

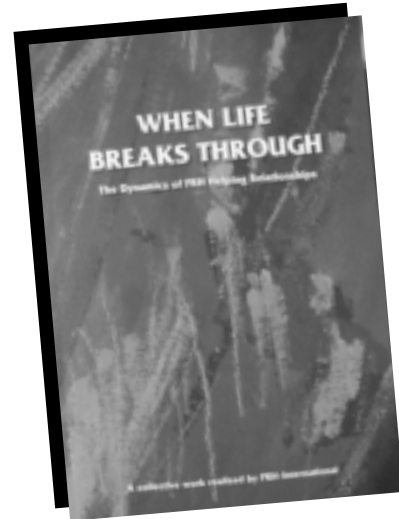
# Book Review

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The reality is that Palmer's work will ring true to anyone who has begun the journey inward. His subtitle, *Listening for the Voice of Vocation*, and chapter titles like *Listening to Life*, *Now I become Myself*, and *Leading from Within* are clear hints of his ability to summon evidence for the reality of the being as the organizing dynamic of human personality.

By listening to his own life, he discovered "[his] own native way of being."

Another gift of this compact but very readable volume is the wide but never wasted use from other writers and traditions of quotations like this Hasidic anecdote: "Rabbi Zusya, when he was an old man, said, 'In the coming world, they will not ask me, "Why were you not Moses?" They will ask me, "Why were you not Zusya?"' An apt parable of becoming ourselves, is it not?"



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Through  
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Educator!**

## Bits and Pieces

- For a wonderful experience of cyberspace, be sure to pay a visit to the newly launched website of the Center for Growth and Well Being. Educators Dan and Lynne Lonnquist direct the center in Virginia. Visit the site at <http://centerforgrowth.org>. Well done, Dan and Lynne!

- As anticipated in our previous issue, PRH International has published the English edition of its newest book, *When Life Breaks Through: The Dynamics of PRH Helping Relationship*. Hear the stories of PRH educators and clients whom they helped tell of their breakthroughs - from emotional and spiritual - non-existence to changed lives and relationships. At the same time dynamics of PRH Helping Relationship come into view stage by stage. This hard-to-put-down book is available from our office for \$30. Please call (248) 766-3047 for more information, or send an email to: [prhoffice@prhcenter.org](mailto:prhoffice@prhcenter.org).

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## Being Counters

Ron Spann

During my years of preparation as an educator I had the good fortune to take many workshops facilitated by Maureen McAlduff of Winnipeg. Her amazing career in launching PRH educators on at least 4 continents is its own story. (Just writing those words makes me realize that she must have her place in these pages in the not too distant future.)

Maureen particularly marked my life with a simple word of feedback during a pause in one of our many training workshops. "Ron, I am sure that you were cut out to be an educator of the being." She paused, and in her inimitable way immediately corrected herself and said, "No you are cut out to be an educator *for* the being. The being doesn't need a teacher, after all!"

What a difference a preposition makes.

This issue's theme has to do with the centrality of the being to our identity, to our life's activities, to our growth and healing. It is the chief contribution of PRH to put the being forward as the starting point of its vision of the journey of growth and healing.

New educator Kathleen Ciani introduces herself in terms of her journey and the difference that discovering the reality of the being made in her life.

With nods to Eastern and Western traditions of wisdom, noted academic educator Parker Palmer has posed probing questions about the sources and meaning of identity. Students of PRH can hear a rich, kindred voice in Palmer, who surely qualifies as an educator for the being. I reflect inside this issue on some of those

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## PRH -USA

Personality and Human Relations  
An International School  
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From Our Newest Educator

## My PRH Journey

My journey in PRH began in 1996 with a *Who Am I?* in Sandusky, Ohio. Many years of working on my spiritual growth, through Bible studies, renewal teams, prayer groups and conferences, had helped me grow in faith and know the transcendent aspect of my being. I identified childhood hurts and through a variety of self-help groups, tapes and books, I grew in self-knowledge and improved my ways of functioning. Yet I still lived a negative self-image which influenced and limited my growth and healing.

My first PRH workshop brought this to my awareness and even more importantly, I came to recognize my true identity within my being. I continued taking workshops and through the support of monthly GRAC's, I gradually integrated the tools I learned. I began to experience a solidity of being that was new and real. I began to look inside to my experience and inner wisdom where before, I looked only outside myself to others for directions and affirmation.

When I moved to the Detroit area in 1999, I gathered a group together at my church to take "I Am Seeking God". I also began personal accompaniment, which for me, was another turning point in my

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Kathleen Ciani

## In This Issue of the Newsletter

- Our Newest Educator
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- Educator's Corner: *Observing Grief*
- A Pull-out Catalog of PRH Workshops

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# My PRH Journey

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growth and healing. I identified that I had a wound of non-existence, and realized it was important for me to be seen, heard, believed, accepted and affirmed to heal it.

My choice of accompanist was a wise, loving and gentle woman who truly enabled me to come out of my "hiding" and stand in who I was. This one-on-one helping relationship was just what I needed to complement the work I was doing in workshops. I gradually developed unwavering certitudes about my goodness and as my being emerged more and more, I lived more harmony and joy in my life.

I continued to learn and to grow through workshops and Helping

Relationships and entered the FRA training program [Ed. note: FRA= Formation in Helping Relationships], looking at the possibility that I might have a vocation to become a PRH educator. In the summer of 2002, I took the workshop "Do I have a PRH Vocation?"

I could not deny how much a part I was of PRH and how much PRH was a part of me. I could not deny the call coming from the depths of my being, to share this amazing process with others, to live this process under the loving and wise guidance of the [PRH] Foundation. I was empowered to focus my time and

energy with more certainty and determination. Last July, I was able to facilitate my first workshop, *Who Am I?*, and was licensed as a PRH educator in December.

*"...as my being emerged more and more, I lived more harmony and joy in my life"*

Today, I can't imagine my life without the wisdom, the freedom, and the joy that the PRH process and educators have brought to it. I feel abandoned to the PRH adventure, open to where it will lead me: to new relationships, new healing, new growth both for myself and others. I live hope, gratitude and peace.

*Kathleen Ciani lives in Novi, Michigan*

## Book Review

### Let Your Life Speak

*Let Your Life Speak*

By Parker J. Palmer Jossey-Bass Publishers

Pp. 116. \$18.00. ISBN 0-7879-4735-0

I have sometimes found a simultaneous thrill and a threat when coming across a voice that is new to me, and yet sounds and feels so kindred. Parker Palmer became one such voice for me when I first heard him address a clergy seminar some years back, not long after receiving my authorization as a PRH educator. Within moments, *I knew myself to be in the presence of an educator for the being.*

I have since enjoyed revisiting his wisdom in the slim but solid and sage book, *Let Your Life Speak*. In its pages you will be disarmed at the many points of convergence

between his vision of the human personality and that which is upheld from the perspective of PRH formation.

For Palmer, personality is grounded in qualities of being that give rise to actions, and not the reverse. He emphasizes relationships that are vitalizing and not deadening, and his stress is on living with authenticity and autonomy by orienting ourselves to what rises from our depths and not by reference to our surroundings, or to others ("to live no longer divided"). Sound familiar?

That is why I say "thrill and threat": on the one hand, I feel a powerful ratification of insights we cherish, and on the other, borderline paranoia about where he has come up with all these gems. They are so...so PRH!

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*"I knew myself to be in the presence of an educator for the being."*

# Educator's Corner



*Last year, Carol Thomas led a GRAC [Accompaniment Group] not long after the mother of Mary Ibli, one of the participants, had died. She chose to address her grief through the help of two GPA's Carol had created for the occasion. The resulting analysis*

*shows some of the dynamic resources of the being at the early stage of a severe trial: interior solidity, bonds in life-giving relationships, and experience of the Transcendent. Mary's text has been edited for purposes of publication.*

**GPA 1. What sensation is dwelling in me now?**

For the past month since my Mom died, I have felt an overwhelming sensation of gratitude for all the blessings of my present and also my past. My reminiscing fondly about my mom and how we shared our life together has touched my being in a very deep way.

The overwhelming support of friends since I have very little family has been phenomenal. The cards and letters and phone calls and support at the funeral that was four hours from Sioux Falls has left me with a heart of thankfulness. I have always prayed that mom would have an easy death since she was so afraid to die, but what I have found is that through my support of her in the hard times she is now supporting me in my time of grief. I can truly say that our relationship could not be better than it is now.

**GPA 2. Over the Past Time frame, what stands out for me? (Looking at changes in my landscape)**

How have the past few weeks changed me in how I experience God's presence?

There is a change - I think that I will know more what kind as weeks and months go by. My material world has been financially rewarded by Mom's death, but this feeling does not seem to run deep one way or another. What I seem to really hold on to are sensations at the level of the being and the intensity of these sensations. As I reflect on what

these sensations are I examine the feelings and their authenticity. I seem to have more awareness and desire for time alone with God. When I take this time there seems to be a presence that is deeper, or more real, or more natural or more satisfying - maybe I am less alone. This presence gives a peaceful and lasting awe that produces gratitude in me and then unfolds into joy that lingers well after the original sensation. This joy is pleasing to me and very agreeable to those I come into contact with. This makes for good relationships.

When the presence begins to fade, old habits of loneliness and depression surface now and then. Now, however, I can more easily halt them by asking for God's help. My improved ability to halt the

*"My improved ability to halt the negative and tap into the positive gives me great satisfaction and helps my self image."*

negative and tap into the positive gives me great satisfaction and helps my self-image. I feel so much more joy than ever before. In the past few weeks I have had opportunities to reflect and pray openly with others. My prayer has been one of gratitude and this seems to fan the flame of peacefulness and contentment. Perhaps as someone has told me, this is what grace looks like. Accept it, bathe in it, soak it in and live it. This I will try to do.

Overall the most profound of sensations is that of "Presence", a presence that is new, refreshing, liberating and desirable. I find this very hopeful for my future. How will this all change my essential course of action? I do not know except that I seem to have more hope of living in God's presence at a deeper level. I desire to seek this presence in whatever degree it is given and at last to live in the present.

## Being Counters

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resonances in his book *Let Your Life Speak*.

*When Life Breaks Through* is the newest book from PRH International, which receives a limited introduction here (See *Book Review on page 2*). A full review will appear in a later issue. Finally, we take stock of another example of productive analysis that demonstrates the dynamic gifts of the being to overcome the ravages of grief.

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## 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 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.

#### *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.

#### *Life Within Me and Its Obstacles (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. The review their past and present activities to clarify their life's decision.

#### *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.