

Important Procedures after every day of the Workshop:

1. Clearing Energy

- a) lie down on the floor, ground, and intend to let all the energy that's not yours drain into the earth;
- b) meditate or pray (whichever is your way of calming and clearing the mind);
- c) take a hot bath with a few cups of sea (or Epsom) salts and 2/3 of a cup of baking soda. Spend at least 20 min there. Make sure you wash your hair, as it holds the most energy;
- d) eat well-cooked grounding foods, like warm soups, root vegetables, cooked grains with vegetables, and good proteins;
- e) avoid alcohol for at least a few days.

2. Allow the Contraction

Be prepared for *contraction after expansion*. You might not want to plan any parties or social functions during this weekend or the following Monday. It is advisable to plan a day off on the Monday following your workshop. Contraction phase is necessary to integrate your experiences. Please know that as you process your experiences you might feel a bit depressed, but that shall pass soon if you will give it a respectful space. Full integration will happen over a few months, and sometimes years.

3. “Unfinished” or “Unresolved” Constellations

If you were one of the people that had the “unfinished” or seemingly “unresolved constellation” please do not feel disappointed. Trust the wisdom of your family soul that has generated as much movement as possible at this time. Sometimes the hardest thing is to open the door if it is really “stuck”, and walking through it could be an easier step. Trust that the movement will continue from there. In this case we recommend to do a follow up constellation, or even a few.

4. What helps

- a) avoid telling both your new and old story;
- b) do not discuss details of your constellation with anyone. You can mention it in very general terms, preferably after some time. It is Ok to share the shifts and healing effects occurring;
- c) book an appointment for a good deep tissue massage to release the energy blocks from the connective tissues that holds a lot of memories. Also book an energy medicine session to deeper integrate the shifts;
- d) even if you did not have your constellation done at the workshop you are shifting a lot through others. Please support yourself as if it was your own constellation;
- e) participate in more constellations for others and yourself and support the workshops to keep your heart open to the flow of love and healing;
- f) spread the word about this work to your friends and family without mentioning details of your constellation. Tell them how you felt, and how you feel now;
- g) call or e-mail me if you feel I could support you, or if something bothers you after a constellation.

Thank you for coming, and get in tune with the movements of your family soul. Once your ears and eyes are open to change healing becomes more conscious and delightful experience.