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Personality and Human Relations
An International School
of Adult Development since 1970

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Volume 8 Number 2

Rock, Paper and Scissors Part 2 of 3 by Ron Spann

Welcome to the dog-days-of-summer edition of this newsletter. We hope that your summer has been restful and renewing.

As promised, this issue deals with emotional maturity, the second in a series on the three lines of growth that lead to integrated personality. The series began with interior solidity, and will conclude with an issue on faithfulness to in-depth conscience, the “rock” and “scissors” of our PRH take on the game known as “Rock, Paper, Scissors.”

From the viewpoint of PRH education, the pithiest definition of emotional maturity would be the capacity to love and to be loved. To understand love requires us to turn to the business of relationships. That is, after all, the second element of PRH: Personality and Human Relationships. True growth comes gift wrapped in life-giving relationships – or the “paper” in “Rock, Paper, Scissors.”

Managing our relationships well requires wisdom and emotional energy. Interestingly, “emotion” derives from a compound Latin word literally meaning “movement outward”. So emotions are no mere feelings, but energy fuelling our need to act in relation to others, whether in love, anger, compassion, concern, and so on.

Such is the potency of this energy that without help in understanding and using it, anyone is easily frightened by or left in hostage to his or her emotions. Even the best of human environment cannot guarantee that emotional development will unfold without distortion or gaps. PRH education has good reason to emphasize emotional maturity as a key element of personal integration.

As always, we hope that this newsletter will enrich our readers’ journeys as persons in the process of growth. Enjoy!

André Rochais: Emotional Maturity

[This is an excerpt from a paper by André Rochais, our thanks to PRH educator Irma Gendreau for pointing it out. We have adapted and printed it here.]

True emotional maturity: True emotional maturity is the result of complete and unhampered development. Persons who have attained it love everyone they meet and are not afraid to show their love. Their whole life is guided by love.

Characteristics

Tenderness experienced without fear: Deeper than emotional love lies a love consisting of tenderness, thoughtfulness, and respect for others. Based on wonderment, this love sees through even the most austere and surly appearances to discover the inner beauty of each person.

Emotionally mature persons have set their affective powers free; they fearlessly acknowledge and experience them as their central treasure. “Fearlessly” does not mean with no hesitation in concrete situations; tact and respect for others are needed in expressing love. Blunders are possible, but love is the core of life and its highest value.

Universal love: Love for every person one meets is deep, heartfelt, and effortless. One has only to be attentive to the best in someone to experience warmth towards that person.

The emotionally mature have special friends, especially among persons who also have allowed their best self to live, but are not limited to these relationships. Their heart remains free to love anyone who comes their way. Even in marriage this love is not restricted to the family circle. It is open, accepting and available. It is not a divided love, but rather a fullness of love for every person one



André Rochais, founder of PRH

In This Issue of the Newsletter

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André Rochais: Emotional Maturity

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meets. In each relationship the degree of involvement depends on what is awakened by each other's inner beauty and receptiveness. Every relationship is unique. **Natural emotional expression:** The emotionally mature person dares to express love concretely. The mature individual is not carried away by emotions; he or she expresses emotion only so far as the being inspires. Self-control comes as second nature; it is not a matter of sheer will-power. The being, whose nucleus is love, has become so densely alive that one's emotions gravitate around it. Emotions in action are the outcome of in-depth forces.

Deep love becomes concrete: There are the ordinary hallmarks of politeness, of attention to others. These acts proceed from the heart and are pregnant with love. The eyes express more warmth, the smile is more meaningful, service becomes heartfelt presence, a handshake is warmer. These gestures of every day life can assume much meaning when they proceed from the heart.

There are the hallmarks of friendship, the language of friends: the use of first names, kissing, and familiar gestures of affection. When love is real, all of these are normal. Sexual intimacy is a way of expressing love. Of course, it also has another purpose: propagation of the species. It is a normal expression for those who can provide a home for the child who may come.

Tangible expressions of love are governed by social codes which vary with every generation, social milieu, and country. Emotionally mature persons take these codes into account so as not to upset others. Natural control of emotions makes it easier to be adaptable.

A life guided by love: Love has taken the central place in life. It is recognized as the highest value; it becomes essential to living.

It permeates the whole person and leads to a new way of participating in the transformation of the world. By refusing to align itself with any one power, love does not contribute to the cult of power. It even seeks an adversary's positive features in order to stress them and thus awaken what is best in a person.

Love leads to involvement in everything likely to awaken life in others and to help them towards a fullness of being, life, and love. Love would rather create works of life than do battle. Life will overcome. People will turn to what most helps them to live.

Love and Solidity

Human beings develop along three converging lines: inner solidity (including spiritual solidity), emotional maturity, and fidelity to conscience. A person who has developed all three aspects is harmoniously integrated. Emotional maturity is therefore a component of the integrated person. Seeing where emotional maturity fits into this unity will enable us to perceive its place and its role.

Interior solidity grows as we become aware of our qualities, trust them, and habitually and spontaneously refer to them. In-depth love is one of those qualities.

Spiritual solidity falls under relating to the Transcendent. Surpassing us and yet integral to us, the Transcendent draws us to go beyond our present limits so as to progress towards total self-actualization. Spiritual solidity is the outcome of increasingly spontaneous surrender to the Transcendent and brings our being into line with what it really is: our being and this more-than-self.



The further we progress in our relationship to the Transcendent the more we discover that its face is love. Development of the power to love seems to be the centerpiece of growth. The three lines of growth do not necessarily occur simultaneously. Interior solidity – spiritual solidity included – may be quite advanced, but the strength to love may not be totally freed. When the three lines of growth meet, love is the unifying center; it permeates and harmonizes the whole person.

Love and Early Development

Feminine love and masculine love: We bear within us a masculine and a feminine aspect. Thanks to the love received from men and women, those aspects blend into a harmonious whole. Children need love from both men and women, each producing its own effect on their development. Consequently, living without exposure to both sexes is not conducive to balanced development.

Parental love: The child needs not only

the love of each parent, but also their mutual love. The child is very sensitive to the atmosphere arising from the parents' relationship. Discord, misunderstanding and lovelessness are troubling and can shatter a budding personality. In order to grow, a child needs the security of a loving home.

Stability

The child requires the combined vitamins of love and stability. At the mercy of their instincts, children are unsteady passengers on someone else's ship. Neither giving in to a child's whims nor being thrown off by them are the way to impart the stability and solidity which he or she will eventually need to steer his or her own course.

The ship on which a child has embarked must have a weighted keel. Parents and educators must have sufficient inner solidity to enable them not to be shaken by a child's whims. Moreover, their task is to help the child discover an inner equilibrium so that eventually the child may set his or her own course without danger of shipwreck.

Firmness along with love is indispensable to harmonious growth. If firmness is to be educational, it must not be prompted by the educator's whims, but must be rooted in inner self-assuredness.

How to awaken in-depth love

Develop wonderment: In-depth love awakens the other person's being; hence, the capacity for in-depth love. To love children, we must be close to them, spend time with them, and be attentive to their best selves. Being attentive to their positive traits does not mean closing our eyes to their limitations. We love the whole person with his or her qualities and shortcomings. In the presence of this developing personality, many of whose qualities are still in an embryonic stage, a wondering love is awakened in us. It is proportionate to how much of the positive, whether actual or potential, we see in the child and to the degree to which we have developed emotionally.

Say why we love: By reflecting the qualities which stirred our wonderment, we foster the child's self-awareness. Loving someone without saying why is not enough to help that person develop true identity. We should repeat our reasons as often as seems necessary, for only slowly does anyone become aware of his or her qualities.

Whenever these qualities show up, they should be mirrored back soon after. Some

Poets' Corner



William Thomas Deneke

Poems written During Times for Being

by William Thomas Deneke

I Did Not Shave Today

I did not shave today.
I meant to
but the breakfast bell rang
and I put it off.
Before I could return
my heart said, "First,
attend to me."
The way of the heart,
it disrupts routines.
It calls us away to deeper things.

Swinging on the Porch

It has been awhile.
I pass by you,
going out and in.
Too hurried
to rest in your lap.
I see you hanging there,
dusty but inviting.
But I pass on musing that I
will dust you off before long.
You are patient.
You wait.
You beckon.
How long before I come to you
and rest in your arms?

Head and Heart

I travel with my head
before me.
My body follows
where it leads.
But my head grows fearful,
unsure of where to lead.
Lean back upon your shoulders.
Rest within your heart, dear head.
Find the strength to deal with dread.

Afraid

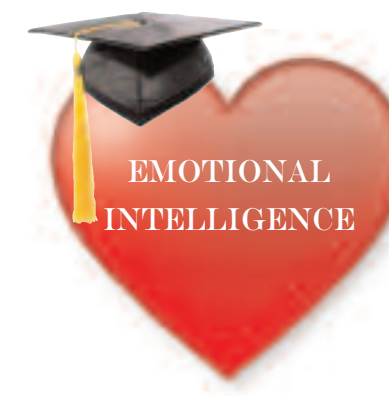
I live with fear,
an old acquaintance.
Anxiety, too, is near.
They are phantoms
of the dark.
But such a part of me.
To Be Alive
What a wonder I am.
My legs can walk and run
and dance.
My heart can love
and break and mend again.
What a mystery we are.
How good it is to be alive.

On the Journey

A year from now I wonder where I'll be.
Somewhere on the journey
of my being.
And I hope I'll think back on this
day of looking in
And know again the wonder of being me.

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Bill Deneke is a priest in the Episcopal Diocese of Atlanta. He finds time for iconography, is an aspiring photographer, and has hopefully been reunited with his porch swing.



Holly Huisken

The Phenomenon of Growth

by Holly Huisken

Say "yes" to me at my best
Say "no" to settling for less
Say "go" when I want to stop,
Stand tall when I want to drop.
Go forth when I want to close in
And accept loss when I want to win.
Cleanse wounds until they heal,
Find life in each ordeal.
Act on my own behalf—
Struggle, succeed, cry, laugh!
Always, always, seek the potential.
Then growth may be exponential!
And even when I seem to regress
If I am attentive – that's success.

© 2007 Holly Huisken

Holly Huisken of South Dakota is a church administrator during the school year and a camp director all summer. She attributes her continued growth to the Holy Spirit, PRH, and Tatanka, a Husky/Malamute mix that keeps her walking in nature every day.

Book Review

by Toni Rogers

Emotional Intelligence by Daniel Goleman



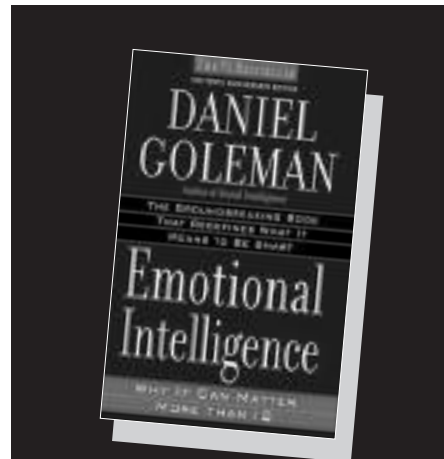
Toni Rogers

Emotional Intelligence is a classic book on cause and effect of human behavior. In *Emotional Intelligence*, first published in 1995 Daniel Goleman writes about physiology of the hardwiring of the brain of the human person. He begins with emotional responses that have been preconditioned by genetics and continues with human behavior and societal influences on the human person. Drawing on brain and behavioral research, the book asks why people of modest intelligence sometimes do better in life than those with a high IQ. The factors that influence the change in human destiny are beyond our genetic makeup and temperament. What Goleman terms *emotional intelligence* is a different way of being smart. It includes traits which include self-awareness, self-discipline, and empathy. Many of the key premises of this book are much like those of PRH. Being attuned to our feelings is crucial in making better personal decisions. Emotional self-awareness is a fundamental building block of emotional intelligence. Learning to

read your body, basing your self in reality, the ability to reframe a situation in a more positive light, mastering impulse control, retraining emotional circuitry, talking about feelings are all part of what makes up emotional intelligence. The implications of the research are that we can change for the better, we can learn new ways of behavior, be better parents, partners and friends.

Studies of psychological disorders showed improvement in patients and diminished relapse of the disorder. Retraining thought patterns and reframing perceptions were within the reach of those studied. Sometimes medication was in order to achieve that goal. Sometimes the intervention was achieved with therapy with the same outcome as the medication. What was important was interrupting the cycle in thoughts or perceptions. In PRH reeducation is one of our greatest tools. What touched me most were the studies done on teens and children. Studies of bullies and teens with delinquent behavior showed clearly that training in emotional intelligence needs to begin early, but at all stages in life a supportive environment and reeducation of the emotions is possible and the outcome is positive.

PRH educator Toni Rogers lives in Los Alamos, NM (a.k.a. the Atomic City) with her husband Mike, an engineer at the Los Alamos National Laboratory, which takes on new significance as Toni develops a taste for ever hotter chili peppers.



Being attuned to our feelings is crucial in making better personal decisions.

Emotional self-awareness is a fundamental building block of emotional intelligence.

parents set aside time in the evening to review with each child what made him or her happy that same day. This helps children to take stock of their own positive traits. Express love concretely. Just feeling love without expressing it concretely is not enough. To foster growth, love must be

expressed through every possible means: words, intonation, caresses, kissing, gestures of tenderness. Some people lacked nothing material during their childhood but were deprived of tangible expressions of love, and something within them failed to develop. They suffer from lack of affection and lack of solidity.

For parents to devote and sacrifice themselves for their children is not enough. Children also hunger for love. *André Rochais (1921-1990) founded PRH in 1970 in France.*
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Of Pool Parties and Snakes: The Emotionally Mature Grandma



by Mary Ryan

PRH became part of my life twenty-five years ago. My husband and I were doing our best (or so we thought) to raise four teenagers, two boys and two girls. Neither of us really believed that our "best" was as good as it could be. I was constantly searching for "something" some new approach, some new insight - into the challenge of loving, understanding, and of course disciplining four spirited teenagers and doing it more fully and more effectively. Then I found PRH and of its amazingly effective methods for improving family relationships. Now, twenty five years of PRH and fourteen grandchildren later, I deeply appreciate the major role PRH has played in building and enriching my relationship with our grandchildren. Understanding and accepting PRH's "four points in a movement of love" were essential to the growth. I find I am now able, comfortably, to separate my own hopes and aspirations for my grandchildren and be in awe of the beauty and uniqueness of their gifts and their developing values. I can see the little ones trusting me more and drawing ever closer, on their terms. What a joy to have one of them ask "Grandma, could I have a back rub?" or "Would you please pray for me to do well in tomorrow's exam?"

These close and quiet moments with them give me the opportunity to welcome them into my life, affirm their individual gifts, and experience the joy of watching the smiles of trust and comfort on their faces. When I am able to stay attentive to the in depth love and give myself to them fully, if indeed, briefly, I am letting them be who they are and giving myself the gift of their real presence in my life. None of this came naturally to me: only in PRH did I find what is really needed to create a loving and trusting relationship with our grandchildren, and then how to nurture it. One practice I've adopted to grow closer to our grandchildren is to celebrate each child's Birthday-just the two

"Grandma, you'll be known at this pool as the playing Grandma"

of us- and then shop for a Birthday gift. One of the boys, on his 12th birthday asked to go to a pet shop for the after-dinner birthday shopping. Inside the shop, much to my dismay, Daniel headed directly for the snake section and, pointing at a long grey slithering snake shouted "I'd like this one Grandma." Fortunately, I was able to silence the horror at my sensibility (the place where our feelings, both positive and negative live) and go to my being, (the place where our gifts like courage, patience, love, etc., reside) and enthusiastically help him to choose a friendly snake. Daniel and I have been good friends ever since and he regularly invites me up to the loft to visit Fireball the Snake. Perhaps one more example would help illustrate how PRH decision-making, can enrich the special relationship between a grandparent and grandchild. Last month, I

asked another grandson what he would like to do for his birthday. He promptly responded "The bowling alley" Although this is NOT what I would have chosen, I breathed deeply, consulted my being and said to Michael "Let's go". During our fun bowling excursion, I was able to affirm Michael in several of his many gifts and return home with a deeper bonding forged on Michael's terms. On summer weekends our family often gathers at a neighborhood swim club. Before PRH I sat by the poolside watching the children cavort in the water, but certainly not participating. I was controlled by the one feeling that is perhaps one's greatest thwart to emotional growth- worrying about what others think of me. Today, free of these shackles, I'm in the pool, swimming and playing with the grandchildren. Recently, still another grandson, Sean, shouted out, his face bursting into a smile: "Grandma, you'll be known at this pool as the playing Grandma." PRH has taught me that the greatest blessing of grand-parenting is the freedom to openly express my love for each of our fourteen grandchildren in ways appealing to them and to look for and affirm the gifts unique to each one of them. Without PRH, I simply would not know how critical this freedom to love is to foster a richer grandmother / grandchild relationship, or what joy it brings. This is a good example of the PRH "payoff". The other evening, as I was leaving our son's home, Jake, his four year old son wrapped his arms around my legs and said: "I love you Grandma. Will you come back tomorrow?" I felt a deep gratitude to God for this precious grandchild and a gratitude to PRH for giving me the tools to help me to grow closer to him. *When PRH educator Mary Ryan is not modeling swimwear near her home in Redford, MI, she squeezes workshops between golf games with husband Jim.*

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A Short Catalog of PRH™ Workshops

*Denotes a change in workshop title
Visit <http://PRH-usa.org> for more information,
or call an Educator to learn of Additional Offerings, Mini-workshops, etc.

Who Am I?

In this workshop, the focus is on one's being, the positive center of the person. The being, self-image, intellect, feelings, body and deep conscience are explored to increase self awareness. Participants observe their environments and relationships to confirm what is life-giving for them. Concrete steps are offered to support on-going personal development and authentic self-expression.

Clarifying My Relationships (My Interpersonal Relationships)*

Participants focus on their relationships with those they love. They review and clarify their relationships in order to grow in their capacity to give and receive love.

Leading My life

Returning to the pivotal centers in the person (Being, "I", Sensibility, Body and Deep Conscience) explored in "Who Am I?", participants observe how they function at each center. They discover what they need to support the development of their being. They identify personal life goals and how to realistically live these goals day to day.

Listening to the Messages from My Body (Approach to Self Through the Body)*

Through simple relaxation and movement exercises, participants grow in awareness of their body and its messages. They learn to describe feelings and follow them in writing to uncover the truth in their experience. This workshop is a step by step development of the PRH analysis skill.

Seeking God (I Am Seeking God)*

By exploring the history of their search for God, participants discover means to create an optimum environment for spiritual growth. They define their relationship with God, and cultivate attitudes for deepening it.

Exploring the Transcendent Dimension of My Life (A Person's Growth and the Experience of Transcendancy)*

Exploring their unique experience of Transcendancy, participants become aware of how this experience impacts the growth of their being. Participants learn to identify and describe their personal experience of the "More Than Me" and become aware of their journey in relationship to Transcendancy.

Helping My Children Become Themselves

Parents explore ideas and patterns that influence their relationships with their children of all ages. Needs and aspirations of the child are examined, including the need to be loved and guided, and to be a child in a secure environment.

Loving and Being Loved (My Affective Life)*

Identifying unmet needs of the past, participants begin to heal from experiences of not feeling loved. They discover the basic need to love and be loved and grow in their capacity to love themselves and others.

Learning How to Receive and Give Help (Initiation into PRH Helping Relationship)*

People taking this workshop learn the components of the specialized PRH Helping Relationship. They practice helping and being helped with real problems. The knowledge, tools, and experience gained lead to confidence in the use of this method.

Exploring My Present Relationships (My Relational Life Today)*

Participants use creative expression to explore their relational life. They express sensations stirred by current relationships in line, form and color. Important aspects of growth are revealed as participants explore their sensations and current relationships.

Exploring My Childhood Past (My Childhood Past)*

By using art materials, participants reconnect with their childhood. Happy, as well as painful, childhood memories that are still alive today are explored. This is a healing and growth-producing exploration.

Freeing Life In Me (Life Within Me and its Obstacles)*

Participants explore their positive qualities through line, color, and form. Art experience is not necessary. While moving along the road to self-discovery, they recognize what enhances and inhibits their growth and especially the expression of being.

Accelerating My Growth (Managing My Growth)*

Participants cultivate practical skills and attitudes helpful in making the most of their potential. They learn how to plan and manage their lives for optimum growth and healing.

What is Most Essential in My Life? (My Essential Course of Action)*

Participants sort out what is and what is not life-giving in their activities, and where they want to focus their time, energy and creativity. They review their past and present activities to clarify their life's decision.

Growing as a Couple (Becoming a Couple)*

Couples learn to listen to each other from their hearts, and share more of themselves. They reflect on what they experience in their relationship in order to clarify the bond that draws them together. They also grow in awareness of the behaviors that block their growth as a couple.

Being Fully Authentic

This workshop helps participants to understand what it means to live respect for themselves and verify whether or not they live the authenticity of who they are. They learn how to progress in their capacity to live the truth of their being.