

MARINESÉLÉNÉE

**10 MINUTE
BREAKTHROUGH**

INTRODUCTION

Healing is a process of becoming your true self.

But sometimes, does it ever feel like you're replaying the same story—over and over again? Do you ever feel lost, frustrated, or depressed, despite doing your best to heal toxic relationships and negative behaviors?

This Was My Reality.

At first I was so determined to understand who I was and where I belonged that I said “yes” to many different healings and therapies. It felt like I had amazingly powerful experiences, but there was always a sense of incompleteness.

Finally, I discovered my missing link: **Family Constellations**. As they say, “Always try one more time. Until you feel it’s the last time.” This time, it was different.

After my first Family Constellations session I got an enriched understanding of my origins, which instigated a deep release. My past started to become clear. As things started to make sense, I stopped blaming my parents for where I was in that moment in time—and I decided to take care of myself and my life. I finally felt a sense of ownership of my story—and acceptance and acknowledgment that my parents did the best they could. If you cannot achieve your goal, it may be because your family story is holding you back from moving forward. **I created this for you...**



This guide was created for you to help you uncover hidden blocks in your family system, allowing you to receive breakthroughs in your energetic lineage (aka your family system.)

These blocks may be keeping you from moving forward in your life, and from feeling confident and clear in who you are.

The Truth Is . . .

You cannot change your parents or your family unit—but you can change your perception around it. You can decide to move on, finally quit obsessing over your past, and stop thinking about what they should have done differently.

Awakening happens when you realize your parents did the best they could given their own stories.

By acknowledging and accepting your family as they are, your life will change. You will feel grounded, capable and at peace with who you are today—and your past story. This understanding will restore your power, creating a strong base, and deep love for your life and yourself.

**WHAT IS FAMILY
CONSTELLATION?**

Family Constellation is a therapeutic approach founded by Bert Hellinger in the 1950's.

Over the course of 16 years observing the Zulu tribes in South Africa, Hellinger studied group dynamics led by an Anglican clergyman.

He was impressed by the results of their methods—which proved it was possible for opposites to heal through mutual respect. When Hellinger returned to Germany, he studied different approaches that shaped his therapeutic method known as Family Constellations and Systemic Constellations. He now calls his work “Movements of the Soul.”



ABOUT THE METHOD

The Family Constellations method is an effective way to transform what is holding you back so that you can live your life from your own belief system—and express your full potential. It uncovers and dissolves the blockages affecting your relationships, finances, career and health through the story of your family system.

The power of Family Constellations lies in acknowledging and accepting the complete truth as it is. You will uncover repetitive behaviors throughout generations, and why inherited family trauma can have a subconscious impact on your life.

Through **awareness and acceptance**, you can break free from negative and painful patterns, own your place in your family, and give the place of other family members back to them.

When this happens, you will feel free to follow your own destiny, with the support of your family behind you.

UNDERSTANDING THE GENERATIONS

Previous generations in your family can help you determine a few things

a. Your Generation (You + Your Siblings): Determines your perception about space and how to share in daily life. This was your first environment where you learned how to live, survive, and maybe even fight in a community—to be able to find and claim your place.

Example 1: Your primary environment growing up may influence the way you interact with others in a group. Do you give freely or are you afraid of lacking something? Are you the friend who shares his food at a restaurant or are you the one who doesn't like the concept of Tapas—because you dislike sharing with others. This is rooted in fear of not having enough—perhaps because your brother always stole your food on your plate and your parents didn't interfere. Or maybe your sister always stole your clothes or ideas—without first asking for your permission.

Example 2: You stay in the corner of the room waiting for someone to invite you to be a part of the party. This could be because your sister was so extravagant that there was no space for you to be seen.

b. The Second Generation (Your Parents + Their Siblings): Is about sexuality, creating your life and identity. It is the sexuality of your parents that created you. Your parents gave you life, they created your existence and at first, you relate to them in order to know who you are.

Example 1: If your father kept telling you that you were 'useless', you may suffer from feelings of unworthiness. This means in your adult life you may always attract people or friends that will make you feel not enough—feeding the unconscious identity your father gave you.

Example 2: If your parents trusted you and let you experience whatever you wanted to, you may feel more bold and inclined to believe in your dreams and create all of them!

c. The Third Generation (Your Grandparents + Their Siblings): Is about feelings and emotions. Since you can understand how your parents were raised, you can understand their connection with their own parents and have clarity on how they raised you.

Example 1: If your grandfather was emotionally unavailable, you may notice your father (or mother) was also emotionally unavailable towards you.

Example 2: If your grandmother was an invasive mother with your mother or father, then your mom or dad may do the opposite in order to give you privacy and intimacy. They suffered from not having it, but you may see it as them not caring about you.

Example 3: If your grandmother was obsessed with food and looking thin, your mother may make you feel like you need to pay attention to what you eat. As a result, you may be the one gaining weight even though your eating habits are pretty healthy—this is due to a somatization of swelling. Somatization is the production of multiple symptoms with no discernible cause. Meaning, since you are unconsciously feeling the stress

caused by your grandmother on your mother, you indirectly experience these same symptoms—regardless of your own personal habits.

d. The Fourth Generation (Your Great Grandparents + Their Siblings): Is about the moral, philosophy and beliefs of the family.

Example 1: If you know you had an independent, strong-willed great grandmother, you may notice there are many strong, independent women in your family.

Example 2: If your great grandfather had an affair with another woman and had a baby. That baby was your grandfather (the father of your father) —so there may be affairs, cheating, or illegitimate children in the family system. Also, there may be jealousy in love relationships and no trust between men and women.

Don't worry if you don't know a lot about your family lineage. Your body, sensations and present life will give you clues in order to release what needs to be released—and allow you to move on. The more you look into your family system, the more you'll be able to understand recurring issues and behaviors.

When you cannot find an answer to a problem in your present moment, it may be that it belongs to your past. Even more, it likely belongs to someone else—but as a loyal member of your family system you are unconsciously trying to resolve it on your own



**HEALING THE FAMILY
WOUND**

Accepting help from your ancestors & family system

By healing yourself you bring back order in the family. This is because through the process you discover what belongs to you and what doesn't—meaning you give it back to the past or to the family member in charge of that fate.

Just you working on and healing yourself will have an impact on your entire family system. However, it is not your job to heal your family. They must want to heal themselves.

For example, if you're an alcoholic because all the men in your family are alcoholics, then you may decide to heal yourself by quitting drinking. That doesn't mean the men in your family will stop drinking too. However, this will mean that you will accept their fate without judging them, and taking care of yours by moving on.

This is similar to when a player is removed from a sports game. The moment a person is removed of the family system because they didn't fit the family image, another person in the family will have to represent them. This representative family member is now “entangled,” taking on a different relationship to the family. So consciously or unconsciously this entangled person will try to fulfill duties and expectations that aren't theirs. This results in them displaying behavior and symptoms not true to their authentic nature. While excluding a family member causes a problem, re-incorporating the originally excluded person creates a solution.

ACCEPTING HELP

So, why not (energetically or physically) accept the help of your family and ancestors? Why not lean on them for support—giving back to them the weight you've been unconsciously bearing? You may not find all the answers, but you will realize how supported you really are—you'll feel that sense of belonging in your family system.

Now, you may be wondering: How do you do this?

You do it with this sentence and awareness: They did the best they could

This is more of an energetic help. The healing comes through accepting this is where you are supposed to be. Perhaps as a result your relationship with your mother will improve—not because anything in your relationship changed—but because your perception towards her did.

By accepting that your parents did the best they could, you will drop the heavy burden of expectations that may never be filled.

Remember, many things pass on generation after generation.

Without awareness and full acceptance of what was, it's difficult to create a life based on your own terms.



CAUSES OF BLOCKS

There are two causes of blocks: Holding or Unconscious Entanglement

Holding happens when you are still holding onto the idea that reparation will come from your family, when the reparation will come from you. Their job is done. Now, it's your choice—do you want to wait for them to change, or are you willing to change?

Do you think this is unfair? Ask yourself why. Do you think it's fair for you to give away your power? Are you waiting to feel acknowledged in your suffering? For your parents to know they failed at parenting? What's your goal? Continued resentment? Sadness? More drama? Aren't you done with this?

Your parents will change through the change of your own perception. Peace starts with you. Even if they don't want to be a part of the peace, you won't get hurt anymore because you will have acceptance and respect towards their lives. You don't need to wait for your parents to be happy. Acknowledge they did the best they could and move on.

It may be that you're still unconsciously repeating patterns and behaviors from your family system. There are unhealed wounds looking to be loved and belong.

“She had just turned 25. She was surrounded, spoiled and loved by great friends. She knew deeply that with every new year she had to make the most of life as she was fast approaching her thirties. She had no material wants, but she still felt empty inside. However, she could never pinpoint the real root of the problem. Instead, she blamed her father for her disastrous, passionate and chaotic love life, and her mother for not always feeling as deeply as she craved, and never feeling satisfied. But what was she looking for? She could not work it out. She attempted to fill the void with dancing, drinking, flirting and working, and it quickly became apparent that all of these solutions weren’t enough to conceal the empty feelings anymore. The pain had become too much to ignore. It was only then she started to consider the possibility to pay attention to herself and dig a little bit deeper in order to understand the origin of it all.”

MARINE SÉLÉNÉE

LET'S GET STARTED

**IN MY PRIVATE PRACTICE,
I WITNESS THE LOYAL BURDEN
WE CAN CARRY WITH US,
GENERATION AFTER GENERATION.**

GAINING UNDERSTANDING

It's important to know your first (subconscious) mission as a child is to save and repair your family system. Until you realize your family doesn't need your help, that everyone in your family system is perfect as they are, and you release the urge to fix what happened in the history of your lineage, you cannot entirely be free. This means: you decide to live your life to the fullest. With your own inspirations, desires, goals and dreams.

It's one thing to know your story. It's another to use it as an excuse of not being able to move on—feeding the victim mindset. In any way, your story is your weakness. Your story needs to be seen as an honor, just to be alive today.

Give thanks to past generations who fought, survived, made sacrifices, believed in love again, and trusted the birth of a new generation—all reasons why you are here today.



OUR MISSION

ACKNOWLEDGE AND ACCEPT YOUR FAMILY AS IT IS

Especially your parents who gave you birth. Maybe they weren't the best. Perhaps they were mean, depressed or abandoned you. Despite your perception of them and the reality of your situation, they did the best they could, given their own story and circumstances.

People who can't let go are just treading water.

Stuck in the past, and fearful of the future.

*Because they can't let go of their resentment,
they often do damage to themselves and others.*

The reality is: Your past belongs to your past, and you have the right to move on.

This recognition will set you free. It will allow you to release resentment, judgement, frustration and anger you're keeping towards your parents—thinking at one point, they will see through your suffering. **This is not what works.**

HEALING WORKS WHEN . . .

We bring order, love and peace back

First, within yourself. Then, within your family system.
By understanding where you came from, you can understand your parents and yourself.

You are a piece of your parents—both of them. When you reject one of your parents (or both) you reject yourself.

Same with your entire family and story.

Rejecting with whom and where you belong is **rejecting yourself.**

It's denying the present moment—**your power to be in the now.**

Your past is part of your identity—**and it's your choice to turn it into one of your strengths.**

THE GOOD NEWS

You can do two things:

1. Belonging: Give all the members in your family a place to be, a sense of belonging.

Act Now: “Dear X, (if you don’t know their name, say uncle, cousin, etc.) for today and all the days to come, I see you, I hear you, I recognize you. I give you your place back in our family system. You belong. You have a place.” (You can bow if you feel it.)

2. Honor: The only way to honor their lives is to live yours to the fullest. This means facing the present moment, not the past. You can make something of your life, and be the person you’re here to be.

Act Now: Honor your family, ancestors, and past by facing forward. Bow to them. Move on in your own life—there is only one way!

You are not here to be a judge—you are here to be an example.

Pinpointing what is good or bad will only diminish your family, and do the same to you.

THE OPPORTUNITY

Make something of your life and use your inheritance as a powerful tool that one day, you will pass on.

On behalf of all your ancestors:

I see you.

I hear you.

I recognize you.



THE EXERCISE

Getting a global understanding of your origins—a visual understanding of who you are.

1. Drawing Your Family Tree

Through physically drawing your family tree you can find your place and become aware of patterns repeating themselves from generation to generation. This lets you uncover potential blocks affecting your love life, relationships, career or health.

Draw your tree:

a. Make Notes: On the tree, note the dates of birth and death of family members, and any important events (war, abortion, death, miscarriage, divorce, murder, suicide, dramatic financial loss or gain, slavery, insanity, etc.)

b. Discover Clues: Look for patterns or repetition. You may realize the same date of birth or death among family members, repeated disorders, traumatic events that occurred at a similar age, or exclusions through the family through disability, homosexuality or being a single parent. You may notice a lot of car accidents happened, that your grandmother lost her young sister during war, or a few women in your family were depressed. This gives you a few clues regarding the vibration and energy of your family. Circle the event that is the most traumatic, or that strikes you the most when you look at it. Then, circle the event that gives you the most strength.

c. Just Be: Let your different family thoughts and insights come into your mind and pass through. Look at your family tree with love. One by one, thank each member for being a part of your family system. How do you feel? Do you see how you're a part of a bigger picture?

Read the questions, then close your eyes:

- e. What's the first picture you see when you think about your family tree?
- f. Which adjectives would you give to describe your family?
- g. How would you talk about it?

RESOLUTION

RESOLUTION SENTENCES

Choose whichever ones resonate with you:

I have a place.

I see you. I hear you. I recognize you.
(From your adult self to your little girl/boy or anyone who was rejected)

I only know myself through you.
(From you to your parents)

I am your daughter/son. I am your sister/brother. I am your mother/father.

Dad/Mom, I'm really sorry for my distant/judgemental/arrogant behavior I've had with you.

When you've reached out to me, I've pushed you away.
I'm so sorry.
(To Mom/Dad, Grandmother/Father, Children, Partner)

I know underneath all the hurt is my love for you.



CLOSING

UNBLOCKING AND HEALING

By now this exercise may have you feeling a little more aware, mindful and awakened to your family system—with new insights into patterns in your family unit.

If you want to dive deeper into uncovering blocks, healing old wounds, and showing up in your life with more confidence and clarity, get in touch. Let's continue unblocking your past, owning your present, and creating your future. I look forward to working with you in a session.

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