

Constellation Workshops

~ RELEASE DISRUPTIVE LIFE PATTERNS ~

Dear Friends

Every Saturday afternoon from 2pm to 6pm we come together as a community to do Constellation Therapy. Everyone is welcome.

I am also available for private group demo evenings; for more information contact me at the number below. Guaranteed constellations are available for \$125 but must be booked ahead of time. To participate and represent the cost is \$25 .I look forward to seeing you then.

DATES AND DETAILS

Every Saturday in 2012

2pm - 6pm

\$25 to participate \$125 for a constellation

THE MERIDIAN

1448 15th St Suite 202 ,Santa Monica Ca 90404

DATES NOT AVAILABLE IN 2012

JAN 7TH FEB 25TH MARCH 17TH MAY 19TH AND 26TH JULY 14TH SEPT 1ST NOV 24TH

DIRECTIONS and PARKING

DRIVING FROM THE EAST ON THE 10 FREEWAY EXIT AT LINCOLN BLVD AND GO RIGHT .FROM THE WEST GO LEFT TO BROADWAY – MAKE A RIGHT AND GO TO 15TH ST AND GO LEFT.THE MERIDIAN IS ON YOUR LEFT HAND SIDE

NINE GUEST SPACES ARE AVAILABLE IN PARKING GARAGE

AND ALSO ON BROADWAY AND STREET.PLEASE READ SIGNS TO AVOID TICKETS.

Blessings Hazel

www.indigohealing.com indigohazel@gmail.com 310-463-9512

FACILITATOR: Hazel Williams-Carter

Hazel is certified by the Bert Hellinger Institute in Family and Human Systems Constellation Work. She is also a Shamanic Practitioner, Soul Memory Facilitator and Indigo Facilitator. Her practice includes Trauma Release Therapies, Energy Psychology, EMDR, Relationships, Attachment and Bonding Work, Acupuncture with Sound and Color, and Vibrational Medicine utilizing flower essences and essential oils.

ABOUT CONSTELLATION WORK

Generation after generation, our inherited emotional and behavioral imprints keep showing up in our lives. Unknowingly we may carry our ancestors unresolved issues generations later. This information is encoded in our energy fields, DNA and cellular memories and has an affect on our health and well-being; mentally, emotionally and physically. In this workshop we will focus on integrating and healing unresolved trauma in our personal lives and from our family systems.

Unresolved emotional or physical trauma forms a residue of energy that remains locked in the energetic centers of the body and the family system and, if not released, can result in traumatic reenactments, unhealthy and disruptive life patterns, mental and physical illness, phobias, depression, panic attacks, anxiety, dissociation, freeze and immobility, soul fragmentation and loss and an interruption to love and life.

By setting up a systemic constellation it becomes possible for past wrongs, hidden dynamics, conflicts, disconnections, soul loss and entanglements to be revealed. When we resolve these old traumas the interrupted love and life returns and flows into the family system and our children and future generations no longer have to repeat these limiting patterns and traumatic events.

A constellation can also be set up for your family system, business, abundance issues, relationships, pets, art, writing, political systems etc. Any system can be represented and the resolution that already exists in the Morphogenetic Field can be accessed and revealed.

WHAT IS A MORPHOGENETIC FIELD?

Rupert Sheldrake talks about morphogenetic fields (or M-fields) as invisible organizing patterns that act like energy templates to establish forms on various levels of life.

eg: When Sir Roger Bannister broke the 4-minute mile he created a new M-field. The belief system prevailing in human consciousness had been that the 4-minute mile was a limit of human possibility. Once the new M-field was created, many runners suddenly began to run sub-4 minute miles. This occurs every time mankind breaks into a new paradigm, whether its the capacity to fly (an M-field created by the Wright Brothers), or the capacity to recover from alcoholism (an M-field created by Bill W., the founder of alcoholics anonymous). Once an M-field is created, everyone who repeats the accomplishment reinforces its power. Once it's created, it exists as a universally available pattern throughout the invisible universe.

(David Hawkins 1995)

When we set up your Constellation we are setting up the M-fields that you are entangled in and living in as your reality. What a Constellation does is reveal these old M-fields of limitation, stuck energies and patterns,

so that we are now conscious of these energies and dynamics in our field and their source. The source may be with your Ancestors, your own personal emotional and physical traumas or from the collective group consciousness. Once we are conscious we can create new M-fields that no longer continue these old painful and limiting patterns. We begin to create M-fields in alignment with an even greater field that Hellinger calls Spirit-Mind.

In a (family) system we are always in touch with this Morphogenetic Field or Knowing field and we feel the whole field. Usually we are not aware of the fact that we are in touch with everything and everything is in touch with us. The (family) system is bigger, greater and older, and we are unconsciously subjected to it.

HOW CONSTELLATIONS ARE DONE

Constellations were originally designed to be done in a group but can also be done in an individual setting. The facilitator, together with the client, will explore the issue by gathering information about the participant's family or other system, focusing on factual information about tragedies, trauma, difficult destinies, and other events that marks the client or the client's system. The participant can then choose representatives for the people or parts in question, and place them in relationship to each other according to the inner picture. Alternatively, the group members can offer to stand in roles that 'speak to them' and also find the place they feel they need to stand in.

Invariably, an amazing thing happens: the representatives will start feeling sensations and emotions related so intimately to the true family members, that people oftentimes are shocked and relieved at the same time about the accuracy with which the family drama unfolds, revealing the hidden links to their own life's drama.

With more and more information unfolding, words and actions can be found (by the representatives and/or the facilitator) to free the entangled from misdirected love, identities and fates. And, step by step, in finding the true and original order ('the order of love'), the members of the client's system (representatives) can find the place where they truly belong. They can feel peace and acceptance, and so can the mind, heart, and soul of the client.

TRAUMA & TRANS-GENERATIONAL HEALING

"As long as our ancestors are still suffering within us, we cannot be truly happy. If we make a step with awareness ..., we do this for all the past and future generations. They all arrive at the same moment we arrive and we all find peace at the same time."

~ Thich Nhat Hahn

Goals:

- To identify the hidden dynamics underlying disease
- To bring peace and understanding to your own suffering and that of others in your family.
- To align you with the overshadowing family soul

To release and heal unresolved beliefs and patterns that you may be carrying from previous generations.

- To allow love to live in the family lineage
- To bring the strengths, gifts, and potentials that have been suppressed through the generations into birth and to replace the suffering and tragedies with these new energies.

Events that may have a deep residual impact on the family soul might be:

Early death of parents

Divorce

Tragic death of a family member

Miscarriages or abortions

War

Descendents of Holocaust

Adoptions

A mother that dies during childbirth

Death of an infant

Descendents of slavery

Incest

Forced emigration or loss of homeland

Mental illness in family lineage

History of hereditary or physical illness

Emotional or physical abandonment by a parent.

Betrayal

Suicide

Hospitalization

Violence

Ill-gotten gains

Family secrets

Excluded family members

TRAUMA RELEASE THERAPY

When we experience trauma in our life the residue of energy remains trapped in the nervous system where it wreaks havoc on our bodies and our spirit. If we do not release this energy we become victim of trauma. We can develop anxiety and panic, and other psychosomatic and behavioral problems such as unhealthy patterns and lifestyles, addictions, depression and phobias. The light and joy seems to go out of our life.

When we release trauma we invite light back in and open the door to our own inner healer. Our natural state of love and harmony returns. I synthesize ancient and modern techniques to facilitate you in this deep and beautiful work. Light therapy may also be incorporated into the treatment. Soul and power retrieval is recommended to complete this work and to balance your energy.

"What one does not trouble to find within will not be discovered by transporting the body hither and yon."

~ Yogananda

Some Symptoms of Trauma:

Panic attacks, phobias, anxiety

Over emotional reactions

Extreme sensitivity to light and sound.

Inability to cope with stress

Insomnia

Feelings of isolation and detachment

Mood swings, outbursts of anger and rage

Loss of memory

Hyperactivity

Depression

Chronic fatigue or low vitality

Illness

Any Questions?

Call Hazel on: 310-463-9512

Email: indigohazel@gmail.com

Or visit: www.indigohealing.com

I will not live an unlived life, I will not live in fear of falling,

Or of catching fire, I choose to inhabit my days

To allow my living to open me, Making me less afraid

More accessible, To loosen my heart

So that it becomes a wing, a torch, a promise

I choose to risk my significance.

To live so that that which comes to me as seed

Goes to the next as blossom

And that which comes to me as blossom

Goes on as fruit.

~ Dawna Markova