

# Cutting the Roots of Beliefs

using

## Human System Constellations

(Family Constellations, Career Constellations,  
Organisational Constellations)

## Experiential Workshops with Preeti Helena

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, we try to lessen the suffering of those near to us in sometimes counterproductive ways. We are usually unaware of this; so, oddly enough, often draw unhappiness, illness or misfortune into our own lives as a result.

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.

Human 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 again flow within families;
- ✓ and constructive energy and respect can again flow in organisations.



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**Preeti Helena** (MA Counselling, BEd) is a holistic change consultant, coach and trainer. She is an internationally recognised Human Systems Constellation expert with a background of 28 years in meditation and group processes. She is also a Reiki Master. Further, she has: 23 years experience of change processes in IT; founded Helena Consulting; and established a certified-organic lychee farm. 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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## For more Information and to Book

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Schedule and Fees

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