



# PRH Australia e-Newsletter

Issue twelve, December 2015.

Welcome to the second issue on the theme of Change: this time we are looking at some of the benefits people have experienced when they changed how they thought, felt and acted in their relationships. We offer some questions for you to ponder and grow by on the same topic of change, so you can have a good look at your own relationships.

We pay a quick visit to Zofia’s garden with Sustainable Gardening Australia; check in with a couple of recent workshops and pay tribute in a memorial to a PRH Australia pioneer: Sister Margaret Bubb.

And to finish off you can start dreaming and planning for the PRH workshops you would like to attend in 2016.

Wishing you and your loved ones best wishes for the coming festive season.

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

## In This Issue

### Editorial

..... page 1

### Changing the Way I Feel About My Relationships

by Lee and Bess..... page 2

### Changing the Way I Think About My Relationships

by Citra .....page 3

### Changing the Way I Act in My Relationships

by Carmel and Zaharoula ..... page 4

### Questions to Grow by

..... page 5

### Upcoming workshops

Positively Facing Life’s Challenges

..... page 5

Authentic Assertiveness

..... page 5

### Community news

..... page 6-9

### 2016 PRH Program

.....page 10

## PRH Australia

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## Changing the way I feel in my relationships....

*Relationships can be challenging, yet healthy relationships are paramount to our emotional wellbeing and a powerful field for our growth to blossom. In healthy relationships, we are loved for who we are so we can be fully and simply ourselves. Healthy relationships are important and they start with a healthy relationship with ourselves! However, to have a healthy relationship with ourselves and others certain basic, legitimate needs must be met, including:*

- *recognising and seeing each other in our truth: "I am seen and valued in who I am and what I share."*
- *respecting each other, "I feel respected for who I am in my depth (my values, my abilities, my aspirations but also my natural limitations)."*

*And as a result "I feel safe in this relationship and I can be myself."*

*Starting with a healthy relationship with ourselves means allowing our "I", our mind, to recognise us for who we are and update our self-image regularly. Healthy relationships with other people can be empowering and working on your growth in a group is also profoundly nurturing and empowering. Most PRH workshops are conducted in a group setting as the benefits are many and varied.*

### **PRH participant Lee recently reflected on her experience of working in a group during workshops:**

"Working in a group ... I perceive other group members listen with respect, non-judgement and interest to my thoughts, problems and reactions. Likewise, I do the same for others. This interchange and climate of trust allows very intimate sharing of feelings that rarely happens elsewhere. Through these sessions I've learned how similar we all are in our vulnerabilities and weaknesses and yearnings. The workshops give one confidence that one's life has meaning and that problems can be overcome and progress can be made."



*Relating to others encompasses more than merely human connections. All human beings can experience a sense of "more than me in me".*



### **Bess discovered this when she was doing the workshop "Discovering the Core of My Identity":**

"I am a woman who recognizes transcendent qualities and our common humanity. It is my fervent desire to integrate this in my everyday life through simplicity, presence, stillness, quiet spontaneity and self-expression. Honesty and authenticity are my highest truths. Nature is woven into all of this – it is a reflection of, and a catalyst, and also just is. I strive to maintain magic and wonderment and love – the fabric of all things.

And to remind myself that life is wonderful, and be grateful for its beauty and all that is."

## Changing the way I think about my relationships...

We need to choose relationships that give us life if we want to bring about change. Life-giving relationships are the first means for growth recommended by PRH. André himself said this about it: "People who help us grow are people who see us as we really are, stimulate us to become who we are, always keep believing in us in spite of our trials, errors and failures, and who build us through their love and their own solidity".



**Healthy relationships help me to grow by**  
Theresia Citraningtya (Citra)

"We are sustained by other people who have grown, who are themselves, who have solidity. Relating with people like this helps foster growth within us. We are helped when we feel loved and accepted as who we are. Growth occurs when we have groups that are life-giving. We are boosted when we grow together with others."

Citra celebrating her birthday: with Denny, her husband and her two sons, Cisco and Linus.

Citra is a long-time participant in Personality and Human Relationships programs. She is currently training in psychiatry in Indonesia.

Reflecting on the past year an FPM\* participant drew a diagram of the changes that she has noticed...



\* FPM - The Personal Methodical Yearly Growth Program

There are 3 parts to this diagram:

Part one: "I try to live in a nourishing, beautiful and uplifting environment and minimise contact with people or events or places that drain me. I respect myself and my needs more."

Part two: "I've become more aware of any destructive thought patterns such as treating or viewing myself critically. I'm trying and succeeding to view myself kindly and with affection".

Part three: "I accept my uncomfortable and unpleasant sensations (e.g. anger). I examine them and do not repress them. I deliberately allow them to be."

## Changing the way I act in my relationships....

*The more I put into action the changes I make in myself the better I am at relating with others; as André said: "No act is neutral". Every action is an opportunity to let our being emerge, yay!*

**Carmel discovered that connecting more with the positive in herself she can be ever more assertive in her relationships:**

"I am discovering that what I labelled as "intelligence" is not as important to me as I thought. I am coming to realize that intelligence takes many forms. This releases me from a bondage that I have carried for a very long time. To continue to work on this I can nurture an openness to myself. Finding that I am being in truth about myself gives me confidence to look at how I can speak up for myself – speak my truth – in difficult circumstances. To work on this I nurture my life-giving relationships as this helps me to come closer to my truth."



**Change can occur in a professional helping relationship.** Maud Briscoe-Renaud is running her own practice ([www.maudbr.com](http://www.maudbr.com) or [www.peoplewinconsulting.com](http://www.peoplewinconsulting.com)) and is in on-going training in the PRH method of Helping Relationship, under the supervision of a licensed PRH educator and accompanist.

### One of her clients reflects on her experience of change....

"I first met Maud at a networking event we attend together once a month. We started to connect and understand each other's businesses and I knew I needed to start working with Maud on myself.

I knew I needed help in the areas of my personal life, especially on me. With every helping session my desire to be myself grew stronger and stronger. Each session I have had with Maud is slowly setting me free.

Over the years I have built behaviours - destructive behaviours - to mask my deep inner pain. Together with Maud and the love and support of my husband, we are slowly breaking down those barriers, those walls, and rebuilding something new.

My progress is a very nurturing one: that place of dislike of myself the "I am not good enough as a person, as a mother, as a wife, as a business woman", is slowly being replaced by love coming within me and I am starting to really feel that I am good enough, I am worthy of love and success.

Thank you Maud, for allowing me to feel safe and enter that place of trust."

Zaharoula, mother, wife, business woman.

### The PRH Helping Relationship Sessions...

If you want to work through a specific problem, difficulties in a relationship; a decision that is worrying you; or if you are feeling stuck, upset or overwhelmed, spending time in a one-to-one situation can help bring about change.

These interviews can help you to see more clearly; to change your way of looking at your problems; to discover better ways to live; to grow and to discover more of your strengths and potential, and to become more positive about yourself and your life.

Call (03) 9807 8351 for an appointment or contact Zofia, [zofia@prhaustralia.com](mailto:zofia@prhaustralia.com)

(Appointments can be face to face, via phone or Skype)

The link to PRH Australia website: <http://www.prhaustralia.com/#!counselling/cr2d>

## Questions to grow by....

### *Changing how I feel*

Is there a relationship where affirming myself would bring about a positive change in me?

Are there relationships where I do not feel completely safe?  
What can I do about that?

### *Changing how I make decisions*

Is there a relationship which is no longer life-giving for me?

What decisions do I need to make about this relationship?

### *Changing how I act*

Do I feel I want professional help?

Who can I trust? And who do I feel safe with?

### *Changing how I think*

Do I take seriously my legitimate need to have life-giving experiences?

## Positively Facing Life's Challenges

In this two day workshop you will learn to face the challenges that are currently in your life by:

- Understanding the way you react to these challenges and
- Discovering your inner resources that can support you through these difficulties.

You will come away more equipped to deal with these challenges.

You will look at these difficulties with greater clarity.

You will feel empowered to face these challenges.

You will determine positive steps to take.

Dates: Sat & Sun,  
January 16 & 17, 2016

Time: 9am - 5pm

Cost: \$295/\$245 conc.

Venue: Mt. Waverley, VIC

Register by:  
Friday Jan 8, 2016

A deposit of \$50 is required to secure a place in this workshop.



<http://www.prhaustralia.com/#!/decision-making/ckce>

## Authentic Assertiveness

(Three afternoons)

What does it mean to be "assertive"?

Why is it sometimes difficult to be assertive?

How can we become more assertive?



The book "Standing Up...the Art of "Existing" will be your guide and a source of inspiration and encouragement.

The workshop is a practical hands-on guide, working with your own experience. You will discover effective ways to assert yourself with confidence.

The workshop is made up of three 3 hour sessions:

Dates: March 5, 12 & 19, 2016

Time: 1pm - 4pm (3 Saturday afternoons)

Venue: Mt. Waverley, VIC

Register by: Friday Feb 26, 2016

Cost: \$220

Cost includes a copy of the publication "Standing Up: The Art of Existing"

A deposit of \$50 is required to secure a place.

<http://www.prhaustralia.com/#!/living-authentically/c1he>

## Community news

### Sustainable Gardening Australia asked Zofia to have an Open Garden weekend...



Here is what they had to say...The first in SGA's series of Sustainable Open Gardens and Tours, Zofia's garden in Mt. Waverley is an exemplar of productivity and aesthetics with low environmental impact and financial cost.



Zofia is very resourceful, scouring hard rubbish collections and demolition sites for materials she can use to create lovely design, lush growth and inviting spaces for relaxing.

Garden arches, old gates and wire mattress bases form supports for climbers; windows, planks and other materials salvaged from a house being demolished next door have made the chook house.

In fact, most of the infrastructure is made from discarded items. "I love the aesthetic of re-using found materials in different ways – saving them from being destroyed and giving them a new life (I also save a lot of money). For example, strawberry beds made from old council recycling bins," she said.

\*\*\*\*\*

### The workshop: **Committing Myself to Inner Healing** (December 2015)

Annemaree wrote: *I loved this workshop. It was hard and worthwhile to do but yes you need to be ready to do this. I like the Growth tools we used. I feel as if I have travelled far in my understanding of Disproportionate and Recurring reactions and my childhood needs that I still experience.*

*Working with my defence system was wonderful. It helped me tease out the things I must do to protect myself. Minimising my needs stands out for me as well as exploring my childhood past and how I went about surviving my wound of non-existence.*

*I feel spending this time with other people who have been working on their growth for a long time has been wonderful. The atmosphere of acceptance and care is outstanding, the sharing and the questions by the others brings light to me too.*



Annie (from Malaysia), Carmel, Annemaree, Zofia

**Workshop in Canberra: “Discovering the Core of My Identity”**



Kathryn wrote:

The discovery that the qualities we call “positive” are at the core of my Being is wonderful. To be able to stand in the knowledge that I have much to offer the world in me already, the knowledge that if I ground myself in my Being has me being strong and bold is delightful.

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**In Loving memory of Sister Margaret Bubb  
22<sup>nd</sup> December 1930 – 18<sup>th</sup> July 2015**

Sr Margaret Bubb was a woman who loved life. She filled her cup to the brim, and was never happier than when it overflowed to gladden the hearts of others. But on Saturday, July 18<sup>th</sup>, the doctors told her there was no further treatment they could offer her for the debilitating medical condition she had battled all this year, and that indeed, her life was draining away. With characteristic realism and practicality, she made the decision to have all life support equipment removed, so she could enjoy conversation and quality time with her sisters Jeanette and Tricia. And by the end of the day, she had taken leave of this life, with unwavering faith in fullness of life to come.



Margaret enthusiastically embraced PRH – Personality and Human Relationships – a process for human growth and development emanating from the genius of the late Andre Rochais in France. She recognised in PRH a potential for all people –to access their being. She became a licensed PRH educator in 1986 and brought the gift of PRH to Central Western NSW. Not only did she become proficient as a facilitator of PRH workshops herself, but with typical thoroughness, she became a qualified trainer of other PRH facilitators, travelling to Canada and Thailand on numerous occasions to participate in the leadership of workshops and conferences. There are many people who acknowledge their debt of gratitude to her for her gentle, professional accompaniment of them on their journey towards integration and maturity.

Here is a link to the website and Margaret’s history with PRH: <http://www.prhaustralia.com/#!about4/cu3h>

# Being True to Myself in My Daily Life



*The meaning of my life is...  
in my capacity to create  
and heal relationships.*



*The meaning of my life is...  
to allow divine love to  
glow through me to  
myself, my children and  
others.*

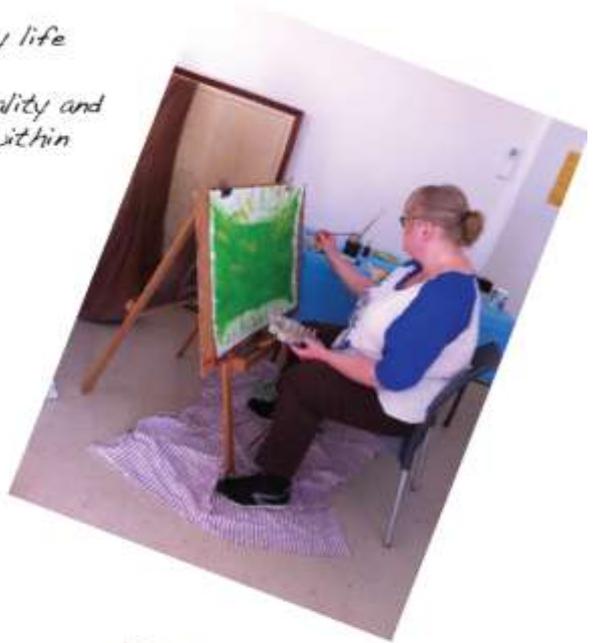


*The meaning of my life is...  
to be peace and to bring  
peace into my world; to  
receive authenticity from  
others.*





*The meaning of my life is...  
to embrace my reality and  
to reveal myself within  
my reality.*



*The meaning of my life is...  
imbued with creativity and  
simplicity.*



*The meaning of my life is...  
to live from my Being; to  
enjoy and savour the many  
colours of living; to spend  
time and centre in my being  
so that I can solidify the  
person that I am meant to  
be.*

## PRH workshops for 2016

To download the full program, please click:

[http://media.wix.com/ugd/ebe81f\\_360d7b3095f447e2bd803d77154e7526.pdf](http://media.wix.com/ugd/ebe81f_360d7b3095f447e2bd803d77154e7526.pdf)

January	February	March	April
16 & 17: Positively Facing Life's Challenges	4 – 7: Making Good Decisions – Canberra	5, 12 & 19: Authentic Assertiveness	1 – 5: Listening to the Messages of My Body – Millgrove (Live-in workshop)
30 & 31: Helping My Children Become Themselves (Part 1)	27 & 28: Helping My Children Become Themselves (Part 2)		9 & 16: Discovering the Core of My Identity
			23 - 25: Towards Freedom in My Relationships (Anzac Day weekend)
May	June	July	August
PRH International Conference Bordeaux, France	25 – 29: What is the Meaning of My Life?	6 – 9: Exploring the Transcendent Dimension of My Life	20, 27 & Sept 3: Towards Freedom in My Relationships
September	October	November	December
17 – 20: Loving and Being Loved	15 & 16, 22 & 23: Finding Fulfillment in My Work	5 & 6: Growing in Personal Solidity – Canberra	3 & 4: Discovering the Core of My Identity – Malaysia
26 – 30: My Body and My Personal Growth		18 – 23: Exploring My Present Relationships (Creative expression workshop) CWA Toorak (Live in possible)	6 & 7 My Profile as a Trainer and Educator – Malaysia
			9 – 12: Listening to the Messages of My Body – Malaysia