

Wednesday Gathering in Rockville - Family Constellation Therapy 5/27/09

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This Wednesday [Sandbox gathering](#) we gain insight into profound unconscious blocks that get passed down from our families and ancestors. It is like spiritual psycho-drama. This neo-shamanic approach allows for insights that you can't get to by traditional therapy.

Family Constellation work, as developed by renowned European psychotherapist Bert Hellinger during the last 20 years, has grown rapidly in Europe and is now gaining international attention. This technique grew out of his time as a priest in Africa, seeing how the Masai tribe of South Africa worked with their ancestral spirits.

This approach also comes from a long tradition of systemic therapy, which looks at situations as a whole versus as isolated incidents of wounding or pain. By viewing family situations in the context of a larger whole, we gain insights into the deeper reasons why things occur in a family: why individuals are pushed out, denied a place or not spoken about; and why behavioral patterns appear to repeat, often unconsciously, over generations.

We are all affected by our family energy field, or "family soul." Examining the family soul can help us to resolve issues that trouble our being. This family soul includes both the living and the dead and has a deep effect on the present generation.

In Family Constellation work group members are chosen to represent the participant's family members and are positioned intuitively by the participant. As if stepping into the energy field of that particular family, these representatives then begin to feel in their bodies the actual feelings of those family members they are representing. Unconscious loyalties are then brought to the surface. As new, healthy images of the family system emerge, genuine love and strength can begin to flow in a liberating way. The effects of this are profound and life-changing.

Randy Goldberg is a graduate of the Hellinger Institute of DC, and continues doing advanced studies with Heinz Stark from Germany. Randy is a former Yoga monk, a Craniosacral therapist, a world famous astrologer interviewed by the Washington Post and by CNN. He facilitates Family Constellation therapy for individuals and groups. www.randygoldberg.org

The workshop begins after dinner at 8pm. I invite you to join us, though as always what ever choice you make you will be honored in.