



PRH Australia e-Newsletter

Issue one, October 2012

Editorial

Dear PRH friends and newcomers,

It is a pleasure for the Newsletter Team to welcome you to PRH Australia's first e-Newsletter!

Why this newsletter you may ask?

There are hundreds of PRH Australia friends; each of them with their own talents & riches of being. If one added the richness of these hundreds of beings together, imagine the vast wealth we could get ;-). The more people work on their growth, the happier they become and the more they have to contribute to society.

So this newsletter aims to be a tool where we can all share our experiences of workshops, our life-giving resources and our sources of inspiration. Simple words from "ordinary" men and women to "ordinary" people, in the steps of André Rochais, who created these tools for growth!

Everyone is welcome to provide feedback, contribute, and join the e-Newsletter venture and it will become more and more beautiful and infused by life!

The e-Newsletter team:

Maud, Debbie, Kathie, Zofia

Next edition...

The theme for the next edition is:

“Writing It Really Helps”

if you would like to contribute an article or something for Community news please email Zofia at zofia@prh-australia.org.au by 1st December 2012.

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Getting Inspired by André's words

Imbuing ourselves with the realities of our being...

“We are asleep on a goldmine,
A wellspring of energy
On a volcano of creativity
On unbelievable reserves of genuine love”
André Rochais

In a world shared between imperatives to convince others of our value and an inherited moral where pride is negatively judged, it is not always easy to find for oneself the right definition of humility. Yet, to be aware and convinced of our qualities and potentials is the key to giving us the self-confidence to act from the core of ourselves.

On our path haven't we all met people with incredible talents – talents to make people feel at ease, to creatively find solutions to problems, or to simply gather their families around joyful meals - and who, when praised, would simply say “Well, this is just normal!”

What would it change for the woman who decorates her home if she felt at her depth how her ability to create a homely environment is serving her aspiration to make people feel loved and respected?

What would it change for the ingenuous daddy if he savoured encouraging his children at their Sunday match as a way he brings a valuable contribution to his family?

How would it change our lives if we were fully recognizing the goldmine that lays in us? Well, I believe we would feel happier and we would go twice as far.

I believe we would open the tap of our energy wellspring, let the creative lava flow from the volcano and let love guide our life.

The PRH approach is that at the core of the human being one finds the rocks of being, positive realities from which energy flows unhindered through one's sensibility, should it not be wounded in the past. The PRH approach is that while there is a need for healing these wounds and reeducating the patterns of dysfunction, the whole growth process starts with connecting with our being.

For this reason, for each areas of suffering or frustration, we can first start by looking at our being. Proposed GPA in a zone of difficulty:

- What are the qualities, abilities and aspirations I already live in this domain?
For each of them, I take the time to check if they are truly alive in me.
- What would I like to live in this situation instead of what I am currently living?
i.e. What are the qualities of my being that are not free to live here?

Maud Briscoe-Renaud

Maud Briscoe-Renaud has been practicing the PRH pedagogy for herself for the last 6 years and has started to train to become a PRH associate in 2012 under the supervision of Zofia Di Stefano, licenced PRH educator and head of PRH Australia.

My Life-Giving Experiences

by Iris Hallinan

I was travelling on a road coach from northern Victoria to Southern Cross when I received the email about the e-newsletter and the request for volunteers to write an article on a life-giving relationship. I thought at the time that I look forward to reading the first edition of the e-newsletter.

As the day passed, I found myself with this profound and persistent kind of niggling feeling inside me which kept on keeping on. A niggling about this newsletter request and life-giving relationships. I found myself reflecting on nature and my experience at my son's dairy farm, reflecting on being on the land. Land that brings forth a different experience every day. As I move across this land, I am attracted to the range of colours of the grasses, trees, shades of light and dark, the vibrant sunrises, sunsets and yesterday a rainbow in which every colour was clear and it seemed to fill the whole sky. The stillness of everything in nature on some days and nights just seems to speak so loudly of life. The miracle of life as the cows are giving birth at present, with calves arriving and being able to walk immediately. The beauty and personality of each newborn calf. And also the sadness of seeing a cow give birth to twin calves – both born dead. As I sat and had lunch in the city, I was well aware of being in a very crowded noisy place without much sign of nature around me, walking on lifeless concrete and asphalt, and not much sky above the multistorey buildings.

It was later in the day with the newsletter request still niggling inside me, that I realized what my experiences on the land and with nature were all about. These experiences were about relationship. My relationship with the land, with the earth, with nature, my spiritual relationship, relationship with my God, my relationship with other people. I am so thankful for all of this. I feel a glowing warmth rising up inside my whole body.

Iris moved from Melbourne to country Victoria 10 years ago to work with her son on rural properties. Her deep connection with Nature has flourished since then. She has been using the PRH method for her growth since 1989.

PRH Australia Community news

Mary in Australia

Mary Chuah came from Malaysia to do an intensive PRH Training Program in Melbourne.

Here are some pics of her experience.....



Kathie in Malaysia

I met Mary during her visit to Australia whilst participating in the workshop “Making Good Decisions”. As I was planning a trip to Malaysia in late August with my family, I was very happy when Mary agreed to meet up with us in Kuala Lumpur. We had a wonderful meal of typical “hawker” food. I saw this as an opportunity to foster connections with PRH International, especially in South-East Asia where there is a lot of potential for development.

Upcoming workshop: “Freeing Life in Me”

There is a leaflet called “PRH – An International School of Education and Research”. This leaflet lists the names and a brief description of many of the workshops available through PRH. So why have this section of the e-Newsletter?

PRH is constantly growing and developing: through research at the PRH International level there are new workshops being developed all the time, and one small leaflet cannot explain everything about the workshops.

This section is a way of expanding our understanding of PRH and what it can offer. Personal testimonies from participants give an insight into the processes and outcomes of PRH. In this section, a participant has shared some of her own experiences of PRH and how it has enhanced and enriched her growth and appreciation for the world around her.

We offer these reflections to you.

Kathie was introduced to PRH in 2008 and has participated in a number of workshops, as well as engaging in personal accompaniment, with Zofia Di Stefano. She can attest to the life-giving nature of the PRH pedagogy and the relationships formed through her association with PRH.

Freeing Life in Me

Anne Jackiw 20.9.2012

As I travel my path of self-discovery and healing, and I kid you not, I have made significant progress every time I attend a PRH workshop, I am always surprised (and excited) at the things I discover about myself (good things), and the workshop ‘Freeing Life in Me’ was no exception.

It never ceases to amaze me how this process works.

In this workshop, I had to keep reminding myself that this was not an ‘art’ workshop, and I had to let go of my ideas of making an art piece, and even though I knew the PRH process I still felt a little apprehensive that I would not be able to do it properly or might be judged by the others. (Logically I knew this would not happen.)

Each time I immerse myself in the PRH process, I love every moment of it.

I loved the way my sensations expressed themselves, in a way that words could not describe. As I look at what I created, I feel a sense of being affirmed, this is what I see in myself, my inner beauty and the many layers of colours that make me who I am.

After this workshop in which I learnt so much about myself, I felt compelled to continue with this creative method of exploring my childhood, not to look for the negative, but to explore the possibility of there being many more positive aspects that are currently out of my awareness.

How exciting is that?



I selected this work as an example, not because it was the best but because it impacted me the most, at my being and spiritual level.

Lovingly and beautifully made

'..... there is a lot of sadness in me; the sadness needs a voice too. There is pain and darkness, and then the spirit in me bursts through, bringing moments of beauty and joy. I know I have been lovingly and beautifully made.

I am bursting with beauty and colour and even with my sadness; it is all a part of me, **all working together, making me who I am**'

Anne says "I don't know how I can fit 56 years in 2 sentences but I know that since discovering PRH, my life has changed incredibly."



Freeing

LIFE in me

Learn to use the Creative Medium
as a means to know yourself.



Discover the dynamisms of LIFE
in you that want to be expressed.



Find out how the use of colours,
lines and forms can help you to
progress in your personal growth.



DATES: The workshop starts with an introductory session Friday afternoon Nov. 9 (1pm – 4pm) followed by five consecutive days – Sat. Nov. 10 to Nov. 14

TIME: 9 am to 4.30 pm (except Friday)

REGISTER BY: Monday Oct. 26

VENUE: The Country Women's Association,
3 Lansell Road, Toorak
Accommodation available at the venue
Phone: (03) 9824 0239

COST: \$540 (Concession \$390)
(cost of art materials included in fee)

FACILITATOR: Zofia Di Stefano

to Register contact: PRH Education, P.O. Box 2007,
Mt. Waverley VIC. 3149.

Telephone: (03)9807 8351

Email: zofia@prh-australia.org.au

Web site: www.prh-australia.org.au

PRIVATE CONSULTATIONS

If you want to work through a specific problem, difficulties in a relationship, a decision that is worrying you, or making the right decision; or if you are feeling stuck, upset or overwhelmed, spending time in a one-to-one situation can be very beneficial.

Zofia Di Stefano has had many years' experience as an accompanist in the PRH Helping Relationship and is available for private sessions.

These interviews can help you to see more clearly, to change your way of looking at your problems, to discover better ways to live, to grow and to discover more of your strengths and potential and to become positive about yourself and your life.

\$75 → \$55 (The top end of the sliding scale is the full fee for an average wage earner.
It decreases if a person is part-time employed or unemployed)

Each consultation is **an hour** in length
Ring **(03) 9807 8351** for an appointment
(Appointments can be face to face, via the phone or "Skype")

Offer for 2012 and 2013 each person who comes for four individual appointments is entitled to a free fifth appointment.

MORE FREE SESSIONS

The following persons are in training in the PRH Helping Relationship and are available for private consultations on a volunteer basis:

Maud Briscoe-Renaud 0401 057 669

Dorothy Douglas 0448 572 887

Melanie Craige 0450 390 122

Theodora Kaminis 0407 660 214

Kathie Thomasz 0402 276 785

Rebecca Craige 0425 756 563

Am I a PRH Associate?

Do I feel a connection with PRH that goes beyond my use of PRH services for my growth?

Do I feel I have something to contribute to PRH?

Come to a one-day workshop and find out.

At this workshop we will look at what it is to be a PRH associate and what you feel you have to contribute to PRH.

It explores the community dimension of PRH – persons who feel committed to PRH and who work together and support each other in this endeavour.

Sunday November 4, 9.30 am to 4 pm.

No cost.

Bring something to share for lunch.

Please register By October 26

PRH Education, 20 Imperial Ave, Mt. Waverley, VIC. 3149.
(03) 9807 8351 Email: zofia@prh-australia.org.au