



# PRH Australia

## e-Newsletter

Issue four, July 2013

Welcome to this, the fourth edition of the PRH Australia newsletter. We are very excited by the positive responses we have received, including internationally. We would love to hear from you if you have any comments or feedback, or suggestions for future issues.

In this edition we are focusing on **“Loving Relationships”**. We invited you to submit photographs, with a title or short commentary, on a relationship and what it means to you in your life and growth. Sometimes in the rush and bustle of modern life it is all too easy to lose sight of our relationships and what they mean to us. These pictures and words, each with a very different story to tell, are reminders of how loving connectedness and mutual nourishment can be found even – or perhaps especially – in the small moments of life. Thank you for the very touching contribution. It makes the newsletter that much more meaningful.

We are also highlighting news and information about upcoming workshops, with contact details for enrolment.

Our next issue will be on the theme of **“Freeing Life in Me”**. If you feel called to contribute, all items can be sent to Zofia at [zofia@prh-australia.org.au](mailto:zofia@prh-australia.org.au) by Friday, August 30.

Don't forget to Log in and “Like” us on Face book and post a comment or question, or have a look at the Website at <http://www.prhaustralia.com> to find out what is the latest in the Australian PRH community.

The e-Newsletter team (hard at work!)

Kathie, Maud, Debbie and Zofia (left to right)



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**Next edition...**The theme for the next edition is: **“Freeing Life in Me”**  
if you would like to contribute please email Zofia at [zofia@prh-australia.org.au](mailto:zofia@prh-australia.org.au) by **August 30**.

## Inspired by Andre's words

*“People who foster personality development are people who reveal us to ourselves, encourage us to become who we are, calmly keep believing in us in spite of our problems, mistakes and failures, and who build us up through their love and their own solidity.”*

**André Rochais**

André reminds us here how important it is to surround ourselves with inspiring people who are life giving for us.

Of course, we do not get to choose all the people who are around us but we can choose the amount of time we spend with people who are vitalising for us and who believe in us.

Another important aspect of what André is saying here is that persons can build us up by their own solidity.

I sense that, you as readers of this newsletter are the sort of persons André is talking about, people interested in your own personal growth..... The first step in growing in solidity is to get interested in our own inner world and growth.

One of the 5 attitudes of growth that we work with in PRH is the “Humility in the face of myself and others” (accepting all that I am). To recognise our inspiring role in society is an act of humility. Let us take a moment to affirm ourselves for our efforts to grow and in doing so improving the society we live in.

*Maud Briscoe-Renaud has been using the PRH approach for herself for the last 7 years and started to train to become a PRH associate in 2010 under the supervision of Zofia Di Stefano, licensed PRH educator and leader of PRH Australia.*

**Others play  
an essential role  
in the development  
of our personality.**

**Not all others however.**

**Those we perceive  
as being important to  
us, that is, those to  
whom we give  
importance**



**and by this very fact, allow them to influence us.**

## Life-Giving Relationships:

In this edition we are highlighting “Loving Relationships”



Mathieu and I are brother and sister but we are so much more. In our fraternity, I feel respect for each other’s humanity and freedom. When I speak to him, he really listens to what I am feeling and I try to do the same. There is no taboo between us; we respect our limitations.

I truly feel unconditional love in my relationship with him.

Last year, when I went back to France, we had some professional family shots taken and I like to look at this picture because I feel I can see there the softness of the care we have for each other.

*Maud Briscoe-Renaud*



My son Hugo brings me complete joy and happiness. I feel love from him and a dependence that makes me feel proud and responsible. When Hugo smiles at me, I feel his love for me. I feel proud to be a father to Hugo and want to set the right example for him. Together with my wife Maud, I feel united as a family, and the responsibility to support them both.

*Andrew Briscoe*



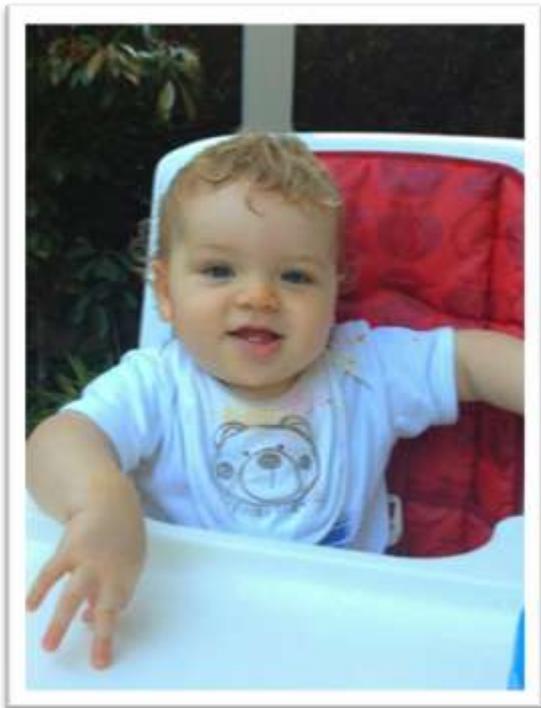
This is Amanda and I at a tea ceremony in Singapore on the way back from China. We have been friends since Uni. I often find myself with sore cheeks after spending time with Amanda, from smiling and laughing so much! We are good at listening and giving each other new perspectives on what we are going through in our lives.

*Debbie Bishop*

Bernadette and Rita, PRH Educators from Papua New Guinea, treasure their friendship. The relationship is life-giving, bringing unity and love that lights up and nourishes each of them.

*Martha Lonai*





*Beholding Beauty by Martine Valentine*

I experience a desire to encourage the growth of beauty within me...

I experience such delight when I gaze on the beauty of Hugh Joel, my gorgeous one year old grandson. My ability to recognise this beauty comes through my perceptions; from within myself. There is, therefore, beauty within me!

The word "beholding" is an action word which describes the nature of perceiving beauty, visually, and also through touch, as in "holding". This is true on an "interior level" in allowing this beauty to settle within and nourish my being. On another level, what grandmother doesn't want to squeeze their little bundle of joy in a physical sense too!

Beholding beauty is therefore an action to take; to surround myself with beauty, to look out for it so as to appreciate and to bring this beauty with me to all of my life.



This is me with my beloved Godchildren, Noah 10 and Elena 7. I have much grief about not having had my own children. Regular contact with these two is a privilege. Over the years we have created a bond. I encourage Noah to show me his progress on the guitar, and Elena and I spend hours on craft projects. There is nothing as heart-warming as Elena running to give me a hug when I arrive!

*Laurie Darby*



This is a picture of me and my little boy, Callum.

When he was first born I looked into his eyes and it felt like I was staring into the face of God. When I told a relative of mine about it, they asked me, "...and what did he say?" - I said, "Nothing, he just stared back". I immediately felt an extremely powerful bond with this, my little first-born that was on the one hand spiritual and on the other extremely emotional that showed me that I had not yet been prepared for the reality of truly loving another person without condition.

Since then he has shown to me that he is prepared to love me back with his kindness to me in a way that I don't believe I would have shown to my own father at his early age. To think that he could help and support me through some very tough times at his early age I find astonishing, but somehow he also manages to laugh at my daggy and convoluted jokes!

My relationship with Callum proves to me the resilience of the human spirit from a very early age, and that a loving relationship can be the very thing you need that gets you through. *John Yarrow*

### **My Sister and me**

This is me and my sister, Teresa. We are good friends.

I feel so grateful to have her in my life. We share so much – not only our history but also what is happening in our lives today. We laugh a lot! We share our ups and downs. We both care for our elderly mother who has special needs. It is so much easier for me to share all of this with her.

Here we are at our mother's house. We spent months sorting out her things when she had to go into care. This was a challenging time for both of us. Laughing was a way to grieve and to let go.

*Zofia and Teresa*



### **Some guidelines for a writing reflection:**

*How do I feel after reading these reflections on loving relationships?*

*Is there a loving relationship in my life today that I feel I would like to look at more deeply?*

*What do I feel stirring in me, so as to progress in the way I give and receive love?*



### Review of the workshop:

#### "Loving and Being Loved"

by Michelle Gibson

This workshop helped me see my way of loving and being loved more clearly. It showed me where there were gaps in my understanding and where my self-image needed addressing. The workshop allowed me to see the area of loving as an area that needs to be developed and recognised within me.

It has also shown me that I now can clearly identify my woundedness and have more awareness about the impact this has on my relationships. I sense these discoveries and the workshop will develop my capacity to love and be loved with more maturity.

I feel that I have great tools to unpack these areas and that within me some form of integration has taken place. I sense an opening up to my realities and have a sense of more freedom and space within me as if there has been movement internally. This fills me with a great sense of hope and there is also a greater solidness to me, I feel more present in myself now.

Becoming aware that PRH is an essential course of action for me gives me a sense of permission and releases me from guilt and this frees life in me allowing this aspiration to unfold. I have a new awareness that I have aspirations that I have not named as aspirations, there is joy in finding these after searching for and not recognising any.

There is also a sense of this workshop being a pivotal point for my growth perhaps even a pathway. I feel a welling up of gratefulness for being able to participate in this workshop. I am left with a sense of strength, encouragement and hope...change is possible ...I can live a new reality for me.

*Michelle lives with her husband & two sons. She has been doing PRH for five years now. She plans to continue using PRH in her future life as it is fantastic!*

### Upcoming workshop: "Loving and Being Loved"

#### **Objectives:**

To understand and grow in your way of loving and being loved

#### **Content:**

- What underlies loving relationships?
  - the aspiration to love, and
  - the need to be loved
- Exploring the need to be loved and its origins.
- A deep exploration of the aspiration to love
- The necessary conditions for harmonious growth in loving and being loved: areas for action and attitudes to cultivate.

#### **Pre-requisites:**

Discovering The Core Of My Identity & Growing In Personal Solidity and some training in PRH analysis.

#### **Dates:**

Fortnightly Saturdays: Aug 10 & 24, Sept 7 & 21, Oct 5, 2013 (5 days)

**Time:** 9am - 5pm each day

**Venue:** Mount Waverley

**Register By:** Friday July 12

**Cost:** \$495 to \$295

(a sliding scale of fee according to your income)

Website link:

<http://www.prhaustralia.com/#!/workshops/cugt>

## PRH Australia Community news:

Introducing.... Evie!

Last newsletter we had a photo of a very pregnant Rebecca Craige. Here is the “after” photo. Isn't Evie gorgeous!



Hullo, it's Vittoria here, PRH Australia's website administrator.....

The PRH website is improving all the time, with new features being added regularly! The latest feature is our PRH Gallery. On this page you will find lots of photos relating to PRH Community News including workshops, participants, PRH associates and even PRH babies!

Visit the gallery page at

<http://www.prhaustralia.com/#!gallery/ce8u>

Contributions and suggestions are always welcome; please feel free to contact Zofia or myself via email ([zofia@prh-australia.org.au](mailto:zofia@prh-australia.org.au)) or the PRH Face book page: <http://www.facebook.com/PrhAustralia>

I'd love to receive any suggestions or images for the gallery.

Cheerio! ☺

## *Two more workshops coming up in October.....*



### Discovering the Core of My Identity

#### Objectives:

- to become aware of your self-image,
- to discover the core elements of your identity
- to have a better grasp of your identity

#### Content:

##### Part One: My self-image

See what type of self-image you have and how you can allow it to evolve to a more realistic image.

##### Part Two: The essential of your personality

Identify the characteristics of your identity that make up the essential of your personality.

##### Part Three: The fundamental attitudes that help you to progress in your growth

No pre-requisites are required for this workshop

**Dates:** Two Saturdays Oct 26 & Nov 2, (2 days)

**Time:** 9.00 am to 5 pm each day

**Venue:** Mount Waverley

**Register By:** Friday Oct 18

**Cost:** \$250 (\$195 concession)



### Growing in Personal Solidity

#### Objectives:

- to explore your human and material environment in relation to your growth
- to discover the important realities that make up your person and where they are located in you.

#### Content:

- The impact of the human and material environments

- The realities of the person:

- The being: the positive core
- The "I": the centre which governs
- The body: the energy source
- The sensibility: the capacity to feel
- The deep conscience: the place for making good decisions.

- How to progress by moving forward on the three pathways of growth.

No pre-requisites required.

**Dates:** Two Sundays: October 6 & 20, (2 days)

**Time:** 9.00 am to 5 pm each day

**Venue:** Mount Waverley

**Register By:** Friday Sept 27

**Cost:** \$250 (\$195 concession)