



# PRH Australia e-Newsletter

Issue thirteen, April 2016.

Hi, here we are at the third, and concluding, issue on change: in this newsletter we look at changing how we feel, think and act in different environments of our life. Kathryn talks about how the choice of environment can aid personal growth; Peg reveals how changing her thinking in her work created a massive change in confidence and perspective, and Mea explores how she acted while she was on a holiday in Thailand.

We offer some more “Questions to Grow by” so you have the opportunity to look into any changes you might be considering in regard to your own environments.

In Community News Andrew and Maud share what they learnt from the recent workshop “Helping My Children Become Themselves”; there is news on the ‘Training in the PRH Helping Relationship’ program and Zofia talks a little about her upcoming involvement in the PRH International conference. We will be sure to share more about the conference in the next newsletter. And to finish this newsletter we have some photos and reflections from “Listening to the Messages from my Body” a workshop held recently in the gorgeous Aussie bush in Millgrove.

I have a deep sense of gratitude for those who share your stories and experiences of growth in the Newsletter; they are a wonderful source of inspiration. Thank you.

If you would like to share your own story of growth please contact us, and any feedback on the newsletter is always very welcome. We hope you enjoy this newsletter.

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

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## PRH Australia

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## Changing the way I feel in my environment....

Our environment has an impact on how we feel, so the good news is we can have an impact on how we feel by choosing our environment! We can surround ourselves by life-giving environments. For instance we can re-decorate our home or bedroom or office corner so that we feel it is warm and inviting: put photos of our loved ones, or just inspiring pictures.

Another thing we can do is give ourselves as many interactions with nature as possible because nature is a universal life-giving resource; giving ourselves time in nature changes the way we feel. The Gathering Place in Canberra is an ideal place to do a workshop, as the natural environment contributes significantly to the experience of a workshop.

Kathryn, a participant, highlights this...

*...being here at the Gathering Place has been **food for the soul**. The workshop has re-connected me to my love of growth and development, and to the conversations that emerge when truth is present. I am present to all the courageous and inspiring women who have contributed to the course.*

*Thank you.*





## Changing the way I think in my work environment...

The way we think about ourselves has an impact on our work environment. Peg explores this in a letter to Zofia...

Dear Zofia

I have an out of my world story to tell about my confidence, here it goes: I have considered myself a low level-bookkeeper, almost terrified when someone hires me, because I'm not a good bookkeeper. I denigrate myself as a bookkeeper, and undercharged for my services big time. At every job, I feared, any minute I would be shown up as the jerk I am at the job; that it never happened didn't shift the fear, or the angst, or the stress of hiding that I didn't know.

So, to last week: I did a one-time piece of work with Michael, who thought his MYOB had been set up wrongly; he needed both advice and to have any errors corrected. Sure, says Peg - "I can do that", while feeling terror, fear and curiosity as well. So off I go and - for goodness sake - I found the numerous errors, fixed them and taught him stuff. Yay - got away with it again!



This week, he called me again to work on the payroll and his books etc. Payroll - yikes. Even the text books say that is hard stuff. So off I go to fool everyone again.

This is the important bit - the experience was totally different. I absolutely knew I did not know how to do full time employees payroll. I've only ever done part-timers paid by the hour - way different. So I took along my payroll text book and told Michael straight up I had no experience in salaried workers, but with the text book and his assistance, WE could work it out. He was perfectly OK with that. What?! The sky didn't fall?!

And together we worked it out. I thanked him at the end of the day for his generosity. No comment from him, just a hug.

Zofia, it was amazing: no stress no angst that I would be 'found out' or that I 'should know if I was any sort of good bookkeeper'; for 6 hours I was completely peaceful, getting the job done. I knew how to find the answers, and I know MYOB - I recognised that my inherent other skills superseded 'knowing'.

At the end of the end of the day, Zofia, HE HIRED ME! A monthly gig to come back and get his figures ready for the board meeting: he's a new client. That would not have happened before I did the confidence workshop. In the workshop I realised that I only thought of myself and my competence through a filter of depression and negativity; any positive attribute was generously endowed on me from outside: such as - favourable circumstances, luck, chance, coincidence or ... whatever.

I feel released and am more self-aware. Truly, my life is easier. It's OK to not know. How about that?!

That's a staggering thing to find out at 68 after being frightened and stressed forever that they will find out about me: that I really don't know and after a lifetime of study and training and knowledge-gathering on a massive number of subjects, so that I would always know.

Phew.

I wanted you to know what a breakthrough this is in my life, in my confidence and in my earning power. I have already put my hourly-rate up for future clients; I had no problem with the idea. I may not know, but I have massive other skills that will get the job done! It is not only about bookkeeping: I have confidence and am coming to know who I really am.

Sigh. Life's very good.

Thank you so much for your years of training to facilitate, figuring out how to make a living at it, surviving and seeing what was there in me that I could never really own. I so appreciate you.

Peg

## Changing the way I act in my environment....

The decisions we make in a holiday environment influence our capacity to live this experience well.

Mea lives in Saba, Malaysia. She has a blog and she recently wrote about her experience of travelling to Thailand. She describes how the new environment influenced the way she acted. Here are some excerpts from her travel blog: (<http://mearinna1.blogspot.com.au/>)

### **5 days and 4 nights in Phuket – Phi Phi island – Krabi, Thailand**



#### **I love being curious and having fun on my holidays**

After we arrived in Phuket and settled into our accommodation we walked towards Patong Beach. The whole area was “happening”! There was music, bands and bars. It was a real “wow”! As we walked past these bars we took photos and got caught up in the atmosphere.

At last we got to Patong Beach. It is beautiful at night.

*“Looking at the beauty in the world is the first step to purifying the mind”*  
Amit Ray, Meditation: Insights and Inspirations.

#### **Holidays are a great time to relax.**

I love the word “relaxing”. I feel less tense, I feel loose and light. For me, relaxing is when I don’t want to think of anything else except the moment. Being here, sitting, enjoying the view and a beer at hand!



#### **Holidays help me to stay positive.**

When travelling with a friend, I realise that each decision we make needs to be based on mutual understanding and agreed to by both parties. So we decided to go kayaking. It’s good to go with the flow; to be happy and to stay positive. This conquers any unwanted feelings! In this way everything we do turns out to be fun and full of moments to remember.

Finally, I like to be grateful for everything. No matter how little I have or how bad I am experiencing something, I try to be grateful. I feel that everything happens for a reason.

I can’t wait for another fruitful travelling experience soon!



## Questions to grow by....

### *Changing how I feel in the natural environment*

When was the last time I spent time in Nature?

What benefits did I get?

### *Changing how I act in my free time*

I recall decisions that I make for my free time.

Which ones help me make the most of these times?

### *Changing how I think in my workplace*

How do I see myself in my work environment?

Is this way of seeing myself helpful for me?

Do I need to update my self-image so that it supports me more?

In what way?



### **Towards Freedom in My Relationships** (3 days)

**Do you have difficulties in your relationships?**

This workshop explores what underlies these difficulties: the phenomenon of **transference** and sometimes of **counter-transference** which create an unhealthy dynamic in relationships.

Learn how to create a more **sustainable** relationship.

#### **Objectives:**

In this workshop you can expect to:

- Further clarify your experience in relationships;
- Better understand the phenomenon of transference and of counter-transference;
- See how to use difficulties to promote your capacity to grow in yourself and in your relationships.

**Dates:** Saturdays August 20 & 27, September 3, 2016

**Time:** 9am – 5pm

**Cost:** \$360

**Venue:** Mt. Waverley, VIC

**Register by:** Friday August 12, 2016

*A deposit of \$50 is required to secure a place.*

<http://www.prhaustralia.com/#!/relationships/c1nk>

### **What is the Meaning of My Life?** (5 days)

What makes me unique in this world?

What is my own path in life?

How can I allow my being to grow?

What is my place and my role in humanity?

#### **In this workshop we look at....**

- Our life history and its meaning
- The emergence of important aspects of our personality
- Our actions and decisions
- The mechanism of self-justification
- The search for our true path
- The role of instinct
- The meaning of life
- The growth of our being
- Death
- The question of God
- Our place and role in humanity



**Dates:** June 25 - 29, 2016 **Time:** 9am - 5pm

**Register by:** Friday June 17, 2016 **Venue:** Mt. Waverley,

**Cost:** \$590

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

<http://www.prhaustralia.com/#!/living-authentically/c1he>



## Community news

Andrew and Maud took part in the workshop “Helping My Children Become Themselves” recently.

Here is what Andrew had to say about the experience....

Being able to spend quality time thinking about my parenting towards our son is an aspect that stands out for me. I enjoyed analysing what works and what doesn't work and developing an action plan going forward.

Also, having the chance to hear other participants, reminded us that we are not alone as a parent; others face the same or similar challenges and it comes down to how we handle the various situations.

This is Maud's experience.....

One of the things that stood out for me doing this workshop is to discover more of my partner in his aspirations as a father. The closeness that has emerged between us as a result is a real benefit from this workshop. I have also really liked to explore the different needs in a child. I feel more self-confident in my ability to parent our son well as a result of this work.



Hugo, Andrew and Maud at Wilson's Promontory

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The two year Training in the PRH Helping Relationship Program has got off to a good start.



Maud and Dorothy have just about finished year one. What a growth journey it has been!

Accompanying people in their growth is such a privilege and the PRH approach is so effective.

The two year program is an intense time of exploration of what it is to help a person to grow.

It is also a time for those who have a deep aspiration to do this work to blossom so their gift of helping grows in them.

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Zofia is off to Bordeaux, France in May for the PRH International Conference.

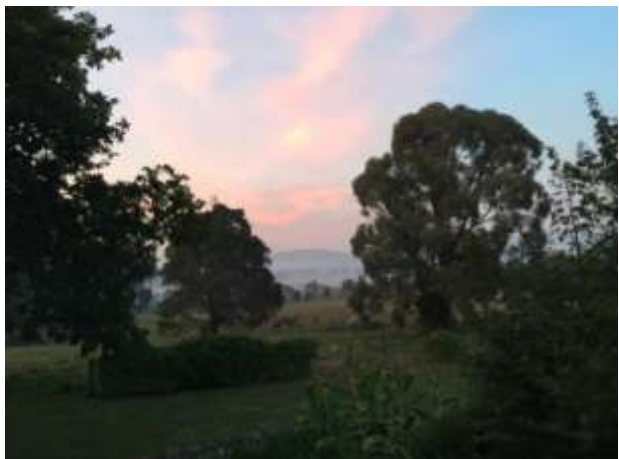
I am so looking forward to meeting up with my international colleagues. This is such a life-giving experience for me.

I have been asked to do a presentation at the Conference “PRH and the Internet”. Vittoria who is the internet guru has got me all prepared. She works for PRH Australia as an executive assistant and has been invaluable in giving us a face on the World Wide Web!

Australia will be well-represented at the International Conference! Zofia



The live-in workshop: **“Listening to the Messages from My Body”** in Millgrove (near Warburton)  
in early April this year.....



**A Sense of Calmness Today**  
by Mark Unsworth



We spent time in nature

I think today my walk in nature helped me get in touch with what I was feeling then, and is still now alive in me.

When I was looking, feeling, and holding the tree I thought of it as myself.

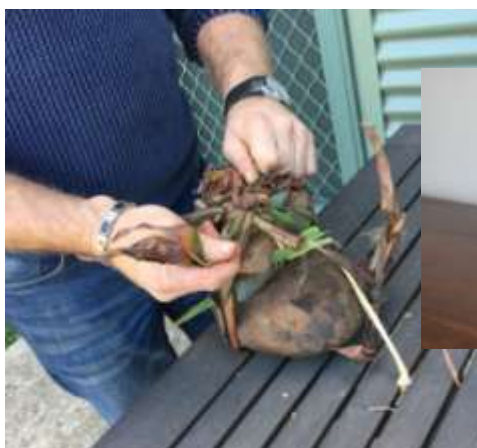
I could see and feel a rough exterior and hardness yet I could see a new fresh wall behind the old. By old I mean the tree's old bark breaking away allowing a new fresh exterior to appear, full of hope, full of life with nothing holding it back. Unlike myself! But looking at it made me realize that I need to break these walls down and take some chances and have faith that there will be positive outcome.

Use knowledge about myself, about my past and build on it.

Overall I think I know what I want and what I need to achieve, I just have to do it and trust myself much more than I do.



We visited the nearby strawberry farm



We created sculptures from nature



We analysed our experiences in writing



## My experience of the workshop: “Listening to the Messages from My Body”



by Maria Cincotta

*What way my body helped me...*

This workshop has helped me to be aware that the sensations in my body are real. They need to be listened to. I had felt sensations in my body, but was unaware of what they were.

*The progress I have made using PRH analysis....*

In all of my analyses I was able to learn something new about the way I feel and do things – What makes me tick harmoniously.

*My motivation to continue this work on myself....*

It was like no other progress. It’s about the sensation of the moment and the here and now, not looking back at the past or what caused the pain, it is the pain or discomfort. By looking at and feeling the sensation this can help you deal with the past or any issue.

*What stood out for me in this workshop.....*

That feeling a sensation could help unravel my thoughts and feelings. It is important to be in the here and now. It has helped me heal some wounds.



We had time out to be with each other



Annemaree fell as she was taking photos!



Maud, Dorothy, Jo, Mark, Maria, Judith, Annemaree, Zofia