

CONSTELLATIONS IN ACTION

MARCH 30, 2020 - \$160
(\$130 if participating in March 27-29 event)

The Hutchinson Center
80 Belmont Avenue (Route #3), Belfast, Maine
Lunch included

*DURING THIS INTERACTIVE DAY
OF CONSTELLATIONS, WE WILL*

- ▶ Experience a way to harvest **the body's wisdom.**
 - ▶ Through constellation work we can **unwind and unravel** the frozen strands of trauma from our essential beings, so that we can **flourish, live,** and **contribute** our gifts with ease.

Sarah is a CNVC Certified Trainer of Nonviolent Communication; an experienced facilitator of Family Constellation work; speaks and writes internationally on the confluence of NVC, Constellation work, and the world of neuroscience research; guest lectures at the International Systemic Constellations Association (ISCA) Intensive at Bernried, Germany ('14, '15, '16); has been a regular contributor to the Global Association of Interpersonal Neurobiology Studies (GAINS) journal and currently contributes to The Knowing Field journal.



For more information about Sarah, visit:
empathybrain.com

SPACE IS LIMITED - Register for this event online:
<https://www.clarityservices.us/events/>

For more information:
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As people learn about themselves with resonance and understanding, they are freed to find their own way to healing and the natural expression of who they were born to be. The essence of this work is to learn to resonate with ourselves and others so that our foundational and generous selves are unearthed from implicit entanglements and supported to be as integrated and complex as we are supposed to be.

BENEFITS OF CONSTELLATION WORK

- ▶ We get to **see the big picture** of our lives and the **history of our family**
 - ▶ These **histories transform** from lifeless collections of words into **living understanding** of the emotional implications of events
 - ▶ As we see the forces that have affected us, we have more **self-compassion** and understanding
- ▶ We have the opportunity to **recognize and resolve** pain that has resulted from trauma at the individual, family and social levels
- ▶ We start to **know our own emotions** more intimately
 - ▶ We **open access** to our right insula and the **flow of information** that our body is always trying to bring to our awareness
 - ▶ Our experience of **being human** is expanded
 - ▶ We **gain new insight** and respect into the journeys of others
 - ▶ **Unexpected possibilities**, movements and solutions open before us
 - ▶ We **reduce stress** and the implicit load we carry from past generations, furthering our capacity for **freedom and choice**

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Open Communication is dedicated to bringing Nonviolent CommunicationSM consciousness and practical skills to people of all ages and life circumstances. Open Communication helps people develop skills we all can use to foster sustainable human relationships.

Clarity Services, LLC - ClarityServices.us

At Clarity Services, LLC we understand that groups of people working together face many challenges and we specialize in offering basic tools and skills that will not only get you through a time of challenge, but will also improve the effectiveness of your group process going forward.