

## WHAT ARE FAMILY CONSTELLATIONS?

*"Children seldom or never dare to live a happier or more fulfilling life than their parents. Unconsciously they remain loyal to unspoken family traditions that work invisibly. Family Constellations are a way of discovering underlying family bonds and forces that have been carried unconsciously over several generations."*

*-Bertold Ulsamer*



**A Family Constellation** is a three-dimensional group process that has the power to shift generations of suffering and unhappiness. Bert Hellinger, the founder of this work, who studied and treated families for more than 50 years, observed that many of us unconsciously "take on" destructive familial patterns of anxiety, depression, anger, guilt, aloneness, alcoholism and even illness as a way of "belonging" in our families. Bonded by a deep love, a child will often sacrifice his own best interests in a vain attempt to ease the suffering of a parent or other family member.

**Family Constellations allow us to break these patterns** so that we can live healthier, happier, more fulfilled lives. In a moment of insight, a new life course can be set in motion. The results can be life-changing.