

## HOW CAN A CONSTELLATION HELP?

Patterns can often become so embedded in our behaviours and attitudes that they seem to be 'normal', even when they are destructive. They may be so intimately integrated into our view of who we are that we are unable to see an alternative way of living, loving and relating, and are unable to break out of this cycle of behaviour that we no longer want.

Constellations helps you look at how this pattern of behaviour is playing out in your life, what it may be doing for your bigger family system. What is out of order, what is needed and what is not needed. The facilitator then helps bring the natural order back to your system through the constellations process. Helping you to release the blame, hurt, judgement and bring back the natural love connection in your relationships.

Constellations helps you to take back your place in your family system, so you can live your life fully and be all that you are truly capable of being.

*As a counsellor myself, I have never come across a therapy or method like this that has such immediate and powerful results. I personally saw dramatic shifts in my relationships with my family after attending the workshop and to say they have improved is an understatement!*

*I believe Family Constellations is something every single person should try, it is truly transformative"*

**Stephanie**



STAY CONNECTED.

For more information on how Constellations can help you and your relationships, please head to our website and social media pages below, or contact us via email.

Business and Private Sessions also available.



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[edwina@relationshipconstellations.com](mailto:edwina@relationshipconstellations.com)



Ph: 0414 829 092



Visit our website or follow this E-code  
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# RELATIONSHIP & FAMILY CONSTELLATIONS



MOVEMENTS OF THE SOUL

ANCESTRAL HEALING



## WHAT IS CONSTELLATIONS USEFUL FOR?

If you are living with:

- Emotional and self esteem issues
- Divorce and separation issues
- Parenting issues
- Children and behaviour issues
- Relationship and family issues
- Financial Issues
- Business Issues
- Health Issues
- Behaviours that you no longer want
- Feelings you can't explain or move past

and are ready to experience new insight into the old paradigm, the old way of being and thinking and are ready for a life of

- greater peace
- harmony
- happiness
- abundance
- and love,

then come join us at a group workshop.



*Every constellation is powerful. However when you do your own constellation it's a totally new level.*

*I felt a huge shift inside of me! All the heaviness, all my baggage that I was holding onto lifted.  
Thank you - you've given me my life back!!!*

**Rose**

## HOW DO CONSTELLATIONS WORK?

### THE GROUP PROCESS

When having your own constellation done, you simply state "what you want". If the Constellation could help you now in your life, what do you want? The facilitator asks you a couple of simple, factual questions. There is no emotional history needed.

You select your own participants from the group to represent the people or things involved in your situation and step away to observe the dynamics of your issue and allow the constellation to unfold. The representatives will then start to experience the hidden dynamics of your situation. This phenomenon is known as the "Knowing Field".

The facilitator will help guide the Constellation to a resolution that is tangible and helps release you from the old pattern.



### REPRESENTATIVE PROCESS

Attending as a representative you may be asked to assist in someone's constellation and represent them or someone/something which is part of their situation and help experience the hidden dynamics at play.