



PRH Australia e-Newsletter

Issue six, January 2014

Hi and welcome to not only another newsletter but another year. The beginning of the year is traditionally the time for making New Year’s resolutions, but how hard is it to stick to them throughout the whole year? So instead, in this newsletter, we thought we’d look at the PRH way of making decisions, the discernment method that helps you ascertain that a decision is right for you in all ways – so then you can have no trouble living it and seeing it through. From the articles by PRH practitioners and participants you will see that with the PRH discernment method you can check whether any decision – small or large - is right for you.

We hope you enjoy the articles and reflections in this newsletter and find them both useful and inspiring. The newsletter team would like to give a big thank you to our contributors, it is your willingness to share your wisdom, your vulnerabilities and experiences that make our newsletter what it is – thank you!

We love to receive your contributions and feedback and in this newsletter there is yet another way to get involved in the newsletter and PRH Australia: see page 3 for more on that opportunity.

Here’s to a great 2014: full of decisions – big and tiny - that propel our growth forward and make us more and more the person we are meant to be.

Debbie Bishop

for the E-Newsletter team:
Maud, Debbie, Kathie and Zofia

The theme for the next e-Newsletter will be:
“My Body and My Personal Growth” – if you would like to contribute an article please send it to Zofia by 1st March 2014.

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PRH Australia

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Getting Inspired by Andre's words

by Maud Briscoe-Renaud

*“Referring ourselves to our being to decide and to act
is to build ourselves in line with our fundamental identity
and to build on something solid.”*

André Rochais

As André says here, at the heart of ourselves, in our being lies our true identity: the positive in us that wants to grow. To actualize ourselves through our acts is to let our true self come out and live.

PRH recognises that our being is never destroyed by the wounds we have encountered in our past.

If we cannot connect to some aspects of our being it is because there is a jamming process happening at our sensibility, body or 'I' level. But our being is calling to have its say, our rocks of being are calling to grow and become more and more unwavering certitudes.

Our being is forever SOLID.

The discernment process is one of the main tools offered by PRH to foster our growth.

Indeed by learning to connect to our deep aspirations when we have to make a decision in our daily life we effectively anchor ourselves in our inner solidity and it gives us tremendous strength.

Proposed Questions for reflection:

I recall a decision (small or big) that I made recently and with which I feel deeply satisfied.

- *Which aspect(s) of my being did I connect with to make this decision?*
- *Do I feel I have grown in these aspects of my being by acting from them? How strong are they in me now on a scale of 0-9?*
- *Is there another area of my life where it would be good for me to use these qualities?*



PROMOTE PRH AUSTRALIA

AND WIN!!!!

The PRH Associates have been working hard looking at ways to promote PRH in Australia (see photos below). We are looking for an attractive motto: one that sums up the benefits of PRH. We want you to get involved so we are holding a competition:

- * What benefits have you gained from PRH -that could be said in a brief phrase?
- * What could we say to grab people's attention and draw them to PRH?

If your motto is chosen it will be used in PRH Australia publications and promotions. We are looking at the possibility of more than one motto for different purposes and audiences.

Winning entries will receive a copy of the PRH publication "Writing it Helps" (see page 4 for a bit more on the book). The winning mottos will also be published in the next PRH Australia e-Newsletter.

Please get involved and share your enthusiasm for PRH: submit your ideas to zofia@prhaustralia.com by 21st February 2014.





Writing it really helps! is the PRH endorsed book you can win in the slogan competition. Here Cornelis gives his impressions of the book:

"Let me first say upfront that I am not an experienced PRH practitioner. However as a recent, former student, I was asked by Zofia to write a few lines, since I followed her course at Monash University, Short Courses Centre last year. At that time I wrote her an e-mail to suggest to her that it would be good if this book could be included in the courses she conducts as it describes the PRH writing procedures. "*Writing, it really helps!*" written by Katelijne Theuwissen is about the PRH approach and is a book that I can highly recommend for students following a course in PRH. 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."

Introduction to Decision-Making in Malaysia



Mary Chuah and Annie Wong ran an introductory workshop on decision-making in Penang, Malaysia.

The workshop was co-organized by the Penang Diocesan Pastoral Institute and 12 people signed up for it.

Some of them had to travel for two hours to reach the venue. It is the first time that the participants had a taste of the PRH process.



Many could identify their experience in the explanation of the diagram of the person.



They found the workshop helpful as they became aware of how often they have been making decisions from the level of "I".

At the end of the workshop, they had a new tool they can use to help themselves in making better decisions in the future.

Upcoming workshop: **Making Good Decisions** by Bernadette Terry

I am a PRH Educator in Zimbabwe, Africa. I am a Canadian but have lived here for 40 years and in that time I have raised a family and for the past 20 years I have been involved with PRH. In June of last year I ran the workshop "Making Good Decisions" for a small group - mostly seminarians. They were very much affected by this experience and learned so much to help them in their growth and aspirations to become future priests. It is a very powerful tool for them to use in their lives. And it was wonderful for me to experience giving the workshop and remembering again for myself the benefits and the effects of processing life through the lens of awareness and discernment.



So many problems, so many pressures and stresses all around me. Today, when I need to make a decision I ask myself is this what I really want? Am I following my deep conscience? I experience this as a subtle and gentle prompting to act or do something in a certain way. The results when I listen to this quiet voice within is a sense of peace and a knowing that all will be well whatever is happening at the time. We, here in Zimbabwe, are under a lot of stress and tension due to our political and economic environment. It is so easy to be taken up and rushed into making decisions that do not necessarily benefit me in the long run. And when I do not take the time to rest and relax and listen to the quiet voice within me I lose the stillness, the peace and I too get caught up in the urgencies and pressures that are all around me. The feeling of underlying threat consumes me and I am aware that I have allowed exterior circumstances and situations to rob me of my peace. However, I am listening more now to that inner voice that leads me through the labyrinths of life. I am learning to be more aware of myself in the problem and to recognize that using this tool of discernment helps me to feel at peace and to know that I am safe and secure and able to make the right decision for each situation as it arises. It takes more time but gives so much more in rewards, in peace and inner solidity.

Making Good Decisions

- * Discover and experience an effective method of discernment which will help you in making decisions
- * Learn to make sound decisions using real life cases prepared prior to the workshop and also using ordinary acts of daily living during the workshop

CONTENT:

- * Looking at decisions to be made, through a thorough analysis of the problem; learning the methodical steps of discernment; searching for the right decision.
- * Being attentive to the way decisions are made in daily life.
- * Identifying different types of actions resulting from the decision making process; and how to remain determined to follow through with decisions.

This workshop is suitable for those who have previously completed the workshops *Growing In Personal Solidity* or *Discovering the Core of My Identity*.

Dates: Two weekends: March 15 & 16 and March 29 & 30, 2014

Time: 9am - 5pm

For more information, go to: <http://www.prhaustralia.com/#!workshops-2014/c314>

Venue: Mt Waverley, VIC

Cost: \$450-\$250 (sliding scale according to income)

Register by: Friday March 7, 2014



Here are some comments from people who use the PRH discernment method. We hope they help inspire you in living your daily life:

I can attest that I have made many many decisions, daily actually, using the PRH model. These decisions always have the same flavor... peace and strength to carry them out no matter how difficult... at times, the experience is simply a gentleness knowing I have made a choice that is constructive... and it brings me deep joy knowing that I have the capacity and choice to do this... which I did not have pre-PRH. The clarity that comes from using the PRH model is stupendous...

Denise, a retired educator from Canada

Making good decisions

"I feel this workshop has been a major milestone in my growth journey.

I had already learnt the tool of discernment for complex decisions however I discovered in "Making good decisions" how I can use it on a daily basis and how it is actually paramount if I want to live in line with who I truly am.

Connecting to my deep conscience for daily decisions is helping me feel both peaceful and assertive. I find it has also helped me update my self-image as my 'I' can easily recognise if a decision was easy to make, had a good result etc...

Overall, I can say this workshop has made me feel better about myself: both in my inner life and my self-image."

Maud



Making good decisions using the PRH model has become a central focus in my life: a life line connecting me to my deeper self. Myself, who I can truly rely on.

My deeper self is a place where I am immersed in certainty. Certainty illuminates my path to take.

Making good decisions takes the form of a new direction often requiring adjustments and flexibility.

Making a good decision directs me on a clear pathway: a pathway leading me with confidence and assurance. This pathway leads me to a new place, a new adventure where I experience the constant ebb and flow of life surging through me. Consistent with tidal waters washing in and replenishing my source of life.

The unfailing return of the incoming tide is like a faithful lover coming to meet, greet and bathe me in gentleness, love and assurance. It is here that I am truly present to myself.

A place where I am able to live out my decisions with confidence and trust.

Dianne Perkins
Bermagui , Australia

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.

And yet... both my young adult children would be there, as well as my son’s girlfriend who would be singing at the service. I wanted to accompany them as they let go of their closest grandparent! I was further swayed when Kurt extended a heartfelt invitation on behalf of himself and his sister... and I was back to “go” again.

Thank goodness for the PRH decision-making tools! I appreciatively told Kurt I would respond to his invitation within a couple of days. Then I began with my topography, noting the aspirations, values, longings and fears that were touched by the possibility of attending, including the real costs in money and in rearranging my schedule. I weighted each factor with a number showing its intensity in me in that moment. The result seemed to be that I should go. Yet I felt a subtle, lingering disquiet that left me feeling somehow at war with myself.

Thank goodness for PRH helping relationship! I was able to make a phone appointment with my accompanist, for help in this decision that was feeling “stuck”. Over the phone, with a copy of my topography in front of her, my helper listened as I explained the elements. Then she asked two simple questions: “Where are you in this topography? What would be best for you?”

I was stunned by an immediate clarity that it would not, in fact, be good for me to go. After only a year of divorce, I still felt raw and unsettled at times. Although Kurt and I had amicable interactions, that didn’t mean it was relaxed or easy for either of us. Further, one of the strains would be that my interactions with Kurt’s remaining family had always been as an extension of him, so I would be scrambling to find an authentic new way of being with them.

Suddenly, I realized that part of my desire to attend was a wish to hang on to the family we had once had... yet it no longer existed in that form. I felt strangely at peace as I confirmed that “where I was” in the diagram was “staying home”.

When I informed Kurt of my decision, he seemed a bit relieved. I called each of my kids to warmly tell them I was with them in spirit, and I made a charitable donation in Daria’s name. In this discernment process, the use of PRH tools enabled me to remain attentive to all that was stirred in me and make a decision that left me at peace -- a choice which was neither right nor wrong, but simply the clearest best step for me at this point in time.

PRH Australia Community news

November has been a busy time. There was an intensive course in the Helping Relationship for training in the PRH method of helping and being helped.

Mary Chuah and Annie Ling came from Kuala Lumpur in Malaysia for this training. Also Citra from Indonesia joined the group via Skype. She had to start at 5am Indonesian time to coincide with Melbourne time!

Annemaree Sleeth and another person from Melbourne also took part in the training program.



Here is a collage of images that Mary took from her experience here at the PRH venue in Mt. Waverley. Yes there are chickens here too!