

New Season - New Hope Y Sethi

All around the Brisbane, the colour, smells and vibrancy of Autumn is evident in our natural environment. Nature is such a great example to us. As long as plants are connected to their roots and have the essentials to maintain them, they seem to have no problem in embracing their existence. This season reminds us of the resilience of life and its ability to regenerate, however, many of us forget this possibility for ourselves.

Are you a bud who is not tapping into your resources and able to flower and embrace life fully? There are many situations that can lead to this. As humans we are naturally social animals, so that relationships are the source of life for us. We need to feel warmth, love and touch. We may have all of the physical things we need to survive, but if our connections to our roots, or to the people around us, are difficult or distant it can reduce our life experience so that, we die a little, inside. If you are struggling or suffering with relationship issues, depression, anxiety, or grief and loss and don't seem able to find a resolution, then you will be missing out on the fullness of what life could be for you.

Often, the natural "reaching out for life" that is our natural birthright, is interrupted or restricted by shocking or unpredictable events in our lives, or disturbed emotions, memories or perceptions. These things often stay with us long after their "use by" date and influence our expectations and choices in life. We might not believe that joy and abundance can be ours, or more importantly, that we deserve them. Alternatively, you could indeed, have a "full life" in many ways, but often feel an underlying dullness or sadness or anxiety that serves to restrict your capacity for joy.

The good news is that you do have the choice and the opportunity to turn this around, clear away disturbed emotions and reconnect to life's possibilities and richness from now onwards, if that is what you want. This can be done by counselling or by Family Constellations according to your needs. Family Constellations is a way of looking at your issue in the light of your family dynamics. Yildiz Sethi is a counsellor who has been in private practice in Sydney for the last seven years and has just moved to Brisbane to be closer to her family. She specializes in helping people come out of a range of conditions.

Her belief and experience is that once you are ready, change can take place relatively quickly. Yildiz sees her role as helping you to reconnect to your roots in a healthier way so that you can be more content and vibrant in your life. Yildiz works with her husband in doing family constellations, either in a private or a workshop forum. Family Constellations is a powerful, time and cost-effective way of healing relationships and emotional issues.

Yildiz is a counsellor, Clinical Hypnotherapist, NLP practitioner, Family Constellations Practitioner and Educator at the Australian College of Applied Psychology and is offering effective and sensitive help for those of you that are ready to move on Now. Private sessions and seminars available in Brisbane now. Allow yourself to open up and bloom.

Remember- New season. New hope.

www.familyconstellations.com.au