

Alternative therapies.

Family Constellations.

This is a new therapy that has come to Australia and is very popular in Europe. Family Constellations is a powerful yet gentle therapeutic therapy that heals at a deep emotional level causing shifts at the physical and soul level of existence.

“My constellation was truly life changing. I was so surprised that such a gentle technique could create such wonderful changes through out my thoughts and feelings. Amazingly I am also experiencing the healing of a disease I have suffered from for several years. All the symptoms are disappearing and I have completely stopped taking anti-inflammatory medication. I have become very enthusiastic about getting out more and living a full painfree life.” Steve.

So what goes wrong in many families?

Emotional baggage gets in the way. Disturbances from many generations back are often still experienced by family members many years later, without any contact or knowledge of the original trauma, via the family energy system or genetic trail. Children take emotional baggage from family members in a “blind love” for their parents and an intense need to be loved in return. Of course this is unconscious and often remains with them for the whole of their lives and is passed onto further generations unless it is resolved. This inhibits the “flow of love” in the system and causes suffering, pain and illness.

Family Constellations will allow you to clear away the cobwebs of confusion, hurt and blame so that you can accept the gift of life and connection from you roots allowing you to experience wholeness and wellness.

What is a family constellation?

You choose representatives in the workshop for the people involved in your situation and they experience the hidden dynamics within the family system. The therapist will then guide the process to a resolution, which can powerfully clear the issue for the client. This is not psychodrama.

Group or Individual Sessions

Normally a family constellation takes place in a confidential workshop setting. However it can also take place in a private or couples session as well.

How Many constellations do I need to have?

One constellation for one issue is all that is required.

How can a Family Constellation help me?

Family Constellations will allow you to clear away the cobwebs of confusion, hurt and blame so that you can accept the gift of life and connection to your roots, allowing you to experience wholeness and wellness.

Skeptical? Come and observe and feel the process for yourself.

www.familyconstellations.com.au