



Family Constellation



THE WHITE ELEPHANT
**SPRINKLES
OF WISDOM**

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Founder of Family Constellation



Bert Hellinger

Bert Hellinger, a German psychotherapist born in 1925, is renowned for developing Family Constellations, a therapeutic approach that explores family dynamics and systemic patterns. Drawing from his background in psychoanalysis, existential therapy, and his own experiences as a missionary and family therapist, Hellinger introduced innovative methods for uncovering hidden dynamics within family systems. His work often delves into the interconnectedness between individuals and their families, emphasizing the impact of ancestral trauma and loyalties on present-day relationships. Despite controversy surrounding some of his methods and theories, Hellinger's contributions have significantly influenced the field of psychotherapy, fostering a deeper understanding of the complexities within family systems worldwide.



Family Constellation

A type of therapy that can only be understood when experienced in the first person. It is a possibility that allows you to work in groups as well as in one on one sessions to dissolve the entanglements in your life. The repeated trouble situations in your life follow a particular pattern. At one point in time, it becomes evident that you are dealing with some serious issues that you ultimately start to realise that these problems have a deeper root. Constellation work is a great tool to catch the real reasons for the drama you are facing. Mainly these situations occur due to a disturbed family or simply because you shared a deranged bond with one of your loved ones.

Family issues make you stuck in your life in a way that leaves you in a dilemma. Because someone else is not okay, this makes you unable to grow and move forward in life. During the Family Constellation sessions, it is thought that family issues might be the patient's concern. Therefore the roots are checked, and the role the patient plays in the family is understood. Constellations are a single work step. The facilitator shows you the picture of the problem, gives you an idea, and offers a solution. On the contrary, therapies include multiple sessions and are the ongoing process where you have to keep visiting your therapist at particular intervals.

Family constellations work in the philosophy where the facilitator only observes and guides the patient to reach the desired outcome.

Constellations believe in the theory that the patients are aware of their life more than anyone else, and they should be able to find the answers to the dwindling questions. Do not mistake it for a single seating where you cannot return if you require further help. If the person feels he needs to go back, he can definitely do so.

Family Constellations is a groundbreaking methodology to free yourself from the damaging repetitive patterns, behaviours and emotions that are limiting your life in some way today that you have unconsciously taken on from your family system.

- ★ Do you sometimes feel that you are not living your life to your full potential?
- ★ Do you feel like you are being held back somehow?
- ★ Have you been weighed down by persisting emotions of fear, anger, anxiety, depression, sadness or guilt?
- ★ Are you experiencing relationship troubles, financial hardship, professional struggles, addiction or self sabotage?

If so, you have probably been searching. . . books, workshops, videos, therapy or coaching, and even though you have learned a lot, you still have not been able break free.

What if it was not just about you!

What if some of it came from something much deeper, from unresolved traumas or unprocessed emotions from your family system that you have picked up subconsciously out of a very powerful love and loyalty to them?

Most of the issues you face today stem from unresolved events and unprocessed emotions from your family that you probably don't know about and are passed down across generations. Once the hidden dynamics behind the issue that is holding you back are seen from a completely different perspective, they are transformed, for you, your children and future generations. Simply put, Family Constellations is a powerful method to transform your relationship with your family, work, vitality, money and life by releasing you from the entanglements that are holding you back.

Just like there are laws working in the universe (i.e. The law of relativity, polarity, cause and effect, etc.), there are laws known as the 'orders of love' operating in your family system. They are affecting you today in ways that you are not even aware of. The reason is that they are working in your subconscious.

Some of the Benefits of Family Constellations

- ★ **Releasing the blockages** that are holding you back
- ★ **Freeing you, your children and their offspring** from generational burdens
- ★ Increasing your **empathy, love and compassion** for yourself and others
- ★ Developing the **strength and wisdom** to deal with death and loss in life
- ★ Creating **positive shifts** in your relationships (parents, partner, children, colleagues, friends, etc.)
- ★ **Transforming** your relationship with money, finances and abundance **Aligning** your mind, body and soul
- ★ Developing **inner peace** with your past and who you are today
- ★ Acquiring **clarity** in who you are and what you want in life
- ★ Having the **strength and drive** to pursue your goals
- ★ Opening yourself to life and feeling **more energy and vitality**
- ★ Transforming your family story into a story of **success**
- ★ **Clearing** the impact of trans-generational trauma in your life



What happens in Family Constellations?

Family Constellations can be explored in groups or individually. In groups, the trained facilitator selects a person from the group who wishes to work on something they want to shift in their life. This constellation will serve the entire group, because it will connect with ancestral memories in all members.

After briefly mentioning the issue and answering some strategic questions, (without getting into the "story"), the client or facilitator chooses members of the group (whom the seeker does not know) to represent different family members, or the issue itself, or related components, in order to uncover the hidden dynamics behind it.

Members, simply by intention, connect to what is known as the knowing field, the family soul, and are able to perceive sensations in their bodies, impulses or feelings about other members that help to bring to light what is not known consciously. Once the unconscious loyalties are seen, healing soul sentences may be used to restore the flow of love in the family system and experience it, and everything that happened with an open heart.

Constellations shift the inner image we have been carrying of what happened to us and restore a new empowering image that settles in our soul and creates shifts in our lives sometimes instantly and others over time. In group Family Constellations, everyone present receives insights and shifts, whether setting up one's own constellation, participating as a representative in other's constellations or observing mindfully.



The Trainers



Efu Nyaki

Efu Nyaki, a healer born and raised in Tanzania who works internationally facilitating trainings and workshops on trauma healing.

Efu is a faculty member at the Somatic Experiencing Trauma Institute and also a professor of Systemic Family Constellations Therapy at the Hellinger Science Institute, and is also the founder of AFYA, a women's holistic healing centre in Brazil. I'm delighted to welcome Efu to the show.

She is the author of the book - Healing Trauma through Family Constellations and Somatic Experiencing: Ancestral Wisdom from the Snail Clan of Tanzania

Dennis Moorman

Dennis Moorman, a trauma healer living and working in São Paulo, Brazil works with SE™ in Brazil, Bolivia, Chile, Egypt, Haiti, Hong Kong, India and many more countries across the globe.

Dennis is a faculty in Systemic Family Constellation Therapy, Somatic Psychotherapy, Ayurvedic Massage, Reiki, Aikido, Theology, Plant Physiology and Agronomy.

His special interest lies in working with intergenerational trauma. The regular practice of Aikido also informs his embodied therapeutic approach.

Gallery



Dates of the Training

01 MODULE

8th Nov 2024 - 10th Nov 2024

02 MODULE

28th Mar 2025 - 30th Mar 2025

03 MODULE

24th Oct 2025 - 26th Oct 2025

04 MODULE

26 Feb 2026 - 28th Feb 2026

05 MODULE

18th Nov 2026 - 20th Nov 2026

Payment

Price of each seminar

37,000 INR + 18% GST = 43,660 INR

Important Note:

- Kindly ensure that payment is completed before the 15th of August 2024 as it is the last date for registration.

Join the Training

Fill up the The Student Registration google form

Payment to confirm your seat.

Google Registration Form

Registration



Graduation Requirements as Family Constellation Facilitator

- ★ One has to complete all the 5 seminars to be certified a Family Constellation facilitator from AFYA & The White Elephant-Sprinkles of Wisdom.
- ★ Students will receive a completion of Seminar certificate after every seminar and Family Constellation facilitator training certificate at the end of the 5 seminars.

■ Cancellation and Non Refund Policy

In case you missed your previous training dates due to an emergency, we can accommodate you in the next training session.

The above payments are subject to a strict no-refund policy. One must be mindful before choosing to make payments to confirm their seat at the training. One will receive a receipt via email once the payment is completed. It is important for a student to complete their payments only after their application is approved.

For Refund and Cancellation Policy please refer to this link

thewhiteelephant.in/refund-and-cancellation-policy

■ Your Stay in Rishikesh



Why Rishikesh is the Ideal Setting for Your Journey

Our training will take place amidst the tranquil and spiritually rich environment of Aurovalley Ashram close to Rishikesh. Surrounded by the majestic Himalayas and the sacred Ganga River, this setting will provide the perfect backdrop for self-discovery and emotional growth. You are welcome to make your own accommodation arrangements as well. During the training, we shall be providing lunch and two teas. If you plan to stay at the Ashram, kindly contact us for additional information and to make a booking.

Note: Accommodation is not included in the program fees. A separate fee needs to be paid for the stay

Ashram Stay Rules and Regulations.



The Aurovalley ashram, nestled near the Rajaji National Park, is a serene retreat frequented by deer, birds, elephants, and peacocks during the peaceful early mornings and evenings.

In seminars like this, we explore the vital concept of adult responsibility, both theoretically and practically.

Given its ashram setting, facilities are limited, offering simple satvic food and cozy single-sharing rooms suitable for workshop participants. While mattresses may not match those at home or in hotels, we suggest bringing items to enhance your comfort during your stay. For guests requiring hot water, we have requested the installation of common hot geysers on each floor.

Dress code

The ashram follows a modest dress code, requiring attire that covers the body adequately and avoids excessive exposure of skin. Open or transparent clothing is not encouraged. We kindly request guests to wear loose and comfortable clothing that maintains modesty without being overly revealing.

■ Food/Dining Timing at the Ashram

Meals at the ashram adhere to strict timings

Breakfast

08:00 am - 08:30 am

Tea break

11:00 am - 11:30 am

Lunch

01:00 pm - 01:30 pm

Tea break

04:15 pm - 04:45 pm

Dinner

07:00 pm - 07:30 pm

For those with gluten or lactose intolerances, we recommend bringing supplements or alternative foods, as providing substitutes is challenging in an ashram environment. Additionally, please ensure you have an adequate supply of medications and any necessary items for your safety and comfort.

Each building within the ashram is equipped with a communal pantry featuring an electric kettle for access to hot water for drinking.

As organizers, we will endeavor to make you feel comfortable and well-cared for, but your own efforts in self-care will also contribute to our collective well-being.

Connect with Us

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Learn & Upskill

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