

The Flowering of Life Foundation Course

Course Content

Raw Materials - Module 1

Begins 17-19 November 2017

This weekend is a practical start to the whole series.

You will learn the basic skills needed to practice Constellations in a 1to1 setting. It will include

- Introduction to core principles of how Family Constellations work their magic
- Uncovering the bare bones of a Constellation toolkit that can be taken home, to the beach, café or perhaps even your office
- Constellations as a self-help tool
- Techniques to practice in pairs, alone or with others
- The importance of Being and Presence – trusting the Field of Knowing and the hidden intelligence of the body
- What to look for, listening, sensing, Constellation Maps and their meanings
- Becoming a reader of the hidden language of feelings

Early Beginnings – Module 2

12-14 January 2018

How did our Life begin? And does this affect how we bring new things into being, such as creative projects, relationships, new babies?

By looking at the moment of conception, our time in the womb and birth itself, we discover how our entire life may have been shaped and coloured by unresolved events at its very beginning.

In this weekend we will explore

- Our early bonding with mother – Constellations to heal the womb experience, the umbilical cord, incubator babies etc – thereby strengthening our connection to life itself and receiving goodness in all that we do
- Conception – a cellular love affair – a meeting of mother and father
- Sperm and egg Constellations – inherited DNA from the father and mother's line that they carry
- Epigenetics – did we inherit our mother's or grandmother's birth trauma?
- Mother's womb stories – lost babies, miscarriages, abortions, twins (one in three of us were conceived and lived as twins for the first three months of our time in the womb)
- Constellations on an NLP timeline, mapping conception through to birth

Primal Roots – Module 3

9-11 March 2018

Our childhoods carry both intense joy and terrible pain. We learn about ourselves and our place in the world through our parents.

This weekend gives us the chance to

- Look at early infancy – our safety and vulnerability
- Heal the deep wounds with mother and father
- Re-parent our child - by John Bradshaw's Inner Child Process 'Welcome to the World'
- Heal the bond with mother father - by Bert Hellinger's powerful process 'Interrupted Movement'
- Constellate childhood separation, loss, adoption and 'blended families'

Growing Up - Module 4

20-22 April 2018

Mon 23 April - beginning of the Practitioner Training

The transition from childhood through Adolescence to Adulthood is never easy. We may find the teenage years and sexual dawning confusing and the adult responsibility that follows difficult.

This weekend introduces the teachings of The Sacred Order – how everyone has the right to belong

- Where do I fit in? My place in the family. Brothers, sisters, sibling rivalry
- Who is missing? Lost children
- How the Flow of Love is violated – those who came before have priority over those who come later
- The Big Child (the Adapted Child), trapped in a reversal of the flow of love
- The Wonder Child Meditation

The weekend also covers

Ancestral wounds around lost innocence, lost childhood

Sexual boundaries, infringement, abuse

Constellations to heal education traumas, boarding schools etc

Relating - Module 5

15-17 June 2018

This weekend is about healing our marriages and partnerships and letting them flower.

It will shine a light on unresolved separations and relationships and how they affect us now, both those in our own and in our partner's family system;

so that we can break the chains of anger, resentment and regret and move on to find new love in our lives; not only for ourselves but for our children.

I will introduce Constellations on:

- The present family, which covers all significant sexual partners, first loves, children and unborn children (terminations, miscarriages, still-births)
- Healing sexual wounds
- Inviting in new relationships or enriching and deepening an existing partnership.
- Systemic unresolved relationships and their continuing effect

Maturity - Module 6

3-5 August 2018

Meeting the responsibilities of adulthood is often a struggle. There may be financial difficulties and pressures such as to keep our families together even when the marriage is breaking down. Our health may suffer. Our ideals may be lost and our dreams forgotten.

We will look at:

- Constellations on issues such as money, health, work, success, creativity, abundance
- Systemic roots of over-performing, under-achieving, poor self-esteem
- Mid life crisis, depression as a doorway to transformation
- NLP Constellations on future programming, Timelines
- Constellations on addictions – work, sex, food, alcohol
- Suppressed emotions and how they affect our health
- Therapeutic writing, journaling and drawing as an adjunct to self-help Constellations

Passage to Power - Module 7

28-30 September 2018

As youth fades, strength and wisdom emerge. In this session we recover the power of our ancestors. This is a very misunderstood and often dreaded transition, not easy to negotiate. It is often seen as an inevitable time of ageing and decline, rather than as an opportunity to shed our lifelong responsibilities such as parenting, dead end jobs, unhealthy relationships.

With the help of Constellations we can discover what we truly want in life, putting ourselves first; our dreams; our creativity; and what brings true joy and meaning into our lives:

- Embracing the elder and inner wise counsel
- Menopause, late life crisis, second adolescence
- Constellations to interpret dreams
- Essence Constellations and resources such as the Inner Light
- Constellations using Voice Dialogue to explore the Inner Family and unconscious, often warring inner voices
- Ancestral healing

Endings also as a Beginning - Module 8 -

16-18 November 2018

This module is about completing our unfinished business, especially with those who we never got a chance to say goodbye to, making peace with our endings so we can move on without guilt or regrets

This may also be the time in our life when illness and health issues appear.

With the help of Constellations we can learn that even the most life threatening of diseases can be a doorway to true health and happiness.

Constellations help us to listen to our inner callings, which may mean giving up stressful ways of living and working and taking care of our unspoken needs.

We will explore:

- Constellations on the Immune system and organs of the body
- Releasing the patterns of untimely death that run through the generations
- Breaking the chains of inherited illnesses such as cancer, heart disease, arthritis
- Working with terminal illness; making peace with the process of death and dying
- Bereavement, loss and healing goodbyes

The World - Module 9

11-13 January 2019

Going beyond the personal we can embrace the greater family that we all belong to. The Constellations in this section take on a very different flavour and style but also have very far reaching consequences.

Some of the topics covered:

- Constellations on the environment and global issues
- Organisational and work Constellations
- Constellations in nature; eco Constellations
- Colonialism and healing of our migrant roots
- Constellations in the community
- Morphic fields; sacred activism; planetary healing

Closing Ceremony

The completion of the Flowering of Life Foundation Course

Receiving your Certificate of Completion

Celebratory cake to finish!