...The theme for next time is: **“Making Decisions”**

if you would like to contribute please email Zofia at zofia@prhaustralia.com by **November 29**.