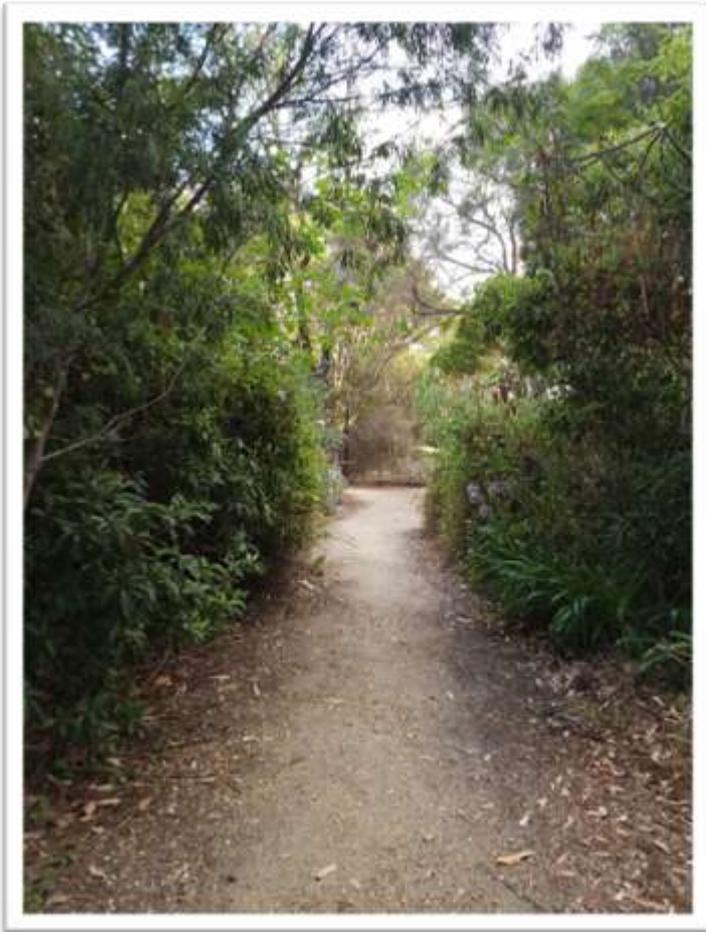




PRH Australia e-Newsletter

Issue eighteen, April 2018



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Join us in this edition as we celebrate, share and explore our growth journeys with PRH!

As always, we love your participation in, and feedback on, the newsletter.

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

20 years as a PRH Educator by Zofia Di Stefano

In early November last year, a large cardboard envelope arrived at my home. It was from France. The letter inside announced that I was being welcomed into the PRH Foundation. I was now a PRH educator!! ...”

Taken from a PRH newsletter published 20 years ago. Read the article here: [I have arrived at the beginning](#)

I became a PRH educator in 1998. Yes, I had travelled far in my personal growth and healing. I worked long hours at my professional training. And yet, at the time, I felt I was just at the beginning – the beginning of a new adventure!

Now it has been 20 years of being a PRH educator and what an adventure it has been!

I could not have imagined then how far I would travel, not only in my personal growth but also in my professional growth.

I have re-established PRH in Australia while being the only PRH educator here.

Many people have benefitted, and continue to benefit from PRH Programs that contribute significantly to their growth. They are standing up confidently in who they are.

A PRH Community of dedicated supporters of PRH Australia is developing.

I have been to PRH International Conferences all around the world and got to know my International PRH colleagues and have grown close to them and have worked collaboratively with them.

I have been on International PRH committees contributing to the ongoing research in PRH.

I am now training potential educators in Australia to continue the work of PRH here.

Today my passion for PRH is not lessening. It's actually getting stronger with each year!

In 1998 I felt I was on the threshold of a new adventure.

And now the adventure continues and I am filled with anticipation with what the future will bring.

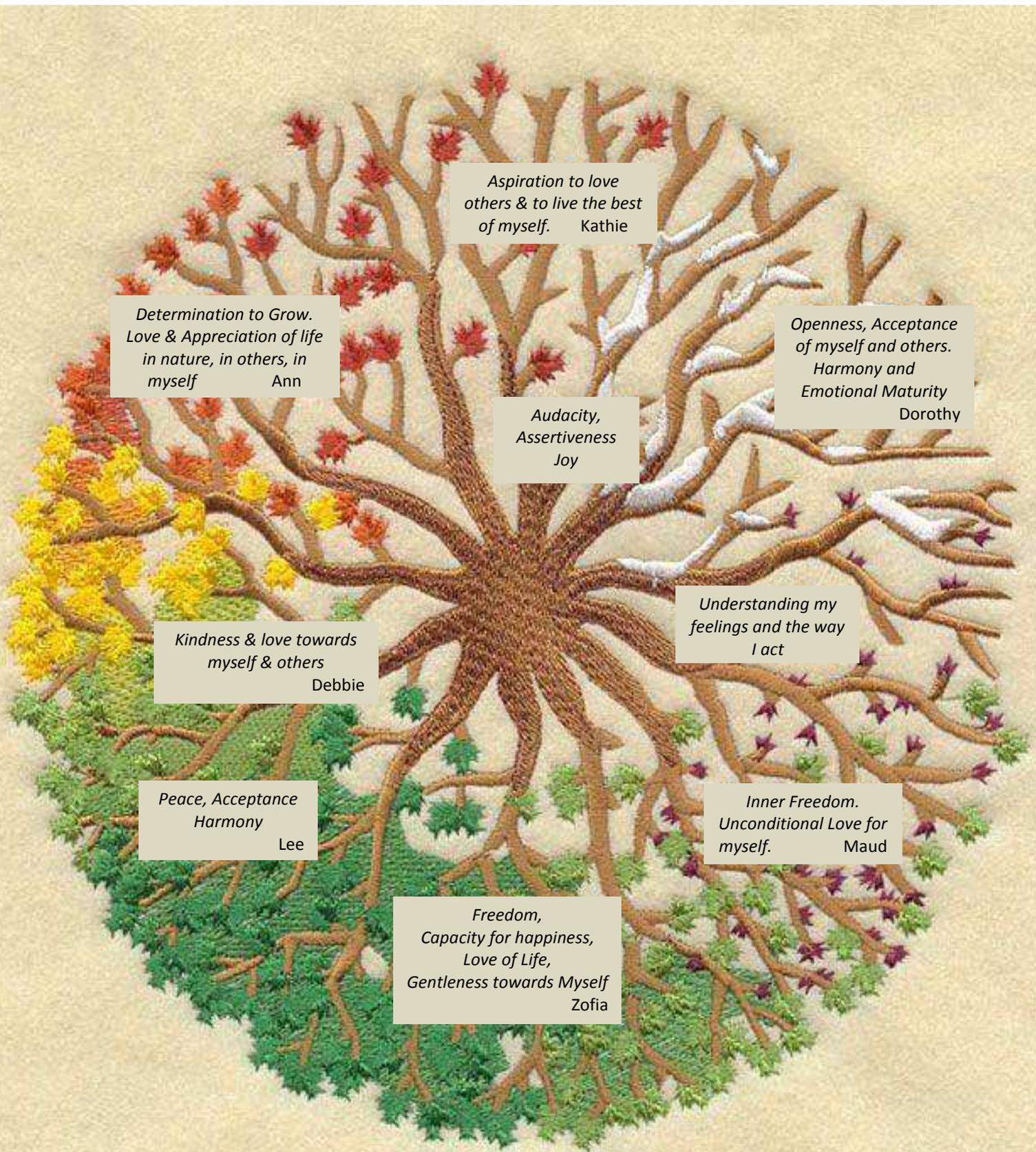


Here I am at the last PRH International Meeting in Bordeaux, France 2016

My growth journey with PRH

I reflect on my growth journey with PRH.

What quality/qualities of my being have I grown into most as a result of this journey?



Is it part of your journey to help PRH grow in Australia?

We know a lot of you are passionate about PRH and we would like to invite you to help us spread the word about PRH. We are currently doing some research about how to grow the PRH community in Australia.

You can help us!

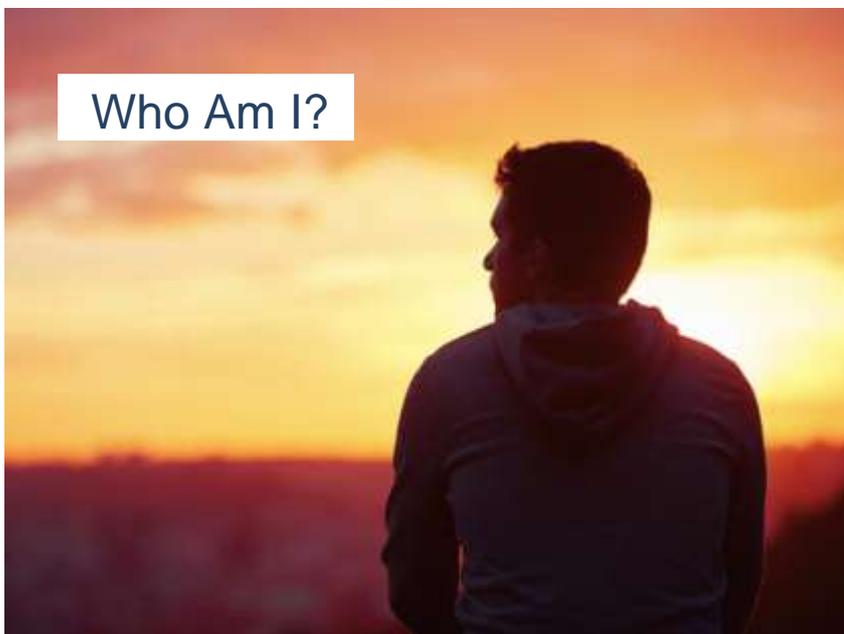
- ❖ Firstly by participating in this 10 question survey which will only take about 4 minutes to answer. Please note the survey closes on Sunday 22nd April!

Here is the link: [PRH Australia survey](#)

The more responses we get, the more we will be able to know how to expand our community!

- ❖ Then also by coming to our “PRH Australia Supporters Meeting” on Saturday 12th May 2018 from 2 to 4pm. We will discuss how to promote PRH Australia using both the results of a meeting of PRH Australia Associates that was held 4 years ago as well as the results of the above survey. After which we will decide what to act upon... and share a cuppa ☺

Do you want to feel more confident in yourself, in your relationships, in your workplace?



In this workshop you will explore your self-image and your capacity for autonomy.

You will learn what you need for your personality to grow so as to increase your self-esteem.

You will discover how you can be an active participant in your growth.

Find out more: [Who Am I?](#)

Dates: Sat & Sun 9 & 10 and 23 & 24

June, 2018 Time: 9am – 5pm

Cost: \$530/\$450 concession

Venue: Mt. Waverley, VIC

Register by: Friday May 25, 2018

Can you think of someone who might benefit from doing this workshop?
Pass this information onto someone who could start their own journey with PRH.

Pass on the link: [Who Am I?](#)

PRH has developed effective programs that allow a person to accelerate their growth journey...



Starting Out Programs:

Workshops:

Who Am I?
Growing in Personal Solidity
Discovering the Core of My Identity
My Body and My Personal Growth
Listening to the Messages of My Body

Freeing Life in Me
Helping My Children Become Themselves
Finding Fulfilment in My Work
Growing as a Couple

Counselling/Accompaniment/ one on one sessions

Continuing Programs:

Workshops:

Accelerating My Growth
Exploring My Inner World
Making Good Decisions
What is Most Essential in My Life?
Living More Harmoniously
Loving and Being Loved
Clarifying My Relationships
Exploring the Transcendent Dimension of My Life
Deepening Our Bond as a Couple

Exploring My Childhood Past
Learning How to Receive Help
Learning How to Help Others
The Quality of My Life and My Body

Setting Yearly Growth Objectives – FPM Program (3yrs)

Monthly Group

Counselling/Accompaniment/ one on one sessions

Going Further Programs:

Workshops:

Listening to Life Stirring in My Being
What is the Meaning of My Life?
Understanding Myself In depth
Becoming Fully Authentic
Opening Myself to Realities Greater Than Me
Committing Myself to Inner Healing
Towards Greater Freedom in my Relationships

Mutual Help as a Couple

Becoming Effective in Helping Others

Training in the PRH Helping Relationship FRA (2yrs)

Going Deeper in Setting Yearly Objectives – FPA Program (3yrs)

Counselling/Accompaniment/ one on one sessions

[Click to see which workshops are available in Australia in 2018: PRH Program of Workshops 2018](#)

Community News

Melanie, Ann, Kathie, Lia, Dorothy and Debbie



Our FPA Year 3 group

Here is an amazing group of women who have been meeting together regularly for over 8 years working at various PRH Programs.

They are currently in their third year of the FPA Program.

In November 2017 we had the workshop “Being Fully Authentic” at Millgrove with Maud, Jo, Judith, Denise and Kathie. We came away more in tune with ourselves and more equipped to be authentic in our daily lives.



Workshop in Millgrove: “Being Fully Authentic”
A view from the window of our venue



Zofia was excited to receive a beautiful bunch of peonies that Judith and Jo bought from a farm as they travelled through Victoria from Canberra to attend the workshop.

Let's get Creative

Continuing with the theme of growth journeys in *Let's Get Creative* we are taking a look at your creative work over a particular period of time whether that is over a number of years or months.

For the examples I am sharing my art journaling, but maybe you are a photographer or a poet, a gardener; or a writer, whether you write for others or for self-reflection in a journal. Do you draw, or bake beautifully decorated cakes, maybe paint, or dance, make jewellery, or play a musical instrument? ANY creative hobby or activity can be reflected upon in this way.

Here are some questions you can ask yourself when looking at a range of your work:

- * Is there a consistent theme running through that time? Or is it a growing or changing theme?
- * Is there a consistent focus, or has there been a variety over that period?
- * Have your tools changed?
- * Was there a trigger or event that caused or facilitated a change in theme, focus, or tools used?
- * Was there something that hindered your creative process: a fear that you overcame?
- * What gives you joy in this work? What gives you the most joy above all else?
- * What are your strengths in this creative process? How have they changed or grown over time?

Any of these questions could then be taken further by undertaking an analysis.

For me, with the art journaling shown here:

- > A consistency for me: I have always loved colour.
- > In regard to tools: I started art journaling with pencils and fine-liners. Now I just love getting paint on my fingers and getting that on paper; from bright fluorescents, metallic paints, shimmery paints, to glitter. I love the feel of the paper covered in paint.
- > Initially I only worked on white pages. My latest obsession is junk journals made with a range of different papers.
- > The thing that changed my tools was doing a number of the PRH creative expression workshops, it made me comfortable getting messy with paint.
- > and I've always preferred using other people's words and quotes if I write anything on a page.

Here is another analysis option adapted from Commentary 15 *How to Analyse the Realities of my Being*. If something of your Being is awakened you can observe:

- how did this live and operate in me before I was aware of it or had even named it?
- what were the main moments of its emergence?
- what sensation/s did I experience when this reality could live in me?

Please feel free to share any reflections or analyses with us.



coloured boxes, 2013



doodling, 18/09/2015



Junk journal page, with just the background done. 2018



Cover of junk journal, class February 2018