



“If you look deeply into the palm of your hand, you will see your parents and all generations of your ancestors. All of them are alive in this moment. Each is present in your body. You are the continuation of each of these people.” — Thich Nhat Hanh

Embracing our family soul

This year feels like huge shifts and transformation. Witnessing friends and family struggle with depression, drug addiction, mental illness, cancer etc. These are all symptoms to a disconnection from life itself.

Who are we loyal too in our family system that we choose to carry their pain. We just manage to make enough money to survive like our parents or grandparent out of loyalties to them.

Join me, as we take a pause and create sacred space together, where we will use Family Constellations to explore entanglements and old patterns and sound to assist the body to integrate the process. Lets shift the energy towards one of the possibility of change, creativity and expansion to reconnect to who we truly are.



Nadia Khan Kimmie,
Family Constellations facilitator

Date: Sunday 22 July

Time : 12pm – 4pm

Venue: Zen Studio 10 Viola Road
Blaauberg Cape Town

Investment: R500

Early bird special R450 by 12th July

To secure a space email:

nadiakimmie3@gmail.com

Families have an unconscious mind and soul that travel across generations and entangle those who follow in the fates of those who came before us. We are deeply bonded to family members we may not have even known or knew existed: a parent's deceased sibling; a grandmother's rage; a stillborn baby, miscarriage, or abortion; ancestors who were enslaved or enslaved others; a father's allies who died in wartime; our grandparents' previous partners; the ancestors who stayed in the home country; and many others.

Out of blind, loyal love, we unconsciously try to bring into light our ancestor's difficult fate(s). This bonding love may cause us to invite disease, suffering, depression, relationship struggles, and even suicide, into our lives in an unconscious attempt to restore balance to our family systems. The dynamics of this larger blueprint lies beyond our awareness, yet its effect on our lives is profound.