



PRH Australia e-Newsletter

Issue seventeen, December 2017

As we are drawing to the end of the year, we have been reflecting on how life-giving it is to celebrate the wonders of a year before opening onto the promises of the new year to come.

In PRH, we start by looking at the positive, as this helps us grow. To focus on the positive in our life is very important because it helps us:

- stir up Life from our core and grow our connection to our being => feel complete
- update our self-image => feel real
- and simply to feel good, nurtured!! It is a way to love ourselves ☺.

So we would like this newsletter to call you to celebrate 2017, as a great springboard for 2018! For this reason, we have decided to simply share with you what some of our readers have sent us. These articles remind us that life-giving connections are the Number One rail of growth in the PRH tool kit.

So, in that light, this edition includes Martine's reply to our invitation to share your passion (p2); Debbie has shared her reaction and analysis to a popular YouTube video (p3); Kathie tells us how trusting the PRH process has helped in her growth (p4); there is Kathryn's reflection on analysis (p5), and Maud shares what tools have assisted her through the year (p6).

We would like to invite you to share with us your own highlights for 2017 (an article, a photo, a piece of creative expression or even a video!...) Please email Zofia and we will share them with you all in our next edition: zofia@prhaustralia.com

Of course, we are very much looking forward to 2018 too! PRH Australia, as usual, will be here to support and accompany you on your growth journey and Zofia has a very rich program of workshops waiting for you to indulge in. We have included this "Christmas catalogue" of all the workshops to look forward to at the end of the newsletter (p7).

We wish for you, a nurturing time looking at all the positive you have experienced this year. Have a lovely festive season!

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

PRH Australia

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My passion is always freedom.

by Martine Valentine

More recently I'm passionate about my grandchildren, Jackson almost 9, Hughey 5 and baby Edie Mae 1 year old. Once I'd experienced grandmother-hood, I felt that I must take a stand for the many children locked up in Australia's Immigration centres, both here in Australia, and offshore.

Since around Feb 2015 I've been an active member of the Grandmothers Against Detention of Refugee Children NSW strategy team.

www.gadrc.org



I feel passionate about supporting people seeking asylum to reach a safe haven from the dangers of persecution, war and poverty. I find the locking up of babies and children a denial of basic rights. This is against the International Declaration of Human Rights of the Child, which as a nation, we have pledged to support.

Driven by my passion, I've educated myself about the situation, developed my communication skills; written to and met with politicians; rallied with 200 other grandmothers from all over the east coast of Australia to Parliament House to table a petition for the children in detention; spoken on the radio; at a forum; at a school assembly; from the lectern of a cathedral; been in many protest marches (which I don't particularly enjoy); I have sung with other purple clad grandmothers outside the Human Rights Commission offices on Pitt St in support of Gillian Triggs and her team's *Forgotten Children Report*. I attend talks, meetings, 'vigils' and other events regularly, to raise attention to the banality of evil within our government's immigration policies. Mainly, I wear purple a lot and take photos and keep the social media awareness campaigns going... and importantly, I sip the occasional glass of post-protest prosecco with my tribe of activist grandmas, in the spirit of self-care and perseverance. Grandmothers don't give up!

I do it all, just in case one day my grandchildren ask, "Grandma what did you do when these terrible things were happening to children in our name?"

Living Our Passion

by Debbie

There's a YouTube video going around at the moment, it is pretty simple: a woman misses her flight, but instead of getting annoyed she decides to do something she loves: dancing.

You see her dancing by herself, and dancing with others, in different parts of the airport. She isn't doing fancy dance moves; she doesn't have a fancy costume. She simply dances, she is happy and clearly having great fun.



The video made me cry - it made me see how very, very easy it is to add good, to add joy, to add positivity, to the world.

Just be yourself. Do what you love, live your passion.

You don't need to be perfect, or even brilliant.

You don't need to be famous or rich to make a difference.

Just be authentic, open and passionate.

My analysis after watching the video:

I feel blessed; I feel touched.

I am grateful that I am open to someone else's joy and letting that flood through me (and out my eyes!).

I feel joy.

I feel carefree.

I feel enlivened.

I feel happy.

I feel even more inspired to live my joy, my passion, my authenticity.

I, too, want to be a beacon in the world: a beacon of light, joy, positivity. My way, my passion.

Just be it!!

Here's the video: <https://www.youtube.com/watch?v=07v6qA2l3n4&feature=youtu.be>

My Work on the Path of my Growth

By Kathie Thomasz



What works well and is effective and satisfying for me?

Something that works well for me is having learned to trust the PRH process as I have worked with it and tested it out over the last 9 years.

Having this trust in the process enables me to:

- Silence the inner critic: this has been the key to being able to work effectively with this methodology
- Focus on my sensations (rather than comparing myself to others)
- Not be ashamed of my inner experiences
- Name these experiences clearly
- Be able to speak about them aloud and bring them out of the darkness
- Be patient with myself
- Know that any work is good work, even if it doesn't seem to make sense at the time
- Stop pretending to myself and others
- Have strength to admit the truth of my life and experiences
- Listen more deeply and effectively to others
- Listen with more patience and less judgement and eagerness to jump in to "solve" others' problems

The PRH process has been very life-giving for me.

ARE YOU READY TO TAKE YOUR GROWTH SERIOUSLY?

Do you want to live your life fully?

Free from what gets in your way?

*PRH Education offers you the **tools** that **accelerate** your growth.*

The **Personal Methodical Growth Program** is a yearly program where you identify your objectives for the year and throughout the year you are supported in achieving these objectives.

Contact Zofia to find out more: zofia@prhaustralia.com

Getting to know myself through analysis

By Kathryn Shewring

My experience here is of sitting with myself in a deeply respectful way; of letting what is actually so surface rather than any interpretation of how life 'should be' or 'ought to be.'

I love the intimacy of analysis. Sometimes it's like getting to know someone else – developing a new relationship.

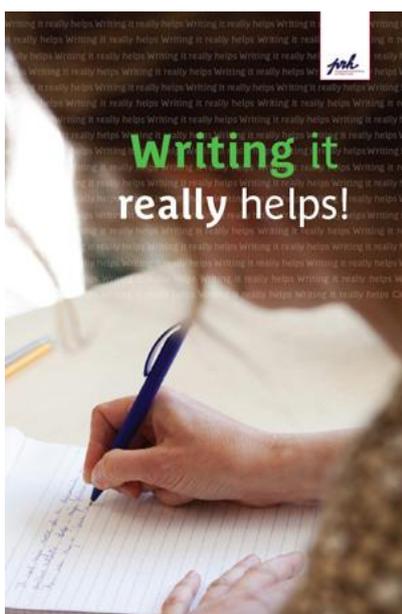
Often I need to calm myself – stop myself from rushing – take time to be with what I'm feeling.

The part I love the most is when something completely new pops up to give an entirely new perspective on what I have been working on.

I use analysis when there are events/times in my life when I am stuck and there is no way of intellectualising myself in or out of whatever is going on.

I've used analysis recently in a situation with a dear friend and even though there is more work to be done, every time I do an analysis I become clearer on the part I play in the situation. I am proud of the fact that I can use analysis to step away from blame. I love too that analysis leads me down different paths to explore.

Most satisfying is the place of partnership I experience and the new insights. Most difficult is giving time, often enough, to analysis.



Find out how to do an analysis as described by Kathryn.

"Writing, it really helps!" gives you practical guidelines.

You'll be able to use this tool in your everyday life to understand yourself and empower yourself.

Here is what Cornelis has to say:

"Writing, it really helps!" written by Katelijne Theuwissen is about the PRH approach and is a book that I can highly recommend.

The concepts of: 'Sensation with Psychological Content' is good, and an example on pages 86 - 87 really describes the deep analytical writing procedure very well.

This paperback is an A5-dimensional workbook and can be read within 6 hours (~ 100 pages) whilst commuting."

Get a copy via our website. Here is the link: www.prhaustralia.com/publications

Care for Myself – Celebrating Small Successes

by Maud Renaud-Briscoe

I have to admit 2017 has been a challenging year for me. My husband was seriously ill and it threw me into a roller coaster of emotions I had not suspected, awakening wounds of my past. So I had to work a lot on growing in my being and also with re-educating my self-image.

Throughout the year, I realized that two growth tools were helping me tremendously:

- Times for being where I would just focus on loving myself unconditionally where I was at that precise moment in my growth journey
- And making lists of my successes for the day. Each time I did that, I felt better. Life was awakened in me and I was starting to see myself in a more realistic way.

Unfortunately, although I did it regularly, I have to admit I haven't really implemented Success Lists in my daily routine and I feel it's a shame. I feel deeply called to do more of them. It is a powerful way to love myself and to grow.

Ok, that's a date, I commit myself right now, in front of you, to write 5 - ok let's be realistic here - 3 lists a week!! Ouch! I'll see how I go! I'll keep you posted in our next newsletter ;-).

Better today than tomorrow... so here is my list for today:

Today, I:

- Gave myself a meditation time as I woke up with thousands of things going on in my head
- Accepted I can't blame others for what I do wrong and decided to stop
- Took some time to pause and feel how deeply I want to SLOW DOWN so as to have time to connect with my deep conscience.
- Stepped back from a situation that created anxiety in me and searched how I could approach it from a different angle.

Your turn! ;-)



I hope you enjoy perusing our Christmas Catalogue of PRH workshops for 2018!

Click on the link for each workshop to find out more.....



January

[Becoming Who I Truly Am
- A Possibility and a
Challenge](#)
[Jan 20 & 21](#)

August

[Resistances - Obstacles or
Opportunities?](#)
[Aug 19, 26 and Sept 2](#)



March

[Loving and Being
Loved](#)
[March 23 - 26](#)

September

[Living More Harmoniously](#)
[Sept 15 & 16, 29 & 30](#)



April

[Freeing Life in Me](#)
[April 6 - 10](#)

November

[My Body and My Growth as a
Person](#)
[Nov 22 - 26](#)



June

[Who Am I?](#)
[June 9 & 10, 23 & 24](#)



July

[Growing in Personal
Solidity](#)
[July 14 & 15](#)



December

[Discovering the Core
of My Identity](#)
[Dec 8 & 9](#)