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Through
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Did you know?

Did you know that you can make a tax-deductible contribution to PRH Institute East and Center? Your gift will be used either for a purpose you specify, or it goes to a general fund for participant scholarships, promotion, research, and other uses as seems appropriate. Your gift can open a timely door for someone facing job loss or other set-backs to their income. A PRH workshop or Helping Relationship during times of hardship has helped many persons make a stable transition to new breakthroughs. Our thanks go to all who have made such gifts in the past. Make checks payable to PRH Institute, and mail to: 8382 Ranch Estates Road, Clarkston, MI 48348.

Bits and Pieces

- The next time you launch your web browser, try pointing it to this address: www.prh-usa.org. You will find an “under construction” message that marks the space where PRH education in the United States will have a new “cyber” home. The redesigned site will have new features like online workshop registration, downloadable newsletters, and much more. We think you’ll like the new look, and hope the site will make PRH accessible to an ever broader public.
- Has it been a while since you did *Who Am I?* or *I Am Seeking God?* Both are part of a cluster of re-vamped or altogether new workshops that are finding their way into educators’ offerings. Now could be a great time to register for a repeat session through the fresh filter of your own growth and of a renovated workshop. Expect to see some redone titles: *Seeking God*, *Freeing Life in Me*, *Growing as a Couple*, *Listening to the Messages from My Body* – can you guess the titles these replace?

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The Restoration of Order

Ron Spann

Our previous issue of this newsletter celebrated the publication of PRH-Internationals’ newest book, *When Life Breaks Through*. This has given us a fresh opportunity to lay out for our readership just how truly there is a method to the wonderful madness of PRH.

The focus of the book is to explore one of the less conspicuous riches of PRH, the Helping Relationship. This is work undertaken by individuals, and sometimes couples with a PRH educator in order to zero in on matters as diverse as working through an important decision, or dealing with painful issues that hinder their freedom and growth.

Underlying all other concerns of the Helping Relationship is what Andre Rochais spoke of as the “restoration of order.” That is, PRH does not seek relief from the suffering of wounded-ness as the final goal of the work of interior growth and healing.

There is more: the restoration of an ordered-ness in one’s personality that manifests a vitality and harmoniousness that seem always to have been possible from the earliest stages of a person’s life. From a PRH perspective, of course, that possibility flows directly from the reality of the being. In this issue of the newsletter, we are pausing to look at this very phenomenon.

Pauline Plante’s article celebrates the simple elegance of the truth that when order has been restored, life breaks through. In addition she introduces us to a book by Dawna Markova that echoes this motif.

Finally, with sadness we announce the death of the Rev. Edward Farrell on May 9, 2006. He will be remembered more fully in our next issue.

When Order Has Been Restored... Life Breaks Through

By Pauline Plante

The title of the recent PRH publication, *When Life Breaks Through: the Dynamics of the PRH Helping Relationship*, awakens many images within me.

There is the sight of a tiny spring flower growing through a crevice in broken-down pavement, or the roots of the giant tree clinging to the scarcity of soil and moss on the ancient mountain boulder.

Then there is the joy of the mother giving birth to a long-awaited child, or the untold relief of the parents who finally take home the premature baby who struggled between life and death for seemingly endless days and nights.

There is joy, relief, and a sense of freedom when life breaks through. The fragile flower that inches its way through a tiny space in cement is awesome indeed. Amazement surrounds the fern that flourishes on the trunk of a felled tree. And what can be said of the amazing miracle of new life that every human birth is?

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Pauline Plante (left) takes a break with colleague Clair Coll during last May’s General Assembly

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When Order Has Been Restored... Life Breaks Through

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Life is hope and promise; it is endless possibility and dynamic strength. Life wants to take hold, to continue and to flourish; it needs to break through. Unfortunately, we know all too well that, at times, this spark of life can be diminished or even snuffed out. Re-igniting the fire of life can involve a long process of healing and growth.

When Life Breaks Through offers excellent examples and significant insights into the way life does indeed break through. Fundamentally, the wounded areas of life must be healed, and order needs to be restored to the

inner dynamics of a person's way of functioning. Persons who are healing work at choosing behaviors that favor the development of their inner being, their deepest and best self.

This means coming to recognize the inner freedom and sense of wholeness that come from living one's self in order: first, in reference to the being, where one experiences an inner dynamism for life; then from the "I" whose work it is to detect and respond to that which comes from the being, from one's deepest and best self; then from the body whose needs must be met if it is to provide the energy

required to realize one's full potential; and finally from the sensibility that works like a radar to detect the accuracy of messages coming from each center.

Whenever a person chooses to live "in order," life breaks through! *Pauline Plante lives in Pittsfield, NH where she is a co-director of the Berakah Retreat Center and conspires to help life break through in all who would so venture.*

Book Review

I Will Not Die an Unlived Life

I Will Not Die an Unlived Life

By Dawna Markova Red Wheel/Weiser, LLC
ISBN 1-57324-101-6

In her book, *I Will Not Die An Unlived Life*, Dawna Markova shares many thoughts that express one or another aspect of what needs to happen if life, my life, your life, is to break through. In her own way, she speaks of living in order, of restoring order "if life is to break through.[emphasis added]" For example, "My head is stuffed with knowledge," she says, "but something in me is still starving."

I understand this to say that a person cannot live uniquely from the "I" no matter how strong it is. The "I" must constantly refer to the being that is the source of energy and life. A bit further she quotes David Steindl-Rast when he says: "The antidote to exhaustion may not be rest. It may be wholeheartedness. You are so exhausted because all of the things you are doing are just busyness. There's a central core of wholeheartedness totally missing from what you're doing." In other words, the body is depleted of energy, not because we work too hard, but rather because we work hard at what is not essential to us, to our being, to our essential course of action.

When she speaks of how many of us are afraid of meeting ourselves, alone, without distraction, she reminds us that "when

you have the courage to shape your life from the essence of who you are, you ignite, becoming truly alive...while when the inner walls to your soul are graffitied with advertisements, commercials, and the opinions of everyone who has ever known and labeled you, turning inward requires nothing less than a major clean-up." Otherwise, the messages that bounce off the wounded sensibility are not only false messages but they are life threatening.

Readers who choose to explore the contents of *When Life Breaks Through*, will encounter persons very much like those described by Markova, persons who may well have experienced emptiness and found new life when they came to realize how much the emotional pain ignored or left unattended impacts the body and weighs down the whole person. Learning to deal with these feelings rather than repress or ignore them opens the door to releasing new life as well as deep inner strength and freedom.

Readers of both books may experience a growing kinship with persons whose stories tell of untold loss and grief, an endless search for meaning in their lives, persons who have struggled to "keep their heads above water" in all kinds of situations and circumstances, yet who finally came to a place of profound happiness and a real sense of integration,

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"The antidote to exhaustion may not be rest..."

Happy NEW Year!

by Joan Marie Brandner

Many Asian peoples observe the beginning of a New Year at spring, like the Buddhist Tet of Laos and Vietnam. "New" is a concept and an experience which is common for PRH participants. It is our way of knowing whether something is being revealed within ourselves which helps us grow as adults. Our inner work is done with questions that focus on specific dimensions of our persons. Each exploration ends with "...and, what is new?" It is amazing how this accumulation of new insights does change persons.

I will note two situations in which paying attention to the "new" made a difference. First, in my own life, and then in the life of my participants.

I am in the midst of a personal and communal discernment with 110 Women Religious for leadership positions in our Congregation. In the process, I have received many nominations. Under the column of my qualities observed, the most common descriptive word used for me is "integrated." This quality overshadows the usual long list with which I am familiar: joyful, approachable, organized, prayerful, common sense and so on.

But, this quality of "integration" is new! I am pleased. I am surprised. In fact, I am delighted! Why? The PRH process works. Evidently, my attempt "to live myself in order" as we say in our program has developed to the degree that "integration" is an undeniable part of my person. I rejoice and I can add the "happy" with a new enthusiasm to my greeting this year.

Not only am I paying attention to the "new" within my own growth process, I am also noticing the "new" in those around me---mainly, students in this university



setting. Standing at the threshold of adulthood, these beautiful persons welcome their "new" and courageously act on their accumulative insights.

I have witnessed a new found freedom which allows these persons to make decisions that move them along their path of maturity. Here are some examples: moving out of a destructive boyfriend/girlfriend relationship, changing a major in their studies, reconciling with a

parent and, in general, taking charge of their lives in order to become more fully themselves and, then, to actualize that for which they were made.

When this happens, again and again, I rejoice again and again and I pray with Isaiah, "Do not consider the former things, or consider the things of old. I am about to do a new thing; now, it springs forth, do you not perceive it?"

(Isaiah 48:18).

Let us welcome the "new" this New Year!

Joan Marie is familiar to longtime readers of these pages, and from her base in Brookings, South Dakota still achieves midwife status in bringing forth new PRH educators in USA Center.



Joan Marie Barndner (Right) and Irma Gendreau

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wholeness and oneness within themselves and with the world in which they live. They have found a way to restore order in their lives, and as a result they have come to know a source of life, an inner spirit that can no longer be squelched or extinguished.

Pauline Plante

A Short Catalog of PRH™ Workshops

Visit <http://PRH-usa.com/usacal.asp> for more information,
or call an Educator to learn of Additional Offerings, Mini-workshops, etc.

Who Am I?

In this session, the focus is on one's being, the positive center of the person. The being, self-image, relationships, intellect, feelings, body and deep conscience are explored to increase self awareness. A reflective writing method (PRH Analysis), and a decision-making process (PRH Discernment) are taught and practiced in the workshop.

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

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.

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.

A Person's Growth and the Experience of Transcendence

Exploring their unique experience of Transcendence, 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 Transcendence

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.

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.

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.

My Relational Life Today (Creative Expression)

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.

My Childhood Past (Creative Expression)

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 the Life Within Me (Creative Expression)

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.

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.

My Essential Course of Action (My Life's Work)

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

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.

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