

## **CHAPTER 37**

### **ESTABLISHING POWER THROUGH YOUR FAMILY CONSTELLATION INDUCTION**

#### **Overview:**

Our family system is the foundation that connects us to the tapestry of eternal life. The future generation is an extension of those who came before carrying forward their physical attributes, beliefs, traditions and core strength. Within each of us is the knowledge of the entire lineage of our family, of the human race and of creation itself. This induction works well as part of a Hellinger Constellation process prior to this process.

### **ESTABLISHING POWER THROUGH YOUR FAMILY CONSTELLATION INDUCTION**

#### **Inspired by Bert Hellinger**

I don't want you to be any more relaxed than you are very comfortable with, breathing slower and easier as you do. As you relax, comfortably resting as you are...allowing your awareness to observe your thoughts...which come and go...listening inside to any feelings which you may be having...while noticing the depth and rhythm of your breath...allow my voice to be understood at deep subconscious levels that really doesn't need your conscious attention...you can accept what I say in any manner that feels comfortable...tuning in consciously or not...either way can work well as my voice will go with you inside...