



PRH Australia e-Newsletter

Issue fourteen, August 2016.

Hello, and welcome to our latest PRH Australia e-Newsletter. In this edition we are focussing on the PRH tool that helps you with making good decisions. Some of our PRH community share their insights and experiences in making good decisions; and there is an exercise, including a layout, on page 4 for you to give it a go for yourself.

In the Upcoming Workshops we have included the workshops that will be held in Malaysia in December, as well as “My Body and My Personal Growth”.

And we are introducing a new section: “Let’s Get Creative” where we hope to inspire you to foster your growth with different creative means. In this newsletter we are looking at Treasure Maps and I had the pleasure of making one that explored my journey with my creativity. I hope it inspires you to look creatively at part of your own growth journey. I have included some tips and things to think about, that I learnt through making my own map.

We would love to see and include your own treasure maps in the next e-Newsletter so please share your creative works with us. We want to make sure it is known that although this is “PRH Australia e-Newsletter” when we make invitations, ask for contributions or for feedback these are extended to all our readers anywhere in the world. We would love to have an influx of treasure maps from all around the world to include in the next e-Newsletter!

Any feedback, as always, is welcome: we really appreciate your involvement, input and feedback. We hope you enjoy this, our latest offering....

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

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PRH Australia

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Making good decisions: an important means of growth in PRH.

In PRH, we have 6 Means of Growth*, 6 activities that help us anchor our growth in reality and accelerate it.

Making good decisions is one of them.

As André Rochais said “No decision is neutral, it either fosters our growth or hampers it”. This shows how important making good decisions is! A good decision is a decision that serves our growth.

*The 6 Means or Rails of Growth in PRH are:

1. Cultivate life-giving relationships
2. Reflect on your interior experiences/ Getting to know myself through analysis
3. Take time to be/ Become imbued with the important realities of your being
4. Consult your deep conscience when making a decision
5. Listen to your body
6. Heal your past/ Heal from your past wounds

Here, over the next couple of pages, some members of the PRH community share their discoveries on how they work with making decisions

Stay! Go! Stay! Go! Discovering my place in a family event

By Mary Kolb, PRH Educator, USA

I was saddened when my mother-in-law of 29 years passed away recently. My first thought upon hearing the news was “of course” I would fly halfway across the country to attend the memorial service.

Within the hour, I had second thoughts. After all, my nearly three decades as Daria’s daughter-in-law had ended a year earlier when my marriage to her youngest son dissolved. I realized that, although I might want to participate in the service as a tribute to the vibrant and courageous woman Daria had been, my presence would certainly add to the strain on my ex-husband and his siblings. The clincher was that Daria had not chosen to be in contact with me since Kurt and I had separated. So, no – it would be best to stay home.

What did Mary eventually decide?

Check the link to the Newsletter Archive on the PRH Australia website:

<http://www.prhaustralia.com/#!newsletter-archive/cdhz>

(Issue 6, page 7)



HOW TO MAKE A GOOD DECISION

Here is what Irene shares about the process....

Irene Sutherland

In making a diagram of my problem (topography), it is helpful to:

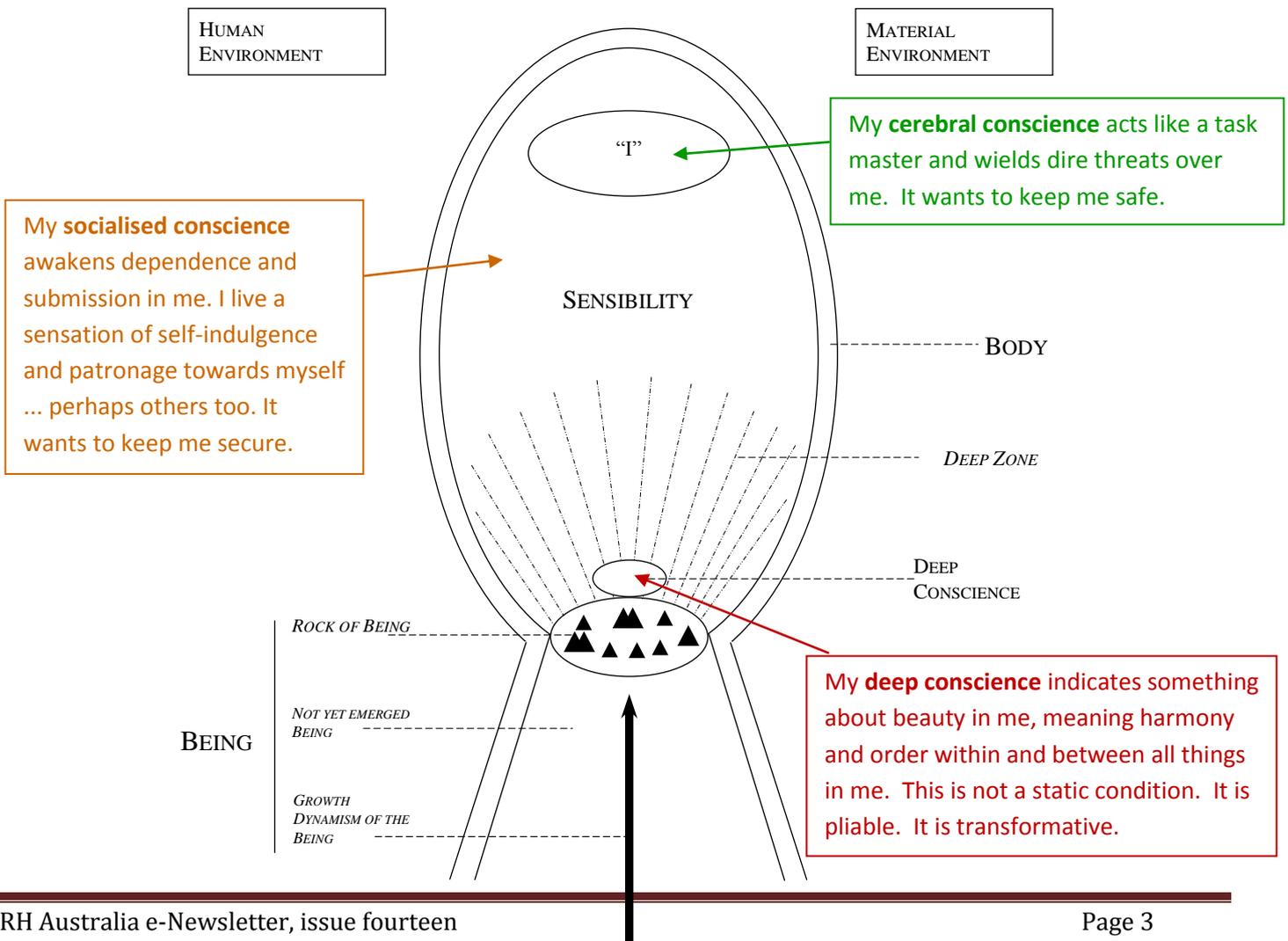
- 1) Identify and name the problem first!
- 2) Be clear about elements that represent the situation and those that are my lived experience in the situation;
- 3) Be selective about elements that represent the problem;
- 4) No problem is too trivial - it should not be dismissed, because
 - (i) If it is alive in me it is real and it is important,
 - (ii) Under this problem may be bigger issues that need to be resolved;
- 5) Give sufficient time to consider ALL elements that might be in my field of awareness (that might not be apparent at first);
- 6) "You must recognise your problem in its entirety as you are experiencing it."



This is what I found to be helpful:

- 1) While discerning stick closely with what is alive in me now;
- 2) The process is organic; trust it and be open;
- 3) The clearer the question for the decision, the easier the discernment;
- 4) Consciously let each pivotal centre (zone) have their own say. (Adapted from Irene's analysis)

How I experience the three different consciences when making a decision by Dorothy Douglas



An Exercise in Decision-Making

When making a decision it is important to consult each part of us if we want the decision to be good for us. Often we make a decision where the part of us that has the loudest voice gets the attention and the other parts of us are ignored! These decisions end up not being good for us.

The PRH Discernment Process asks us to consider the reactions to the possible decision for each zone within us: the being, the "I", the body and the sensibility.

The body may be tired at the prospect of the possible decision or it may be energised.

The sensibility may feel a certain discomfort or it may be excited, or calm.

The "I" may see the logical arguments for and against the decision.

The being may feel compromised or it may feel alive.

Before going ahead with a decision it is important that each centre agrees with the possible decision.



Using the image of traffic lights:

A **red light** and the decision must not go ahead.

An **orange light** and the decision needs to be reassessed.

Only a **green light** will give us the go ahead.

Have a go at making a decision using this effective formula with the table below:

I feel an intuition to:			
What I experience at the four levels of myself			
Being	"I"	Sensibility	Body
I am leaning towards.....			

Upcoming Workshops

Making good decisions can start by how we manage our body. Our body has an important role in our growth. We would like to invite you to join the workshop “My body and my personal growth”, which will help you experience how your body can help you live in inner harmony.

My Body and My Personal Growth (5 days)

Objectives:

- 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:

Topics covered include:

- The image I have of my body
- The history of my relationship with my body
- My body’s own language
- Managing my body’s energy
- The place and role of my body in my decisions
- My body and unifying my whole person

Dates: September 26 - 30, 2016

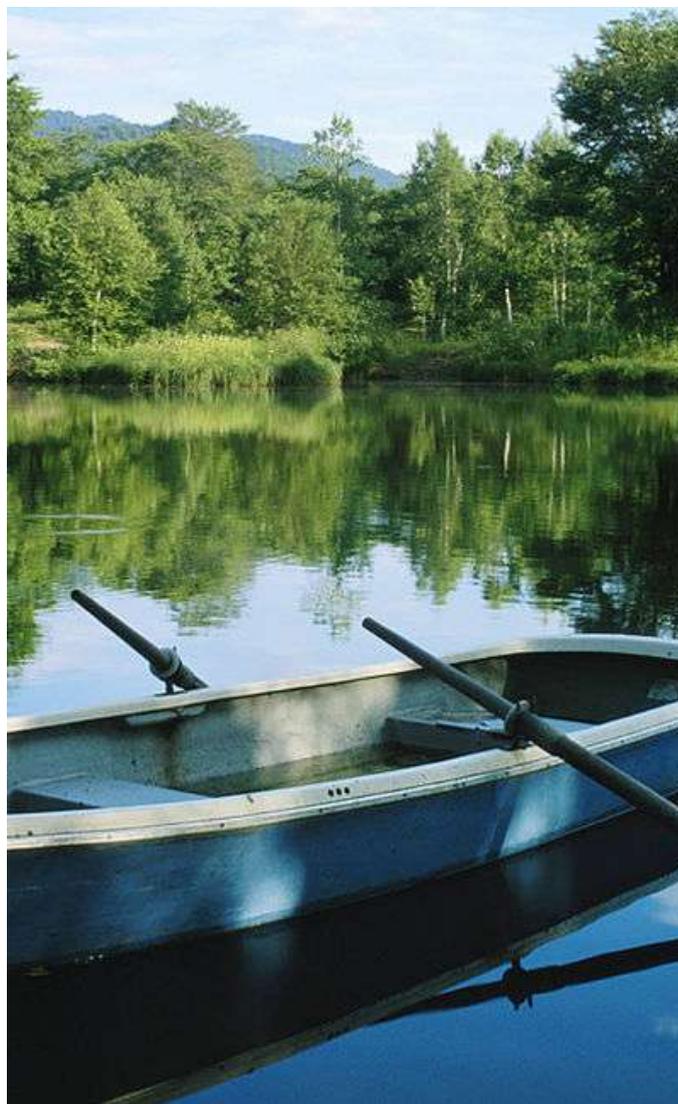
Time: 9am - 5pm

Venue: Mt Waverley, VIC

Cost: \$590

Register by: Friday September 16, 2016

A deposit of \$100 is required to secure a place.



Here is a participant’s experience after doing this workshop:

“I realise that I care for my body much better than I thought before I did this workshop.

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 me with myself. It hadn’t occurred to me to connect with my body’s feeling of well-being to my deep inner life. I am more conscious of this and more determined to use this privileged way to experience this unity between my body and deep self. This has brought me to look at my body with more respect – as an agent to access my deep self and not just an energy resource.”

Workshops in Malaysia

PRH Australia is going to Malaysia in December to run workshops there.

Mary Chuah and Annie Ling live in Malaysia. They are training to become PRH Professionals.

Being able to go to Malaysia to work with their public is supporting them in their desires to establish PRH in Malaysia.

Discovering the Core of My Identity



Listening to the Messages of My Body



Relating to Money and Possessions

The workshops will be held in the beautiful seaside village of Port Dickson.



To find out more go to → <http://www.praustralia.com/#!/workshops-in-malaysia/oh4tz>

Community news



The PRH International Conference in beautiful Bordeaux May 2016

Zofia Di Stefano



Here is Zofia among the 131 representatives from 27 countries.

I've come back from the Bordeaux with a new energy. This energy surprises me. It feels youthful and full of promise. In the 3 weeks I was there, I have grown.

I feel like I am now the latest model of myself equipped with new features, able to accelerate with greater efficiency. I feel I have been injected with a powerful dynamic fuel that is inexhaustible. (sustainable and environmentally friendly!) What is this new model of myself?

I feel that this model of myself is designed for a new adventure – an adventure that is wide in its scope – going beyond my previous boundaries.

I feel I am equipped to work at an international level – to work with the big picture that involves a coming together of people from diverse environments; of joining together with a singular purpose, that being to purposefully work towards unleashing the potential in people.

In practical terms this means making the most of the current technological means of communication.

I feel that communications technology has great potential. We can harness this potential to reach people in all corners of our world, to support them by giving them effective tools that ensure their personal growth, and as a result, they give their positive contribution to the part of the world where they live. I feel I have a part to play in this movement forward.

I am now part of a committee with representatives from France, Spain, Belgium, Switzerland, USA, and of course Australia.

Our brief is to explore how the internet can be used effectively in our PRH work; not only with our clients but also with each other as colleagues.

I sense a new way of being together despite the vast geographical distances between us.

So watch this space!



Zofia making a presentation on the use of the internet at the Conference

Let's Get Creative!

Welcome to the new section of our newsletter! We have decided to offer you different ways to foster your growth, ie. creative ways! For this first issue of Let's Get Creative, we are introducing "The Treasure Map".

Wouldn't it be wonderful to play at creatively mapping our journey - looking at our life since we were young? Unleash you creativity and create a treasure map that you can decorate in any way you like.

You can use your treasure map in many different ways; the newsletter team has brainstormed some ideas for a treasure map:

- my life milestones
- the history of my self-image
- the history of my relationship with my body
- my relationship with my feelings
- the unfolding of one my strengths
- etc... be creative!!

We would love to see your pieces of art, feel free to send them to Zofia. You can include: a photo, the story of the journey, and a reflection or analysis and we will publish it in our next issue in early 2017. To give you an idea and some inspiration we have included a treasure map Debbie has done on her creativity.



Debbie shares:

The story that goes with my map:

*The treasure map of my creativity starts with a cousin teaching me to knit at 8 years of age.

*I knitted voraciously from then into my 20s, in that time I created a grey jumper with coloured bobbles on the front, a rainbow 'D' (for Debbie) on a sleeve & coloured cables on the back.

* I did art up to Year 11 at school.

* And a drawing class at one stage

* I learnt to crochet two years ago.

* My chasm was "good girls don't create messes or get messy": I crossed the chasm by doing a number of PRH's Creative workshops.

* I initially did art journaling with pencils, felt tips and pens (none of these are messy).

* My gold/treasure is the art journaling and classes I'm doing now with paints, inks, stamping, spraying, stencils etc. It can get very messy!

* I don't know where it might lead, but I am LOVING this part of my creative journey.

My reflections and analysis:

- ❖ I feel happy; I had felt nervous about doing it, and it (me) not being good enough, but my “I” is happy.
- ❖ I am happy I have remembered how important that jumper was (& is) to me and my journey; the work in it, the creativity, that there is so much of me in it
- ❖ I feel grateful: grateful for the “big picture” of it all there in front of me.



- ❖ Grateful for where I now am creatively.
- ❖ Grateful for the colour in all this creativity.
- ❖ Grateful for knitting, crocheting and art journaling.
- ❖ I am feeling overwhelmingly blessed and grateful.
- ❖ Blessed to have this means of self care.
- ❖ Blessed that I am open and receptive to this need for deep self care and self love.
- ❖ Blessed that I believe I am worthy of this deep self care and self love.

Here are some tips and considerations when doing your treasure map (from what I learnt doing it):

- My no. 1 tip: **just do it**, it is not about how artistic you are, it represents a part of your growth journey: I needed to, gently but firmly, remind my “I” it has its place in the process but its role is not as Art Critic.

- Do you want it in just black or blue ink, or sepia? Or like me do you need lots of **colour**?

- What is the topography of **your journey**: do you have a full island or just a coastline along one edge? Did you have a chasm, a cliff, a mountain, a raging river, a trickling creek that you needed to cross? What helped you to cross or bridge that obstacle?

- Did you have a straight **path** or were there tangents? Did you go in circles, or have twists and turns on your way to where you are now? What did you learn from any detours?

- You will need to **decide what to include**, and what you might need to leave out, or you could do a larger piece if there is a lot to include (mine is A4).

- To make it look like an old parchment, you can soak your paper in tea or coffee and then burn the edges.

- One practical suggestion is if you soak it in tea or coffee then remember to be gentle while it is wet: I nearly lost two corners as I was a bit rough (I repaired it on the back). If you burn the edges it might be an idea to do that first so you don't lose all, or some, of your creative work. I did my map too close to the edge so decided not to burn it.

- You could do an analysis or reflection after it is done: what sensation/s are you left with when it is completed? What have you learnt from the process of creating it?

