

Preparation for Family Constellations & Ancestral Healing



I'm really looking forward to journeying with you! To help prepare you as best I can for our time together here are a few things to think about.

Prior to and during our meeting

- Receive stories and activate your family & ancestors – Many Eastern cultures still engages in honouring their ancestors and believes that they are still with us. Some believe that the members of our family that have passed aren't able to support us as potently as they could unless we create a channel for them doing so. As we connect, through remembering and honouring them we invite them into our lives in a deeper way of belonging. I recommend that you create your own family tree and take this opportunity to speak to family members who may know more about parts of your family that you currently do. Doing this beforehand can help activate your family system and already may create shifts for you inside and outside. It's important to find out more about what they did and how they died, in particular suicides, early and unusual deaths, emigrations, secrets, traumas, interruptions etc.

On the day

- Connecting with the flow of life and the feminine - Bring water or herbal tea.
- Lunch in Brighton - Bring your own lunch/purchase something outside of the venue. Feel free to have your food inside or outside of the venue.
- Lunch in London - Pre-order and pay for your lunch from the café at The Lodge Space for 1pm, to avoid queuing and receive more time for your lunch break. Bring your own lunch/purchase something outside of the venue. You may only consume food from the The Lodge Space inside the venue. There is a beautiful park just outside where you may choose to have your lunch.
- Bring something to write or draw on - Bring pens, coloured pens, to write or draw anything you feel inspired to express and remember from our session.
- Join us early!!! - Please arrive at the venue 30 min before we start so you can get familiar with the space and begin on time.
- Support your body and its intelligence - Be mindful of what you eat and drink.

Having light, vegetarian food and no caffeine may help you feeling more intuitive and present so you can receive as much out of our journey together.

- Covid Safety - If you have symptoms, please take a lateral flow test within 24 hours of arrival and share it with me maria@beyoutillfull.com.

Aftercare tips

- Quiet, private space and emotional support - You may want to leave some space directly after our session for you to have an opportunity to rest, relax, process or just be. On the other hand, preparing someone that can be there for support in case you're feeling vulnerable and tender may also be helpful.
- Professional support - If you at any point have any questions or are still feeling intensity after our session feel free to get in touch. I also facilitate private healing/therapy sessions, including private constellations.
- 30 min 'Integration & Support Call' with Maria - You may purchase this add on
- Experience - This is very unique and can be deeply transformational. Be mindful who you share your experience with afterwards as perspectives can be very powerful.

Other important information

- Confidentiality - Everything you experience and hear about is confidential. You may share your own experience and depending on what we agree on in our group, it's possible that you can share some details without mentioning names.