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**DEAR NEWSLETTER READER,**

We are updating our address and email files. Please send your current mailing address and email address to plawson@prh-usa.org. In light of the economy, we are trimming our mailing list to those who wish to receive our Newsletter. We may also be considering an e-newsletter for those who wish to receive the newsletter in this form.

Thanks,  
Toni

**Bits 'n Pieces**

Jo Ann Sturzl, South Dakota educator from Del Rapids, recently returned from El Salvador where she was an election observer. She will share more in our next newsletter issue.

We also announce in this issue the bittersweet news of a vocational change for former educator Carol Williamson [Thomas]. Since relocating to Arizona from South Dakota, Carol discerned that it was time to retire her PRH dossier in order to head in new directions in her commitment to human growth and healing. She has been an invaluable member of our team, and we prize the consolation of our ongoing friendship, and perhaps not a few visits to sunny Arizona! We send her our deep gratitude and best wishes.

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**Sensational Nature**

By Ron Spann

This issue of the Newsletter is timed to appear close to Earth Day 2009. The world of nature, as the source of our material environment, always hovers in the background of the PRH explanatory system, and not infrequently moves into the foreground. Several of our workshops invite you outdoors to an immediate experience of the natural world. In fact, *Listening to the Messages of My Body* even gives you the chance to bond with a tree of your choice!

These exercises are not a stealth move on the part of PRH to recruit an army of tree huggers. Exercises built on direct exposure to nature are tapping into its extraordinary impact on our sensory, emotional, and spiritual experiences, and into the sensations to which these give rise. This rests on an implicit assumption of PRH that humanity is a part of the rest of creation and owes its wellbeing to it.

Of course, belonging to the natural world does not always mean that we like it or are convinced of its value to our growth. One person's outdoor Garden of Eden can be someone else's bug pit of horrors, with the result of widely differing sensations.

All kinds of sensations, when accepted, entered, and analyzed through the skills learned in PRH, can be portals to healing and growth. Persons trained in PRH education, like Will Rogers, have never met a sensation that they couldn't befriend, and Mother Nature, it would seem, can introduce us to a whole new Face Book page of interior friends to connect with!

In this issue Cherie Bandrowski of Detroit shares ways she has drawn on PRH education to integrate her love of nature and its creatures into her own growth.

Toni Rogers' poem probes the solidarity of life dynamics at work in human experience and all creation, while Peggy Lawson's book review directs us to haunting evidence of the essential wisdom humans can draw on collectively to forge sustainable future uses of creation's resources.

Happy Earth Day to you, and happy work of analysis and growth!

**Horses, Hills and PRH**

By Cherie Bandrowski

As a child I loved horses. I was an avid reader and I read every novel I could find about horses. Every Christmas I would ask for a horse. Despite the fact that my family lived on a small lot in suburban Detroit, a horse was my dearest wish. Every Christmas I got horse books, horse barrettes – everything horse but a real horse.

As I grew up my love of horses got pushed to the side by the realities of life. Once every 5 years or so I would get an opportunity to go on a trail ride at a rental stable, but it was so far from my dream that at one family reunion where a group went I wasn't even interested.

Several years ago, however, I started praying, "Lord, I know this is crazy. I live in Detroit, but I'd really like a relationship with a horse." Meanwhile, my husband had started meeting occasionally with Ron Spann as a spiritual director. I distinctly remember Dan coming home from one of those sessions saying he had told Ron about his deep love for nature – his hiking and climbing experiences as a young man and how it fed him – yet how he just doesn't have time for it, with life's demands. Dan said Ron had asked him something on the order of "What will happen if you don't take time for nature?" The question was a penetrating one for Dan, and it spoke to me as well.

I started going with Dan to meet with Ron, and the times were rich and life-giving. Ron began telling us about PRH, but in my mind the thought of thirty hours of journaling and self-analysis sounded daunting and draining. Ron gently persisted, and early in 2003 Dan and I participated

in a "Who Am I?" workshop. Dan in particular came away from the time with a tangible sense of growth in self-understanding.



Cherie & Dan Bandrowski

**In This Issue of the Newsletter**

- Cherie Bandrowski: *Horses, Hills and PRH*
- Poet's Corner: *LifeDynamic*
- Book Review: *Original Instructions-Indigenous Teaching for a Sustainable Future*
- Bits and Pieces
- Pull-out Directory of Educators and Workshop Descriptions

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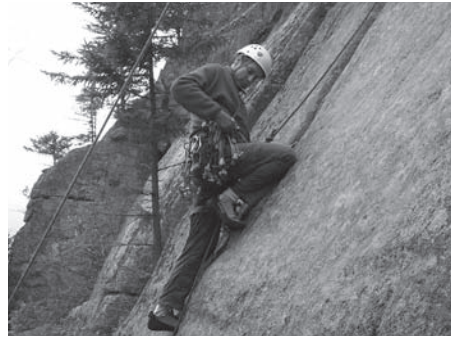
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## Horses, Hills and PRH

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His call to urban youth development was confirmed during the sessions. But the sessions also helped to uncover the passion he had for connecting with nature. The benefit to me was felt less immediately but became more gradually apparent as the new understanding which had integrated my thinking bore fruit in life developments.

Through PRH I was able to give myself permission to own and enjoy two horses. We board them thirty minutes from our home. I enjoy the special way they enable me to touch God, my growing understanding of them, and riding them over miles of woods and hills together with Dan and others.

Dan's passion is hiking and climbing. In late summer of 2007 I found myself alone with Dan climbing on a classic mountaineering route up a dike onto a slide in the Adirondack Mountains of New York. I was NOT enjoying myself. "Are we having fun yet?" I mentally asked myself sarcastically, as I fearfully rock climbed, roped to Dan and following his lead. We succeeded in climbing perhaps a quarter of the way up the dike when we decided to abort the climb due to threatening weather. Rain on the rocks would have significantly increased the danger, and the better part of wisdom told us to come back another day.

I had brought my "Who Am I" notebook from '03 with me to the trip to New York, thinking that the break away from "normal life" would give me time for reflection. Back at the cabin I decided to do my own mini PRH session. I went through and journaled the answers to many of the questions, including a question that had arisen in my own mind – am I climbing because it's in my being or am I doing it for Dan? I got in touch with the fear I felt and looked at it squarely. I spent much of the day working on my PRH session, and at the end felt confident that yes, it was in me to climb. I

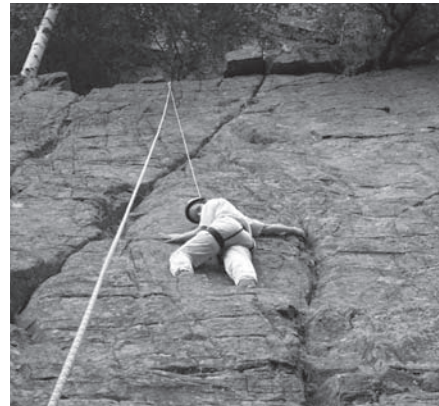
didn't want to just be a tag-along. Like riding horses, climbing mountains provides a unique opportunity to touch God that is either embraced or lost. The next day I was fully in for the adventure – a willing partner rather than a reluctant tag-along. Let me quote from a prayer I wrote in my journal the day after the climb.

*Father, what an amazing experience we had! Got up at 5 am and started on the trail with headlamps. We started climbing the dike at 9:20. It was a beautiful, sunny day in the 60's. The cliffs towered above us on both sides. The brook tumbled down the rocks. It was rugged yet amazing. We finally went out on the slide a large area on the side of a mountain denuded of foliage. It was pretty intimidating each time it was my turn to climb. I felt very dependent on You, looking the other way, and not just up, I see Mt. Algonquin – right there in front of me like the lap of God... We reached the summit at 7:30, just as the sun set over the mountains. Wow! We headed down the trail with our headlamps on. We returned via a hiking trail through the woods of the mountain rather than back-climbing. The one stretch felt never-ending and was challenging with all the boulders/rocks. Dan took most of my weight equipment from my backpack which helped tremendously...we still didn't make it to the parking lot 'til -12:15 am... We crashed into bed! -1:15a... Lord, our spirits were exhilarated – Father, I can't believe we did it! Crazy, I didn't think it was in me... I did feel I touched You – through your creation – your splendor, glory, power, gentleness... It took commitment, work, preparation, and perse-*

*"The cliffs towered above us on both sides. The brook tumbled down the rocks. It was rugged yet amazing."*

*verance, yet what an experience of You... I never could have done it without the mental preparation of the day before, Lord, thank You... You may even have called us there – to experience your beauty, grandeur... and perhaps even to grow in self-confidence and in our ability to hear and trust You.*

*Dan and Cherie Bandrowski have lived in inner-city Detroit for twenty-five years, deeply committed to the academic, social and spiritual transformation of urban youths with generous times of exploring the outdoors, whether while white water rafting, or tenting by Lake Michigan. Mr. and Mrs. B., as the kids call them, have pursued their own growth in several PRH workshops and in Helping Relationships.*



## Poets Corner

### Life-Dynamic

Toni Rogers

Spring brings new life,

even life after a flood.

Baby birds are born

regardless of snow.

Daffodils bloom in the wake of a tornado.

What divine spark causes nature to push on?

Humans too, push on

regardless of tornados, floods and loss.

The divine spark big bang within us

awakens and we move

to the rhythm of new life.

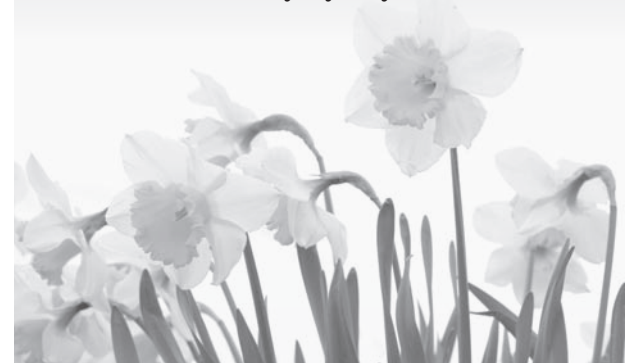
Life calls to life

in green grass and blooming apple trees.

We join hands with life

and move on

day by day.



### Original Instructions: Indigenous Teachings for a Sustainable Future

Melissa K Nelson, Editor

A book review by Peggy Lawson

There's quite a bit of use lately of the term "consciousness" and much being said about "being conscious". What this means to me is increased awareness.

Indigenous Peoples are intensely conscious where matters of respect are concerned. And beyond that consciousness lies a beautiful relationship with the plants and animals, with the soil and sky and winds. For people of the First Nations, these are their relatives, cousins whom they love and honor, parents they revere. Through these relationships, there is an integration of the plants and soil and weather, so these have become part of the identity, in a very conscious, aware, enlightened manner. Indigenous people experience a symbiosis with the earth that brings love and caring. They have the capacity to see and receive the earth and her many inhabitants, to really see and receive, so that the people's identity is altered to include the identity of the earth and plants and animals and sky and winds. And this identity is inscribed in their Being, as we would say in our PRH way of speaking, just as certainly as human being is inscribed there.

There is no way one book review can do justice to the scope of this book. The relationship between the earth and the human beings is just one facet of it. This book is made up of essays – talks really – taken from the Bioneers Conference that started in 1990 to find "solutions in response to the urgent call from leading scientists. Humanity needed to change our way of living on earth to avert global environmental catastrophe."

The reader would think from this that the book is just about ecology and environmental issues, but that is really only a small part of the picture. From an Indigenous person's perspective, it is respect that bleeds into all areas, from democracy to women's issues.

What I've brought away from this book is the way of living in reference to others – plants, people, the weather, everything really – that Indigenous peoples have. It isn't just that they teach me how to respect. They are able to put themselves in another's place to see how best to relate to the other person. And this is woven into all aspects of life. The way they live is experienced by them in complete awareness of whom and what they are, and how they live. I find I'm lifted up by them and their way of Being.

## 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.

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