



**Bill Mannle**

## Who are You without Your Story?

Family Constellation's core concept is systemic entanglement: A deep emotional connection that keeps us bound to our families in unhealthy ways. Beneath the surface of „entanglements“ lie the stories, the inherited myths, beliefs, and concepts you live by to make sense of your life. In other words, „Your Story.“

What if you let your story drop away? Or, as David Carse suggests, „*Stop taking everything seriously. Stop taking it at all. Let it be. Be still. Stop. Let grace stop you.*“

Through rituals, exercises, and Family Constellations, you will learn

- To recognize the core beliefs and myths that make up your story
- To see where you have been emotionally entangled and how to shift to a new perspective
- How the story about your trauma and or parents keeps you stuck and unable to live a more authentic life
- Practices that allow you to release the restrictive aspects of „your story“ and surrender to something new

We'll dive deeply into these myths, concepts, and beliefs in your core conditioning. We will explore how to „surrender“ to something new and perhaps discover the grace we need to let our story „drop away.“

We offer 40 places in this workshop and recommend your early booking.

**Please note that you will need a week's ticket as well**

**Saturday 20 April**

**10-18**

**150 Euro**