



## Cutting the Roots of Beliefs using

# System Constellations

(Family Constellations & Organisational Constellations)

## Experiential Workshop with Preeti Helena Thornbury – Melbourne

Systemic Awareness Institute

**19 June 2010**

9:30 am – 5:30 pm

Individual Sessions by Appointment

- ◆ Do you understand why your life unfolds in a particular way?
- ◆ Are you drawn toward depression, reckless behaviour or repeated accidents?
- ◆ Are you looking for solutions to stubborn or painful problems?
- ◆ Do you understand patterns that influence your business and life?
- ◆ Are you dissatisfied with your career?
- ◆ Are you lacking respect in your workplace?
- ◆ Discover the possibility of the self-healing power within yourself *and* your community!

*“Indeed, brain research over the past decade has shown that during stress – when people’s need to feel included, competent, and liked, is thwarted – their minds are hard-wired to default to defensive family scripts.”*

Business Week, 10 May 2004

Out of love (or loyalty in a business context), we try to lessen the suffering of those near to us in sometimes counterproductive ways, and we are usually unaware of this. However, this same love (or loyalty) can also heal, when it becomes conscious love or respect, and when we find resolution that allows every member in a family, team, business or organisation, to take their rightful place.

System Constellations make use of our intrinsic human sense of space in relationships, to reveal long-standing patterns that influence our lives. These patterns can extend over time, entangling those who follow us in the unresolved problems of the past. Powerful information is available when our inner maps are made visible.

This process can release entanglements and reveal understanding:

- ✓ so that love can once again flow within the family,
- ✓ and respect and constructive energy can flow in the organisation.



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**Preeti Helena** (MA Counselling, BEd) is an internationally recognised System Constellation expert with a background of 28 years in meditation and group processes. She is also a Reiki Master. She has 23 years experience of change processes in IT. Her focus is exclusively on the requirements of the client – through an understanding of human systems and their influence on success. She has the ability to adapt a program spontaneously to the situation presented, using a rich combination of her skills.

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### Information and Bookings

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[www.helena-consulting.com.au](http://www.helena-consulting.com.au)

**Fees (incl. GST)**

One day workshop: \$165 – Individual one hour session: \$100