



PRH Australia e-Newsletter

Issue twenty, December 2018

Welcome to our special anniversary edition of the PRH Australia newsletter: not only is it our 20th edition of the e-Newsletter, it is 22 years since the first PRH newsletter began in Australia... as we celebrate this milestone we reflect on what commitment can bring to our lives and our growth.

There comes the day when we feel that we would like to change, and we are ready to commit to it. This day is the day our growth journey starts.

When we are in denial of how we feel or in victim-mode blaming others, we are unable to commit to our growth. But when we commit to our growth, we can go a long way!

In this edition, we show where committing to our growth can take us. Both PRH participants and educators share their growth journeys showing how committed they are to their growth...

* "My Commitment - What it means to me today", Gerard joined a yearly growth program...

* "My Commitment - What I'm looking forward to", Denise is motivated for more....

* "My Commitment - How I keep going", Marie-Pierre has felt supported along the way to keep going...

* "My Commitment - Where it took me", Carmel is reaping the fruits of her growth journey...

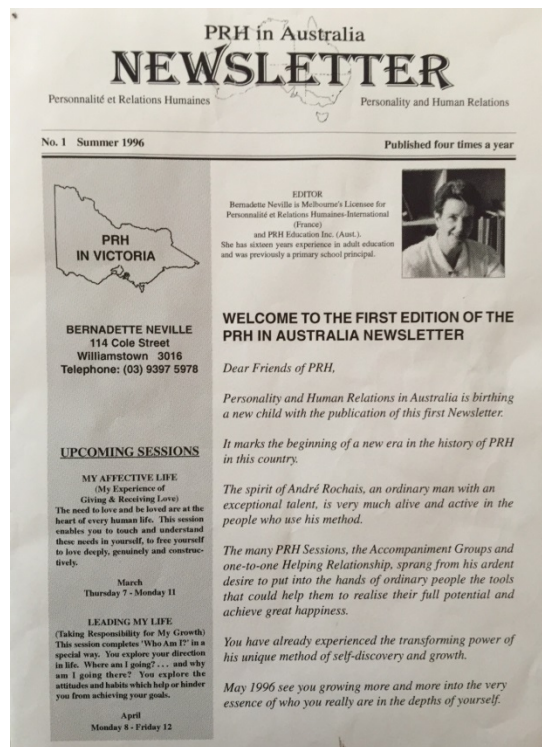
* "A commitment to an inner calling" has lead Citra to help others...

* "A commitment to contributing to others": Bernadette led the way with the first PRH newsletter in Australia

* "A father's commitment to democracy, freedom and his daughter"

We hope you enjoy this special 20th anniversary edition and we thank you for your commitment and input into the newsletter.

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



The first PRH Australia newsletter published in 1996

Also in this edition:

- Upcoming workshops:
 - Less Stress in Your Life is Possible!
 - I Am Worth It!
- An article from the «Creative Co-workers Team»
- Community News.

Personality and Human Relationships Australia

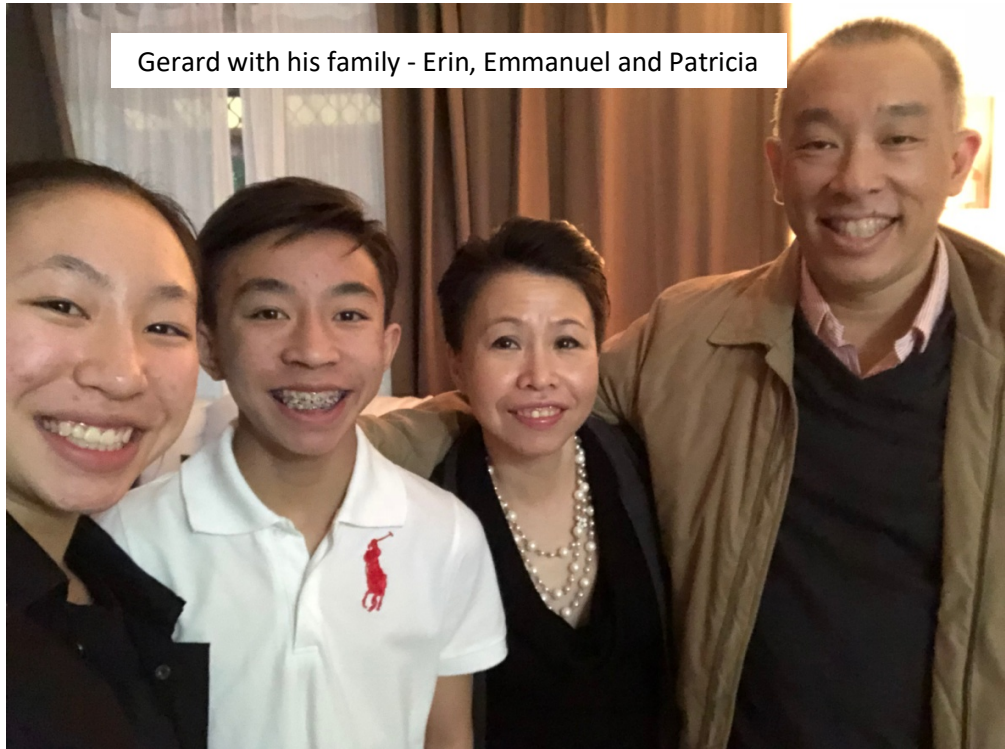
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Email: zofia@prhaustralia.com

My Commitment - What it means to me today

I am part of the yearly Setting Growth Objectives Program - Gerard Goh

- This program helps to create an awareness of self, of my being, of areas needing growth, a reminder of where I need/want to head towards, yet learning to enjoy the journey. There are so many times when the penny has dropped in my understanding of where I am at, and also in relation to myself and others.
- I am happy with this awareness, of learning and taking steps to grow. I feel growth and at a pace that is comfortable, while knowing there are still a lot of unknowns.
- I am still struggling sometimes with my body, in understanding its cravings in relation to food.
- These meetings are significant in helping me listen to my being; in helping me open up and understand myself; in helping me identify, recognise and prompt me in areas that need attention. I am happy and look forward to these meetings.



Gerard with his family - Erin, Emmanuel and Patricia

My Commitment - What I'm looking forward to

As Denise ages she feels that there is so much more to discover about herself.



I am motivated to change as there is still so much more of me to develop yet.

I feel I have much to give – to myself – in understanding what I want and how to achieve it and what holds me back. To learn and live all that I am capable of.

I know I have a capacity to give to others that is stifled and I want that to change.

What is my deepest motivation? I feel I can make a difference somehow in some small way, and I want to feel that more in the everyday.

Denise

My Commitment – How I keep going

Marie-Pierre Noguès, PRH Educator, France



Marie-Pierre Noguès, PRH Educator, France

WHO SAID IT WOULD BE EASY?

Who said it would be easy? Easy to live from one's being, to grow in the actualization of one's capacities, to access happiness? Who said it would be easy? No one, as a matter of fact; what the heck made me imagine this? The belief that since the being is harmonious, peaceful, light, that the path to it must be peaceful and serene?

Thankfully, life disturbs this belief which still hangs on in me. I uncover so many obstacles along my path! Do I dare say that the more I move forward, the more I flush out issues so deeply rooted in me? Attempting to live from my being is at times a permanent combat to actually stop struggling.

To let go, to accept, to heartily receive, to allow myself to go to a place of openness and flexibility.

To confront my difficulties without collapsing. So that I don't give in to discouragement.

To persevere in self-confidence, with which I lose touch at times.

There are all these moments when I'm fed up of fighting. I am exhausted. I want to give up, to slide down the sweet hill of passivity, fatality, non-existence.

What holds me back at these times? One tiny seed that is more profoundly anchored in me than all my wounds. Something in the order of an instinct, a vital thrust I cannot always name. A force that holds me back from the precipice, that guides me and eggs me forward on my path, a hand solidly placed on my lower back to give me the impulse to move ahead.

The strength that I call LIFE. Life that is stronger than everything; stronger than pain and even death. Life which patiently waits and opens its arms for me when I am ready to listen to its tempo, to allow myself to flow into its movement. When I stop trying to impose mine.

And so, I consent and I thank this life so alive in me, in spite of all that I may suffer, in spite of the moments of apnoea (holding my breath) of faith.

I thank Life which acts in me and I regain confidence in the path that is mine. I know that whatever obstacles I encounter, life will offer me an appropriate way to face it and that these hardships will spurt out even more life in me.

Upcoming workshop in January 2019

Less Stress in Your Life is Possible!

What does this involve? What can we do to achieve this?

During this workshop, we will take time to find some answers to these questions.

We will look at the important keys which are related to who we are, with our inner strength and resilience to face the obstacles and difficulties that confront us daily.

Date: Sunday January 20, 2019

Time: 9.30am – 4.30pm

Venue: Mt. Waverley VIC

Cost: \$210

Register by: Friday January 11, 2019

*A deposit of \$50 must be paid to register a place in this workshop.
Payment can be made via our website [here](#)*

Simply use the PayPal button on the workshop page

My Commitment - Where it took me

Befriending my feelings Carmel Clemann



Carmel with her granddaughter Zoe

My most common reaction is a feeling of satisfaction. Satisfaction that I am recognizing myself in who I am in certain situations. I sense that many of my past negative feelings are becoming more short-lived. I seem to not be dwelling in aspects of my past that once may have concerned me for long periods of time. I find that respect for myself and my feelings is increasing. I am becoming more assertive in my life in general and this leaves me with a sense of good self-worth. I feel content in who I am. I feel this as a connectedness to my inner being and to my potential. This draws me inwards to myself. I feel more centred and less scattered in all aspects of myself and my life.

Carmel is part of a monthly group called "Pilates for the Soul". In this program participants create a Growth Plan for themselves for the year and each month they come together to be supported in attaining their objectives.

I Am Worth It!

Discover how to live your life with more clarity and certainty in this interactive 3 hour online workshop



- Learn how to live your life authentically and maximize your creativity in what is important to you;
- Achieve greater recognition and value within your work environments;
- Maintain and attract relationships that are healthy and growing;
- Contribute in your unique way to making a better world.

Date: Sunday February 10, 2019

Time: 1pm – 4pm (12.45pm start)

Cost: \$120

Register by: Friday January 18, 2019

A deposit of \$50 must be paid to register a place in this workshop.

Payment can be made via our website [here](#).

Simply use the PayPal button on the workshop page.

A commitment to an inner calling

Becoming a PRH educator

I began my PRH journey 18 years ago in a quest to discover myself. It has been an incredible journey. PRH has helped me develop my capacity to taste life in greater fullness, to be guided by a deep sense of direction and purpose, and to foster a deeper connection with others. I feel more and more whole.

Along the way, I have discovered that my calling is to help others on their own quests. My journey has always been a quest to understand humanity in its depths. I became a doctor, a psychiatrist. I took my masters in women's health and my PhD on how people overcome disasters. I lecture at the university and give seminars for the public. In my work, the tools and gifts that I have gained from PRH are the most precious and useful. Hence, since last year, I became a PRH educator, to share PRH with others.

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Being a PRH educator is who I am. If there is anything I have learned through PRH, it is about being ourselves, our true selves in fullness. It is the best we can be. All we can give to the world is our selves. How happy I am to be me by helping you be you!

Citra (Theresia Citraningtyas) drCitra.wicaksana.org
To read the full version of Citra's journey click [here](#)

This is a photo from the first "Who Am I?" I ran last year (supervised by Magda Uyttersprot). The participants surprised us with their painting and gifts, but the most significant gifts were their self-discoveries!

Citra is front row, second from the right.



A commitment to contributing to others

Bernadette Neville pioneered the first PRH Australia newsletter - Zofia Di Stefano

I go to visit Bernadette regularly in the Aged Facility where she is now living. I love being with Bernadette.

Each time I visit her I come away feeling more inspired, more enthused to continue my work in PRH.

Bernadette was my mentor as I was training to become a PRH Educator. What struck me the most about her mentoring style was that she had enormous faith in me (a lot more than I did in myself at the time).

When our E newsletter team realised that we were publishing our twentieth edition of the PRH Australia e-newsletter, I was reminded of the first PRH Australia newsletter that was pioneered by Bernadette in 1996.

At that time there was no internet!! People communicated mainly by phone, post or fax machine! Australian educators were spread across South Australia, Victoria, New South Wales and Queensland.

Bernadette had a vision that would bring everyone together – a national PRH newsletter. This is what she says about her motivation to do this:

"... so that people would connect with each other and know what was going on in PRH and what was being offered, as well as information, and something like aspiration to be ignited in them"

And now here we are in 2018 continuing her vision with our 20th PRH Australia e-newsletter edition!



Bernadette 2018

A father's commitment to democracy, freedom and his daughter

Via the headlines we are all aware that the general situation in Congo is not very good, despite the incredible natural resources of the country. The promised democratic elections have still not taken place. The nation is encouraged to take to the streets in peaceful protest, but the danger of repression is ever present. They are striving for democratic elections and a more just and dignified society.

This is a letter forwarded to us from a colleague-educator, written by a Congolese participant of a peace demonstration. We will let this testimony speak for itself:

Letter to my 3-year old daughter.

Dearest child, Today, Sunday, I will leave the house. Like every evening you will wait for my return to grab me around the neck and shower me with warm kisses. There is a possibility that I won't return. I am not leaving to destroy something or to steal. I am simply going to demonstrate. Without weapons and without hate. I am going to demonstrate for our country, in order that our Congo may welcome better times. I am going to protest, to openly but clearly show to our brothers, who are keeping our country in their grip, that we deserve better. I am going to protest to give you and your generation more hope. My generation has been sacrificed to greedy and selfish politicians who continually and blindly endeavour to accumulate personal wealth while our country becomes poorer and poorer. They have forgotten us. They have sold our hope to just anyone. They have sacrificed us on the altar of their comfort. Our country is continually shipwrecked. I'm not going to do anything illegal, simply joining the march, as the constitution permits me to do. But it is not without risk. Because they are used to thundering applause, they cannot handle criticism. Up against our palm leaves they are facing us with their guns. Against the harmless sounds of our march, they are countering us with tanks. Our chants are answered by the 'whoosh' of their bullets. But I want to resist the fear. I will not step backwards for suppression. I refuse to accept what the government makes us believe. If I don't do that, how will I be able to look you in the eyes when you are grown-up; to have to tell you then that I didn't have the courage to fight for your future and for that of all Congolese children. I am doing this for you and for all children. I am stepping outside for all of you. And in the case that I do not return, you must realize that I did not want to leave you. I simply did not want to give up. I am prepared to give up my life for my country, and for you my child. Your daddy who loves you.



To find out more about the work of the Andre Rochais Foundation (IAAR) that is supporting developing countries around the world, see: <http://www.iaar.eu>

“I Am Worth It!”

The Creative Co-Workers Team have launched their first online workshop



This was a 3 hour online workshop created by Martine, Elliott and Zofia. We call ourselves: The “Creative Co-Workers Team”

In the workshop we explored what it is that makes us worthwhile and how we want to express this effectively in our lives.

There were 7 participants from around Australia and one from overseas.

It was a great success!

Each person is enthused to continue with their personal growth!

This workshop will be offered again in February 2019: [Click here](#) for more information.

Elliott’s experience with being part of the team..... (left, middle row)

“I’ve participated in a number of workshops over the last couple of years and currently am doing the FPM program (Setting Myself Personal Objectives). What I have learned from the PRH methodology is that we contribute what comes naturally to us, and so naturally I was drawn to the opportunity to be asked to contribute in my own unique way to the creative process of making PRH more accessible for people who have not experienced it before. A positive aspect of mine is the ability to speak one on one with someone; convey ideas, listen and understand where a person is coming from and so the possibility of a new PRH workshop, which I was part of making, was a great opportunity to speak to friends and family about PRH and invite them to take a look at it. I’m proud to contribute to “positive changes in the world, one person at a time”.

Martine’s experience of being part of the team..... (centre, top row)

“I have felt called to honour my mentor, Margaret Bubb and her work as a PRH educator. As a result, I am committed to others being free and happy too. In striving to fulfil this honouring of Margaret, I created a project to bring PRH to those outside of Melbourne. It’s always a challenge to cause an expansion, yet what a joyful experience to work with Elliott and Zofia! Together, using our unique gifts, we have created a brand new introductory PRH online workshop called “I Am Worth It!”



Martine’s mentor, Margaret Bubb

At the time of Margaret’s death, I wrote the following; “I believe that new growth will spring up in many surprising places and in many ways as a result of this beautiful and gracious lady, Margaret Bubb.”

Zofia’s experience of being part of the team..... (left, top row)

There has been a positive energy of collaboration between us. Each one of us contributed our own unique creative skills to come up with a workshop that was empowering for each participant. We will be offering this online workshop again in February 2019: ([click here](#) for link)

Community News: Zofia's Garden

I love my garden and I have many helpers who work in my garden. Here are some of those helpers: Hugo (5), Evie (5) and Isaac (4).....



The children dug up the compost and got it ready to go on the garden beds. They then started to build up the compost again with new materials. What great helpers!

Come and enjoy my garden at our next PRH Garden Party!



You are invited to come and spend an afternoon in Zofia's garden, meet and mingle with others in the PRH Australia community, have a cuppa and enjoy some treats!

We look forward to seeing you!

Date: Sunday January 13, 2019

Time: 1.30pm

(Please bring a small plate to share)

Please RSVP by Monday January 7, 2019