



PRH Australia

e-Newsletter

Issue two, January 2013

Hello and welcome to the 2nd edition of the PRH Australia Newsletter. We received some great feedback after the first edition and we appreciate your very positive response. We welcome your feedback and would love to hear your news, experiences of PRH, personal growth and healing and to include them in the newsletter.

Since that first newsletter did you feel a change in the atmosphere? A surge in the positive energy of Australia, perhaps around 4th November 2012? Well in all honesty it probably wasn't that dramatic, but, as Zofia said on the day, that date saw a new era in PRH Australia begin. It was the day the idea of "PRH Associates" was introduced to Australia and a number of us considered the question "Am I a PRH Associate?" Zofia explained the idea of PRH Associates, how it fits into the larger PRH picture and André's intuition for the reality. Through a series of GPAs we considered whether we felt called to make the commitment to become a PRH Associate ourselves.

Do you want to join us in this new adventure? Do you want to become a part of PRH Australia history? Do you have skills in administration? In writing? In applying for government grants? In babysitting? In marketing? Do you have talents that you would like to use for the benefit and advancement of PRH Australia? Join us in this new era as PRH Australia grows in new and exciting ways. If you want more information please contact Zofia.

And now in this edition, we are inspired by two recently released PRH publications: *Writing it Really Helps* and *A Map for Life in Depth*. We consider the power of writing in personal growth and healing work. We hope you enjoy this new edition of the newsletter.

The e-Newsletter team,

Maud, Debbie, Kathie and Zofia

Next edition...

The theme for the next edition is:

"Helping Children Become Themselves"

if you would like to contribute please email Zofia at zofia@prh-australia.org.au by 1st March 2013.

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BOOK AND BOOKLET ON ANALYSIS

Publication of the book and booklet on analysis

Why two books about the same subject?

THE BOOK



A
map
for
life in depth
Understanding personal experience through PRH analysis



A collective work published by PRH-International

THE BOOKLET



If you would like to discover the PRH method of self-analysis by trying it yourself:

Writing it really helps! presents the method of self-analysis by giving you the opportunity to experience it yourself: initiation and practical analysis in a deliberately accessible and pragmatic style.

If you feel the need to know and understand the PRH method of self-analysis and its goals:

A map for life in depth focuses on understanding the method by means of an in-depth description and reflection on its bases, concepts and use. As such, it is a reference work on the subject, accessible for everybody.

Getting Inspired by Andre's words

In order to master the operation of any machine, we must know it.

In the same way, in order to become master of ourselves, we must know ourselves, lucidly dwell in our inner world and consciously occupy all the rooms of our inner house.



Recently, I was reading an interview of one of the main intellectual leaders of the Syrian opposition to the Assad regime. Yassine Al-Haj Saleh spent 16 years of his life in jail as a political prisoner and recently wrote a book where he described how prison allowed him to reflect on himself, the world and gain inner peace. He also shared in the interview that writing on his time in prison helped him heal from the pain of having lost his time of youth in jail: *“Once we are out [of jail], we have to extract jail from ourselves. Without writing, it is as if we keep a sort of inner prison inside us, a block of silence that pulls us down.”*

Writing is liberating!

What is at stake when we write? What is this liberation process about and does it depend on the level of sharing? These questions are answered in the 2 new PRH publications: “Writing it really helps” and “A map for life in depth”.

Written analysis is one of the major PRH tools to help us know ourselves better... Let's look at what is the added value of writing an analysis.

PRH offers a unique writing experience which is based on sharing from a sensation experienced in the depth of our inner world and naming it, describing it as concisely as possible, and retracing the itinerary of the sensation in us. It is the sensation that leads us and the intellect is the instrument that we use to grasp the newness.

The two main outcomes of transposing what we feel in words:

- helping our intellect to understand what we feel and sticking closely to the sensation without interpreting. The liberation is then fuller.
- helping our intellect take stock of our progress and updating our self-image. We then have more self-confidence to go forward.

When the writing exercise follows a time for being, I feel it also tremendously helps the newness experienced to take volume inside ourselves.

It is therefore all about being aware of who we are, so that we can reconnect easily to the core of ourselves, our being, and ultimately... GROW!

Let's indulge ourselves with a time for being **and** take time to do the writing too!

Proposed GPA:

- Out in nature, or indoors, I take time to get in touch with the depths of myself and to become imbued with the realities of my being. I relax and gently approach the depths of myself. I may recall situations where I lived one positive aspect of my being or another. I remain centred on one of these aspects and I savour its life in me.
- At the end, I analyse in writing what I lived:
 - o What remains significant for me in this experience?
 - o Am I ready to integrate it in the way I see myself? What are my motivations?
 - o Do I feel called to do anything as a result of the newness I may have discovered?

Maud Briscoe-Renaud has been practicing the PRH pedagogy for herself for the last 6 years and has started to train to become a PRH associate in 2010 under the supervision of Zofia Di Stefano, licensed PRH educator and head of PRH Australia.

Life Giving Relationships:

Storycatcher

I recently read *Storycatcher* by Christina Baldwin. This amazing book looks at the power of story to help people grow and to heal. Story has the power to connect us to ourselves - our true selves (Being) – and to our purpose. Story can help us re-envisage ourselves and our history. Christina points out that it is our choice the stories we choose to tell and therefore the focus we put on ourselves, our lives and how we see the world.



In *Storycatcher*, Christina looks at how story can reshape not only our own lives, but our family history, the corporations we work in, the dialogues between and within religions, and the power in all of these to bring healing. Christina shares her own family history and the stories of others to show how story can bring about change and refocus.

As I read the book I kept seeing parallels with the philosophy of PRH. In PRH workshops and sessions we get to hear and connect to each other's stories. It is not in the form of beginning, middle and end, but through the analysis of sensations we have a glimpse of tiny snippets of people's lives. This kind of deep sharing of ourselves (our stories) is what can help change the world. One of my favourite stories was very simple:

In the community hall after church, people are having cookies and coffee and talking casually about their week's activities. A three-year-old seated next to an elderly parishioner announces cheerfully, "You have the best wrinkles."

Though surprised, the old woman recognises the innocence of the comment and says, "Yes, they are very special wrinkles, and each one has a story."

"Well then," says the child, pointing to a spot on the woman's arm, "tell me the story about that one."

At the end of each chapter Christina lists a number of questions to help prompt the recording and sharing of readers' stories.

So what's your story? We would love to include it in the newsletter for others to be inspired, emboldened or simply to be heart-warmed. What's your story?

Debbie Bishop has been doing PRH for about 17 years but feels she has only really got a handle on it in the last 5 to 6 years. She is a big fan of PRH's FPM program and the Creative Expression workshops.

Have you checked out the PRH Australia website lately?

You'll find the new program for the 2013 workshops there,

lots of information on PRH, the first e-Newsletter and

the new PRH Australia blog is now live.

You can check it all out at: www.prhaustralia.com

Writing for Healing and Growth

As social creatures we are constantly telling stories: encouraged by a question as simple as “how was your day?” We share our joy, sadness, frustrations and achievements through storytelling. Stories can reframe experiences to give meaning, helping us gain new perspectives and attitudes. In this way stories can aid in healing, giving a sense of control or mastery. Stories help us to connect and reconnect with others and can be particularly meaningful when they involve a shared traumatic experience.

The healing power of writing and storytelling can be seen through a project organised for people affected by the Black Saturday bushfires. Due to the devastating fires in the summer of 2008/2009, many people from the Murrindindi shire - taking in Marysville, Buxton, Narbethong, Taggerty, Yea and Flowerdale - were relocated to Alexandra. The Alexandra librarians were overwhelmed with people wanting to tell their Black Saturday stories. Sharon Batt, one of the librarians, knew Australian author Arnold Zable ran workshops and understood the power of writing. At the same time, in the weeks after the bushfires, Arnold found himself reflecting on how recounting stories could help bushfire victims come to terms with their tragedy.



Monthly sessions were set up at the Alexandra library, and in Flowerdale, also directly affected by the fires. The mornings were three hour workshops for those wanting to write their stories, while the afternoons were for those who needed to share their stories orally. The interviews were conducted by Arnold Zable and a CD copy was provided for each storyteller.

The project was open to anyone in the community who needed to share and express their story. Participants were encouraged to keep journals documenting their ongoing responses to the bushfires. It was an intensely personal process. The project was completely confidential and people were not required to share their work. Some participants did present their work at public readings and a small in-house publication was produced. The feedback was fantastic, such as how some felt it had been better than counselling, and it had given others something to look forward to each month.

Arnold said, "Some have emerged with a deeper love of the forests and their communities and a determination to rebuild, others are questioning their place in the bush and are contemplating radical changes. All have appreciated the opportunity to record and share their stories."

Debbie Bishop has been doing PRH for about 17 years and strongly believes in the power of story. And that everyone's story is worth telling, and worth hearing.



Become a friend of PRH by liking the

PRH Facebook page

You may like to **write a comment about your PRH experience**. Please do! We want this page to be vibrant and full of your comments.

Here is the link:

www.facebook.com/PrhAustralia

PRH Australia Community news:

My Camino by Lia Commadeur

In April and May 2012 I walked the Camino, from St Jean Pied de Port on the French side of the Pyrenees to Santiago de Compostela, in the west of Spain. The whole route is about 800km of which I walked just over 700km.

Camino is Spanish for 'The Way', and it is the way to the tomb of St James. Traditionally a pilgrimage is a journey, especially a long one, made to some sacred place, as an act of devotion. During the Middle Ages, pilgrims completed the Camino for penance, but today it is often done as a physical and spiritual adventure or at the turning point in a person's life. There are as many reasons for completing the Camino as there are pilgrims! Not all people do Camino for spiritual or religious reasons, but often it becomes more than a simple adventure.



I decided to do the Camino because I love walking and I saw it as an opportunity to be renewed in heart, mind, body and spirit. In preparation, I read, checked the internet, talked with others who had done it, and started training, walking up and down hills, with and without my backpack, which I limited to 10kg.

My daily routine was very simple: I would rise early, walk with regular breaks until mid-afternoon, register at an *albergue*, chat with other pilgrims, have evening meal, go to Mass, then bed, any time after 8pm. I walked an average of 20km per day. I usually stayed in an *albergue* or pilgrim hostel which provided a bed and sometimes the evening meal and breakfast. Occasionally, snorers kept me awake for a while, but the bonus of companionship outweighed any negatives.



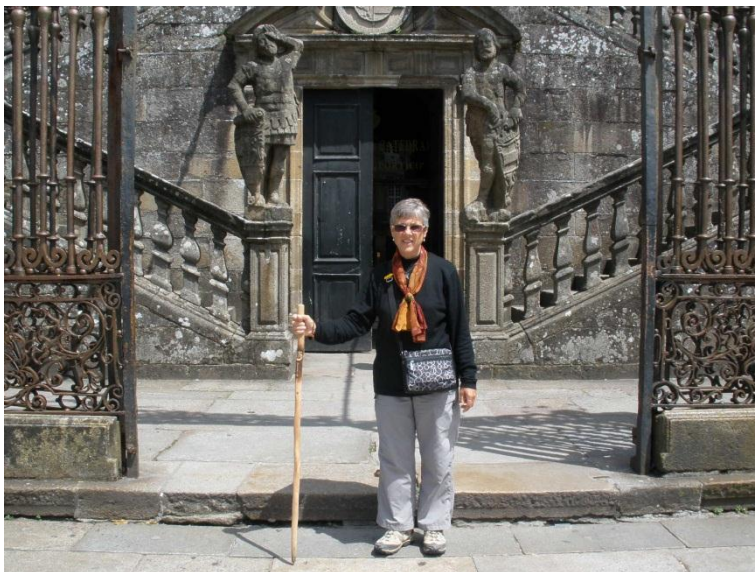
At each *albergue*, my *credencial* or pilgrim passport was stamped, to prove that I was a real pilgrim.

The Camino route is well marked with yellow arrows and shells. I crossed mountains and valleys and the *meseta*, which is flat. The various landscapes included vineyards, wheat fields, and dairy farms. Each held its own beauty. Some of the route was extremely hard to walk, especially rocky paths coming down from high mountains

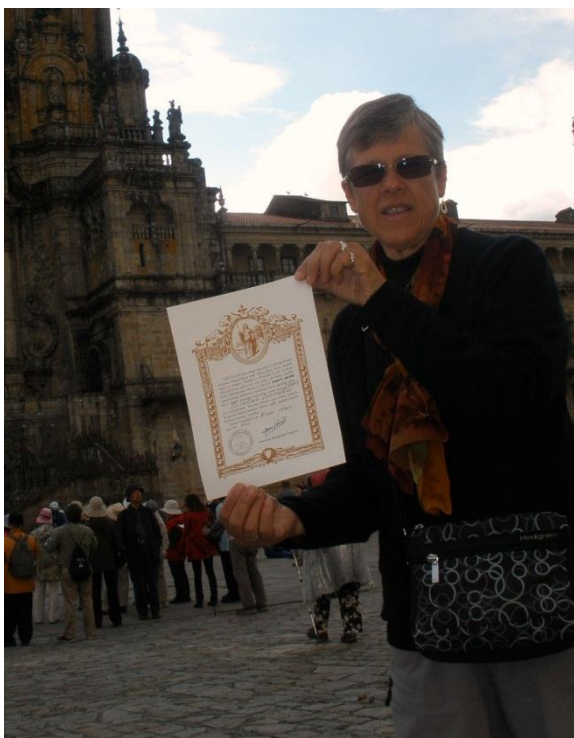
and slushy mud in the early part. Coming down the Pyrenees on the second day was steep and made harder, but still beautiful, by the only snow fall I encountered. Amazingly I did not think of arriving in Santiago until the last few days. As someone said, 'It's the journey, not the destination'.

One of the highlights of the Camino was meeting other pilgrims. It is easy to share meaningful conversation with someone walking the same way. Other highlights included walking along ancient Roman roads, crossing Roman bridges with their amazing arches, praying in centuries old churches, seeing the beautiful wildflowers and hearing the birds singing and cows mooing, as well as their bells ringing. I was surprised to see as many gum trees as I did.

Eventually, early one Sunday morning I stood in front of the Cathedral in Santiago, I went to the Pilgrim Office to receive my *Compostela*, attended the Pilgrim Mass and gave the statue of St James a hug, as is traditional, and thanked him for keeping me safe during the length of the Camino.



The next day I took a bus to Finisterra, the end of the world as was originally thought. Walking back to the bus to return to Santiago, I realized that I was walking back on my steps for the first time in 30 or so days – a different person but now returning to 'normal' life!!



What did I learn from my time on the Camino? To live more in the present moment, that I can live without so many of life's trappings, gratitude for so many kindnesses received along the way, being open to new experiences, gratitude for the gift of companionship and friendship, to trust my inner wisdom, to let go of non-essentials and things that do not give life, trust that the Camino (and life) will provide what is necessary (even if it is not what I asked for or expected), and to listen to my body.

Would I do it again? Absolutely, tomorrow if I could!!

Lia has used, and continues to use, the PRH approach for her growth. This is an example of how much she has grown with her decision to go on the Camino by herself in 2012.

Upcoming workshop: “Exploring my Inner World”

As a continuation of our series of articles offering personal testimonies about the PRH process of self-exploration and how workshops have enriched and aided our growth, the following is based on my experience of the workshop “Exploring My Inner World”.

Why do this workshop?

Do you struggle to identify and clarify sensations, and to choose what to work on? Choosing, exploring and probing a sensation is the basis of PRH analysis. This workshop gives many opportunities to hone your ability to do this.

I participated in this workshop in May-June 2011. It was offered as a five-day workshop.. Each day covers an aspect of the PRH process of analysis in detail. Day One starts with a global approach, and then moves into helping participants identify the sensation, including how to choose a sensation to analyse. Day Two moves from identifying a sensation into analysis of the chosen sensation and its relevance for growth. Day Three focuses on what it means to explore the sensation taking time to see what has been learned. Day Four progresses further into probing the sensation, and Day Five finishes the workshop with analysis of a different type of positive sensation and a final inventory.

As the workshop ran over five days, there was plenty of time for the work of each day to be integrated. Part of my final inventory was as follows:

“What remains prominent is a sense of how useful and fruitful the PRH method of analysis is. I have learned an immense amount through more detailed knowledge of the steps and processes of the method itself. It is a tool I can keep referring back to and use regularly by myself.

“My self-knowledge has increased. I have received some important affirmations and feedbacks about my aspirations which will help me to develop my sense of personal solidity.

“My motivation for continuing to progress in this method is to both be able to use it more effectively for my own growth, and to use it to help others with their growth.

“I look forward to continuing my work with PRH and reviewing and consolidating what I have learned in this course.”

The course is a very methodical, detailed and well-paced apprenticeship in the use of PRH analysis. For those who have done preliminary workshops, it is an excellent next step as it goes into great depth and detail, covering the points about choosing a sensation, exploring and probing a sensation. I highly recommend this workshop to anyone who wants to take the next step in their growth.

Kathie Thomasz has been participating in PRH workshops since 2008, and is keen to encourage others in their growth through the process of PRH analysis.

Exploring My Inner World



OBJECTIVES:

- To develop skills in PRH self-analysis.
- To distinguish between the various experiences in your inner world.
- To identify and explore sensations with psychological content.

Sat June 8th, Sun 9th, Mon 10th,
Sat June 15th and Sun 16th

REGISTER BY: Friday May 31

CONTENT:

There are three phases:

1. “Identifying the sensation”
2. “Exploring the sensation”
3. “Probing the sensation”

Each phase is worked through using exercises of analysis of your actual experience of several types of sensations: positive, negative or painful and those with contemplative content.

Pre-requisites: “Discovering the Core of My Identity” & “Growing in personal Solidity” or “Who Am I?”

COST: \$495 -\$295

(Fees are on a sliding scale - the top end of the scale is the full fee for an average wage earner. It decreases if a person is part-time employed or unemployed)

VENUE: Mt .Waverley