

Connecting To Our Ancestral Past Healing Through Family Constellations Ceremony And Ritual

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Discover profound ancestral healing by connecting to your past through the transformative power of Family Constellations. This unique approach integrates meaningful ceremony and ritual to address inherited patterns, offering deep insights and fostering a powerful connection to your lineage for lasting well-being.

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Connecting to Our Ancestral Past

Connecting to Our Ancestral Past is a pragmatic, spiritual journey that introduces a variety of specific rituals and conversations in connection with Constellations work, an experiential process that explores one's history and powerful events of the past in order to understand and resolve problems of the present. Constellations facilitator and author Francesca Mason Boring presents this therapeutic method in the context of cultures like the Shoshone, of which she is a member, that have seen the world through a prism of interrelationships for millennia. In Constellations work there is an organic quality that requires a discipline of non-judgment, one that is embraced in traditional native circles, where the whole truth of a person's life, roots, and trans-generational trauma or challenge is understood and included. Mason Boring provides a transformational walk through the universal indigenous field—that place of healing and knowledge used by Native healers and teachers for centuries—by describing stories and rituals designed to help people with their particular struggles. These rituals, such as "Facing the Good Men"—designed to help women who have suffered abuse in relationships with men—reject Western notions of over-the-counter medication. Instead, they stress a comfortable environment whereby the "client," with the help of a facilitator, interacts with people chosen to represent concepts, things, and other people. In Western culture the word "medicine" is thought of as a concrete object, but Mason Boring explains that indigenous cultures favor a process of healing as opposed to an itemized substance. She re-opens doors that have been closed due to the exclusion of indigenous technology in the development of many Western healing traditions and introduces new concepts to the lexicon of Western psychology. A range of voices from around the world—leaders in the fields of systems constellations, theoretical physics, and tribal traditions—contribute to this exploration of aboriginal perspectives that will benefit facilitators of Constellations work, therapists, and human beings who are trying to walk with open eyes and hearts.

Returning to Membership in Earth Community

An anthology from 14 contributors about using systemic constellations to help people experience the nature in them and around them. includes 48 color photos.

Healing Ancestral Karma

A breakthrough book on breaking destructive patterns. Is it possible that you have inherited the karma of your family members? Could this explain why family members often go through the same trials and tribulations generation after generation? And if so, is there anything you can do to break the cycle? Bestselling New Age author Dr. Steven Farmer claims that each of us inherited karma. If you come from a long line of saints and humanitarians, your life is probably pretty sweet. However, if you are like most folks, your forebearers are probably a mixed bag of the good, the bad, and the ugly. As a result, you are living with some appalling karmic consequences. This is a book that shows readers how to free themselves from the negative cycles of the past, and how to tap into the ancient wisdom of their ancestors! No matter what your current spiritual philosophy or practice, you can tap into your ancestral spirit guide for guidance, teaching, and healing.

Ancestral Whispers

An Invaluable Resource for Connecting to Your Ancestors Presenting historical and cultural examples of ancestral veneration from around the world, Ben Stimpson shows you how to build a strong, healthy relationship with your ancestors. He teaches the concepts and considerations of this important practice, walks you through the ins and outs of ritual, and shares profound insight on building community. Ancestral Whispers provides exercises and journal prompts specially designed to help you develop an authentic, living practice. Stimpson reveals the various types of ancestors and discusses the physical elements of practice, including sacred space, objects of power, and offerings. He also encourages you to explore the elements of pilgrimage and reflect deeply on your own beliefs. With this book, you can create a legacy for current and future generations.

Listening to the Movement

Restorative justice is spreading like wildfire across the globe. How can we explain this burst of energy? This anthology makes the bold claim that restorative justice is a vibrant social justice movement. It is more than a great idea gone viral, more than the extension of the legal system, and more than enacting new legislation. Beginning in 2015, the contributors of this volume took part in a series of dialogues sponsored by the Zehr Institute for Restorative Justice, exploring the contours of the restorative justice movement. Each one writes from the burgeoning edges of their own context, inviting readers to consider the fidelity and integrity of the movement's growth. As a cadre, the authors highlight new locations of restorative justice application: race, pedagogy, ecology, youth organizing, community violence reduction, and more. These diverse voices put forward a fast-paced, hard-hitting glimpse into the pulse of restorative justice today and what it may look like tomorrow.

Ancestral Healing for Your Spiritual and Genetic Families

A practical guide to shamanic ancestor work, inspired by Huna and supported by guided rituals and exercises • Explains how to heal traumatic experiences and old blockages that are stored in the memory of your lineage • Includes Hawaiian teachings about spiritual and genetic ancestors and reveals how to bond with your spirit family, your Aumakua • Shows how unlocking the support of your ancestors enables you to shine your light fully Knowing your ancestral lineage is not only a matter of curiosity, your life path will unfold with much more ease if you are aware and in harmony with your origins. Exploring the heritage of your bloodline as well as the energy of your spiritual family, which we are often less aware of, opens you up to enormous potential for healing and self-development. This practical guide explains, in a clear and straightforward way, how the energy field of our ancestors influences our personal lives and how we can draw from their strength as well as liberate ourselves from burdens that have been carried over generations. It helps us to lift the veil of forgetting and allow ourselves to fully shine our light, supported by the souls that came before us, by making peace with past hurts and traumas. Drawing on the Huna Hawaiian shamanic tradition as well as other shamanic and energetic practices, the authors show how to connect with our Aumakua, our ancestors and higher self, which includes our close relatives, ancestors stretching back thousands of years, and our spiritual ancestors or karmic family. The authors offer practices to reconcile with our parents and spiritual family, uncover suppressed matters and family secrets, clear and charge our personal energy field and our family energy field, and awaken the potential of our bloodline. They explain how to perform an ancestor healing circle, carry

out an ancestor release ritual, and offer blessings for children and grandchildren as well as providing meditative journeys to meet our ancestors, our spiritual family, and our spiritual roots in other realms. They also provide short case studies to illustrate how the rituals and exercises have worked for other people. By enacting ancestral healing, we can recognize who we are, where we come from, and truly fulfill our destiny in this life.

Stardust on the Spiritual Path

Many are ready for the next step in consciousness in finding a belief system or form of spirituality to help them discover a higher meaning in life. Through exploring elements of mystical India with knowledge of modern psychological and personal development, we may create a new enriching perspective of our soul journey as stardust. Yildiz explores aspects of Karma, Vedic astrology, reincarnation, free will and destiny and the process of Family Constellations as a means of making the most of ourselves on our soul journey through relationships and self-discovery towards enlightenment through a character named 'Surya'. The author uses ancient and modern philosophies and Eastern and Western knowledge in looking through Surya's eyes. Each decision has consequences and Yildiz discusses those with a strong emphasis on the intricacies of relationship. 'We are invited to consider consumerism, global warming and our search for love as the soul remembering its wisdom. To experience her generosity of spirit, one only has to read, "Perhaps there is truth in both beliefs. That this life is unique, a one-off experience and may not be repeated in exactly the same way. This is the only time we may have this experience in this body, time, culture and circumstance." The book holds our interest, but perhaps most beautiful is the strength of peace that is left once our eyes have left the page. Yildiz is an Australian woman who carries the blood of her Turkish/African and British roots, is a former teacher of Physics and Chemistry, a therapist, Vedic astrologer, facilitator/trainer of Family Constellation and a generous spirit.' Francesca Mason Boring Author of Connecting to our Ancestral Past: Healing through Family Constellations. Ceremony and Ritual.

Even If it Costs Me My Life

Family constellations work has broadened and developed in many different fields as a method of counseling and therapy. In addition to constellations in organizations and schools, applying this approach to working with illness and disease has expanded the potential for healing effects in the field of medicine as well. A view of transgenerational entanglements and family dynamics casts a new light on health and disease, and the insights gained from constellations with illness and health problems have led to a more holistic view of those who are ill. In Even if it Costs me my Life, Stephan Hausner aims to provide a picture of the healing potential of systemic constellations, entering into the reciprocal effects of family dynamics and illness. Extensive use of case studies demonstrates this technique in action, revealing how existing illnesses and pathologies are rooted within the family dynamic, and setting up healing postures to facilitate growth, development, and direction.

Ancestral Healing Made Easy

Identify old family wounds, communicate with your ancestral guides, heal your lineage and achieve wellbeing for yourself and loved ones. To understand who we are, we must know where and who we come from. Discover powerful practices to honour and heal your family lineage. Ancestral healing is the process of revealing and releasing inherited wounds and traumas that have been passed down by our ancestors. Anyone researching their heritage will uncover both positive and negative issues that pass through the bloodlines from one generation to the next. Once we understand the effects our family has had on our wellbeing, we can find ways to heal their influences and celebrate their legacy. Renowned soul rescuers Natalia and Terry O'Sullivan have distilled an array of practices, rituals, exercises and meditations to help you: explore what ancestral healing is and how it can aid you recognize how unresolved ancestral wounds have impacted your life learn how to use rituals and practical exercises to honour and communicate with your ancestors balance your physical, emotional and psychological wellbeing through healing the family wounds The journey of ancestral healing is one of evolution and restoration. Each step, ritual and prayer will take you closer to the life your ancestors have dreamed for you.

Family Constellations Revealed

Welcome to the world of Constellations. Family and other forms of Constellations constitute one of the most effective and thrilling modern therapeutic methods that will help you improve your relationships

and life in general by allowing love to flow again. Not since Freud has the realm of psychology seen such groundbreaking insights as those provided by Hellinger, the founder of Constellations. Constellation work is a universal tool that will enable you to identify and resolve problems in any sphere of life including personal relationship, health and workplace issues. This easy-to-read book comprehensively explains the method and theory of constellations. To augment understanding, the text is illustrated with detailed authentic case studies from Indra's practice. The latest research and innovative applications of systemic constellations, such as organizational, structural and table constellations are also discussed, as well as relevant scientific research. Whether you are a layman or spiritual seeker interested in improving your life or a therapist interested in adding another dimension to your therapeutic skills arsenal, this indispensable book is a treasure trove of information and insights that will go a long way in helping you find true understanding about Constellations and how relationships work.

Connected Fates, Separate Destinies

A primer on the Family Constellations philosophy and its core principles that will inspire and empower readers to take ownership of their lives. Family Constellations begins with the premise: it did not start with me. Many of us become "entangled" with the unhappiness of those who came before us, unconsciously adopting destructive familial patterns of anxiety, depression, failure, and even illness and addiction in an attempt to "redo" the past and "fix" our families. Affirmations and exercises punctuate every chapter, created to help the reader actively engage with and experience the benefits of Family Constellations. Readers will also learn how to: Recognize family system patterns and disrupt them Heal the inner child and parent the adult self Release limiting beliefs and behaviors Dissolve trauma bonds that entangle them with the past Reconcile the past and the present, for a whole and integrated self Arrive at a place of personal peace within the family system Craft future-facing narratives that empower them to live authentically

Ancestral Medicine

A practical guide to connecting with your ancestors for personal, family, and cultural healing • Provides exercises and rituals to help you initiate contact with your ancestors, find ancestral guides, and assist the dead who are not yet at peace • Explains how to safely engage in lineage repair work by connecting with your more ancient ancestors before relating with the recently deceased • Explores how your ancestors can help you transform intergenerational legacies of pain and abuse and reclaim the positive spirit of the family Everyone has loving and wise ancestors they can learn to invoke for support and healing. Coming into relationship with your ancestors empowers you to transform negative family patterns into blessings and encourages good health, self-esteem, clarity of purpose, and better relationships with your living relatives. Offering a practical guide to understanding and navigating relationships with the spirits of those who have passed, Daniel Foor, Ph.D., details how to relate safely and effectively with your ancestors for personal, family, and cultural healing. He provides exercises and rituals, grounded in ancient wisdom traditions, to help you initiate contact with your ancestors, find supportive ancestral guides, cultivate forgiveness and gratitude, harmonize your bloodlines, and assist the dead who are not yet at peace. He explains how to safely engage in lineage repair work by connecting with your more ancient ancestors before relating with the recently deceased. He shows how, by working with spiritually vibrant ancestors, individuals and families can understand and transform intergenerational patterns of pain and abuse and reclaim the full blessings and gifts of their bloodlines. Ancestral repair work can also catalyze healing breakthroughs among living family members and help children and future generations to live free from ancestral burdens. The author provides detailed instructions for ways to honor the ancestors of a place, address dream visits from the dead, and work with ancestor shrines and altars. The author offers guidance on preparing for death, funeral rites, handling the body after death, and joining the ancestors. He also explains how ancestor work can help us to transform problems such as racism, sexism, homophobia, and religious persecution. By learning the fundamentals of ancestor reverence and ritual, you will discover how to draw on the wisdom of supportive ancestral guides, heal family troubles, maintain connections with beloved family after their death, and better understand the complex and interconnected relationship between the living and the dead.

Understanding Bereaved Parents and Siblings

Understanding Bereaved Parents and Siblings is based on lived experiences and provides insight, ideas, and inspiration on how to support the bereaved, how to talk to them about their experience, and

how to help people manage their own shock or grief. Part I of the book contains ten stories from parents and six from siblings sharing their experiences. Each narrator discusses their relationship with the person who died; what led up to the death; the impact of the loss on the speaker; as well as what helped and what hindered them in their grief. Part II is aimed at professionals and draws on various topics such as grief and bereavement models, transgenerational loss, resilience, protection, and creative ways of working with grief. The book will be an essential read for the bereaved and the professionals, family, and friends who are supporting them.

Natural Born Shamans - A Spiritual Toolkit for Life

Natural Born Shamans - A Spiritual Toolkit for Life covers all aspects of performing spiritual or shamanic work with children and young people. It is aimed at anyone who has an interest in young people and their spiritual journey, and covers all age groups from “in utero” until age 18+. The book explains what shamanic parenting is and describes ways of doing spirit-led work, even with both unborn babies and spirit children (after miscarriage, abortion or early death). It also provides 30 “tried and tested” session plans for people looking for inspiration and “where to start”.

Whole Systems Design

Whole Systems Design: Inquiries in the Knowing Field is an open invitation and an inspiration for Innovators, System Designers, Leaders, Change Agents, and Constellators—anyone who wishes to live and work from a whole systems perspective. It is for people new to working with complex systems as well as for those who will enjoy engaging with its practitioners, its concepts, and its emerging history. It is a book of stories, conversations, and interviews, about finding ways to serve Life, to serve humanity, to serve the Whole, through a process which has been emerging through the author—Constellating for the Collective—a process that itself has emerged from Systemic Constellation Work and the Knowing Field. Whole Systems Design opens with the author's journey, letting readers behind the curtain of facilitation. She describes the pragmatic steps and tools she has developed with deep dedication over many years. She includes a succinct description of the impact of this work on participants and for the Collective. Lively conversations with colleagues trace the collaboration and co-creation vital in this evolving field. Nine interviews with long-time facilitators and trainers of Constellation Work—who share their insights about Collective Constellation Work—provide a rich resource.

Love's Own Truths

Gold Nautilus Book Award Winner: “Nourishing and self-empowering” advice for living your happiest and most authentic life (Michael Bernard Beckwith, author of Life Visioning). We live in difficult, stressful times. You’ve read books and done workshops, but you still have to face so many stubborn obstacles. Yet it’s often our pain and dissatisfaction that push us to seek a more conscious life. Your Ultimate Life Plan is the missing “how to” for getting unstuck and moving past your problems and into a richer and more meaningful life, creating lasting change, and making a difference. It’s a practical roadmap to help you improve every moment of your life by teaching you how to build: Confidence: remove what is stopping you Strength: move from your wounded ego into your sacred self Courage: make smarter choices by embracing your four levels of consciousness Success: rise to your next level of happiness, clarity, and transformation Your Ultimate Life Plan is the distillation of Dr. Howard’s twenty-plus years of experience as a licensed psychotherapist and spiritual teacher. This “workshop in a book” will help you not only understand your true self, but experience it. Winner of a 2013 Gold Nautilus Book Award Winner of a 2013 Gold Readers' Favorite International Book Award Winner of a 2013 Silver Benjamin Franklin Book Award ForeWord Book of the Year Award Finalist

Your Ultimate Life Plan

This volume examines the challenges weighing on the future of education in the face of globalization in the twenty-first century. Bringing together eleven authors who explore the paradox of an “after” to the future of education, each chapter in this book targets three important areas: ecology as understood in the broader framework of globalization and pedagogy; curriculum concerns which impact learning; and the pervasiveness of technology in education today.

The Precarious Future of Education

Feather Medicine, Walking in Shoshone Dreamtime: A Family System Constellation by Francesca Mason Boring is an invitation to ancient campfires and the warmth of contemporary family bonds. Within the pages of this journey one is invited into the wisdom of Native American traditions and humor as well as an introduction to Family Systems Constellation. Feather Medicine chronicles the journey of a contemporary, bi-cultural Shoshone woman who has inherited her maternal grandmother's gift of dream and knowing; a poignant look at the contrast of the indigenous world of visions, and the western mode of thinking. For those who wish for deeper connections in family relationship, social workers, bereavement counselors, Native American studies and literature professors, this book is an insightful companion.

Feather Medicine

Ancestry is big business these days, but mere biological genealogy fails to tap into our spiritual roots. The shamans of indigenous cultures have known for millennia how to do this. In this comprehensive cross-cultural survey, Dr. David Kowalewski, scholar and practicing shaman, offers several techniques for engaging the Old Ones the old-fashioned way. Although modern people have largely lost this tradition, the ancestors are coming back strong, along with the shamans—a welcome happening that may reverse our ancestor-deficit disorder. Drawing on a global survey of ethnographic reports, direct teachings from shamans of many continents, and experiences from his own shamanic practice, the author presents a wealth of useful ways that shamans have developed, around the world and across the ages, to connect with ancestors in both our realm and theirs. These include spirit-plates; effigies; pilgrimages; walkabouts; and trips with plant-spirits. Using these ancient techniques, indigenous peoples receive a variety of gifts from their Old Ones, including destiny guidance, healing, protection, and wisdom teachings. Yet some ancestors may behave like hooligans, causing psychological distress and physical woes, and even curses against a whole lineage. But these maladies are both prevented and countered by shamanic methods such as home cleansing, disposal of the deceased's property, severance ceremonies, and the like. The author ends with practical takeaways—lessons from the lineages so to speak—showing how you and your ancestors, through concerted spiritual action, can co-evolve to higher spiritual planes. As a team.

Dances with Ancestors

This book is a psychotherapist's reflections on the relationship between psychotherapy, truth, ancestry, tribe, and democracy. Ancestral Blueprints: Revealing Invisible Truths in America's Soul provides a way to relate to the silence that is passed from one generation to the next by offering: insight into the wisdom of our elders and the influence of their lives on ours; consciousness regarding the consequences of unacknowledged truth in our families and country; a compassionate look at American history through the eyes of a psychotherapist who works with transgenerational loss and trauma; a unique perspective on the place of psychotherapy in American culture; and a framework for observing and interacting with life, inspired by our ancestral blueprints.

Ancestral Blueprints: Revealing Invisible Truths in America's Soul

"a wonderful journey of self-discovery" "wise, enthralling, and far-reaching" "where your next metamorphosis begins" Do you know the stories of who you are and where you come from? Have you walked in the paths of your ancestors? Who you are is the result of complex layers of energetic influence from people you've known and loved, the choices you've made, and your family and ancestors. The imprint of their memories flows through your veins and their fight to survive beats in your heart. Connecting with the stories of those who've lived before us and shaped our world is an empowering process in claiming our own life. When aspects of the past are unseen or unacknowledged then the trauma from that past connects to our present and future, entangling us as it reanimates and is re-experienced by us. Family and ancestral constellation is a therapeutic tool that allows these invisible influences to become visible, be acknowledged, and become whole. It allows us to uncover the hidden historical narrative we unconsciously hold, disentangle ourselves from it, and move forward with our own life. It is the key to unlocking the missing puzzle pieces of who we are.

Your Invisible Inheritance

Body, Mind & Spirit / Self-Help This book's perspective on healing will expand the reader's vision, beyond the scope of healing as a purely individual and personal matter, to one that spans generations in its scope, crosses racial and cultural barriers and sheds new light on the relationships between

victims and perpetrators, be they from governments and regimes, wars, sexual abuse or crime. Payne's "Orders of Love" describe a natural pattern that has been observed in the practice of Family Constellations--namely, that there is a distinct order stating who belongs and who does not belong, not only in a family system, but also in larger groups such as nations. With its many examples and stories, Payne's book brings back into belonging those who have been excluded and bridges the gap between the healing of an individual and the healing of family, ethnic and national souls. John L. Payne, also known as Shavasti, has travelled the length and breadth of this globe, firstly in childhood and then in his adult life in search of deeper meaning and experience. His multi-cultural background created a childhood that was spread over three continents and an adult life spent living in Europe, Africa, Central and South America and Asia, with much time being spent in the USA. With the experience of having given more than 400 workshops on 6 continents, you are receiving a wealth of cultural, ethnic and historical experience that makes his work finely tuned for ancestral healing having worked with hundreds of individuals across the globe.

The Healing of Individuals, Families & Nations

Our ancestry influences more than just our physical characteristics - it can also have a profound effect on who we are as people. The success of TV shows like *Who Do You Think You Are?* has prompted a massive interest in people tracing their family roots. But researching into our forebears' lives can often unearth turbulent histories. The past 250 years has seen more change and upheaval on a global scale than at any other point in history. The legacy of the holocaust, of slavery, indentured servitude and of two world wars, has seen a massive migration of peoples across the world, and almost all families know of a recent ancestor whose life was turned upside down by these events. Discovering more about our forebears, and identifying inherited traits, can help us realise our potential and assist us in overcoming obstacles that may be holding us back. As we learn about and honour our ancestors, we can reclaim who we are, discover our creativity, and find our true soul path. In this extraordinary book, readers will find out how to: discover and honour their ancestors, heal their family histories, reveal inherited creative and inspirational gifts, discover their guardian ancestors and learn from inspiring case studies of personal growth. The Ancestral Continuum will take each reader on a journey through the labyrinth of their own ancestral legacy. As we explore our family tree, we can begin to see ourselves as just one strand in a never-ending tapestry of history and emotion, personality and achievement, birth and death, that will continue into infinity. The book is a powerful and revolutionary blueprint for transforming how we feel about ourselves.

The Ancestral Continuum

Mapping out a "family constellation," explains Dr. Joy Manné, encompasses exploring previous powerful life events from accidents to adoptions and accessing the deepest dynamics in that family system. This process helps us recognize and then resolve deeply seated family patterns. For example, in order to understand a person's inability to trust, the family history of betrayal must be uncovered and released. These insights replace resentment with respect, pain with understanding. Dr. Manné uses the knowledge gained from her own practice as well as her educational experiences with Bert Hellinger, the founder of Family Constellations therapy, to clearly describe this technique. Most family constellation sessions are carried out in a group setting, with the facilitator first seeking clarity regarding the issue or problem the client has come to work out. Representatives are then chosen from among the group and the constellation is set up and worked in until it comes to resolution. This may be followed by a closing ritual and advice about how to integrate what the constellation has revealed. Through the use of real-life examples of family constellations, Dr. Manné makes this increasingly popular practice understandable and relatable.

Family Constellations

Enriched by numerous case studies and years of client experience, this book guides readers to move beyond the tangled web of stories they tell themselves and others about their lives, relationships, illnesses, and disruptive life patterns. Step-by-step, the chapters uncover the origins of behaviors and feelings such as drug or alcohol addiction, failed careers, and depression. Hidden loyalties to people and ideas are introduced as the underlying causes of these obstacles, which cloud the path to success and cause people to believe the stories they tell themselves, eventually losing touch with the truth. Through the examples in this book, readers will learn to acknowledge and embrace truth, spelling out the explicit facts and rejecting the fictions they have created to excuse their failings.

Love's Hidden Symmetry

"In My Mind's Eye" is the first book about family constellations in individual therapy and counselling. The procedures presented rest on a broad range of therapeutic knowledge and experience from various psychological methods and approaches. In the first section, Ursula Franke describes the foundations of her therapeutic work. The second part addresses the inner processes, questions, and decisions leading to interventions, that guide the therapist through the whole process of a constellation. The main focus is on the techniques of constellations in individual therapy, and on constellations in the imagination, which the author has developed over years of experience and observation.

The Language of the Soul

ABOUT THE BOOK The Constellation Approach -- Finding Peace Through Your Family Lineage is the culmination of Jamy and Peter Faust's brave and innovative healing work over the past twenty years. Together and individually, they have helped hundreds of people heal emotional wounds rooted in many varieties of trauma, neglect, loss, and longstanding family loyalties. Inspired by the teachings of Bert Hellinger, the Constellation Approach combines the practical wisdom of healing traditions from both East and West with the Fausts' signature understanding of the Soul's journey. As they carefully guide us to uncover the sources of unresolved and often long-hidden conflicts, a path to inner peace emerges. The journey they invite us to embark upon will not only change forever the way we understand the dynamics of our families, but it will also expand and deepen our experience of authentic love. This book reimagines our conflict-ridden world gradually but boldly transformed by peace -- one family at a time. **ABOUT THE AUTHORS** Jamy and Peter Faust have been studying, practicing and teaching the Healing Arts for over twenty-five years. They each have private practices near Boston, and lead seminars and trainings together in The Constellation Approach. Jamy holds a Master of Arts degree in Holistic Counseling and Psychology, is a graduate and former faculty of the Barbara Brennan School of Healing, and is trained in Metzner Alchemical Divination practices. She founded Amethyst Opening, a depth-work process combining shamanic journeying, energy healing and spiritual psychology. Peter holds a Master's degree in Japanese and Chinese Acupuncture, and is licensed to practice Herbal Medicine. Peter graduated and taught at the Barbara Brennan School of Healing. He also leads men's workshops through the Hero's Journey Foundation. Jamy and Peter have been married for thirty years and have a lifetime commitment to helping others find peace through their family lineage.

In My Mind's Eye

Many of us are disconnected from our ancestors. However, there is a deep and undeniable connection between us and them. Our ancestors' DNA flows through our veins, and their experiences are imprinted on our souls physically, emotionally, mentally, and spiritually. For those with PTSD, birth-related trauma, in-utero trauma, adult trauma, or childhood abuse and neglect, the journey toward healing often begins with exploring our family history. Family Lineage Healing: Pain, Patterns, Trauma, and Emotions brings awareness to the importance of understanding family lineage and ancestral healing. In this easy-to-read guide, Dr. Alda Sainfort walks us through how our ancestors' legacies continue to influence us profoundly in ways we may not even realize, from understanding the pain and trauma they endured to appreciating the blessings they passed down. By focusing on the powerful and transformative process of family lineage healing, Family Lineage Healing: Pain, Patterns, Trauma, and Emotions helps us to connect with our roots, heal inherited wounds, and fully embody our gifts and potential. Your holistic well-being is your dream, which can ultimately lead to greater peace, purpose, and joy in your life. Family Lineage Healing: Pain, Patterns, Trauma, and Emotions is the roadmap to making that dream a reality.

The Constellation Approach

Healing lies at the heart of Zen in the home, as Paula Arai discovered in her pioneering research on the ritual lives of Zen Buddhist laywomen. She reveals a vital stream of religious practice that flourishes outside the bounds of formal institutions through sacred rites that women develop and transmit to one another. Everyday objects and common materials are used in inventive ways. For example, polishing cloths, vivified by prayer and mantra recitation, become potent tools. The creation of beauty through the arts of tea ceremony, calligraphy, poetry, and flower arrangement become rites of healing. Bringing Zen Home brings a fresh perspective to Zen scholarship by uncovering a previously unrecognized but nonetheless vibrant strand of lay practice. The creativity of domestic Zen is evident in the ritual activities that women fashion, weaving tradition and innovation, to gain a sense of wholeness and balance in the midst of illness, loss, and anguish. Their rituals include chanting, ingesting elixirs and consecrated

substances, and contemplative approaches that elevate cleaning, cooking, child-rearing, and caring for the sick and dying into spiritual disciplines. Creating beauty is central to domestic Zen and figures prominently in Arai's analyses. She also discovers a novel application of the concept of Buddha nature as the women honor deceased loved ones as "personal Buddhas." One of the hallmarks of the study is its longitudinal nature, spanning fourteen years of fieldwork. Arai developed a "second-person," or relational, approach to ethnographic research prompted by recent trends in psychobiology. This allowed her to cultivate relationships of trust and mutual vulnerability over many years to inquire into not only the practices but also their ongoing and changing roles. The women in her study entrusted her with their life stories, personal reflections, and religious insights, yielding an ethnography rich in descriptive and narrative detail as well as nuanced explorations of the experiential dimensions and effects of rituals. In *Bringing Zen Home*, the first study of the ritual lives of Zen laywomen, Arai applies a cutting-edge ethnographic method to reveal a thriving domain of religious practice. Her work represents an important contribution on a number of fronts—to Zen studies, ritual studies, scholarship on women and religion, and the cross-cultural study of healing.

Family Lineage Healing

Have you ever wondered why you do the things you do? In the same way that stars form patterns called constellations, family members and how they interact with each other create behavioural patterns, by tracing these patterns with Family constellation and historical mediumship we can begin to bring the hidden in to the light. Take an intuitive walk through your family tree and uncover the secrets of your ancestors. Examples and illustrations of the effects of the ancestors and family patterns on individuals are given from Nikki's private practice, group workshops as well as delving in to the world of celebrity with exploration of the lives and deaths of Marilyn Munro, Curt Kobain and others. It is amazing the things that are forgotten or suppressed within a family. Secrets that are never spoken, children that never were, crimes, deaths, the missing - all these things are swept under the carpet. But the unseen and unspoken have a habit of making themselves heard further down the line. If you are interested in moving forward and truly seeing what is there within your own family tree come take a walk with me.

Bringing Zen Home

International healer David Furlong explains the relevance of our ancestors to the healing process. He shows how the character and experiences of our parents, grandparents and great grandparents shape our lives in all sorts of subtle ways and stresses the importance of healing the patterns from past generations which continue to affect us today. By learning to connect with these energies from the past we can free up and balance their impact on our lives and on future generations. You will discover: *scientific findings in the studies of genetics which show that a far greater range of psychological traits are passed down through the generations than was previously acknowledged* how to set up a family tree, research your family history and draw up a genogram* a variety of exercises and healing techniques to clear and heal family patterns* rituals of forgiveness and letting go.

Between the Lines

Connect With Your Ancestors provides hope for anyone frustrated with a lack of answers for their symptoms, conditions and repetitive life challenges. Do you experience unexplainable fears; ungrounded feelings of grief, anger or shame; addictions; relationship challenges; anxiety or depression; burnout or chronic health conditions? These are some of the ways that descendants carry transgenerational trauma for their parents, grandparents and ancestors. If you repeatedly explore different medical treatments, therapies or alternative healing techniques, yet remain stuck in life in some way; there is a strong likelihood that you are entangled with someone or something in your family system that is emotionally unresolved. My family system had plenty of transgenerational trauma to address and yours might too. War, immigration, displacement, family tragedy, birth trauma, adoption, exclusion or religious persecution are some transgenerational trauma experiences that transmit from generation to generation. If you know little about your ancestors, then the transgenerational trauma has likely been silenced. Silence is a profound carrier of transgenerational trauma, with family secrets or traumatizing experiences taking on lives of their own. This trauma lives on in the unconscious body of family members waiting to be addressed, becoming more powerful with each generation of silence. This book is a compilation of blog entries (aka small essays) on topics of transgenerational trauma and systemic healing. It engages with the insight that is found through systemic and family constellations, emphasizing the need for energetic body focused systemic healing approaches. It is the first in a series

of books that will be made available shortly on numerous systemic healing topics. *Connect With Your Ancestors* reflects on ways to recognize transgenerational trauma and body focused ways to address it, so that it doesn't have to pass down to your children and grandchildren.

Healing Your Family Patterns

Blackfoot Ways of Knowing is a journey into the heart and soul of Blackfoot culture. In sharing her personal story of "coming home" to reclaim her identity within that culture, Betty Bastien offers us a gateway into traditional Blackfoot ways of understanding and experiencing the world.

Connect with Your Ancestors: Transforming the Transgenerational Trauma of Your Family Tree

Written by prominent scholars, this text covers rituals from the early Chan period to modern Japan and key developments that occurred in the Linji/Rinzai and Caodan/Soto schools. It describes how rituals mould the lives of its practitioners in accordance with the ideal of Zen awakening.

Blackfoot Ways of Knowing

This book has been written for those who are interested in deepening their understanding of the practice of family constellations. Many might ask whether this practice hasn't already been detailed in Hellinger's own books and videos. This book is a response to many practical questions of therapists and coaches. When I speak about the 'art' and 'craft' of the work, I am using these terms in the old sense. To become a painter, you have to master colours, techniques, perspective, etc. That is the master craft which the art requires. The more finely trained the craftsmanship, the more masterly will be the result of a new expression or theme. Art and depth of expression are not things which can be learned, but craftsmanship is. In addition to the few artists who truly break new ground, we have to also recognise the great number of learned practitioners of the arts. They have mastered their craft to such an extent that there is depth and expression in their work, even though they may not have developed a new, revolutionary style. In my training programme for constellation facilitators, a core of material has emerged which I pass on to those in training as a basic foundation for practising this craft. From the feedback in these groups, I am confident that this is a solid basis for the work with constellations.

Zen Ritual

Notes from the Indigenous Field: Family Systems Constellation, Ceremony & Ritual is a pragmatic spiritual walk introducing a variety of specific rituals and conversations which can be applied to facilitating systems constellation, health & human service practices, and personal growth. Providing a transformational walk with the 'universal indigenous field', contributions from a variety of aboriginal elders and voices make this an exciting journey. Stepping into a paradigm which nurtures a remembering of innate wisdom -available to all, we are challenged and encouraged by the author. Francesca Mason Boring introduces family system constellation in the context of cultures which have seen the world through a prism of inter-relationship for millennia. Including the aspect of 'normal' prophetic/ancestral dream, (which is not yet included in the lexicon of western psychology), this book expands our conversations and concepts. Acknowledging historical trauma and the exclusion of indigenous technology in the development of many western healing traditions, doors which have been closed are re-opened for consideration. Including references to: *Native Science- Natural Laws of Interdependence* by Gregory Cajete, *Blackfoot Physics* by F. David Peat, the work of Rupert Sheldrake, Bert Hellinger, Anngwyn St. Just, Daan van Kampenhout, and many leaders in the field of systems constellation, this book feeds mind and soul. Included in this text discussing indigenous work being incorporated into personal and community healing are contributions from South Africa, Europe, Canada, Mexico and the U.S. This is a book which has been waiting to be born. Expanded from its original German and Dutch translations, *Notes from the Indigenous Field* is now available in English.

The Art and Practice of Family Constellations

Movement Medicine is the kind of instruction manual you'll actually want to read. It is laced with personal stories from the authors' lives that are funny, inspiring and moving, as well as 38 recipes that will change the way you see and feel about yourself and your place in this world. Anybody in a body can take part. So that means you. Take a deep breath. Your drum is calling you. Its rhythm is in your blood. We are being challenged as a species to raise our game. The 9 Gateways are a map and a guide for the critical times we live in. In them, you will see the ancient and the modern, the psychotherapeutic and

the shamanic, the devotional and the traditional, the scientific and the mystical, all woven together into material that is strong enough to support you to 'Live Your Dream.'

Notes from the Indigenous Field

With a lot of patience, understanding, and soul wisdom, Indra takes you to the root causes of relationship problems. Drawing on his extensive experience as a facilitator of family and relationship constellations, he shows you what is causing relationships to run off the rails and how to heal them. By being loyal, we unconsciously carry over behavioral patterns and attitudes from our ancestors. These loyalties often have a huge impact on our couple relationship-to an extent you could never have imagined. Our ancestors leave us with a kind of blueprint, or mind-set, about life and relationships. This mind-set is a major determining factor in whether our relationships turn out to be happy. Lasting change will come about only if you become aware of these loyalties and learn to let go of destructive behaviors and attitudes inherited from your ancestors. Integrating the wisdom of Heal Your Relationship in your life will give you the power and insights to heal yourself and, of course, improve your relationship skills. Drawing on his extensive experience as a therapist and a spiritual teacher, Preiss helps the reader to

- Recognize what it takes to make your relationship work and to grow healthy, lasting, nurturing and fulfilling relationships.
- Understand the root of all marriage and relationship problems and unlocking the key to solving and fixing relationship and marriage problems.
- Learn how to end painful relationship patterns and how to heal and transform your relationship from within.
- Heal from the emotional wounds of the past and stop self-sabotage from improving or saving your relationship or marriage.

Movement Medicine

Heal Your Relationship