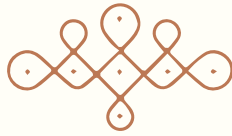


# Family Constellations

**Reconnect with Yourself  
and Your Roots**

*beyond therapy*

SK



# Imagine setting down the weight you've been carrying.

The heaviness dissolves, and you begin to feel lighter, clearer, more at peace.

A life where stuck places soften, emotions release, and freedom and choice return—without needing to push or force. Where you find yourself reconnecting with what matters most—yourself, your family, your roots—and in that reconnection, a new sense of belonging and understanding naturally takes shape.

And as old patterns lose their grip, you notice yourself moving forward with clarity, supported in a safe space that honors your truth and allows real, lasting change.

Did you feel that shift?

That's your invitation to step into something new.



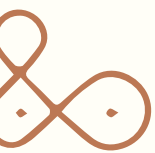
*Soumya Karkera*

Life Coach, Family Constellation Facilitator  
Supporting clients in the UK and globally

# You've done the inner work...

... you've done therapy. But  
issues remain unresolved.  
No matter how much insight  
you gain, they keep showing  
up.





# Some of what you carry isn't just yours. It belongs to your *family system.*

You're curious to have a deeper understanding of your unresolved issues or repeating patterns, and you've gone further than most in your own growth. What's left isn't about trying harder - it's about seeing the bigger picture and connecting the dots.

You're insightful, self-aware, reflective, and you already see how your family system shapes your story. You're ready to look at the root causes and gain new perspectives that will help maintain healthy relationships.

Family Constellations offers just that. Instead of staying inside the limits of one-to-one sessions, this work creates a three-dimensional experience where you can both witness and participate.

## How Family Constellation Works

You'll see your family story in a new light, connect with yourself on a deeper level, and discover the systemic dynamics that have been shaping your path.

You don't want quick fixes. You want clarity, belonging, and freedom that lasts, you feel ready to experience how your body holds and processes experiences, not just stay in the story. That's what this work is here to offer - it's experiential !



“

By honouring our ancestors  
and recognizing inherited  
patterns, we release old  
burdens and free future  
generations to live fully and  
write their own stories.

”

# What We'll Explore Together

## 1. Initiation and Issue Setting

You begin by identifying the patterns you want to explore—whether that's recurring relationship challenges, emotional reactions, or the sense of being "stuck."

With my guidance as facilitator, you'll clarify your intentions and name the key dynamics at play. This simple but powerful preparation sets the stage for deep exploration.



## 2. Constellation Experience

In the group, you choose your role: issue holder, representative, or witness.

Representatives may embody family members, ancestors, or abstract forces, while issue holders bring their own challenges.

With the facilitator's support, hidden dynamics emerge, revealing the bigger picture of your family system's influence.

## 3. Integration

After the constellation, change continues to unfold in your life. You may notice shifts in how you feel and respond. Clients often describe feeling lighter, clearer, and more compassionate. Integration takes time, and follow-up sessions provide ongoing support.



# What You'll Receive

## Experience the Power of Your Body Knowing

In this work, you learn through your body's wisdom, not just your mind. As a representative, you may feel emotions or sensations that reveal hidden family patterns. Some positions feel tense, others bring relief — and when healing occurs, you feel it physically: tension softens, breath eases, clarity comes.

## Educational Resources

You'll receive preparation exercises, follow-up reflection questions, and a recommended reading list to deepen your understanding of systemic work. These resources help you process insights and integrate them long after the circle ends.

## Community Support

This is a non-judgmental group space of up to 12 participants. As you witness others' constellations, you may recognize universal patterns or reflections of your own story. Issue holders receive resonance from the group, and representatives gain insight through shared experiences, creating a safe environment where everyone feels supported.

## Facilitator Guidance

You'll be guided before, during, and after each constellation. We'll clarify your intentions, create a safe container, and debrief together so you can process what emerged. Guidance is available for integration, with optional follow-up sessions if you want extra support.

## Structure and Flow

Each session begins with an introduction and clear agreements to ensure safety. The group sits in a circle, with space in the middle for the constellation work. Sessions combine learning, demonstrations, and embodied participation. Movement, grounding, and closing rituals are built in, with breaks to help you integrate as you go.

## You'll come away with...

**From each circle, you won't just receive insights, but a felt sense of resolution in your body, practical tools for integration, and the experience of being part of a safe, aligned community that truly gets you.**

# About Your Facilitator: Soumya Karkera

My path into constellation work combines professional and personal experience. With over 15 years in family practice and social work background, I explore how family systems shape our lives.

Training at the Centre for Systemic Constellation Work in London helped me bring this understanding into an embodied, body-based practice. Constellations reveal hidden dynamics and systemic patterns that one-to-one work often misses.

I work with self-aware, growth-minded individuals ready to explore these patterns in a supportive group. Together, we create a safe space where insights become embodied, fostering clarity, resolution, and a greater sense of belonging within your family system.

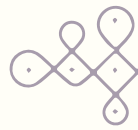
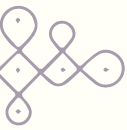


What makes  
me the right  
facilitator for  
you?

I bring systemic  
depth

I trust the  
body's knowing

I honor your  
self-leadership



# Why Now: The Time for Systemic Healing

We're living in a moment where this work matters  
more than ever.

## A cultural shift is here.

Awareness around mental health and trauma has never been higher. More people are realising individual healing isn't enough — we need to look at wider family systems and the collective / shared experience.

## Constellation work is becoming accessible.

Once a niche practice, it's now available to anyone ready to explore. If you're here, it's not by accident — it's your system signalling that something deeper needs attention.

## Healing changes everything.

Finding clarity in your family system ripples outward, softening relationships, supporting conscious parenting, and bringing more ease into your daily life. It creates a legacy of wholeness for future generations while honouring those who came before.

## Patterns don't pause.

Every day, unconscious dynamics influence your choices, relationships, and even your children. Your readiness right now is the perfect timing to meet what wants to shift.

Your journey of healing doesn't start someday. It begins the moment you choose to answer the call you already feel inside.

# Who This Work Is For

## You're Already on the Path

You're self-aware, insightful, and committed to growth. You've already done inner work, yet some patterns still feel stuck — repeating in ways you can't quite shift on your own.

## What You're Noticing

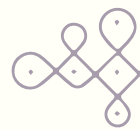
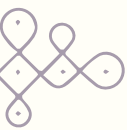
Maybe you notice recurring cycles in relationships, or carry emotions that don't feel fully yours. You may worry about passing family trauma forward, or feel held back by invisible loyalties.

## What You're Ready For

You're not afraid of depth. You're ready to look at the bigger picture of your family story — and find your rightful place within it.



“  
For those who  
want to honour  
their roots  
without being  
defined by them.  
”



# Here's what becomes possible with Family Constellation's work

## What Begins to Unfold

Breaking cycles that have shaped  
your family for generations.

## How You May Feel

Feeling lighter and clearer as old  
patterns lose their grip.

## What You Reclaim

Reconnecting with yourself and your  
family story in a more compassionate  
way.

## What Aligns

Finding your rightful place in the system,  
with belonging and peace.

## What Changes in Life

Living with more clarity, freedom,  
and ease in every part of your life.





# Experience the Power of Family Constellations



**Important: Constellation sessions may not suit those in acute mental health treatment, so be mindful before enrolling.**

To register, proceed with your payment below.

You'll then be invited to complete a short form to share your intentions and add if you'd like to join as an **issue holder, representative, or witness** (for more info, refer to the FAQ of this ebook).

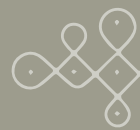
**£60 GBP per group session**

Private, One-to-one sessions are also available at £120.

[Register here to book your 1-1 session](#)



# Frequently Asked Questions



## **1. Do I need to know anything about constellations before joining?**

Not at all. You'll be guided through the process, and there is space at the start of each circle to explain how it works. Many people attend their first constellation as a representative and find it a powerful introduction.

## **2. What's the difference between an issue holder, representative, or witness?**

An issue holder brings a personal challenge. Representatives step into roles within another person's constellation. Witnesses observe and hold the space. Each role offers insight and healing in its own way.

## **3. What if strong emotions come up for me?**

That's natural in this work. You'll be guided with care, grounding exercises, and space to pause if needed.

## **4. Is this a substitute for therapy?**

No. Constellation work complements therapy but doesn't replace it. If you're in active treatment or experiencing severe mental health challenges, this may not be the right time to join. Please reach out before registering so we can check if this space feels safe for you.

## **5. How many people will be in the group?**

Each circle is capped at 10 participants, keeping the space intimate and supportive.



## **6. What if I'm uncomfortable sharing personal information in a group?**

The group setting is designed to be safe and supportive. You have control over what you choose to share, and facilitators ensure everyone feels comfortable and respected. I also provide 1-1 work to allow more intimate settings.

## **7. Do I need my family present?**

No. The system is represented within the group, so your family doesn't need to attend.

## **8. What should I bring?**

Just yourself and an open mind.  
Comfortable clothing and a journal for reflection can help.

## **9. What happens after the session?**

Shifts often continue for days or weeks. Rest, reflection, or journaling can support integration. Follow-up support is available if needed.



Soumya Karkera

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