

I INVITE YOU TO MEET YOUR FAMILY

In a Family Constellation

From the deepest roots in the ground, veins come up to feed you, these veins carry stories, carry wounds, carry treasures and resources.

Your mother, her mother and her mother are entangled with invisible bonds.

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To ignore these bonds is to shut out the love that flows from them. This incredible love carries wisdom, respect, hope and connection.

Each one of us comes from a long line for ancestors, from which many of them we don't know. They come from afar, embodied with strength, pain, suffering, hope, joy, peace and heartache.

For many generations we have carried each other, through a strong bond of love.

We have shared suffering, identified deeply with pain, in the hope of bringing calm to our family system.

When the one picked to represent someone comes and stands in the middle of the circle; a flow of information is initiated. An invisible connection is formed, information flows, hurts are revealed, trauma exposed, love is voiced and touched.

We honour this connection with a deep appreciation of where we came from.

We honour the truth, no matter how much it hurts.

We give deep appreciation to our ancestors from the core of our being.

We release the dead and honour them with deep love and respect. We let them rest in peace.

As we take back our life, in honour of those that came before us, and we give the gift of calm to those that come after us.



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