

SABINA TAMM

FAMILY CONSTELLATION

For the family constellation we would need a group from at least 5 people or more more.

We would need minimum of 3 and max of 5 people who would want to do a constellation which would have a cost of \$80 US per person, the other people can attend as volunteers to stand in for family members which gives them a good idea of the work and will already set healing processes for them in motion. Cost per volunteer is \$30 US.

Time period: We would need 1 and a half to two hours per constellation.

The intent of the family constellation is to find solutions for problems or questions by seeing them in the bigger context of our family system going back to the root of LOVE.

The work is done in a group and is based on the work of the German family therapist

Bert Hellinger. Hellinger found that each family system is affected by a specific order which he calls " The order of love "

This order effects us independently of education, knowledge or personal goals in life. If this order is not honored it affects one or more members of the family negatively through the generations.

With the family constellation it is possible to bring entanglements to the surface and to find solutions for a variety of emotional, mental and physical problems.

The work is directed to bring clarity and light in the hidden truth and to detect and reinforce the energies in the family system which support healing and strength.

The practical work:

The client describes the problem area or the current personal issue verbally but very briefly to the group;

Some examples are:

The relationship with my son/daughter is very difficult...

I often feel depressed / sad / disconnected from / not belonging to...

I cannot decide on career / relationship / lifestyle...

I hardly knew my mother / father / siblings...

I'm adopted...

The Constellation:

The client intuitively chooses volunteers for each family member including himself and positions them in a group. The volunteers feel/settle into their place, opening up to the feeling that arises.

This sounds unbelievable, but even if you are skeptical you will find out that it works, there is no explanation why!

The process for the client, who is observing, as well as for the volunteer, is a deep emotional encounter.

The therapist works to guide the constellation, changes the physical positioning of the family members, and brings in what is missing (balance, order, trust, respect, or a missing, forgotten or insufficiently acknowledged family member). The goal is that everybody in the system feels connected again and finds their natural position.

The integration of the work continues and integrates after the workshop for a long period of time.

What issues can be cleared:

Unresolved relationships to parents and/or children

Relationship issues, Commitment/Separation

The right place for children after a separation or the new forming of a family

Adoption/Foster care

Letting go of old behavior patterns

Addiction /Abuse

Low self-esteem/Depression

How to prepare for the workshop:

Find out as much as possible about the family you are born in by interviewing parents, grandparents, aunts, uncles and sisters and brothers.

Find out if somebody committed suicide, was victim to a crime or committed a crime and if there have been abortions, miscarriages or early death through illness or accidents.

Find out about your family roots concerning the cultural background as well.

****If you cannot find out any or all of the above please do not worry, we will work with you and guide & support you through this process****

READINGS

The readings will have a duration of 1 hour 15 minutes to 1 hour and a half, any issue can be addressed by the client to gain more insight.

I will work with Tarot, Astrology and Intuitive channeling in this process.

Price for each individual session \$65 US