

## Mature soul therapy Family Constellations Yildiz Sethi

Family Constellations is a therapy that is both gentle and sensitive, for Mature souls who genuinely want to uncover the truth and cast-off restrictive family dynamics. It is the secrets or untruths in families, which burden family members, often for many generations, even if done with the intention of protection . Truth coming to light allows for deep fundamental shifts. Once this settles in your awareness, it is liberating in allowing, love to flow more freely and order to come into your life.

How can family dynamics restrict us?

Family secrets and such things as shame, guilt, or sadness are shared unconsciously through the genetic energy trail that connects all family members together. This means that even though you may not be aware of what occurred previously, certain members of the family may take on this energy or heaviness of the family group unconsciously. This may exhibited in many ways, relationship problems, depression, anxiety or dis-eases of many kinds.

How we cope with difficult family dynamics.

1. We may cut off ourselves emotionally or physically from our roots. This can feel empowering initially, but over time your soul is starved of the flow of love coming from the previous generations. This will cause problems in your own relationships and children eventually.
2. We may choose to stay in a difficult situation in our family and learn to cope with it at some level, even though this may also be damaging or restrictive.
3. We may seek therapy, counselling or medication to help us cope and find a new perspective on things in our life.
4. Or we may heal in a profound way through Family Constellations through healing the roots of the problem, if we are prepared to seek the truth and grow from it.

Have you tried everything so far?

If you are on the self development trail but are still experiencing problems in your life and are doubtful about Family Constellations and what it can do for you, why not book yourself into a workshop. Experience a constellation in action. Meet the facilitators Yildiz and Satish. Their primary concern is in helping others. Discuss your situation with them to see if it is an issue that can be helped by this therapy.

#### Workshop - Participant or Constellation?

Choose to do your own constellation to resolve an issue and gain more awareness. A resolution for you is likely to ripple out to other family members, even though they may not have any knowledge of what you are doing. Doing your own constellation will highlight the issue, bring in the resolution and leave you lighter and free-er.

Doing your own constellation is usually a moving and life changing experience.

Being a participant means you may be chosen to represent a family member in a constellation or observe constellations. Participants receive experiential learning that often touch their own lives. Growth may come from this.

#### How many constellations do I need to do?

For one issue, one constellation is normally required. However, if you have many issues you may need more than this, depending on the complexity of your situation.

#### How emotional pain is passed on in families.

Children have a pure blind love for their parents and suffer from what Bert Hellinger calls “Magical thinking”. They are sensitive to the emotions and guilt that their parents are carrying and will often elect to share their parents’ pain in a belief that they can lighten the load for the parent. So they take on grief and pain. This is how emotional or physical ailments are passed on in families unconsciously. In addition the family is joined together by a collective web of energy that binds them. If there is an unacknowledged injustice or secret it will grow in power and be taken on by someone in a future generation as a collective family decision. The person who takes it on is doing it out of love for the rest of the family and to take the burden off the whole. Of course this is

unconscious. Family constellations can uncover these patterns and help to put things back in the right order. Hence Bert Hellinger's notion of the Order of love in families.

Group or individual sessions.

Normally Family Constellations takes place in group workshops. However, it can also take place in a one to one or a couples session as well, depending on the issue or situation. Speak to Yildiz or Satish to discuss your needs. If you are nervous about bringing your issue to a group forum come to a demonstration or be a participant in a workshop to see how it works and feels for you.