

ANXIETY



&

MindBody Constellations

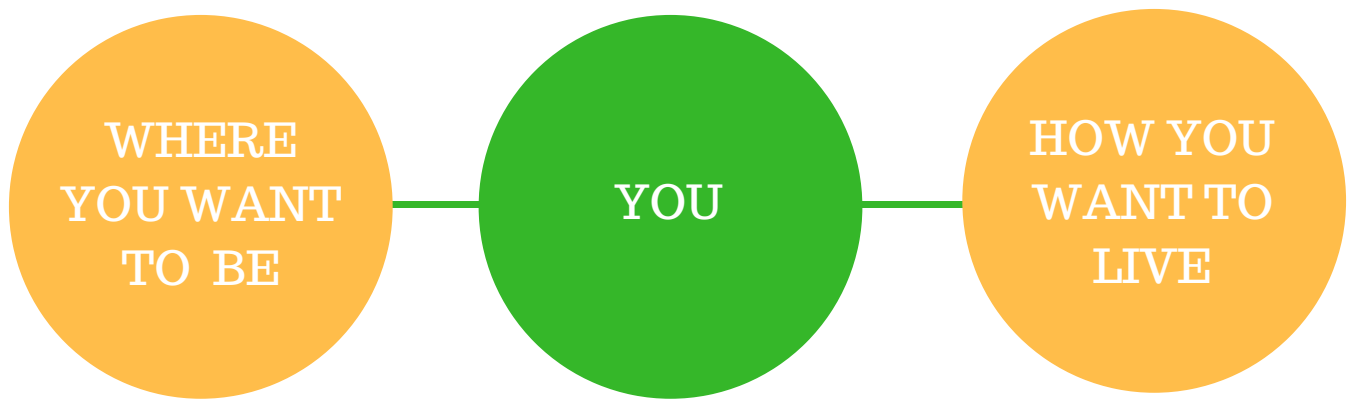


Anxiety & MindBody Constellations

MindBody Constellations, work on going to the source of your anxiety. This is more of a resolution system, as opposed to simply managing your anxiety.

The basic assumption of MindBody Constellation work is; there is **YOU**, there is **WHERE YOU WANT TO BE** and **HOW YOU WANT TO LIVE**, but there is stuff that just gets in the road and we call that stuff, your mindbody.





Simply put, the mindbody is the result of all of the invested energies, and all of the invested experiences, that have gone into that mindbody that's blocking you.

The end result of mindbody constellation work is to reduce the size of the issue, the enormity of what you can't get through, to something that is small, that you can navigate around.



The aim is for you to be free to choose your future. It is dictated by you, opposed to all of this noise that was there before.

To come back to **YOU** now, mindbody constellations explore the relationship between you, your goal and the stuff that's in the middle, your mindbody.

Your goal might be to live without anxiety, or to be able to talk and speak without anxiety, or show up in your day without anxiety, it doesn't matter.



What's More Important Is;

What is in the mindbody and how that relates to your goal.

So as we said earlier, everything that's in your mindbody, includes all the events that have built up till now, any trauma that might be associated with this, all of your habits that help build this scenario, this issue, this thing that you are trying to get through.

But you should also include the ancestral memories, trauma, behaviours, habits that have come down through your family lines to you.



Ask Yourself:

What ancestors had the same conditions as me?

What habits are the same?

What is not yet resolved?

We go looking for that, as well as anything else that might be in your here and now.

One of the wonders of constellation work is the ability to constellate out the aspects that contribute to your anxiety condition.



We can do that in private on a single piece of paper or we can use a group and people in the group will stand in for different aspects of your anxiety condition.

It helps release the energy that is underneath, and helps to untangle the old stories, the old ways and find a resolution point for you.

WHERE
YOU WANT
TO BE

YOU

HOW YOU
WANT TO
LIVE



If this has peaked your interest, we would love to work with you.



**This Ebook is a collaboration
between Brad Dunn from Ancestral Medicine Women
& Global Healing Exchange**

