



# PRH Australia e-Newsletter

Issue eleven, July 2015.

Welcome to this new edition of the PRH Australia Newsletter: as the newsletter team, we have reflected on the idea of **CHANGE**. Change can come in any area or aspect of our life, and so we have come up with three main areas of change which we will look at in three editions of the newsletter.

In this issue, we will look at “Changing my relationship with myself”. In the next two we will focus on “Changing my relationship with others” and “Changing my relationship with my environment”.

In each of these areas, we ask ourselves: Is there a way I could implement positive change in the way I feel; the way I think; and the way I act? We will look at each of these three questions giving you some tips, some questions for reflection and discovery, and introducing the testimonial of someone from our local community. We hope you enjoy getting inspired!

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

## In This Issue

### Editorial

..... page 1

### Changing the Way I Feel

by Patricia ..... page 2

### Changing the Way I Think

by Zofia ..... page 3

### Changing the Way I Act

by Melanie ..... page 4

### Questions to Grow by

..... page 5

### Upcoming workshops

Being Fully Authentic ..... page 5

Being True to Myself in Daily life

..... page 5

### Community news

..... page 6

## PRH Australia

Web site: [www.prhaustralia.com](http://www.prhaustralia.com) [www.facebook.com/PrhAustralia](https://www.facebook.com/PrhAustralia)

Email: [zofia@prhaustralia.com](mailto:zofia@prhaustralia.com)

## Changing the way I feel about myself....

*Connecting with our being changes the way we feel about ourselves.*

### Patricia's Story

*I offered this article because I wanted to contribute to the PRH newsletter. I was surprised and delighted when I discovered that it would be published. It is a testimony to the creative aspect of my being that has been there from as far back as I can remember even though it had a tenuous beginning as this story describes ....*



It has always amazed me how a child's imagination and concept of self sometimes runs wild, fleeting between reality and imagined thoughts. The world of imagination in a child's mind seems to be far more exciting than the true, harsh reality in living from day to day.

At one stage during my own childhood, I nursed a dream of winning a story competition run by the Argonauts radio club. I was a member, and an avid listener, of the program and remember being highly impressed with the personalities, the voices and the general format of the show. Wouldn't it be thrilling if my name was mentioned as winner of the competition? Even second or third place would have pleased me.

Full of a sense of self-importance I settled down at the billiard room table and proceeded to write pages and pages of a story entitled "Adventure on the High Seas". Why that title? I cannot remember clearly but I suppose my imagination had been fired by stories I had read, or listened to on radio. However, when I presented the work to Mother and Father they appeared to be unimpressed and not at all excited about it, although not unkindly so; but the final most disappointing aspect of it was that the lady who lived with us, and worked for us, whom I idolized, was similarly unimpressed with my great effort. Consequently I felt utterly dejected, tore up the paper and lapsed into a state of despondency. My dream and confidence in the ability to write was shattered. My story was not good: as I had imagined it to be. Finally, I accepted the reality and did not attempt to write anymore except what was required in schoolwork.

I was an inquisitive child, interested in everything so if I were to say something to the child that I was then it would be:

"Don't be discouraged; keep on writing whenever you feel like it".

### About Patricia:

Today, Patricia is a retired Health Care professional. She has a certificate in the Practice of Reflexology which she enjoys working at. PRH workshops helped her to decide to take on the 12 month course in Reflexology.

Her interests include books, the Arts, gardens, interior design and continuing with the PRH Personal Methodical Growth Program.



## Changing the way I think about myself....

*Challenging the way we think about ourselves brings about positive change in our relationship with ourselves.*

### My Self-Image has changed

by Zofia Di Stefano

I used to see myself very negatively. I would criticise myself, compare myself to others and judge myself as not being good enough. I doubted that there was any good in me at all.

I was always looking at others and what they expected of me and I tried to please them.

I felt good about myself only if they approved of me or if I was making them happy.

All of this was such hard work. To get any kind of recognition I had to push myself and this meant that I ignored my own needs.

### Over the years my self-image changed.

I am now able to see the positive in me. I see myself as someone who is growing. I see myself as someone who can stand alone. I feel a deep inner security.

I see myself as having great potential. I feel myself growing more and more into this potential.

### What caused this change?

Firstly I recognised that I needed to change. I felt I could not continue as I was: I was too unhappy.

Then I realised I had to **do** something to change. I also realised that I could not do it alone. I needed help. I began to read books. I then looked for persons/groups that could help me.

I did workshops. I became involved in different therapies. I wrote about my experiences in a journal.

I noticed that I was learning a lot about myself. I met people who were interested in me and who reflected what was good in me. I slowly began to believe that what they were saying was true. I began to believe in my goodness. I also began to make good decisions for myself – decisions that freed me from abusive relationships; decisions that put me in environments where I was appreciated, nurtured, and where I could be myself.

I started to follow my deep dreams for myself. I sensed the possibility of happiness.

All this caused my self-image to change.

Today I feel that my self-image keeps on changing as I grow and discover more about myself.

*Zofia has been a PRH Educator in Australia for 17 years. She co-ordinates PRH Australia and is part of the advisory committee for PRH International.*

*She loves the challenge of running her PRH Practice. She delights in seeing people grow.*



**Do you want to change your self-image? Then here is a workshop for you....**



## Discovering the Core of My Identity

*In this two day workshop you will:*

- become aware of your self-image,
- discover the positive elements of your identity
- incorporate these positive elements into your self-image.

Dates: Thurs August 13 & Fri August 14(2 days)

Time: 9.00 am to 5 pm each day

Venue: Dickson, Canberra (accommodation available at venue)

Register By: Monday 3 August

Cost \$285 (\$230 conc.)

More information on website: <http://www.prhaustralia.com/#!self-knowledge-and-growth/c201q>

Or contact : [zofia@prhaustralia.com](mailto:zofia@prhaustralia.com)

## Changing the way I act.....

*Standing up and being authentic changes our behaviour and the way we relate to ourselves.*

### Beginnings in the Being

by Melanie Craige

What is essential is deep within  
It is a beautiful thing  
It feels different to other aspects of myself  
In the face of chaos it is in stealth

It can express  
It has to come out  
But I don't have to scream and shout

I can be aware that it is what makes me, me  
May not be others' cup of tea

However these **essentials** are no laughing matter  
They are what keep me away from the chatter

They keep me breathing  
They keep me real  
I can't turn my back on them or how would I feel

I don't always assert them in the face of others  
But I'm learning not to forever stay under the covers.



Jonny and Melanie on their wedding day in May this year.  
It was a cold day so Jonny gave Melanie his jacket to wear!

#### **About Melanie:**

*I have had the privilege of meeting up with Zofia and PRH eighteen years ago. Both have played a massive role in the person I am today and my journey. When I met PRH I had absolutely no sense of myself and thought I wasn't for this earth!*

*Fast forward today.... I am now on my way to being a loving, free and fulfilled human being.*

*I am recently married to a lovely man.*

*I have worked as a social worker for 14 years.*

*I have Blessings abundant!*

## Questions to grow by....

### *Changing how I feel*

In my relationship with myself is there a recurring feeling that I want to change?

What positive aspect of my being is unable to express itself because of the feeling?

### *Changing how I relate to my body*

Does my relationship with my body need to change?

In what areas (rest, nutrition, exercise, fun etc)?

What small change can I make?

### *Changing how I act*

Am I ready to take a risk and be authentic?

In what area of my life?

How will I do this?

### *Changing how I think*

What aspect of my self-image does not support me?

How can I reframe this way of thinking so that I feel more positive about myself?

**These workshops give you opportunities to bring about positive change.**



## Being Fully Authentic

In this workshop you will:

Understand what it means to “be fully authentic”.

Gain greater self-assurance so as to assert yourself in appropriate and creative ways.

Have a better sense of your boundaries and limitations.

Understand what self-respect entails.

Learn how to experience true freedom in your relationships.

(5 days) Friday September 25 - Tuesday September 29, 2015

Time: 9am - 5pm

Click here for more information: <http://www.prhaustralia.com/#!/living-authentically/c1he>

## Being True to Myself in Daily Life

In this workshop using creative expression you will explore:

Day to day, what do I find gives meaning in my life?

How do I deal with certain events and situations in my life?

What is my place and role in society?

Where do I perceive a lack of meaning in my life?

What are the places, groups, and persons where I live authentically in my life?

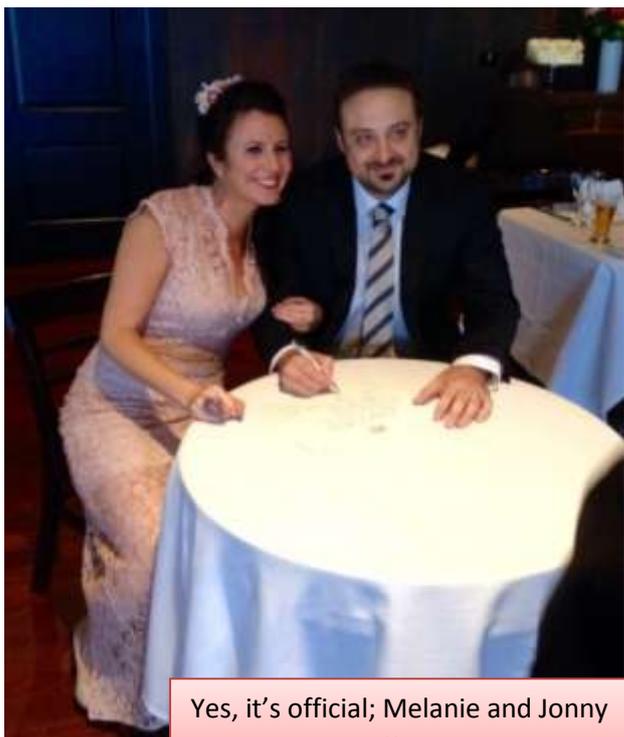
(5.5 days) Friday Nov 13 - Wednesday Nov 18, 2015

Time: 9am - 5pm (1pm - 4pm on Friday Nov 13)

Click here for more information: <http://www.prhaustralia.com/#!/creative-expression-for-growth/c1jw9>



## Community news



Yes, it's official; Melanie and Jonny are now married!

Our hard-working PRH executive assistant, Vittoria, took two weeks holiday to go to London recently. Here she is posing in front of Hampton Court palace!



Vittoria works part time for PRH Australia but most of her time is spent in her Art practice. Here she is at her latest exhibition "Alien Artefacts".



Dorothy travelled to Scotland recently. Here she is at the summit of the Isle of Iona. The steep climb was a challenge but she was rewarded with a heart-stopping panoramic view!

