



# PRH Australia e-Newsletter

Issue three, April 2013

Welcome to the third edition of the PRH Australia newsletter. We have had very positive feedback from our readers, and are very excited to be able to offer this newsletter as a way of communicating with the PRH community. We invite articles, pictures, comments and reviews of workshops, as well as questions and suggestions.

In this edition, we focus on **the life-giving relationships we have with our children**. You will find an account of Maud’s preparation for the birth of her first child, Dorothy’s reflection on supporting Maud, a testimony from Anna about her experiences as a mother, and Melani’s reflections on her growth in her relationship with her daughter, as a result of participating in a PRH Parenting workshop.

The workshop **“Helping My Children Become Themselves”** is being offered in July/August 2013 over four Saturdays. Details are available on the PRH Australia website [www.prhaustralia.com](http://www.prhaustralia.com).

There are some other exciting workshops being offered, too.

Log in and “Like” us on Facebook [www.facebook.com/PrhAustralia](http://www.facebook.com/PrhAustralia) and post a comment or question, or have a look to find out what is the latest news in the Australian PRH community.

We believe that “Helping Our Children Become Themselves” is a step forward in the humanizing of our society, now and for the future.

The e-Newsletter team,  
Kathie, Debbie, Maud and Zofia.

## In This Issue

**Editorial** ..... page 1

### **Inspired by André’s words**

André’s vision for parents and children  
by Zofia Di Stefano..... page 2

### **Life Giving Relationships**

Sharing my experience of the  
Hypnobirth approach  
by Maud Briscoe-Renaud..... page 3

Loving Our Children  
by Dorothy Douglas..... page 4

### **PRH Australia Community news**

Pregnancies and Babies ..... page 5

### **Upcoming workshop**

My child... helping me become myself  
by Anna Quinlan ..... page 6

My Relationship with my Daughter  
by Melani Budianta..... page 7

### **Theme for Next edition**

..... page 7

**Our new PRH Australia mobile site is now live!**

**It is an introductory site, containing a brief introduction to the PRH approach and a selection of the next upcoming workshops. There are direct links to the Facebook page, email and telephone.**

**If you’re on your phone you can go there now at:**

**<http://www.prhaustralia.com/>**

## Getting Inspired by André's words

### André's vision for parents and children

When Andre was preparing to create workshops for parents he considered "a child as a human being in the process of becoming:

- with potentialities that aspire to actualize themselves,
- and who, in order to do so, needs a favourable environment."

To do this he focused on what parents already have within them – their capacity to parent their children – a capacity based on their deep love for their children.



And so he created workshops that helped parents see their children from this place of love. He helped them to see how they are already meeting their children's vital needs for becoming themselves. And from this place of love they see how they can continue to help their children become themselves.

As a PRH Educator who has run these workshops for parents many times, I applaud André's approach. Parents connect with their love for their children in the workshops and they feel affirmed with what they are already doing. They come from a place of solidity in them.

This is characteristic of André's approach to the growth process. In creating workshops he starts with what has already emerged in us, namely our strengths. In this way we feel an inner solidity which inspires us to grow more.

*Zofia Di Stefano, PRH Educator for 14 years*

*Here are some guidelines for exploration taken from the Presentation Paper of the workshop "Helping My Children Become Themselves":*

- In bringing up my children, what am I trying to achieve?
- What tells me that I am succeeding?

Have you liked the [PRH Australia Facebook page](#)?

You can [share your PRH experiences on the page](#). And please feel free to [like the PRH Australia posts](#) that come onto your Facebook feed, it is a great way to share PRH news, workshops and testimonies with others.

Here is the link:

[www.facebook.com/PrhAustralia](https://www.facebook.com/PrhAustralia)

## Life Giving Relationships:

### Sharing my experience of the Hypnobirth approach, Maud Briscoe-Renaud

I have always known I wanted to return to indigenous sources when it would be time for me to prepare for giving birth. I believe birth is one of the few moments in our lives that remind us how much we are part of the animal realm and this is why I very much trust ancient caring techniques.

With this in mind, I have searched for natural approaches for birth during my pregnancy, thinking “massages, essential oils, rituals etc...” And what an amazing adventure this has been for me!

First, I discovered that just around me, I had a great friend who had the experience to accompany birth with her shiatsu practice. Working with her has greatly fostered the bond of being that links us.

Then, I have discovered that pain has not always been associated with birth and that the fear transmitted from generation to generation plays a major part in pain. I have discovered that if I connect with my deep intuition as a woman, I am entering into a completely new universe where birth is a transcendental passage. I feel my body and my baby are communicating with something that is bigger than myself through pregnancy.

For this reason, I have decided to train in Hypnobirth. This approach has helped me to bond enormously with my unborn baby and to dare to spend time with him. I am now due in 2 weeks and I feel relaxed and not fearful of the birth although I was quite scared before (like so many of the pregnant women I meet, really).

The Hypnobirth approach is focused on learning relaxation, positive thinking and how to connect with the bond we have with our baby. Hypnobirth also gives a major role to the father (or birth companion) as he has the opportunity to give massages, help the mother focus on a positive approach, and create the sanctuary where his child will be born. In addition, an important aspect is how much more understanding of birth and women he can gain. My husband feels so much more involved and capable to support me and our baby now. This has had a very positive impact on our complicity.

I have decided to share this personal choice with you because Hypnobirth and other calm birth approaches are so much in line with **the connection to our deep self that PRH teaches** us. There are many technical details you can find online on this birthing technique, but I felt called to share with you how rewarding it has been for me to have the courage to choose a different approach. Yes, I say “courage” because many people actually don’t understand why refusing the fully medicalised birth offered today, why creating a sacred shell around the birth time which can be seen as too protective. Many people judge us as “weird” when we talk about the transcendental aspect of pregnancy and birth. But, as it is so rewarding to live by our deep conscience, in respect of our needs and our Being’s aspirations, we can find the strength to thrive through our choices.

I wish all pregnant women to have the opportunity to do a free choice like PRH teaches us!

*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 2010 under the supervision of Zofia Di Stefano, licensed PRH educator and leader of PRH Australia.*

*Ed note: since this was written, Maud has given birth to her beautiful baby boy, Hugo. Photos are in the Community News section of this newsletter. Our love and best wishes are extended to Maud, Andrew and Hugo as they take the next step in growing together as a family.*



## Loving Our Children by Dorothy Douglas

*"We are part of the earth, and it is part of us...we love this earth as the newborn loves its mother's heartbeat."  
(Chief Seattle, from a speech, 1812)*

This quotation spoke to me in the wake of my recent experience supporting a friend as she birthed her baby. I have practised in complementary therapies for many years, and supported some women in their birthing. The wonder of the emergence and first breath of a new human life is never less, from one experience to another. I watched as the newborn rested near his mother's heart, gazing attentively, purposefully towards her face, and quietening when he heard her voice, her song for him. I am touched by the vulnerability of this tiny person and of the woman who has given so much to bring him forth. I am touched also by the power of love that has brought this about, including the protecting, attentive presence of the 'new-born' father.



Recent re-readings of principles of Traditional Chinese Medicine are awakening me anew to the wisdom teachings that tell us about our roots and our earth. I sense the continuity, the circle in which I am parent, child (adult now), I am parented (discretely), and I parent my sons (learning to be discrete). My roots connect me with where I have come from, my earth grounds me as I am growing to become who I was made to be. I need both my roots and my earth if I am to love and be loved.

I reflect how the love of the infant for his mother may firstly be of dependence upon her, yet there is more to the child's love for the parent than survival alone. The connections are deep. Even now, with my sons entering early adulthood, I am inspired by them. I find it helpful to remember that not only do I strive to love them well, but they have love for me. To allow myself to be loved, I must be receptive and open, sometimes a challenge for a parent!

I am inspired by my children. Their presence stimulates a sense within me of the way I live in order to create a future. I have a wish to bestow encouragement, strength and acceptance as my legacy to my sons. This motivates me, it helps me to grow.

Surely, I wonder, this is the meaning of the mission statement of the birth centre where my elder son was born, "Love Creates and Heals". So simple in words, yet a thread of potential in all relationships where we live a love. I recall precious moments when the words I have needed have come to me so that conflict transforms into understanding. When this happens I experience a palpable sensation I recognise as love. In this moment I am reminded that love is as much about my actions as it is about my intentions. I describe this to myself as love 'alive', and it helps me to grow...again, and I sense it can help to heal something in me that was formerly inert.

Through this spectrum, and in caring for my father as he ages, I reflect on how I live my relationships. Sharing stories with Dad, I recall my child-love for my parents, I sense the child within me. She is full of life. She has grown now, and I, an adult woman, give back to my father in a cycle of loving and being loved.

I see a picture of myself and my growth as I learn about love. I parent, and I am still being parented. The human circle enfolds me, it secures me. I am nurtured, and I feel loved as I love. I give. I receive. I too, make that circle within the greater circle of generativity of the earth, and the creative potential in human life.

*Dorothy is a parent of two adult sons. She is also a Shiatsu practitioner. She is committed to using the PRH tools for her growth. She experiences the positive impact of this work in her relationships with her family and clients.*

PRH Australia Community news:



**“Before”:** a heavily pregnant,  
and happy Maud



**Maud with Dorothy, her birth partner**



**“After”:** Maud and gorgeous Hugo



**Rebecca Craige, a PRH Associate, is also in the family way! She is due any day now.**

Check the PRH Face book page for the latest news:  
[www.facebook.com/PrhAustralia](http://www.facebook.com/PrhAustralia)

## Upcoming workshop: “Helping Children Become Themselves”

### My child... helping me become myself by Anna Quinlan



I was three months from turning forty when Benji, my beautiful baby boy, arrived at last. After years of planning, dreaming and hoping, there were many surprises in store as I began my mothering path. The continuing source of surprise is how my child teaches me, helping me to discover new aspects to myself and resources within that were hitherto hidden. The following are a few examples.

The two resources that have really developed are courage and focus. I was completely terrified about pregnancy and giving birth. It was therefore nice to discover that rather than enduring pregnancy in order to claim the end result, I actually loved feeling totally connected to the small being inside – a secret source of love. His conception brought about a new determination in me to deal with the fear. I enrolled in pre-natal yoga and Calmbirth classes, and hired a doula. These proactive choices worked together to create an amazing labour experience where I felt focussed and in charge.

At the end of our Calmbirth classes we were given a book of meditations for new mothers called *25 ways to joy and inner peace for mothers*. The first one reads “I trust that I am the perfect mother for my baby...I have everything within me to handle all that Life and Motherhood brings.” It has given me comfort and strength many times, and when I attended the PRH course ‘**Helping My Children Become Themselves,**’ I began to understand why.



I might add that when I was diagnosed with gestational diabetes, my husband (AKA “he who faints at sight of needles”) also found something new within as he supported me in learning to inject insulin.

Sleep deprivation was an area of parenting that I approached with trepidation, knowing that I get awful grumpy without eight hours a night. The love for my baby taught me a different way of being through the haze of tiredness. Yes it was hard. But somehow the years of childless grief were composted to become the very thing I needed to sustain me and remind me to notice the joy.



Another revelation resulted from changes in key relationships. Despite the tensions that arose as our older bodies coped with sleeplessness and other pressures, our marriage relationship was renewed by a deeper commitment. I recognised that my husband was now biologically bound to me. I was more willing to let trivial things drop. Also, some old childish resentments towards my parents dissolved when I gained a parental perspective. I finally understood that my wounds resulted from times when they were just stretched too far – as happens to us all. There had always been constant loving intention. I take enormous delight

in watching them embrace their grandparenting role with Benji. My relationship with my son has reawakened curiosity about the world, a sense of fun and adventure, and the capacity to see life from a completely different perspective. In particular, as a teacher, I love watching language develop. Benji enjoys playing with my ‘noble’ phone, for a long time his calculator was an ‘eskylator’, and he likes eating ‘greenut butter.’

This paragraph was written in my journal the week before Benji arrived.

“I’ve been listening to Charlene’s ‘I’ve never been to me’ song this week... ‘Sometimes I’ve been to crying for unborn children that might have made me complete’... Becoming your mother is about becoming more of who I am. You fulfil me in a way that’s not possible without you.” And thus far, I’ve found that to be the case.

*Anna lives in Canberra and recently she completed the workshop “Helping My Children Become Themselves”. Her journal is her constant companion. She runs a journaling group in Canberra.*

## My Relationship with my daughter by Melani Budianta, Indonesia.

*Melani did a parenting workshop with Zofia over Skype recently and this is what she wrote.*

The workshop that I did with Zofia has given me a sense of clarity of my being a mother, especially in the way I relate to my daughter. Initially I felt so depressed, confused, helpless, and thought that I did so many mistakes in parenting that I could never be a good mother. Throughout the workshop I started to realize that to live up to my potentials as a mother I need first of all to get in touch with my own being. The PRH diagram of the person helped me to map out and classify the multiple, complex sensations, thoughts, emotions, and also past history of motherhood, to know which part of me was at work at a given moment.

The ability to discern what is going on within my being is crucial for me in order not to be drowned and drained in the daily entanglement of mother-daughter relationship that I am undergoing right now. Most importantly, **the workshop has awakened in me a sense of confidence that I can actually tap into the gift of motherhood -- which is positive, vibrant and everlasting -- in order to teach my daughter how to live and be, especially to give her a sense of worth and dignity.**

I also realize that in order to love my daughter truly it is important to set boundaries and to respect one another. This workshop is one small step into the future journey of parenting that I look forward to. Previously I was filled with a lot of anxiety and a sense of frustration, but now I am empowered with hope and faith that if I can be true to my being, then we will survive the hardship and that love will win.



*Melani and Marya in their home town of Jakarta  
Indonesia*

### Helping my Children become themselves

Suitable for parents of children of all ages as well as child care professionals, teachers and youth workers.  
This workshop will be offered twice in 2013

Saturdays July 13, 20, 27 & Aug 1 **REGISTER BY: Friday July 5**

#### OBJECTIVES:

- Become clear about what you experience with each child in a unique way.
- Discover how to help each child develop according to their unique personality.

#### CONTENT:

- Identifying what influence you in raising your children.
- Looking at the aspirations and legitimate needs of your children.

- To be recognized in their potential
- To be loved for themselves.
- To feel secure.
- To be respected at each stage of their growth.
- To learn.
- To feel supported when they are hurting
- Having a parent-child relationship.

No pre-requisites

#### Next edition...

The theme for our next newsletter is **Loving Relationships**. We all experience relationships with different people at different levels. In our next issue, we invite you to reflect on what you live in life-giving relationships, to submit a photo with a caption, or a paragraph to share, on a life-giving relationship. Contributions can be sent to Zofia at [zofia@prh-australia.org.au](mailto:zofia@prh-australia.org.au) by 1 June 2013.