



PRH Australia e-Newsletter

Issue eight, August 2014

Welcome to this edition of the PRH Australia e-Newsletter: we are looking at the hot topic of **“My Body and My Personal Growth”**. There is just so much health and image advice available out there and so many very differing opinions: on how our bodies should look, what shape they should be, how hairy we should or shouldn't be (e.g. women's legs, men's faces) and the best way to take care of your health and your body. So what are we to do? You might like to consult a naturopath, some sort of practitioner or maybe you are more comfortable with someone whose title ends in “ologist”. Ultimately it is up to each individual to decide for themselves, but it all has to start with our relationship with our body and how well we listen to its needs and read its signals.

In this newsletter we have included part of an article by André Rochais that looks at the different ways we can take our body into account in everyday life. It includes a useful list of things to consider in regard to your body, see page3 for more on that. We also have articles by Paula, Annemaree and Maud sharing their stories on their growing relationships with their bodies.

In addition, you will find the much anticipated result of the PRH Australia motto competition which is accompanied by Citra's story: she is the winner of the competition. There is also the latest PRH Australia Community news and PRH Australia's joining the world of Instagram.

We hope you enjoy this edition and, as always, welcome your feedback; we are deeply grateful for your involvement in the e-Newsletter through both feedback and in contributing articles.

Thank you!

Debbie,

for the e-Newsletter team: Maud and Zofia.

Catch up with previous issues of the newsletter from the website:
<http://www.prhaustralia.com/#!/newsletter-archive/cdhz>

*At our last E newsletter planning meeting we had an extra helper
– Hugo, Maud's son.*

*His presence brought a lot of life into our meeting!
Here he is giving his input..... together with Maud, Zofia and Debbie*

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Getting Inspired by André's words

André Rochais cared for his body until he died in 1990

André Rochais passed away on Wednesday June 20, 1990. Claude Rouyer made the following announcement in an open letter in the June 1990 issue of the PRH Newsletter.

His body, racked by 17 years of illness and weakened further by the very serious blood poisoning that struck him in November 1988, succumbed to a new and violent lung infection. Since 1973 André had been fighting an incurable blood condition. The doctors originally gave him five to ten years to live. The quality of care he received, plus the scrupulous attention he paid to his health and the conscientious care he took of it, allowed him to live much longer.

He followed one of his own teachings: our body is our first gift and we are responsible for it. Thus he was able to go to the limit of what he had to give us. During my last meeting with him, when the issue was no longer in doubt, I was pleased to hear him say, "The work I had to do is done." PRH lives on because, although the work he had to do is completed, "the Mission and the Adventure" to which he gave birth, are not. During that same final meeting, he added, "I am happy, PRH Foundation is well established. It will last."

I can assure you that he went peacefully, very peacefully, because he was able to say: "mission accomplished". As someone has said, "He gave his life right to the last drop". And that is really what his last months on earth demonstrated. It is well known that his wish for every man and woman was, "that they go to the end of themselves". PRH was born that way. Thus departs "an ordinary man" as he liked to call himself. Thus is silenced a great voice.



Learn more about André Rochais and PRH by clicking on: <http://www.prhaustralia.com/#!about-prh/cktc>

LEARN TO TAKE GOOD CARE OF YOUR BODY

from an article by André Rochais

Our body is our life companion. It functions according to its own laws. It is important to know these laws. To take them into account is wisdom.

I invite you to methodically observe yourself in the following areas:

Your diet

Our body generates energy.

The food that we provide it with contributes to the production of this energy.

But, do we feed our body properly?

Our body will generate energy and will not break down in sickness to the extent that we give it proper nutrition.

Do you feed yourself according to the habits of your milieu, according to your whims and fancies, or in a rational manner, that is, taking into account the laws of dietetics on the one hand, and the reactions of your body on the other?

Sleep

Discover:

- * how much sleep you need,
- * the conditions that help you go to sleep,
- * the conditions that help you to awaken properly.

Physical exercises that are beneficial to you

Observe yourself and select what is best for you.

Your needs for rest and relaxation

Discover:

- * what is really restful for you,
- * the conditions for good relaxation,
- * and how to fully relax.

Outdoor activities in nature

Discover your needs, and give yourself what your body needs.

Your sexual life

Go beyond the stage of pure instinct. Aim at having a sexual life which is in accordance with your being, and therefore fosters its growth.

Your clothing

What are the clothes in which you feel you are “your real self”, you feel at ease and comfortable?

Your material environment

Examine your room, your home, and all the places where your personal life unfolds.

Take time to see what is in harmony with yourself and promotes the life and the growth of your being.

Your activities

Is your body keeping up?

Are you drawing on your physical energies?

Would a different intensity, another pace of life be more suitable? Is this possible?

Symptoms indicating that the body is becoming fatigued

It is essential to identify the signals the body emits when it is beginning to get tired.

This enables us to prevent serious health problems.

- * Do we know our own signals?
- * What do we do when the signal light goes on?

Health problems

In the face of our health problems:

- We must question the state of our body and our lifestyle,
- and remedy the causes instead of wanting to fight the symptoms only.

The decline of energies

There comes a time when we feel that our energies are waning.

Distinguish:

- * fatigue – we can recuperate;
- * decline of energies – we cannot recuperate, the body is worn out, it is aging.

Consult your body before making decisions

We easily forget.

Yet, it will be the one to implement the decision.

Respect your body and consult it before committing it to an action.

Be motivated

It often happens that we take our body into serious consideration only after it has collapsed.

It is best to co-operate with it while we are still in good physical shape.

This will allow us to avoid sicknesses and to last longer.

What are your hindrances?

Committing yourself to the respect of your body so as to heed its wisdom, you will see if there are any resistances in you.

This will lead you to discover your handicaps.

Questions for reflection: Myself and my body

How do I treat my body?

- I look after it only when I have to (in sickness, etc.)?
- I take care of it, trying to prevent illness and infirmities?
- I conserve my energies?
- I consult my body before getting involved in something to see whether or not it approves?

In my own words I analyse how I treat my body.

PRH Australia is available on Social Media!



Also available on your mobile phone:
www.instagram.com/prhaustralia



Check out the 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 Body is Aging

by Paula Evitts (Associate Member of PRH USA)

My body is aging... I look at my hands and see my Grandmother’s hands. Yet I have a youthfulness of spirit that invigorates me. At 72 years of age, I am finding unique opportunities for self-care through more refined attentiveness to my body.

As a retired PRH educator, I continue to provide workshops for self-discovery in Great Falls, MT. I check in to see my body’s energy level as these events flow through the month. In a month I offer a growth group, a number of helping relationships, a three-hour “time for being,” and even occasionally design five-day workshops on various topics for a group of seasoned women who love the method of analysis. Throughout, I experience the pulsing of “being energy” that supports my work.



The extreme seasons in Montana affect my energy and fitness. Snow shovelling in winters or gardening and yard work in the spring, summer takes a measured flow of my physical energy. Winters can be cold and long, and I have discovered the community of walkers at a near-by shopping mall. Walking and yoga are my preferred choices for exercise.

Throughout the year, I plan my meals so that I have healthy blends of vegetables, poultry, fish, and fruits. Inviting friends to the table for lunch or supper gives us the joy of “being together”.

Paula, still enjoying her life, work,, play

I love this stage of my life. Having good health, satisfying work, and a community of men and women who are continuing to explore their inner lives, provides life-giving companionship.

Listening to my body is a daily event. It seems easy because my body speaks her needs. As my mentor Bea Farrell used to say, “I have to shepherd my energies.” Yes, Bea, I understand from the inside.

Paula has long been associated with PRH in Australia. The first Australian educators did their training in the US and became close colleagues with Paula. Since then Paula has supported the work of the educators here. Paula was one of the very first PRH educators. She knew Andre Rochais and has been an important part of PRH in the US.

We would love to hear from you.

Everyone has a story to tell... What is your story?

Please send the stories about your experiences to: zofia@prhaustralia.com
and we can publish them in the newsletter.



“My Relationship with my Body”

by Annemaree Sleeth

I want to share with you about the relationship I have with my body.

I am a student of PRH, and have done many courses over a long time. This is what I have discovered about myself.....

I am a Dancer. I live and love through my body. I find the freedom that comes with this type of movement very healing. I have used it to help me heal.

I find for me that my being radiates into my body, and its gift is movement, love, freedom and the “aliveness” that dwells in me.

I feel free and alive when I dance. The music reaches into me and pulls out steps, sometimes quick, sometimes slow, often ecstatic, but always enjoyable.

If I hear music that I love and dance steps I adore, I become excited. There is a push and drive in me that is not from the head. I have to try out this new rhythm or new beat. The beat goes on as I sleep.

I can and have used this love of dance and movement in a healing way. I suffered depression and both PRH and dance and life giving relationships are the things that helped me.

We know about the endorphins released in our bodies when we are happy, let alone the full benefit of Heart Body Mind and Spirit all in harmony as I move.

I love it so much that I wanted to share the gift of teaching it to others. Teaching of dance has been the vehicle for much growth in me.

Go well and be at one with your own bodies.

Discovering My Body as a Friend

by Maud Briscoe-Renaud

Over the last year, I have put a lot of focus on growing in openness and listening to my body.

Setting this as an objective for my year (with various tools), as well as doing the workshop The Quality of my Life and my Body, have helped me greatly.

As a result, I have learnt to notice and understand the language of my body.

And it came as a great surprise to me to discover that this new way of communicating with my body (listening to it and responding with care) is extremely life-giving for me!

It's about little daily things but they bring happiness to me. For instance, I used to regularly decide to go to bed early a couple of nights a week as I know 8 1/2 hours of sleep is what I need to feel rested when I wake up. These were desires of my "I" (thoughts) and as a result often remained only a good intention and not a reality.

Now, I have learnt to notice when my body starts feeling sleepy and I just feel I want to cater for its needs. I don't have to make an effort to go to bed, on the contrary, it is a pleasure to serve my growth. Yes, living in line with my body's normal needs is growing in just being myself.

Since I have re-educated myself in this way, my body is sending me more and more messages and helping me in my decisions. My body doesn't need to waste energy to "deal" with my life and I feel more energetic.

Moreover, it is truly life giving for me to feel I am so close a friend with my own body!

Maud is a busy mother of a toddler. She is in training to become a PRH Educator.



Recent Workshop



The workshop **“Clarifying My Relationships”** was held in one of the coldest winters we have had in Melbourne for a while. But Peg who came from Sydney to do the workshop was well-equipped to face the inclement weather!



Here is Peg again with Kathie. She looks warmer now.

PRH workshops in Sydney

In July Zofia flew up to Sydney to run two workshops – **“Setting Personal Boundaries”** and **“Discovering the Core of My Identity”**.

The workshop **“Discovering the Core of My Identity”** was held at a participant’s home in Mosman.

Look at the view!

Here is a “selfie” on the Harbour Bridge!



PRH AUSTRALIA MOTTO COMPETITION

Citra from Indonesia has been voted by you, the readers, the winner of the PRH Australia motto competition with her motto **Unfolding Who You Truly Are**

So one of the new PRH books e.g. *Writing it Really Helps* or *Standing Up, the Art of Existing* is on its way to you in Jakarta!

Here is Citra's story.....

My first "Who Am I?" was 15 years ago. Since then I have completed my medical training at the University of Indonesia, undertaken my Masters in Women's Health at the University of Melbourne with a minor thesis collaborating with the Centres Against Sexual Assault on their educational programs, completed my PhD in psychiatry at the ANU on how people deal with disasters such as tsunami and bushfire, and am now halfway into my residency to become a Psychiatrist at Cipto Mangunkusumo Hospital in Jakarta. I have also gotten married and we now have two sons in secondary school.

Throughout my journey, I have personally found the PRH explanatory system and approach to be the most powerful and comprehensive. It has given me a sense of an inner compass. I remember doing "Leading my life", wondering what medical specialty I should embark upon, and instead realising that wherever life takes me, my true life quest is "to be me". ***PRH reminds me that each of us is unique – there is not one person in the world exactly like us – not one of us is less or more than another; that our mission for others is inbuilt; and that we can grow into more and more of who we are meant to be.***

The most recent workshop "Understanding Myself in Depth" has been one of the most powerful PRH workshops I have undertaken, as I have done so much work on myself. It is a culmination of a phase. I am changed significantly. It is a breakthrough like "My Relational Life Today" was for me 8 years ago. It is interesting that my healing, as with my wounding, happens in the context of relationships with others, and how that impacts upon my relationship with myself. I feel good, warm, and contented.

I have discovered a sense of purity, a melting away of mechanisms that had pressured me, and a sense of fit. I feel this change to be deep, profound and gentle. I feel an inner shift. I feel more at peace, more cohesive, integrated, fuller and richer. I have grown.



My husband and children on a trip to South Sulawesi last year.

Left to right: Denny, Cisco, Citra and Linus.

I am called to reflect, to use the tools and use them well, to practice. I am called to take time to take in, accept, and integrate my new self image and get used to it, such as by taking times for being, pausing to remind myself, and developing new and fuller being-based habits. Being every day - it's my job!

When I am in touch with my being, I am a better person - for my family, patients, friends, teachers, students, everyone I meet - as well as for myself, and for the Spirit that makes us all.

More Community News

A Post Card from Papua New Guinea



The PRH Educators in Papua New Guinea recently got together for their annual meeting and training sessions during July/August. They travel long distances for this event which is important for the work they do with the various groups across their country. What a dedicated group of educators!

The workshop “What is the Meaning of My Life?”

Another happy group of participants having a break while doing the workshop “What is the Meaning of My Life” earlier this year.



Upcoming workshops

My experience of the workshop: **My Body and My Personal Growth**

by Zofia Di Stefano



I realise now that I care for my body much better than I initially thought.

I realise that I have been fixated on the way my body looks and my dissatisfaction with that, forgetting that my body has many positive attributes – its health, its strength, its energy.

I feel also that I have travelled in my appreciation of my body's place in connecting with my being – my positive inner core.

It hadn't occurred to me to connect my body's feeling of well-being to my deep inner life. I am more conscious of this now and more determined to use this privileged way to experience this unity between my body and my being.

This has brought me to look at my body with more respect – as an agent to access my being and not just an energy resource.

I also have the experience of my body/being unity. I am delighted in this. I am motivated to live this more. I feel this will contribute to improving my relationship with my body.

It is a temple to my soul.

Zofia has been a PRH educator for 16 years. She is in a constant process of working on her growth. She says: "There is always more to discover! Life is such an adventure!"

My Body and My Personal Growth (5 days)

Would you like to cultivate a better relationship with your body? Would you like to be more attentive to its needs and its messages? How can we learn from our bodies and be more present to the messages from within?

Objectives of the workshop:

- To get to know myself by looking at what makes up my relationship with my body
- To discover the place and the role of my body in my personal growth
- To improve my relationship with my body in order to create unity in myself

Content of the workshop:

Part one:

- The image I have of my body
- The history of my relationship with my body
- My body's own language
- My body's needs
- My sexuality
- My body's energy reserves

Part two:

- Managing my body's energy
- The place and role of my body in my decisions
- My body and my psychological wounds
- My body and unifying my whole person



Dates: Saturday Nov 22 - Wednesday Nov 26, 2014

Time: 9am - 5pm

Venue: Mt Waverley, VIC

Cost: \$520-\$320 (sliding scale according to income)

Register by: Friday November 14th, 2014

For enquires or to secure a place, please contact Zofia. Email: zofia@prhaustralia.com Website: www.prhaustralia.com

Rest ... relax ... refresh ... recreate

“Time for Being” Saturdays are afternoon meditation sessions run monthly throughout 2014 in Mt. Waverley and facilitated by Zofia Di Stefano, PRH Educator.



Each session starts with a **relaxation**. Then participants are guided through a **meditation** technique so as to get to a quiet inner space to spend **time just being**. After that they reflect on their experiences in writing.

Afterwards all are welcome to stay for a cuppa, a chat and a walk around the garden.

Dates for 2014:

Feb 1, Mar 1, April 5, May 3, Aug 2, Sep 6, Oct 4, Nov 1, Dec 6.

Cost: \$15 per session

For enquires or to secure a place, please contact Zofia:

zofia@prhaustralia.com

www.prhaustralia.com

www.facebook.com/PrhAustralia

Here are some responses from participants.....

I found this experience of relaxation and deep meditation eases me, calms me, and centres me. I sense an opening up of my inner reality, springing forth into a wide, open road ahead of me. This is good for me, as I have often closed up within myself, tied up in inner knots.

The Time for Being I have found to be very beneficial for me. It has helped me today and in my daily life to bring my mind to the present. It is wonderful when I reach the expansive state where I feel relaxed and totally at peace with nowhere to go and nothing to have to do but be.

This guided relaxation helped me to become more centred. I felt more in touch with my body sensation and more able to stay in the present.

This experience is beneficial for me because it makes me take time to relax and focus and just be. The peacefulness this experience brings me is worth the practice, and the sense of calm makes me feel comfortable.

I feel very relaxed, calm and peaceful. It's a wonderful feeling that everything is the way it should be.

I would like to thank-you for a wonderful relaxation and meditation experience on Saturday 2/8.

I absolutely loved your explanation of the purpose of meditation, and how it related to the diagram of the person.

I loved the methodical process of relaxation leading into meditation. Experientially, I am familiar with having a tense body, going off into imaginary functioning (the past and the future), and not being in the present moment.

I have also experienced the bliss of focusing my mind in the present and the peace that follows.

I experienced this on Saturday, and felt that being in the present moment really is a gift!!!