



PRH Australia e-Newsletter

Issue ten, March 2015

Hello, and welcome to the latest edition of PRH Australia's e-newsletter, as it an anniversary – being the 10th edition! – we have chosen the theme: “Let’s celebrate PRH: let’s celebrate the positive vision of the human being!”

We start this by revisiting the vision of PRH International through the mission statement. We also have articles by JoAnn, Rachael and myself that celebrate the positive both in ourselves as individuals and humanity as a whole. Brigitte also shares what comes alive in her when she is working as a PRH educator and facilitating a workshop.

In this edition we are announcing a new section to the e-newsletter: “Letters to the Educator”: see page 9 for the introduction of this new venture. You will also find the usual recent workshops, community news and upcoming workshops.

And to end the editorial and start us off on theme here is a quote from Andre Rochais:

"Deep within, at the very heart of our being, we can discover the positive aspects of our personality. It is these positive aspects that give value to our person".

Debbie
for the e-Newsletter team: Maud, Zofia and Debbie

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Personality and Human Relationships Australia

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Getting Inspired by Andre's Vision

At the heart of André's belief there has always been a deeply positive vision of the human being. André said:



“Everything is there, in the hidden corners of Humanity, in the interior recesses of men and women throughout the planet. Everything is there to form a more human world.”

This vision is really the essence of PRH, the foundation on which PRH is built and has been thriving for over 40 years! It is at the heart of PRH mission statement:

Personality and Human Relationships Our Mission

Being yourself, in touch with the best in yourself, and relating to others as they are...

This is a theme at the heart of the PRH International School (Personality and Human Relationships).

Our approach to personal growth enables individuals to know themselves better, develop the best in themselves, and actualize their potential.

It also helps them to free themselves from certain obstacles (e.g., relational deficiencies, past trauma, self-devaluation, exaggerated sense of self, etc.) and to change unsatisfactory behaviour.

This process prioritizes the individual's growth by relying on the **positive** which constitutes the deepest part of each person.

The PRH School is founded on the observation of the experience of people from very diverse cultures on all continents, for over 40 years.

PRH-International offers a wide range of educational means for individuals, couples, parents, and groups, which include workshops and individual, personalized accompaniment.

Countries where PRH Educators reside:

Algeria	Argentina	Australia	Belgium	Benin
Brazil	Cameroon	Canada	Chile	Colombia
Congo	Egypt	England	France	Germany
Haiti	Holland	India	Indonesia	Ireland
Italy	Japan	Lesotho	Mexico	Papua New Guinea
South Africa	Spain	Switzerland	Tanzania	Thailand
Ukraine	United States	Zimbabwe		



Below are the group of educators who came to the International PRH Conference in Vancouver in 2012.



Life-Giving Connections

André tells us “everything is there to form a more human world”! It means we all have the potential to be that change! As Gandhi said: “Be the change that you wish to see in the world”! This change can take many shapes, be on many scales but will always remain rewarding in being life-giving. Here are three very different examples... We hope they inspire you as much as they inspire us 😊

What I’ve discovered as an essential aspect of myself

By JoAnn Sturzl
(a PRH educator living in the US)

Discovering PRH while living in southern California was the greatest gift of my life! For as long as I can remember, I have been interested in people and how we could live our lives in a way that is more **peaceful and loving**. I always believed that people are basically good, and have read many books about understanding the human being. Then PRH showed me how to read “my own book! “ I discovered my being and am learning how to live the best in me. Now I have a passion to help others do the same and to continue on a journey of self-discovery.



One gift of my being that has emerged more and more is **my call to work for justice**, through efforts to change unjust systems. I have joined other groups who have the same passion, and we work together for a more peaceful world. I’m inspired and moved by Gandhi’s statement: “**Be the change that you want to see in the world.**”

Zofia invited me to share my experience of PRH here in the USA. I met Zofia several years ago at an international meeting of PRH Educators. We have connected several times since then at other international meetings.

When I read the last PRH newsletter from Australia, I experienced sensations of deep joy and gratitude for Zofia’s gift for PRH and her deep enthusiasm. My being rejoices!



Discovering the Core of My Identity

Objectives:

- to become aware of your self-image,
- to discover the core elements of your identity
- to have a better grasp of your identity

Content:

Part One: My self-image

See what type of self-image you have and how you can allow it to evolve to a more realistic image.

Part Two: The essential of your personality

Identify the characteristics of your identity that make up the essential of your personality.

Part Three: The fundamental attitudes that help you to progress in your growth

Dates: Two Saturdays June 13 & 20, (2 days)

Time: 9.00 am to 5.00 pm each day

Venue: Mt. Waverley

Register By: Friday June 5

Cost: \$285 (\$230 concession)

Click on link to the website for more information:

<http://www.prhaustralia.com/#!/self-knowledge-and-growth/c201q>

The Ripple Effect: Kindness and positivity pass it on...

by Debbie Bishop

When it comes to Facebook I like to use the philosophy my doctor taught me “rubbish in, rubbish out” coupled with “what you focus on, you increase”, so I am very particular about what I read and engage in on Facebook. I stringently avoid any negativity and nastiness and focus on creativity, positivity, inspiration and owls (I LOVE owls!).

Recently I was overwhelmed by an experience that started with my second cousin sharing a link on Facebook: a young mother was travelling with her small son on a train in England: a man in his 50s sitting across from them was impressed with her mothering and her teaching her son basic manners and consideration for others. As he got off the train he handed her a handwritten note along with five pounds. The note said something like: “You are a credit to your generation, have a drink on me”.

The young woman was so touched by the gesture that she set up a Facebook campaign to track down the man, it was successful and they met up and the little boy presented him with a thank you card.

I was so touched by the story that I put a comment on my cousin’s post: “It doesn’t necessarily take much effort to make someone’s day, thank you for sharing.” He responded with: “Just like in this case”.

Even as I type this up I have tears in my eyes, this story is made up of so many simple gestures: a mum teaching her child consideration for others, a man writing a note, a young woman wanting to say thank you, my cousin sharing a story and my taking the time to make a comment which my cousin appreciated and returned to me. All of these are seemingly small easy actions, but they all add to the good in the world and make a positive difference: some in small ways, others have had a larger impact. And what is really cool is that it all started because a stranger had shown a kindness to the man’s own daughter when she had lost a train ticket. I love that it is a never ending circle of inspiration, goodness and positivity, which I am now passing onto you.

Cartoonist Scott Adams (creator of the Dilbert comic strip) said, “Remember there’s no such thing as a small act of kindness. Every act creates a ripple with no logical end.”

It inspires me to continue to make the small gestures: smile at a stranger, offer a compliment, show gratitude, and a personal favourite: give positive feedback. I believe it is worth it even you don’t know how it ends, since it all adds goodness and kindness to the world, doesn’t it.

Check out the PRH Australia Facebook page:
www.facebook.com/PrhAustralia
Click on “Like” and you will always be up to date with what is happening in PRH Australia



MY GREEN AGE

"The force that through the green fuse drives the flower"

by Rachael Pierce



I look back with compassion on the scared and vulnerable self I was three years ago, when I nervously attended the workshop "Who am I?" Vulnerable but fortified, by a smoke screen a mile thick and a moat a mile wide, preventing real emotional connection with either myself or anyone else. I was living the life of a virtual hermit, caught in a trap of self-perpetuating loneliness and isolation.

It was an arduous, daunting and long process to try to change my life, and an ongoing one. Part of the solution lay in taking risks, and part of what enabled me to do that was an inner strength I connected with during the workshop and helped foster in subsequent sessions with Zofia. I gradually learnt I could use my strength for good instead of evil for myself, and that although difficult, that there was greater pain in not doing this.

I gradually allowed myself to let go, to explore myself and the outside world. I embarked on new study, made changes in my work, looked honestly at what I was and wasn't doing. I took new chances with people, and through taking such risks found myself in a wonderful relationship that has continued to change my life.

Now I try to live life in accord with consciousness. I am still vulnerable, but it's not from fear of exposure; it's from being out there and really

feeling, really living life. Letting someone know me has shown me more of myself than I knew about before, and mistakes and all, I'm combatting the urge to run away from that.

And I'm discovering that the more comfortable I am with emerging from such introspective hiding, the more inspired and excited I am by the world.

I have curiosities awakening in me that had lain dormant under the shadow of my old self-absorption and habits; curiosities about art, music, writing, language, this world, travelling it and knowing others. I feel better by realising that all of it can be exciting. (Not simply threatening) and even more - that **I can be a part of it.**

Rachael did this workshop some time ago. Later she trained to be a teacher and is now married and has a family of her own.

Growing in Personal Solidity

Explore the aspects of your personality so that you can live your life with harmony

- The being: the positive core
- The "I": the centre which governs
- The body: the energy source
- The sensibility: the capacity to feel
- The deep conscience: the place for making good decisions.

Dates: Two Saturdays: Sept. 5 & 12, (2 days)
Time: 9.00 am to 5.00 pm each day
Venue: Mt. Waverley
Cost: \$285 (\$230 concession)
Register By: Friday August 28

No pre-requisites are required for this workshop

Click on link to the website for more information: <http://www.prhaustralia.com/#!/self-knowledge-and-growth/c201q>

Recent Workshop

What stays with me after experiencing the workshop “Exploring My Inner World”?



Michelle Gibson describes the process of PRH analysis

PRH analysis is something that I can do, is accessible, is free, is personal and is flexible so I can use it whenever I feel the need.

Here are the responses of other participants.....

My inner world is no longer such a mystery to me. It is much clearer why bodies of pain and woundedness block my growth. I now have specific guidelines and training to access and release them. I understand the importance of nurturing immature parts of my being and becoming more familiar with my positive strengths and now know my goals of well-being and happiness can be met.

- Denise D-W

What stays with me is an aliveness. An aliveness that has been stirred by movement through hard work, struggle, challenge, deep digging and a sense of having travelled far.

“A life altering experience with actions that I take from my own intuition.”

“Everything I need, to have the kind of life I want, is in me through this work.”

- Preethi Rajan

This workshop goes deeper into the pedagogy of analysis, with papers to read, examples, samples and discussion, plus way deeper analysis than I could possibly imagine. It is a big step towards actually getting it right and having it be as effective as possible.

- Peg



I LOVE COMPUTER TECHNOLOGY!

Raj was in Canberra in February doing the workshop "Exploring My Inner World". He lives and works in Sydney. He analysed the sensation of his relationship with computer technology. Working with computer technology gives him a sense of fulfillment. Here is his analysis.....



Raj in Canberra

Technology – computers – the sensation of being interested and captivated.

My long term goal is to create true happiness in my life in a fulfilling manner. This will allow me to get in touch with my interests and have me be in touch with sensations that promote a sense of fulfillment.

I feel my mind focusing, my thoughts coming to me, I think about all I can do with this computer.

I feel my excitement growing, all I want to do is format and reinstall from scratch and understand how to make it work at optimum speed.

I can feel my attention being drawn to this piece of technology.

I am at one with it, everything around me disappears. My brows are furrowed; my lips feel like they are in an upside down mini-smile.

There is a sense of contentment in me, a twinge of calmness overshadowed by a sense of focus.

I focus on the sense of contentment.

I feel lost, I feel peaceful inside me.

I feel connected.

I feel a sense of calm and completeness in me.

It is as though the whole universe has disappeared, I am in my own world – a place of beauty and contentment.

In here I am grounded, in here I am peaceful, in here I am king, and in here there can be no wrong...



*Come and learn this process of self-analysis.
You'll be surprised with what you discover about yourself!*

Exploring My Inner World Developing skills in self-analysis (5 days)



This workshop introduces us to the analysis of our inner sensations as a powerful tool for self knowledge and personal growth.

This introductory workshop to PRH analysis is suitable for anyone wanting to know and understand themselves better.

This knowledge of ourselves naturally enables us to make better decisions in our lives, to live truthfully and to create a more satisfying and fulfilling life for ourselves.

Dates: Tuesday July 7 - Saturday July 11, 2015

Time: 9am - 5pm

Venue: Mt Waverley, VIC

Cost: \$580 - \$380 (sliding scale according to income)

Register by: Friday June 26, 2015

Click the link to the website: <http://www.prhaustralia.com/#!/self-knowledge-and-growth/c201q>

What's it like being a PRH Educator?

Brigitte from France describes her experience when running a PRH workshop ...



A few weeks ago I facilitated the workshop “Exploring my Inner World”. During these 5 days I experienced a very core potentiality of myself: “my capacity to communicate with others”.

When I experience this potentiality in me I feel particularly alive and dynamic. Looking within me: every part of me is active so as to help each participant take ownership of the tool of analysis that is so dear to me.

My enthusiasm is then very inspiring and I am deeply happy to witness the progress of each participant getting more and more confident in their ability to analyse; each at their own rhythm.

In my commitment as President of PRH France, I am currently training three potential educators. It is the same aspiration to communicate that is calling me to facilitate the growth of their gifts as potential educators. This shared experience is fertile ground where my ability to communicate blossoms.

Brigitte Daunizeau has been a PRH educator for 11 years and is currently President of PRH France

Introducing a New Section:

Letters to the Educator

We are starting a new column in the newsletter called:



“Letters to the Educator”.

You are welcome to pose questions about PRH/personal growth and/or life generally that you would like answered.

You can remain anonymous if you choose.

These questions can be short or long.

We look forward to your questions!

Email: zofia@prhaustralia.com

The PRH Australia Associates have been busy!

Maud has been creating a new workshop for parents to be

Preparing for the 4th Trimester

Maud is very excited to announce her new “baby”: the workshop “Preparing for the 4th Trimester”! She explains:

Maud and her baby, Hugo, with our newsletter editor, Debbie



“When my son was four days old, on his second night at home, he started to cry and would not stop. We tried to feed him, swaddle him, bounce him... nothing would work.

So far, we had been pretty confident and happy with what we were doing as my son was doing well. After 2 hours of crying, our confidence was starting to be severely shaken.

The truth is that as a loving parent you feel terrible because your child is obviously in some sort of discomfort or pain, and as an adult you feel terrible because you don't seem to be able to solve the problem! Confidence and calmness in new parents is fragile.

After 2 hours of crying, I suddenly felt like I needed to step back, and I used for the first time a wonderful method that I would use on and on the following months.

This method based on informed intuition and in-depth discernment process (a combination of numerous trainings I had had in the past, mostly with PRH and Hypnobirth) proved to help me find THE SOLUTIONS that would work for my baby and me and my partner.

This method is at the core of "Preparing for the 4th Trimester!"

With this experience, and looking at young parents around me, I got the intuition it would just be SO much easier if we -as expecting parents- had some kind of training that would prepare us with a complete new reality.

“Preparing for the 4th Trimester” gives you tools to create your own solutions, solutions that work for you and your baby, free from external pressure.

For more details, visit www.peoplewinconsulting.com Facilitated by Maud Briscoe-Renaud

Rebecca and her partner Chris have a new baby - Isaac (Ikey) – a brother for Evie.



Upcoming workshop

Listening to the Messages of My Body

Here is an opportunity to take some time away from your ordinary life to spend quality time with yourself.

In this workshop you will have ample time to listen to your body and hear its wisdom.

You'll spend time in Nature and feel its life echoing the peacefulness and vibrancy of your own life.



Our body carries us through life but how often do we take the time to listen to it?

So often we can feel disconnected from our body and regard it as purely utilitarian. But our body is a great source of wisdom and can teach us so much about what we need in our lives.

In this workshop you will discover how being attentive to your body is a source of self knowledge. You will learn how to analyse and gain a greater understanding of your psychological and felt experience through a simple and effective method of being present and receptive to your body's messages.

During the workshop you will be invited to observe your life and describe your experience. A series of simple, accessible physical exercises and contact with nature encourage you to get in touch with essential aspects of yourself.

You then reflect on your discoveries in writing and are given the option to share in a group if you wish.

Dates: Friday May 29 - Tuesday June 2, 2015

Time: 9am - 5pm

Venue: Mt Waverley

Cost: \$580-\$380 (sliding scale according to income)

Register by: Friday May 22, 2015.

Click the link to the website: <http://www.prhaustralia.com/#!health--body/c11nr>

“A PRH workshop is a stepping stone toward greater happiness. Your life deserves to be lived to the full.”

Andre Rochais.

The updated **PRH Program of workshops** for 2015 can be found on the PRH Australia website:

<http://www.prhaustralia.com/#!calendar/c12m6>