



Balance to Awareness

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Venue Details

Australian Centre for Spiritual Development

31c Fennell St Nth Parramatta, NSW

Anna – 0417 049 457

Karin – 0412 442 174

Workshop Details

The Systemic Soul & Family Constellations will be held

Saturday 26.June 2010

For more information contact us.
Workshop starts at 10am till 5pm

Cost:

Constellation Day \$ 100

Includes refreshments.

Booking is essential

There is only a limited space.

Systemic Soul & Family Constellations



From unconscious entanglement to healing love and freedom.....

Balance to Awareness



Karin Giger

Dip.Hol.Kin.
ATMS



Holistic Kinesiologist,
Transitional Therapist,
Family Constellation facilitator
Touch for Health Instructor
Meditation Teacher

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What Is a Constellation?



Systemic Soul & Family Constellations is a solution-focused process which can be applied to

individuals, to couples and to families.

Systemic Constellations work by re-integrating hidden and excluded aspects of ourselves, our family or any system we choose to observe. These excluded aspects are brought into focus so that they can then serve us as resources instead of hindering our vital flow.

The basis of this approach is the systemic concept that there are underlying natural laws at work in every family, but also at our workplace and in all social contexts. When we follow and live in appreciation of and respect for these laws, the resolution of physical, emotional and psychological blocks results and healing takes place.

These "laws of love" and their healing influence can be experienced through Systemic Soul & Family Constellation work. This work is closely connected to Bert Hellinger, who established with the rediscovery and development of this approach one of the most influential currents of contemporary psychotherapy. Since the early nineties this work has constantly been further developed and expanded from its original application to family systems to application in organisational contexts, personal development, crisis intervention, decision-making and even script constellation for books and films etc.

How does it work?

The person who has a theme to work on chooses members of the group to represent the elements of the issue (eg. family members, a problem, the goal, resources etc.) and positions them in the room. In the following process the representatives' perceptions guide us to a solution, in which a new healthy image of the family and/or issue can emerge. Along the way some rituals are applied to loosen entanglements and find a good place for everybody in the system.

The effects of this can be profound and life-altering.

One of the most amazing aspects of this work is that representatives give precise information about systems without having any prior knowledge of them or even whom or what they represent. This is also called a "Knowing Field", which arises when the participant places his or her issue in the space. Work of Hellinger by bringing their own concepts and approaches to it. This work is called Structural Constellation Work.

Why should I do it?

When problems and conflicts can't be resolved on the individual level, then Systemic Constellation Work can expand our perspective. Entanglements which block us, keep us small or even make us sick can be recognized and resolved. A good solution can be found for all participants.

The inner self-image and the network of relationships in which we exist, whether familial, social, professional or emotional, psychological or spiritual can adjust and meaningful change becomes possible. Whether your concern is about personal or family issues or if you are interested to enhance or improve your work situation or if you want to discover possibilities to boost the effectiveness of your company: systemic constellation work is an effective and potent tool to bring solutions to areas where problems have reigned and to inspire creative processes where stagnation kept you stuck.

Testimonials

"The Constellation with Karin was quite extraordinary. I got to see myself and my family in a whole new light. It was a very easy process and the other people participating got as much value by participating as I did. It's not very often I come across a process of releasing the past that is simple, respectful and very enlightening. What I got out of one day impacted me and my family on such a profound level. Everyone should have a go at this and see for themselves."

Jennifer Harwood Business Growth Coach & Motivational Speaker

I initially came to the family constellation workshop with an uncertainty of just what would go on or what the outcome would be. I experienced a positive shift in energy that is difficult for me to express within a logical framework of how and why it works, because I haven't really been able to logically analyze it. I found that emotionally it pushed my boundaries of what I thought to be possible and actually defied what I thought to be impossible. I have since been able to tap into a personal creativity and intuition which had long been placed aside in favor of a more logical approach to life. This has allowed space for my life to be lighter and much more fun. I have since attended several other constellations and the process always reminds me yet again of how much of our feelings, experiences and needs are commonly shared by us all. It's because of this understanding that I feel less isolated and more connected to my own life experience as well as to others.

Raylee Lacy