



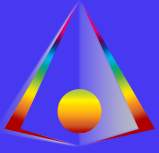
HEALINGPOINT

I AM AT THE CENTRE OF ALL MY EXPERIENCES

HealingPoint
Constellations

Presented by
Sonja Simak

AN ADVENTURE IN
SELF GROWTH



WE TAKE OUR POWER BACK WHEN WE LIVE FROM OUR HEART AND INTUITION!



**I am always at the centre of all that I experience.
I am at the centre of all my challenges and conflicts.**

With the constant load-shedding in the past few weeks, I had to admit that I felt powerless to make a difference in this situation. What is the centre of my experience? It is my experience of helplessness.

I had to admit this to myself. I know this feeling so well. It used to overwhelm me severely in the past. The 'overwhelm' today is minor.

How can I come to terms with my sense of helplessness? It is the question that drove me to find solutions. While I cannot help Eskom switch the power back on, I cannot create the war in Ukraine to stop; I can acknowledge the fact that there is a world with an agenda which may be different to mine.

What happens to me that challenges me is an opportunity to show up as the person I am.
Becoming aware of how I show up allows me to choose to show up as I want to be.

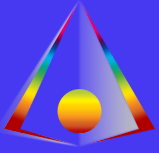
How do I want to show up in my inner world to at least find a sense of Inner Peace? With or without electricity, I could make little choices that were mine to make. I chose to stay off all social media for two weeks. I wanted and needed just to BE ME.

Yes, I did continue to work.

Yes, I focused on creating course content close to my heart.

I wanted to find my inner inspired ME again.

I used my sense of helplessness to be channelled into a new activity, which I did with great joy.



WHEN WE MANAGE OUR EMOTIONS, WE BEGIN TO LIVE FROM OUR HEART!

How do I want to show up in my inner world to at least find a sense of Inner Peace?

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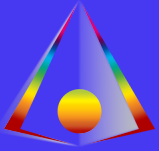
Our power is in our feelings.

When we manage our emotions, we begin to live from our hearts, and we soon realise we are not so powerless after all. Once we start being honest, we see the insanity of doing the same things and expecting a different result.

There are many ways we can train ourselves to effect powerful living.

Coaching

Family and Systemic Constellations



IN THE FIELD OF WHOLENESS, WE STEP INTO THE PRESENT.



**I am always at the centre of all that I experience.
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Why do we keep repeating the same patterns over and over again? Even in different situations, with other people, we keep getting the same or similar results. Why is that?

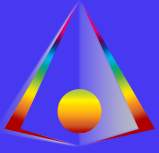
We follow the programming in our subconscious, within us from our father's and mother's family systems. Cool! That's how we are trapped!

How can we then ever escape from this entrapment?

In Family Constellations, this entanglement is acknowledged. Through a constellations process, these subconscious entanglements are recognised and brought into a healthy alignment with the conscious and superconscious. We begin to identify patterns not only present in your current Life but have been in the parent's systemic systems long before your conception.

This modality of releasing one point of suffering after another is an excellent modality to create more and more freedom to BE. Working in the Field of Wholeness, a feeling of wholeness is restored as a reset in your subconscious.

I would like to believe that the Field of Wholeness is supported through the Grace of the Divine or at least a Higher Conscious Mind.



FAMILY AND SYSTEMIC CONSTELLATIONS ARE INDEED A TREASURE HUNT OF SELF-DISCOVERY.

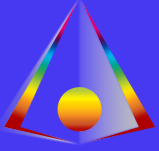


As a facilitator and trainer of Family and Systemic Constellations, I have learned to allow the Field of Wholeness to show up and guide the flow of the constellation. It will enable the suffering experienced to show up the underlying entanglements that want to be brought into alignment. Through movements and healing words, these entanglements are then released to a point where the Field is in flow. The client experiences a sense of peace.

In the whole Field of Wholeness, we step into the present.

Each representative experiences an embodied experienced transmutation of an entrapped emotion or feeling into feelings of lightness. We often get feedback that other family members also report a shift. The mystery is that as each participant has their conscious alignment experience, others also react to the energy of the Field of Wholeness.

Old patterns and behaviours take a turn in a new direction. It may be scary to navigate new experiences as they are unknown. Whether we make the better choice in the moment is directly proportionate to how much we allow ourselves to trust the power greater than ourselves.



ONCE WE BEGIN THE HEALING PROCESS, WE QUICKLY REALISE THE BENEFIT OF DISENTANGLING FROM OUR PAST PROGRAMMING.

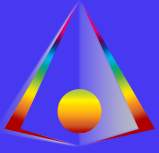


I am always at the centre of all that I experience.
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It takes courage to take an unknown journey. It is said we would rather stay in our suffering. It is the comfort of the known. We know how to navigate our Life around the pain from within the pain. It sounds crazy until we take ownership of recognising that we are always at the centre of all our experiences. Taking responsibility for being at the centre of all our challenges and conflicts is the most significant step of courage. Initially, it feels like jumping off a cliff wall until we realise we can let go and fly and land where we want to be.

Yes, it takes courage to face all our sufferings that have created the lives we have lived to have brought us to the current life experiences.

Once we begin the healing process, we quickly realise the benefit of disentangling from our past programming. Yes, the constellation process may bring up some painful feelings. The uncomfortable feelings are the treasures in this hunt. These are the ones that will bring us the most freedom from the bondage of self.



**WE ARE 100% RESPONSIBLE FOR OUR
ALIGNMENT PROCESS AND CAN NO LONGER
BLAME OTHERS FOR OUR ANGER, FRUSTRATION
AND HURT FEELINGS.**



The good news is that if we allow the healing process, the shackles and entanglements of the past seem to lift. The key is to allow the healing process and not resist it. When we release these ancestral programmed patterns, our behaviour changes automatically. Sometimes we need to unlearn some habits and consciously create new ones.

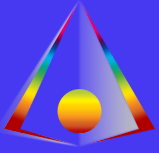
How do we let go?

We trust the constellation process and remember what our part was in creating the feelings that are part of the entanglements.

When deep processes are experienced, it is like recovering from a large operation. The body processes its healing process if we let go and trust. Once we recognise the patterns that no longer serve us and have aligned them in the Field of Wholeness, we typically stop repeating them and start seeing our lives changing.

We are 100% responsible for our alignment process and can no longer blame others for our anger, frustration and hurt feelings.

As we step fearlessly, with honesty, open-mindedness and willingness, into the Field of Wholeness, we begin to notice new issues appearing in our lives. I know it is frustrating. By embracing the likelihood of new skeletons coming out of the closet, we welcome that what wants to be revealed wants to be healed.



THE TRUTH SETS YOU FREE! THERE IS AN EMPOWERMENT THAT FILLS US WHEN WE SPEAK OUR TRUTH.

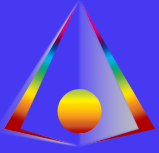
We can only know ourselves as well as we allow others to know us. Letting others know us, especially at the deeper levels, requires us to be vulnerable. Vulnerability is one of our most powerful assets. When we allow ourselves to be vulnerable, we begin to eliminate the shame and guilt. Shame and guilt are one of our worst enemies, and the most challenging part about it is that it is all self-imposed fears that keep it alive, keep it strong and even make it stronger by continuously thinking about it - yet not talking about it. Shame and guilt are a revolving door.

Secrets create significant boundaries. When the secrets well covered up are revealed, healing is experienced forward.

At this point, I would like to introduce a considerable caveat. The secret holder, if still alive, is the only one who may only reveal a secret kept by a person still alive. In Family Constellations, I am cautious about creating a story when a secret shows up to be healed. At HealingPoint Constellations, we focus on the healing and alignment process while acknowledging that a secret exists. It is not essential to reveal the details. We focus on the alignment process of the shame and guilt that accompanies most secrets. We have found that once the alignment is achieved in the Field of Wholeness, the secret holder feels free to share the secret without being prompted.



In past constellations, we supported participants who wanted first to release a secret clouded in shame and guilt to be healed and aligned in the Field of Wholeness during a constellations process. They found that it was no big deal when they shared their well-kept secret with the people impacted by the shame and guilt of the secret. The healing process followed with ease.



THE RELEASE OF SHAME AND GUILT THROUGH ALIGNMENT WITH THE TRUTH IS A HUMBLING EXPERIENCE.



What if we have created a story to justify an action?

What if we fully believe that an action is for a positively intended outcome?

We are always in denial about whatever we do not want to look at. We tend to make up all kinds of excuses, justifications, and rationalisations to explain away our behaviours. It keeps you stuck in an everlasting loop from which you cannot heal.

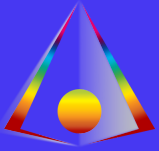
You can lie to everyone else, just do not lie to yourself. Relief is felt, and newfound freedom is found when the denial is addressed.

The release of shame and guilt through alignment with the truth is a humbling experience. There is greatness in humbleness! Love is the most potent force that starts to flow as we feel more vital, safer, more content and at peace.

Love, humility, compassion and gratitude are the foundation for vulnerability. When we fully accept responsibility, it is easier to be vulnerable.

Through the work in Family Constellations, we uncover many truths about ourselves, our patterns and behaviours. We discover who we are. We are coming into our true, authentic selves.

We learn to address, change, and discard that which no longer serves our higher good. It requires a willingness to be put into action to extend the freedom we gain as we let go of our entanglements from past programs.



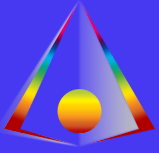
ARE YOU WILLING TO ENGAGE ON THIS JOURNEY INTO A NEW LIFE?



**I am always at the centre of all that I experience.
I am at the centre of all my challenges and conflicts.**

Systemic Constellations can also offer opportunities to look deeper into our addictions to food, drugs, shopping or whatever they may be. We tend to look for something on the outside to make the inside feel better, which will never happen. We evaluate our qualities and attributes to our self-esteem and self-worth, believing we deserve an enhanced life despite our characteristics. How often do we get mad at ourselves for feeling insignificant? We have an intense longing for whatever will help us feel better or for validation that we are worthy. Typically we want to love and attention. We want a safe place of belonging. We want to be supported in Life with the backing of our family systems. If we are not safe in our family system, we chase after good feelings from other sources. This chase becomes our focus and our craving. Wholeness of the flow of Life from the Source is our natural craving. We can only achieve this through the healing experiences from our journey through Life within the family systems that created our being.

When we are not safe and secure in our family system of origin, we experience a deep longing for the discovery of who we are. Love and attention from others, be it adoptive parents or otherwise, is only the search for love and attention, which can only be satisfied through our birth parents - even if they are struggling with their life situations.



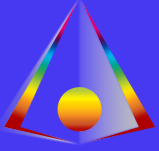
TRAUMA DISCONNECTS US FROM THE SOURCE OF CREATION.



Trauma disconnects us from the Source of Creation. We start to rely on our ability to and look for something outside ourselves to provide for our survival. The more disconnected we are from the Source, the stronger we become entities to ourselves. We lose integrity. Our word does not matter. It becomes easy to lie as a function of survival. Everything becomes personal, and we experience the world around us as an enemy. We make assumptions and feel chased by every outside fear attacking us. We live at the cost of the lives of others.

It takes a tremendous amount of willingness to change the self-imposed structure. We only trust what we have always done to come out on top. Once we acknowledge the rigid structure we have built to keep us safe in trauma survival mode, we can face the suffering that keeps us trapped. Remember that this suffering is not self-imposed. It is merely a program that we have inherited as part of the belonging to the family system.

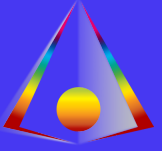
You may argue that leaving the family system and making new life choices will be a safer option. That may be so, but it is the proverbial sweeping the ills under the carpet. The subconscious is patient. The suffering keeps festering and will surface sooner or later.



ARE YOU WILLING TO ENGAGE ON THIS JOURNEY INTO A NEW LIFE?



Let me give you a personal example. My Life started under the cloak of illegitimacy. That in itself is a journey, especially in the context of religion. Be it as it may, my story is happy as I reunited with my birth father late in life. One of the stories we shared is that of the rage that comes out of our bodies at the most inopportune times. My father described it to me, and I knew what he was experiencing. At some time, my brother spoke about this massive rage that sometimes comes up in his body. Again, I understood. I suffered from this same rage. Being aware of it does not bring it under control. This rage is beyond control. Luckily, I have healed and aligned this rage and have not experienced it in over twenty years. I never need to control it anymore, as it just does not come up. Then I learned that my grandmother on my father's side came from Ireland. As I write this, I feel this enormous sadness and helplessness that underpins this rage. While I have no family history of the suffering, I sense the overwhelm of injustices suffered. The key to my story is that I did not even grow up near my father, let alone his birth family. My body experiences the overwhelm within the helplessness of hopelessness. It is my responsibility to heal and align this suffering for me. I now see my purpose in servitude as an illegitimate child to my father's family. Everything I have experienced in my Life makes sense to me now.



LIFE IN ALL ITS FORMS IS SACRED!

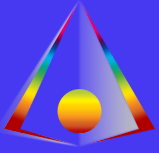


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To be willing to face suffering that has come to me through the lineage of my ancestors is only possible with the humility of acknowledging that this suffering is beyond my conscious understanding. Family Constellation allows the release of this suffering when entering the Field of Wholeness to recognise the Divinity that exists beyond our human existence.

Learning to trust our feelings is another challenge which is unknown to a person suffering as a result of trauma. It means that the work to let go of the pain is ongoing and trusting that the Beyond, Source of Divinity will disperse the suffering into nothingness. The good news is that we can embrace our pain as a journey through which we can encounter our Higher Consciousness with a sense of sanctity.

Life in all its forms is sacred!



THE PURPOSE OF LIFE IS TO BE RESTORED TO -LOVE- MOMENT TO MOMENT.

When we connect to the sacredness of Life, and we begin taking full responsibility for ourselves, our thoughts, words, actions and deeds, things change—our behaviour changes, often without effort and without us knowing it. We often hear it from others first. We hear things like, "There is something different about you, I can't quite put my finger on it, but you seem calmer, more relaxed."

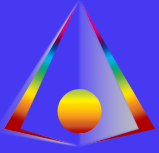


It is important to remember that we cannot heal all our shortcomings in one session. That would be too much for the body to cope with. Yes, we all want the miracle cure where we wake up one day and have no bad memories of the past. A clean slate of the past? How would that feel? For me, the past has its purpose.

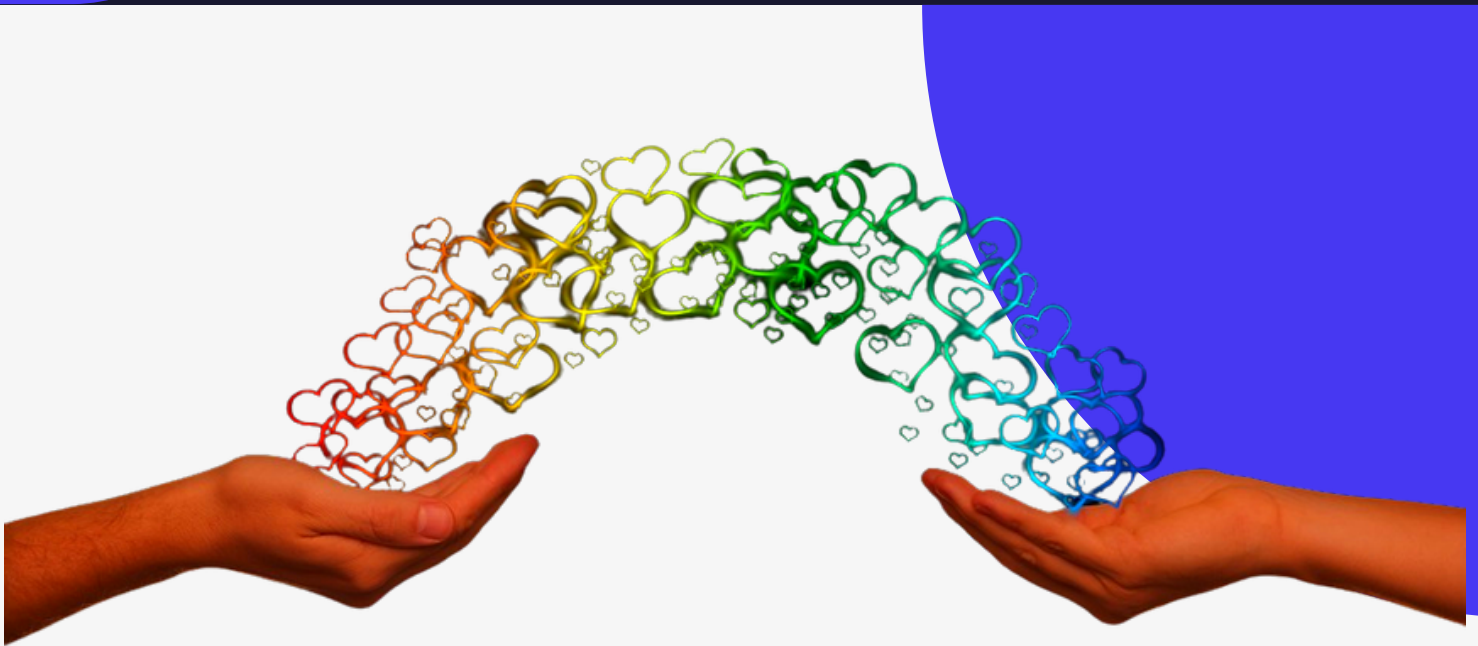
The purpose of Life is to be restored to Love moment to moment. To fulfil this purpose, the individual must acknowledge that he is 100% responsible for creating his Life the way it is.

As we get to know our defects better and become more willing to let them go, we understand how they served us. They did work for a while, but not to our advantage. They are essentially what keeps or keeps us in our addictions to suffering. However, they no longer serve our higher good, and it is time to replace them with that which does help us today.

When a defect pops up, we first find gratitude for it coming to the surface so we can deal with it and heal it. We now have a choice to hang onto it or let it go with the lessons we have learned from it. When the pain is dispersed, we can love ourselves. We love ourselves no matter what (This is not the selfish love of the ego.) until we reach the unconditional love which runs us from the Beyond and Source of all of Life. When we love ourselves unconditionally, then and only then can we love others the same.

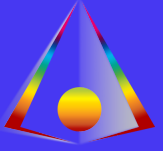


WHEN WE LIVE IN A RESPONSIVE STATE, WE ARE ALREADY RECEIVING THE GIFTS OF JOY AND HAPPINESS IN OUR LIVES.



When we reach a state of humility in our vulnerability, compassion for ourselves and others, gratitude for the gift of Life and love for all our existence, we will manage initial fear reactions differently. We now become responsive rather than reactive. We learn that our fears are always more prominent on the front end and the quickest way past them is through our fears. The more we walk through our fears, the stronger our courage becomes.

When we live in a responsive state, we are already receiving the gifts of joy and happiness in our lives.



LOVE IS THE ABILITY AND WILLINGNESS TO ALLOW THOSE YOU CARE FOR TO BE WHAT THEY CHOOSE FOR THEMSELVES WITHOUT ANY INSISTENCE THAT THEY SATISFY YOU.

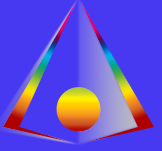


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Hurt people, hurt people. How do we stop hurting so we no longer hurt others? In the process of a constellation, we often use healing sentences. One of them is "I take my part." It allows us to take responsibility for the hurt the other felt from our brokenness.

"I take my part, and I leave you with your part" enables the participant to take full responsibility for only their hurt whilst recognising that the other participant is also hurting from their brokenness. It equalises the situation. It drops all the blame on either side. No further action is required.

We stop blaming others for our feelings and recognise that our feelings are our choice and ours alone. We go forward in Life and present our true, authentic selves to the best of our ability. The more we live within the Grace of Peace, the freer outlives become; soon, it is automatic. In the Field of Wholeness, we are not only healing ourselves. We are changing our paradigms and setting ourselves, our families, and all who come into contact with us for a life of peace, joy and happiness.



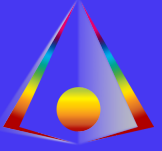
"HOW DO YOU FIND GRACE AND PEACE DURING THE EXPERIENCE OF A CRISIS?"



When the tough is really tough

Nobody wants to deal with hardship and challenges that appear to be bigger than our coping mechanism. Sometimes it just is too harsh when the world from outside seems to drain all our reserve energy, whether financial or otherwise.

Then someone clever comes along and says:-"You have created your situation". How helpful is that? In the middle of a bad situation, this is not helpful. Is it true? The only focus is on the overwhelming difficulties in the middle of a challenge. Nothing else matters! It is how we get stuck. It is how patterns and cycles of past experiences come our way again and again. Each time the stuckness gets worse. Each time we have a reconfirmation of bad things happening to us. There appears no way out! The cycle of the self-fulfilling prophecy takes over.



HOW DO WE FIND PEACE IN A CRISIS THREATENING TO DESTROY OUR FUTURE?



How do we find gratitude in a situation threatening to destroy our future?

Let's take it step by step.

Acknowledge that the current situation is what it is. If it's terrible, then acknowledge how bad it is. Try it. You will find that the acknowledgement eases the stress level, even slightly. The main reason for doing so is to give the current crisis a validation of the threat that you are feeling. Your body reacts well when the truth of the feeling is acknowledged as a 'yes'.

Are you frustrated? "Yes".

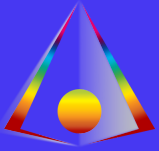
Are you feeling vulnerable? "Yes".

Are you feeling whatever you are feeling? "Yes".

Every agreement eases the tension.

When we resist a problematic situation, the resistance increases the stress in the body.

It is natural for the body to experience the threat. When you are in a mode of resistance, the flow of life energy in the body gets stuck. "Yes, the situation is tough".



"WHAT CAN I DO NOW?"



How do we get out of this challenging situation?

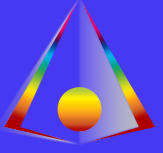
Take a deep breath, or two, or three, or more. Deep, slow breaths slow down the racing anxiety.

Once you have acknowledged the truth of the situation, you can question yourself: "What CAN I do NOW?" When we examine the possibility that there is something we CAN or COULD DO, the brain that is our solution-seeking system goes into action. Questioning opens the pathway for insights to come into a flow.

It takes only ONE insight to find the flow of life forward. One insight in one moment, followed by another in the next, creates the solution in a NOW by NOW, step by step forward flow. Only the NOW matters!

Stepping into grace is the reward for the courage needed to take each step.

It is in the moments of grace that miracles CAN happen! \



I AM AT THE CENTRE OF ALL MY JOY ,HAPPINESS AND PEACE!



**I am always at the centre of all that I experience.
I am at the centre of all my challenges and conflicts.**

With grace comes the peace that flows into the energy of life. It may be different to what you imagined it to be. It is what it is! The possibilities of miracles can rise from the most profound darkest suffering.

**I am always at the centre of all that I experience.
I am at the centre of all my Joy, Happiness and Peace.**