

# DEPRESSION



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## MindBody Constellations



# Depression & MindBody Constellations

Lets talk about depression, the causes of depression, and how MindBody Constellations may can help to resolve issues in your life or in someone else's life, opposed to just treating the condition.

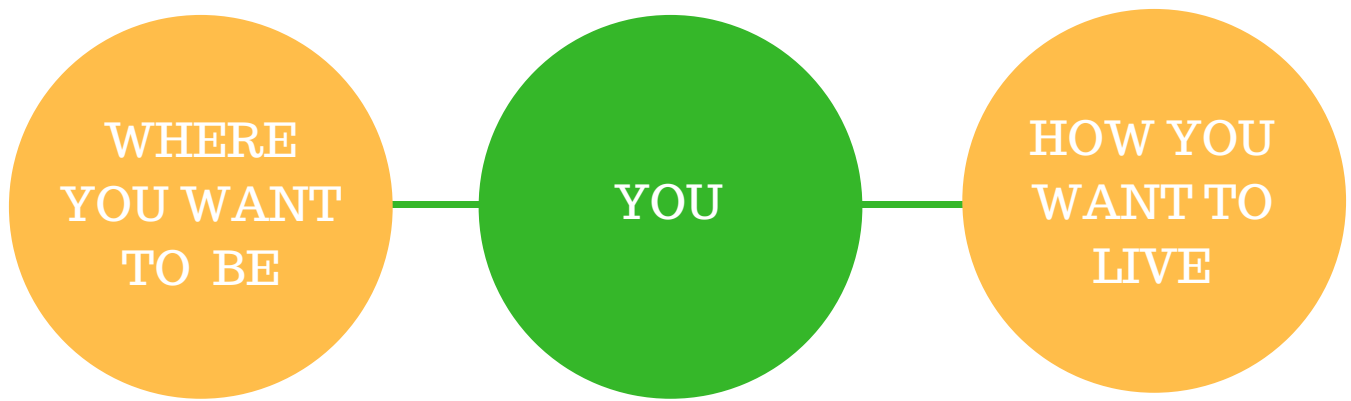
It is very much about finding a resolution and going to the root core of the issue and finding the heaviness, inability, helplessness or whatever emotion is in your life and releasing it.



So dealing with your ancestry is a true transgenerational approach to changing something in your life that you may have struggled with for quite a while.

We recommend people explore many modalities in their healing journey and these other modalities work beside MindBody Constellations.





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.

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



The end result of mindbody constellation work is to reduce the size of this issue. This mindbody, the enormity of what you can't get through, to something that is small, that you can navigate around and be free to choose. Your future is dictated by you, as opposed to all this noise that was there before.

So, in mind-body constellation work, you would look at what is at the root cause, what is at the very core of your depression.

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 depression, life and ancestry.



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.

It is a true journey of knowledge and a journey of getting to know yourself better, more than you've ever known yourself before. You might find as we do this journey together that there are aspects of yourself, you really did not understand and some of those aspects, actually become an asset.

The typical journey of MindBody Constellations for dealing with depression, may be having three constellations, it might be six, depending on how much prior work you have done.



Someone who has done a lot of work might have that surprise experience where it all gets resolved in the first constellation, but there are other people that do long slow detailed journeys and they are very rewarding too.

It is about integration of each of those little steps and if you're one of those people, who like the detail and like to know all the little steps, you will get far more out of this work than anyone.



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**

