

Family Constellations Individual Sessions

■ **Health**

■ **Relationships**

■ **Work**

■ **Repeating Life Situations**



Family Constellations is soul work, uncovering blockages that prevent you from living a happy, healthy and successful, personal and professional life.

This work serves more than a client, it serves the whole family system of a client, and beyond. If you feel like there is something holding you back from your healthy and successful life, and you are ready to work on it, Family Constellations might be the tool to look at the root cause of the problem.

Root Causes of Problems. In most cases the root of a problem is located in the families' past. Many illnesses and other life challenges are caused by a past trauma. The most common examples:

- **Drug addiction.** Very often (not always) drug addiction is caused by not being connected to the father (it could happen as a result of the parents' divorce).
- **Depression.** Abortions in the family might cause depression in children of future generations.
- **Job/Work Problems.** "Success has the face of the mother." - Bert Hellinger. When the relationship with the mother is problematic, it often causes problems in professional life (and not only there!).
- **There are many more examples** and very often the root cause occurred before the client's birth.

Session. All you need is to open up yourself and say what your issue is. After that your work begins. The session will take up to 15 minutes.



About Elena Nesterenko. My whole life I've been searching for ways to heal, mostly for myself. While working on it, I've been sharing my knowledge with the people around me. Family Constellations by Bert Hellinger is one of the treasures I've discovered. And, I love it. Now I wish to share it with people who are also searching for answers to their own questions.