ABOUT FAMILY CONSTELLATIONS

Family Constellations was developed by Bert Hellinger, one of the most respected psychotherapists in the world today. Hellinger has observed that traumatic events, such as the premature death of a parent, sibling or child, an abandonment, crime or suicide, can exert a powerful force affecting later generations. Entangled with unhappiness from the past, family members often continue patterns of anxiety, depression, anger, guilt, fear, chronic illness and unfulfilled relationships. Unless these hidden dynamics are brought to light, children seldom dare to do it differently – to be happier or more successful than their parents.

A family constellation can make visible what has been unseen, and unspoken. It can restore the flow of Love and bring the family system into balance so that the living members and future generations, no longer entangled, can live fully and carry forward all the good that they have received from those who came before.

If you are in search of fresh perspectives on your family of origin, current relationships, parenting, health, career, or other central life questions, in this workshop we will look for ways to break free of the burdens of the past so that we can see the present more clearly and embrace it with greater confidence. This work shows us how to create the space necessary for change to take root in the personal, family, or professional sphere.

Whether you come as a client, representative, or witness, all participants will have the opportunity to actually experience insight and benefit from the work.

Family Constellations invite us to ...

* move beyond our defenses into an expanded field of possibility
* see how entanglements in current relationships may be tied to the past
* discover reliable ways to release resentment, pain, and grief
* **let go of old roles and rules** making way to a new sense of possibility
* see the present more clearly and embrace it with greater confidence
* understand the ways in which dynamics rooted in early events continue to entangle us
* discover where the permission to receive love and claim personal power reside