

**Available
Through
Your PRH
Educator!**

Copies available from our office for \$30. Please call (248) 766-3047 or send an email to prhcenter@prh-usa.org for more information. Or send a note with a check made out to PRH Institute-USA Center/8382 Ranch Estate Roads/Clarkston, MI 48348

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.



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

Winter 2008

Volume 9 Number 2

Presence

by Toni Rogers

In this issue we explore the phenomenon of presence; presence to yourself, to your loved ones and to the world around you. Presence isn't a new concept. Many world religions and spiritual disciplines have encouraged living wholly in the moment, taking what comes and living it to the full.

In PRH we help people in their personal development to live from their being in all circumstances. Living from our whole best selves infuses the present moment with energy. Centering ourselves in our being brings transformation to the moment at hand. The twin poles of growth and healing clear the way to our being, removing past detritus and projection. Instead of future or past orientations we find the manna we need for the moment within ourselves in the moment. It is our openness to the present in us and others in the situation that results in transformation.

In our featured article, Peggy Lawson writes about Opening to Awareness in her life. A review of "A New Earth" by Linda Lambertz compares key concepts of the book to the PRH explanatory system.

Kathleen Ciani shares her experience of present living in her poem "Here and Now." Also, Ron Spann shares his experiences of the PRH International Meeting in Spain. Susan Ahrendt shares on the 20th Anniversary of PRH in South Dakota.

"Centering ourselves in our being brings transformation to the moment at hand."



Opening to Awareness

by Peggy Lawson

You would think that as a survivor of addiction I'd be at a disadvantage in my adult life. There are many things I could have learned if I hadn't been in drug induced unawareness. But addiction is all about trying to be unconscious to the present – the present is too hard to deal with. I attempted to get away from the present in drugs. The success of those attempts kept me from learning some common skills usually gleaned in youth: knowledge of proper behavior in groups, the realization that an adult is called to behaviors different from a youth or child, social responsibilities around community, learning to detach from family. I did eventually learn these skills – the hard way.

The pressure or needing to be an Adult while not knowing how made me willing to be open to anything that would move me along and get me out of the pain.

Pain is a good motivator. Without it I wouldn't have been motivated to be open to change. In my openness I experienced new means for change. One of these was PRH. It penetrated my life in such a way that I could not resist it. If offered tools to help me change.

My relationships with family and friends changed. I realized that something in me had been touched deeply and I had a vitality and vibrancy for life that I didn't know anything about. I found gratitude come up in me more than I could have imagined. This uncovered more space in me that opened me up to more, until there was enough space in me to find the Transcendent. And although looking back I recognize it was an evolutionary process, slow and steady, it felt like a huge opening at the time. And it felt wonderful, feels wonderful still.



Peggy Lawson

In This Issue of the Newsletter

- Peggy Lawson: Opening to Awareness
- Book Review: A New Earth
- Ron Spann: PRH in Espana
- Poets Corner: Kathleen Ciani
- Pull-out Directory of Educators and Workshop Descriptions

— Contents —

| | | | |
|-------------------------|-----|--------------------------|---|
| Feature Articles..... | 1-3 | Workshop Description.... | 6 |
| Contact Us..... | 5 | Book Review | 7 |
| Educators Listings..... | 5 | Poet Corner | 7 |

Continued on page 2

PRH Institute
8382 Ranch Estates Road
Clarkston, MI 48348-4033



Non-Profit
U.S. Postage
PAID
Tpd

Peggy Lawson:
Opening to Awareness
Continued from page 1



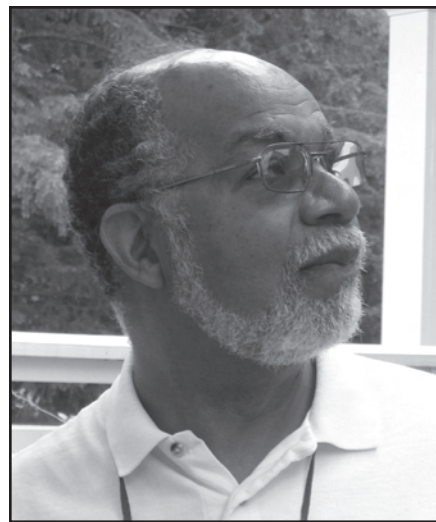
When I'm aware, I can see people, and animals, and stones and stars with more clarity. And what's important about clarity? It's that I can now better see them for what they are, not so obscured by the filter of my past, not fogged up in the mirror of my reflection. And not fogged in your reflection, either. As I become more open, I enjoy life more, enjoy relationships in life more, and realize there is more to help me move along on the journey.

Strangely, though, there are so many other benefits to opening that each person delights in discovering along the way. For myself, I find I have so much more courage to try things that I wouldn't have been inclined to even notice in the past. And have found them to be startling in how much they mean to me now. I have a lovely pastel art work in my home that brings tears to my eyes when I look at it, and it is something that came from my hand. Am I an artist? No. But the creation of this piece was something I just opened myself up to doing. It is with me every time I go to look at it. It reminds me how much I have gotten from being open to what has come.

I'm not finished with opening to the more in life, but if I were, I could die happy. As I remain alert and aware, I value what I'm doing and know this is all I need to do for now. I feel gratitude, too, for that long ago pain that motivated me to move out of the pain and on the journey.

Peggy Lawson has been a licensed PRH educator since 1998, after having been a participant for 10 years. She is located in the Cincinnati/Dayton area of Ohio. Having gone through her own deep healing using the PRH helping relationship, she focuses on the strengths, values, and deep wisdom of the individual to help them find personal legitimacy in their lives. This is done by giving attention to the experience of reality as it is lived now.

PRH in España
 by Ron Spann



Ron Spann

This past May eleven members of PRH Center joined educators from almost forty countries for over two weeks of retreat and business meetings and another two weeks for some to receive some ongoing training. We gathered in El Escorial, an historic town north of Madrid, just down the road from the 17th century monastery which is its major landmark.

PRH is a triple entity – a foundation which is a colleague network of educators on a mission, a school of education that develops content and makes it available to diverse publics, and an enterprise that has to sustain business practices and administrative obligations. All these aspects of worldwide PRH are celebrated and worked on during these four-yearly meetings. (In the off-years, there may be one or two international gatherings which involve only the retreat and training sessions.)

The many shared meals fostered table talk where the language barrier yielded to merriment and bond-building moments.

One of the most poignant moments of the entire time came at the outset, when country by country team leaders come forward to offer an update of the progress, challenges, and happenings in the work of PRH. We learned about thrilling developments in Egypt and Algeria where after years of there being only one educator in the entirety of each country new educators are close to launching a practice, including some first ever Moslem candidates.

During the retreat portion, educators met in small groups, often requiring help from each other in translating each other's comments. The many shared meals fostered table talk where the language barrier yielded to merriment and bond-building moments. During breaks and free time, and often in shared lodging, old friends got the chance to catch up with one another. During plenary sessions, everyone had access to earphones with receivers that carried simultaneous translations into English, French, Dutch, Spanish and Italian. A team of educators and PRH collaborators did the translating.

Of course, new friendships got forged. Often this happened in response to the compelling things we heard from each other about the economic, social and even political hardships that many educators face at home. It was inspiring and disarming to learn all that educators were doing with the skimpiest of resources to promote PRH in underdeveloped countries, or by lone educators who carry the work of implanting PRH in their nation.

Members of PRH Center's leadership team had extra meetings to attend that kept them in Spain for several more days. Joan Marie Brandner was called on to facilitate English-language workshops for educators returning to national teams taking advantage of the chance to deepen their professional training and to be certified for new workshops to offer to their publics back home.

We all returned admiring the hospitality and organizational graces of our Spanish hosts. Lots of good wine, olive oil, Spanish tortillas (potato frittatas), echoes of a recital by a classical guitarist and a local, multigenerational ensemble of dancers, singers and musicians also were welcome pauses to the reflective and weightier demands of our time in Spain.

Poets Corner

BE HERE AND NOW
 By Kathleen Ciani

Find the place where you can stand
 And know your goodness, honor, glory
 Within you'll find the Promised Land

Here and Now, You live your purpose
 Stop the searching, running wild
 Look inside, be reconciled
 And know for certain, We abide.

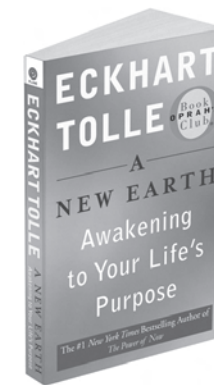
Here and Now, Live with mystery
 But heal your pain, your dark abyss
 Arising from your wounded history
 You'll stumble on my plan of bliss

Here and Now, I place my heaven
 Not far above, but here on earth
 Awake! Arise! It's my surprise
 In you, it finds its birth.
 Everything you need is waiting
 For you to know: you are enough!

Here and Now, We are creating
 Endless possibilities
 All within, they wait expression
 Will you let them rise and be?

Never doubt your awe and wonder
 It's here today, an endless source.

Here and Now, I am present
 Here and Now, I fill your cup
 Here and Now, Love springs forth
 Not tomorrow if you earn it
 Here and Now, Love is present



"A New Earth"
 by Eckhart Tolle

A Book Review by Linda Lambertz

"Is humanity ready for a transformation of consciousness, an inner flowering so radical and profound that compared to it the flowering plants, no matter how beautiful, is only a pale reflection?"

This is a quote from Eckhart Tolle's book "A New Earth." Eckhart and Oprah Winfrey have collaborated to bring his guide to the world in a series of ten classes on the international wide web.

The subtitle is "Awakening to Your Life's Purpose." It suggests "waking up and smelling the coffee." Wake up and smell the roses. Awaken to the beauty of your self.

When I receive my sensation of "A New Earth," I have a sense of complementarity in me. I feel the book is complementary to our explanatory tool and School of Education in PRH. Just going through some of the chapters' titles or subtitles, such as, Love Yourself to Find Yourself," plays into PRH's beliefs and mission statement: "Develop your Personality, Enrich your Relationships, and Contribute to Society."

In PRH we have the Diagram of the Human Person. Several of Tolle's centers of identification even share the same names of our explanatory tool. Although he most usually refers to the Ego, he has also called it the mind, the "I", the same as in PRH. To go beyond the "I" or "the Ego" is to go to the "Being," that place in PRH and in "A New Earth" of identity, peace, happiness, joy, abundance, authenticity, love and truth.

According to Tolle, the Ego contains emotion which connects physically to the body. This is equivalent to our PRH centers of the sensibility and the body. If left unchecked, Tolle explains how the Pain-Body feeds on itself and creates negativity and illness in our physical person. PRH substantiates, with its research, that everything that has happened is registered in our physical body and nervous system.

Our diagram gives us the center of deep conscience, which we use in the tool of discernment and decision making. It means making better, more informed and lasting changes from the awareness we come to. Tolle describes the awareness of "Breaking Free," "Finding Who You Truly Are," "The Discovery of Inner Space," "The Joy of Being," "Abundance," through which we can achieve a new heaven within us that can physically create a new earth. What is inner becomes outer.

Tolle says to watch out for the strangle hold our "I" wants to have on us. To watch out for the incessant chatter, the labeling, the name calling, the principles and beliefs, the negativity the "I" makes us comfortable with. It does whatever it can devise to keep us imprisoned in these voices and patterns that can become addictions. It enlists the help of our emotions (sensibility) and the pain-body (body). Both Tolle and PRH enlist the help of our feelings in the body to begin to heal.

Tolle believes the easiest way to break these patterns, addictions and illnesses is to become aware of our breath that holds the pressure of our transcendent dimension, feel the Presence and go to your being. It is exciting that over three million people have begun the personal journey to balance and wellness through Tolle's "A New Earth" and Oprah Winfrey's support of the web cast.

To complement the message of "A New Earth," PRH offers many classes in its curriculum to help you develop even further a new earth within, a radical transformation that will help you contribute and change Humanity. There is a promise for each self, each couple, for all children and the next generation.

What precious flower are you blooming into?
 Can you smell the fragrance of radical transformation?

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.

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.

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.

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.



USA Center Team members who attended the meeting in Spain.
Bottom L to R, Lynn Salata, JoAnn Sturzl, Joan Marie Brandner, Ron Spann,
Top L to R, Susan Ahrendt, Lynn Lonnequist, Dan Lonnequist,
Linda Lambertz, Toni Rogers



In Madrid L-R Joan Marie Brandner USA/SD, Zofia Di Stefano-Australia, JoAnn Sturzl-USA/SD, Linda Lambertz-USA-SD, Mary Frances Roberts-USA/MI, Kathleen Ciani-USA/SC



This is the last night in El Escorial where the cafe manager posed with us after our foray into town to get one last sangra and plate of tapas. JoAnn and Sohpia were the instigators, and the bartender treated us to a couple of rounds on the house of choice Spanish licores [liqueurs].



In Segovia, L-R, JoAnn Sturzl, Kathleen Ciani, Linda Lambertz, Joan Marie Brandner, Toni Rogers, Mary Frances Roberts



In El Escorial, L-R, Martha Lonai-Papua New Guinea, Toni Rogers-USA, Bernadette- Zimbabwe, Zofia Di Stefano-Australia

South Dakota Celebration

By Susan Ahrendt

Twenty seven people gathered Saturday, October 11 in Dell Rapids to celebrate the 20 year presence of PRH in South Dakota. The loyal participants who have made this possible were honored and celebrated. Messages were received by several people who wanted to attend but were unable because of other commitments. Educators JoAnn Sturzl and Joan Marie Brandner have been offering PRH in South Dakota and Minnesota for 20 years while Linda Lambertz and Susan Ahrendt are 10 year veterans.

The occasion was hosted by long time loyal PRH participant Jeannie Ammon in her lovely, warm home. Many participants reconnected with persons that they had not seen for years. All reconnected with the four Educators. It was fun to relate with one another on a more casual basis. In spite of the fact some had never met one another the atmosphere was open, hospitable and comfortable. Guest enjoyed not having to do any GPA's!

Messages were left by several guests on sheets with the heading "I want to say to PRH...."

"I'm Worth It"

Poem by Holly Huisken

Once a month
Or sometimes twice
I take some time
To just be me.

To spend an hour or so
With friends of my heart,
Lovers of my life,
Life givers to me.

It is hard to explain
To the uninitiated
What PRH is
Why growth needs help.

And yet, life flows
And the spirit knows
That as it grows
The benefit shows....

This poem sums up beautifully the sentiment of the day as well as a statement made by Betty Ann Charlson. "Thank you Andre Rochais and all the educators for bringing this amazing life giving experience to all. It has helped me believe in myself, others and life in thick and thin."

PRH Educators and Associates

For General Information

Please Contact:

PRH Institute-USA-Center
8382 Ranch Estates Rd.
Clarkston, MI 48348
248.766.3047 off.
prhcenter@prh-usa.org
<http://www.prh-usa.org>

MASSACHUSETTS

IRMA GENDREAU

2 Dupont St.
Worcester, MA 01604
(508) 756-0978
igendreau@prh-usa.org

MARCIA BORJA MARINER

47 Colonial Rd.
Sutton, MA 01590
(508) 754-8788
mbmar1021@aol.com

MARK D. MARINER

47 Colonial Rd.
Sutton, MA 01590
(508) 754-8788
mdmar1021@aol.com

MICHIGAN

MARY FRANCES ROBERTS

121 E. Boston Blvd.
Detroit, MI 48202
(313) 869-2160
mroberts@prh-usa.org

LYNN SALATA

8382 Ranch Estates Rd.
Clarkston, MI 48348
(248) 391-1383
lsalata@prh-usa.org

RON SPANN

7026 St. Paul
Detroit, MI 48207-3613
(313) 571-5145 (home)
(248) 885-4841 ext. 113 (office)
rspann@prh-usa.org

NEW HAMPSHIRE

CLAIRE COLL

96 Fairview Rd.
Pittsfield, NH 03263
(603) 435-7271
ccoll@prh-usa.org

PAULINE PLANTE

96 Fairview Rd.
Pittsfield, NH 03263
(603) 435-7271
pplante@prh-usa.org

NEW MEXICO

TONI ROGERS

505 Oppenheimer #1302
Los Alamos, NM 87544
(505) 661-9951
trogers@prh-usa.org

OHIO

PEGGY LAWSON

4308 Lisa Lane
Middletown, OH 45042
(513) 424-5534
plawson@prh-usa.org

VIRGINIA

DAN LONNQUIST

1409 Grandin Rd.
Roanoke, VA 24015
(540) 342-1800
dlonnquist@prh-usa.org

LYNNE LONNQUIST

1409 Grandin Rd.
Roanoke, VA 24015
(540) 342-1800
llynnquist@prh-usa.org

SOUTH CAROLINA

KATHLEEN CIANI

1921 Faison Ave.
Fort Mill, S.C. 29708
(248) 202-1304 (cell)
kciani@prh-usa.org

SOUTH DAKOTA

SUSAN AHRENDT

2805 W. Bitterroot St.
Sioux Falls, SD 57108
(605) 339-4283
sahrendt@prh-usa.org

JOAN MARIE BRANDNER

411 E. 12th Street
Dell Rapids, SD 57022
(605) 428-3740
jbrandner@prh-usa.org

LINDA LAMBERTZ

1227 30th Street
Brookings, SD 57006
(605) 693-3794 (home)
(605) 692-9461 (office)
llambertz@prh-usa.org

JO ANN STURZL

411 E. 12th Street
Dell Rapids, SD 57022
(605) 428-3740
jsturzl@worldnet.att.net

ASSOCIATE

EVELEEN FORKIN

16057 Hauss
Eastpointe, MI 48021
(586) 772-2577 (home)
eastpointe3@juno.com

OFFICE - PRH CENTER

PRH Institute-USA-Center

8382 Ranch Estates Rd.
Clarkston, MI 48348

248.766.3047 office
prhcenter@prh-usa.org
<http://www.prh-usa.org>

