

# Welcome !

« Touching Happiness »



Facilitator in Family Constellations

*Aida Vázquez*

also practices:

Mediation in NonViolent Communication, Circles of Forgiveness, therapeutic massages & Shiatsu. She studied these methods in Switzerland, France and Italy and practices for many years now.

**Ask here for more dates and information  
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We are born with the trauma of the birth, of childbirth, of what was experienced while our mother was in gestation. Everything started before now..

## **The Family Constellations**

Family constellations are a method developed by the philosopher, theologian, pedagogue and psychotherapist Bert Hellinger. Its objective is to free people from their "tensions / conflicts" that usually come from "past generations and are rooted in events in the history of the family" such as armed conflicts, family or domestic violence, the premature death of parents or children, abortions, separations or violations. This can manifest itself in the present in the form of problems such as: depressions, psychoses, fears, migraines, chronic tiredness or problems in relationships, illnesses, repetitive situations.

It is a summary, emotionally intense events (unresolved conflicts) of our family ancestors transmitted generation after generation.

### **What are they for?**

They serve to treat : traumas of the childhood, depression, sadness and melancholy, to overcome tragic events like the losses or mourning, to confront the illnesses, for couple problems, current or relations of the past, problems of fertility or adoptions, problems with the children, difficulties in family relationships or in social relationships.

### **How is it constellated ?**

To solve the problems that we have inherited, it can be done in a group or individual way.

In a group you can get involved at two levels :

1. As a constellated, exposing a personal issue to be solved, allowing to advance.
2. As a representative, where you be at the "service" of the constellated, representing the purpose that is presented.

Then the facilitator, who animates the dynamics, proposes to the constellated one to briefly expose their problem. Then, he asks to choose the person-s that will represent the current family, or of origin, or the theme requested by the constellated person. They are placed, and the facilitator follows the way to constellate a constellation. Ask them to move or act according to what the facilitator says, while they are representing the subject and orienting what the representatives express (no experience is required, the facilitator will give explanations for it). It usually ends up including the constellated person and

asking him/her to take his/her place so that he/she participates in that new healing image in the aforementioned subject.

It can also be constellated individually. To do this, another method is used to configure the Family System and/or the theme.

Perception work is done by the constellator, only.

## **The NonViolent Communication (NVC)**

The Nonviolent Communication (NVC) is an approach to nonviolent living and is a model of communication psychology, developed by Marshall Rosenberg, aimed at people communicate effectively and empathically. Emphasizes the importance of clearly expressing observations, feelings, needs and requests to others, in a way that avoids the evaluative language that labels or defines interlocutors or third parties.

The Mediation is to seek the encounter of a communication spoiled or lost between two beings to restore the relationship, little by little, going through several stages in mediation.

## **The Shiatsu**

Shiatsu is a therapeutic modality of Japanese origin, by which a therapist applies localized pressure, with his fingers, on specific points of the patient's body, in order to relieve pain, regulate the functions of the body and, in general, promote health. These points are on channels and are governed by the elements of nature: wood, fire, earth, metal, water.

Shiatsu is practiced with clothes, under the concept that the vital energy, called "ki", necessary for our survival, flows in the human body through these channels, called meridians.

These meridians on which Shiatsu is based, travel completely through the body and have specific points called *tsubos*, which act as trigger points or keys that open, close and control the flow of energy that travels to specific organs. By stimulating these *tsubos* in each meridian, the flow of "ki" to the affected areas is promoted and this helps the body to heal itself.

## The Circles of Forgiveness

Olivier Clerc, after translating and publishing in French the book "The Four Toltec Agreements" by author Don Miguel Ruiz, travels to Teotihuacan, Mexico, to participate in a workshop by Don Miguel Ruiz. During this stay, Don Miguel gave Olivier the opportunity to live a radically transformative experience and, at the same time, gave him a tool as simple as powerful : forgiveness.

Olivier Clerc presents us, with this unique and never revealed Toltec tool, extraordinarily useful to find the relief, forgiveness and love that we all aspire to, something that the author has experienced in the first person.

Do you have difficulties to forgive who has hurt you? Do not you manage to forgive despite all the efforts you make? Do you want to free your heart of resentment and hatred? Would you like love to flow freely through your whole being? Forgiveness fulfills all these desires and does so, without requiring from the reader any particular competence and no prior knowledge.

By participating in a Circle of Forgiveness, you can, in just over 2 hours, live a ritual that opens you to the healing of the heart in a simple and powerful way.

### Who benefits ?

Everyone who desires to open a new path, any person willing to feel free of useless weights and who wants to discover release and lightness for itself.

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When you change your inner self, your environment changes and your soul calms down.

There is no miracle method, this one is born in the essence of life itself.

Aïda Vazquez

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### ! Contact us !

I am at your disposal for more information and to take your appointment.

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