
Resolving Family Imprints and “Re-Rooting” the Family Tree

Family/Systemic Constellations is a living science that explores the dynamics of family relationships connected to well-being and success in life. It is a three-dimensional group or individual process that has the power to shift generations of suffering and unhappiness. Bert Hellinger, the founder of this work, observed that many of us unconsciously "take on" destructive familial patterns as a way of "belonging" in our families.

This powerful healing modality focuses on the deeper roots of health and well-being by identifying the historical and habitual patterns stored in the history of our family's experiences and addressing the underlying patterns of family and relational systems integral to your life.

Working with what the body remembers and the knowledge that we are more than our individual experiences, clients are supported in identifying the root of a specific challenge and resolving it. This work is about freedom – opening to “re-root the family tree” in healthy and sustainable behaviors.

In this presentation, through Case Study and Self-Study, you will:

- Address frequent issues that are explored and resolved in historical family constellations.
- Participate in Family/Systemic Constellation Work highlighting four ways that life force is diminished and strategies for resolution of challenges.
- Learn about the effect of Mirror Neurons.
- Gain a deeper sense of understanding of another person's journey as a result of being able to feel someone else's experience.

By illuminating the inner dynamics of oneself, along with one's family, business, organization, community, etc., you can gain insight into what is causing dysfunction within those systems and create a greater state of balance and wholeness.