



PRH Australia e-Newsletter

Issue nineteen, August 2018

Welcome to the latest PRH Australia e-newsletter; in this, the nineteenth edition, we are looking at new experiences and reflecting on how life-changing and growthful they can be.

A quick glance at the Contents, will show you the new experiences that we are covering in the newsletter including loving, relating, seeing and creating in new ways; just to mention a few.

The Community News section is also “all about the new” with a new grandchild, a new PRH book and new ways to use the internet.

Page 8 gives a hint of what’s to come in our special “anniversary” issue, the 20th edition of the newsletter.

We hope you enjoy all the new in this newsletter and that it helps you reflect on your own experiences in new and insightful ways. As per usual, we welcome any and all feedback or contributions that you may wish to share with us.

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

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PRH Australia

Website: www.prhaustralia.com Face book: www.facebook.com/PrhAustralia

Email: zofia@prhaustralia.com

Running a Workshop in a New Way

In June Zofia ran the two day workshop “*Discovering the Core of My Identity*” **online** with 5 participants from different parts of Australia. It was a very life-giving experience for everyone and could not have been possible without the internet. This was an opportunity to connect with people from all over Australia. This online experience was one of deep listening and sharing.

Each person has a greater sense of themselves and are able to move forward in their lives with more confidence.

Neville lives in Mackay Queensland, 2,319 kilometres from Melbourne...

Zofia lives in Melbourne, Victoria.

Jenny lives in Punchbowl, New South Wales, 885 kilometres from Melbourne...



Jane lives in Mittagong Southern Highlands, New South Wales, 767 kilometres from Melbourne...

Peg lives in the Blue Mountains, New South Wales, 913 kilometres from Melbourne...

Elliott lives in Maroubra, Sydney, New South Wales, 873 kilometres from Melbourne...

This workshop will be available in Melbourne in December!

“**Discovering the Core of My Identity**”



What to expect from this workshop...

- Becoming more aware of your self-image;
- Discovering the positive traits of your identity;
- Understanding better how to move forward in life.

This is a workshop for anyone who is interested in knowing themselves better and learning how to live their life well and with confidence.

More details on the [website](#) (click on the link and scroll down the page)

Dates: Weekend December 8 & 9, 2018

Time: 9am – 5pm

Place: Mt. Waverley

Cost: \$350

Register and pay a deposit of \$50 by: Friday November 30

Seeing Something in a New Way

Anna Quinlan

I analyse a symbol of interior significance that reflects the flow of life in me.

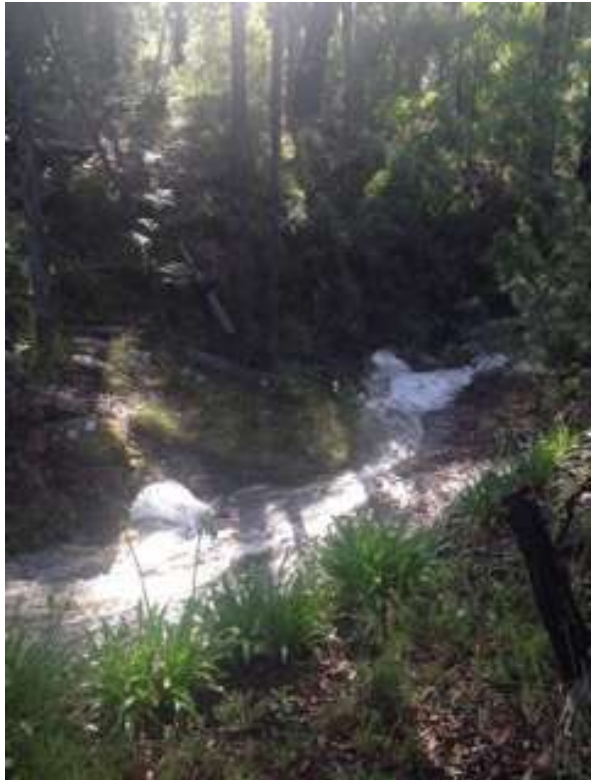
The symbol that arises for me is **the flow of water from creek to river**. I think of the creek that sometimes flows through the bush behind my house. Sometimes it doesn't flow. Sometimes it consists of damp patches or black pools of gum leaves in red rock.

But when it rains it can go from that to a foamy gush that rises up the sides of the creek bed until it's too deep and powerful to cross, and we can hear its wild roar from our back doorstep. And then, once it has subsided, it returns to a gentle stream for a few days - a mellow, cross-able stream of quiet refreshment - one you could dip bare toes into on a hot day.

And that is how the **flow of life** feels to me in so many ways. When I am immersed in it, it is soul-refreshing.

It can be wild, and that's not scary as such, but an aspect of its elemental nature. But the flow is important - the sense that things move along, are borne along by it.

That something entering the stream cannot stay in the same place unchanged. It takes part in the journey and moves along to some new place further on. It is borne along not by hard work or wishing, but by just being.



What is new for me in this reflection?

I have an extra awareness around the creek, and it has a degree of specialness to me. When it is dry, which is most of the time, there is often one small damp patch or smear of a puddle that serves to remind me of the other states that can be equally true for the creek. How it is, reminds me of how it can be, and that helps me to accept it as it is right now.



Loving in a New Way

The following participants were part of the workshop “Loving and Being Loved” held in February. Here they reflect on their experience of what is new for them...

“I’m eager to discover in the weeks and months from now what it’s like out in the world and with people in my life to experience greater relational maturity in ways I’ve not been able to in the past.” – **Elliott**

“The readings were so good, clear and simple I found it easy to identify with them and relate them to my own life – which subsequently opened me to the sensations that tie me back to my woundedness – so I could see very clearly the impact that has had on my relationships.”

– **Judith**



“I know I love and am loved and now I realise feelings that cast shadows are from childhood, not my relational inadequacies.”

“I have greater solidity; I have tools, passion, and people who love me.” – **Peg**

“What helped me the most was to see that we all have the capacity to love, it is irrepressible and must be allowed to express itself; it is always available and accessible if only I look, and it is important to develop it so it becomes more spontaneous.” - **Jane**

“I feel confident in facing any relationship instead of avoiding going into any relationships. I feel I can handle it.” – **Dashan**

“Somehow being creative with colour and shape and seeing the best in others from the best in me was quite an amazing tool.” -

Denise



“I now acknowledge to myself that I have emerged and am starting to be proud of myself.” – **Jenny**

“Understanding that looking within myself at my relationships I can now stand back and allow my relationships to grow by nurturing, not controlling.” - **Jeff**

“Thinking more about the loving that doesn’t have to be measured – loving that emanates from the best part of me: my Being.” - **Jo**



Daring to feel supported in a new way

Maud Briscoe-Renaud



I have been working on letting go of my need for control in the last year. It is a long process, still under way, but I experienced a breakthrough at the workshop **“Freeing life in me”** a couple of months ago at Millgrove.....

Setting my expectations at the beginning, I said that I wanted to **dare to be playful** and have no expectations, letting go of any control of the outcome of the workshop. I invited my “I” to take a step back and I let my intuition know that I wanted to let something spiritual take over.

Throughout the workshop I focused a lot on having fun with my creative expression and I slowly discovered that **it was unlocking optimism** in me and connecting with a sense of being supported by the universe and Life.

At the end of the workshop, I discovered the message I had to take home was

“I CAN now live in a different way, embracing life rather than fearing it”.

I want to tell myself: *“Focus on having fun, on enjoying life, on cultivating your optimism and this will help you live out of Love, which is your mission. In this you are held and loved.”*

Another big discovery was:

“I feel resourceful. I realize that my own resources are only a tiny part of all the resources I can access if I am open. I feel I am part of a chain. I feel joy and playfulness in this chain. I feel loved for who I am as I am. I am not alone, I am supported, I am helped, and I am trusted”.

This chain of life resources is sacred. I am part of a sacred system. I am a gatherer, a guide, a leader but I am nothing if I want to do it all on my own, with my “I”.

My real place is not in the realm of the “I”, it is in the realm of the heart, the wisdom of the being.”

Millgrove a place for deep reflection



Community News

The Arrival of a New Grandchild

Jo Sullivan has recently become a grandmother for the third time with the arrival of grandson, Marlo! She has another grandson Audie who is 3 and a granddaughter, Willa, 2.



Now I am a grandmother I experience myself anew. I am a mother with deep intention, in the peaks and in the challenges, yet I wonder how I was as a young woman with four growing children - I was so busy!

As I see my daughter now as a mother I can hold myself and affirm myself for the mother I was then and today.

Grandmother-hood supports my growing relationship with my daughter Lucy as we share and relate in new, deeper ways.

With Audie, Willa and new little Marlo I delight in the purity of their infant being and their expressive freedom.

They invite me to live from my inner child too as we hang out, sing, play and create. The submerged parts of me come alive.

As a grandmother I recall and re-love my own mother and all she offered me.

The arrival of the new PRH book on Decision-Making

It's here at last - hot off the press – the new PRH book on making decisions. PRH has a unique method for making decisions. It has been proven to work! Find out more or purchase the book online:

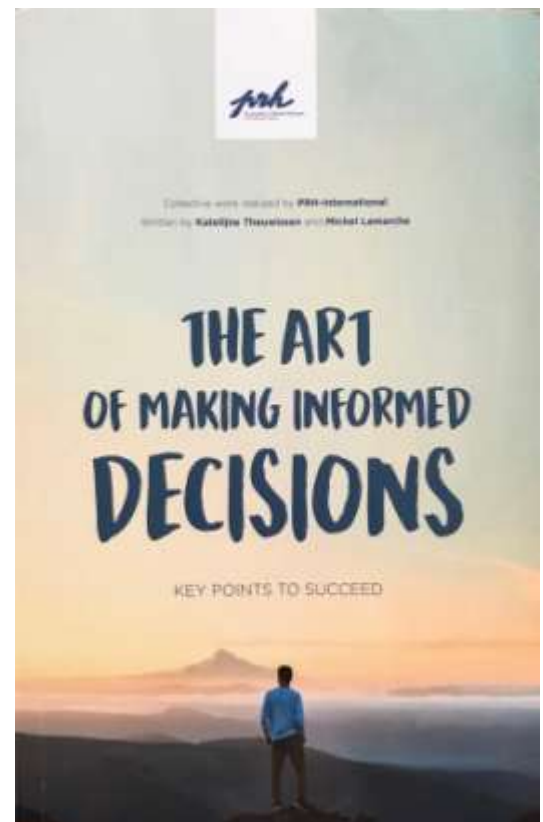
<https://www.prhaustralia.com/publications>

"The Art of Making Informed decisions: Key Points to Succeed" is the latest publication from PRH International and it's available now!

Since 1970, PRH has developed a method to make constructive decisions, while taking other people into account. This method requires reflection time, as you pass through several stages moving forward efficiently, not being led by your first impulses. This method has been used effectively and contributed to improving the lives of thousands of people throughout the world.

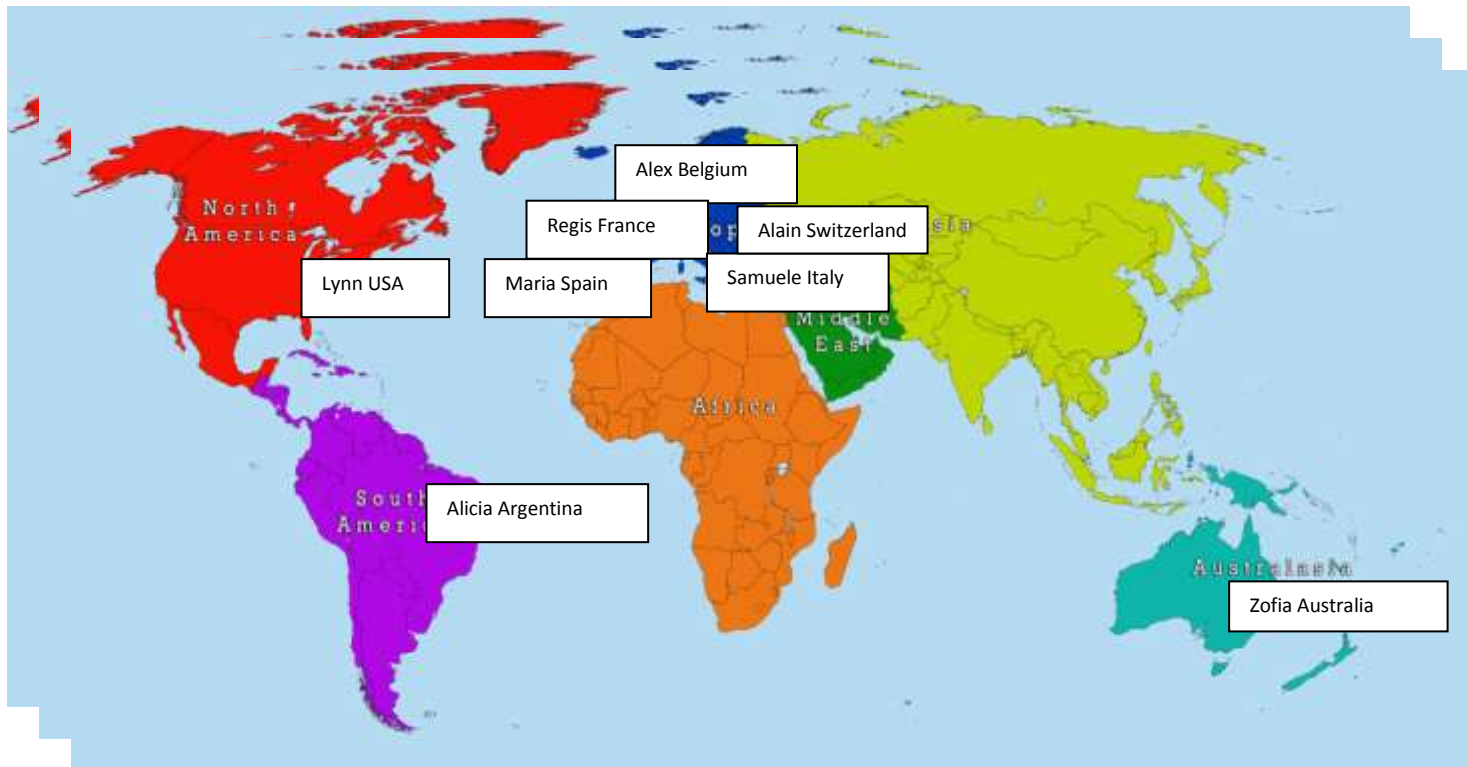
This book offers a process to help you discover the method, step by step, through testimonies and simple exercises. As a result, you will experience greater happiness and freedom in your life.

To find out more or to purchase a copy, please go to our website: <https://www.prhaustralia.com/publications>



Researching the internet in new ways:

to develop online learning and effective communication across the PRH Foundation



PRH International Working Group

I feel that the research we have conducted will benefit PRH educators around the world to use the internet more efficiently and effectively so as to reach a larger audience.

We know how the PRH Process can help people grow and we want to give as many people as possible this opportunity.

Zofia will be offering a new online workshop in October...

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 October 21, 2018

Time: 1pm – 4pm

Cost: \$120

Register by: Friday September 28

Check our website [here](#)

Using Skills in a New Way



In 1996 the first PRH Australia Newsletter was produced by Bernadette Neville, a PRH Educator.

Iris Hallinan offered her technical skills. Here are Iris' reflections on using her skills in a new way...

In the early 1990's I met up with PRH and from then on I participated in workshops. Some of the educators at that time included Bev Noonan, Bernadette Neville and Jim Noonan. In those years, my work involved desktop publishing, which included the preparation and printing of brochures and newsletters together with many other jobs needing these skills.

So I offered my services to the PRH educators and participants. Bernadette Neville had recently begun producing the Australian PRH Newsletter, and so I eventually became involved in the typing and publishing of that newsletter which meant typing the draft material contents and graphics into newsletter format, then editing, proofreading and creating the final version. At that time the PRH newsletter was black and white.

Many hours went into each production of the newsletter, but I enjoyed every moment. **Bev Noonan was intrigued with the way each final issue came together so well, and she called me an artist.**

I believe that working on my growth and healing helped me greatly in this work and I always felt I was working from my deepest self. I am delighted to see the present PRH newsletter has made such progress, now being published in colour and being distributed electronically.



Iris Hallinan and her other passion –gardens!

Watch this Space

In our next anniversary edition (20th) we will publish an interview with Bernadette Neville, the editor of the very first PRH Australia Newsletter.

Let's get Creative - Creating in a new way

Debbie Bishop

Since our theme for this edition is "... in a new way", it is a happy coincidence that I recently made my first ever junk journal. So for Let's Get Creative I am sharing my journey in creating that junk journal.

I guess I'd better start by explaining what a junk journal is, although the definition varies widely depending on who you ask! ... so my definition is: a handmade book with an assortment of different papers used for the pages. The book can be used for writing/journaling only, collage, painting, stamping, drawing, memory keeping or all of the above, and probably much more.

Somehow I came across junk journals on YouTube and I loved them, so I just kept watching videos of people making them, using them, decorating them etc.

I removed the pages from an old encyclopaedia dictionary from my childhood that my Dad had been going to throw out. In a previous life time I was a Scrapbooker, so I have LOTS of scrapbooking paper; I looked through my stash to see what I could use in my junk journal; I cut them down to fit in the cover and grouped them, and other papers, into signatures. And then I got stuck.

I lost confidence. So I watched more and more YouTube videos until I was heartily sick of them! At the same time I confessed my lack of confidence to my Mum. Soon after she came back from a day trip with a peacock feather she bought for me to put in my junk journal. I think she did it on purpose, and it worked, as now I HAD to make the journal to put that gorgeous feather in.



I was still really nervous – confession time: I have MANY unfinished craft projects because if they are not finished then they can't be judged; or so my somewhat warped thinking tells me.... So I needed it to be less scary: I decided I would take micro steps every day. For example, I covered it with material so one day I got the material and put it on the table ready. The next day I measured the material and cut it to fit the cover, glued it the next day. Sometimes the steps were very tiny. Some days I did more; but it worked, and the junk journal was done in a couple of weeks after that.



I love my first-ever junk journal, the eclectic chaos of it (and I love that the chaos drives my "I" a tiny bit mad!). There are things I will do differently next time – and there will be a next time, my "I" has a number of projects already lined up! – but I am happy with this first effort. And also the lessons I have learnt; and continue to learn, as I now fill it with ephemera, collage and journaling.

Some things you might like to think about for yourself:

- * How do you approach a new craft (or any new task)?
- * What do you do when you are feeling nervous or lacking in confidence?
- * What did your last creative project teach you about yourself?
- * When was the last time you created in a new way? How did that make you feel?