



INHERITANCE UNBOUND

SELF CONSTELLATION GUIDE





WELCOME

This work is not about fixing yourself.

It is about remembering your place.

You are not an isolated story. You are a
continuation.

A river that began long before you.

In every family system there is love, and there
is disorder.

There is belonging, and there is exile.

There are loyalties you chose before you had
language.

This guide is an invitation to step into the
field of your ancestors

not to judge them,

not to correct them,

but to restore order where love has been
entangled.

Move slowly.

Stand honestly.

Let what wants to be seen, be seen.

You are not here to carry the past.

You are here to stand in your rightful place
within it.

Andreea



HOW TO USE THIS WORKBOOK

A Structured Process for Restoring Order in Your System

This guide is designed for slow, embodied inner work. It is not therapy.
It requires honesty, patience, and nervous system regulation.





PART I
BEFORE YOU
BEGIN

1. Choose One Theme Only

Do not constellation your entire life at once.

Pick one concrete theme, for example:

- I keep sabotaging success
- I can't receive love
- Money comes but doesn't stay
- My body feels unsafe
- I feel disconnected from life

Constellations work through specificity.

2. Prepare the Space

You need:

- A quiet room
- 4 to 6 pieces of paper
- A pen
- Optional: objects to represent people

Write one name per paper.

Minimum system for most issues:

- Me
- Mother
- Father
- Success / Money / Partner / Body (depending on theme)

If strong trauma is present, add:

- "What was excluded"
- "The one I may be carrying"

Place the papers on the floor.



PART II
SETTING UP
THE FIELD

Hellinger emphasized that the truth is seen - not forced.

So you do not think.
You move.

Step 1 — Stand in "Me"

Stand on the paper labeled "Me."

Close your eyes.

Ask internally:

What do I feel here?

Do not interpret.

Just observe:

- Body tension
- Direction of gaze
- Pull toward someone
- Resistance

Stay for 1–2 minutes.

Step 2 — Look at the System

Now open your eyes.

Notice:

- Who are you facing?
- Who are you avoiding?
- Who feels far?
- Who feels heavy?

The body does not lie.



PART III
CHECK THE
ORDERS OF
LOVE

1. Belonging

Ask:

Is there anyone in my family who was excluded, rejected, forgotten, shamed?

If yes:

Write their role on a new paper:

- "Grandfather's first wife"
- "Aborted child"
- "The alcoholic uncle"
- "The one who left"

Place them in the space.

Stand in "Me" again.

Notice what changes.

If your body relaxes, you found an excluded member.

Say silently:

- You belong.
- I see you.
- You have a place here.

Pause.

2. Order of Precedence

Check hierarchy.

Parents come before children.

Earlier partners before later partners.

Stand in "Me."

Ask:

- Am I trying to be bigger than my parents?
- Am I judging them?
- Am I carrying something for them?

If yes, physically lower your head slightly and say:

- You are the big ones.
- I am the small one.
- You give. I receive.

Notice if breathing shifts.

3 Giving and Receiving Stand in front of "Mother."

Say:

- You gave me life.
- I receive it - as it came.
- The price you paid is yours.

Pause.

Now face "Father."

Say:

You are my father.

Through you, I take my place in the world.

What happened between you and mother is between
you.

Pause.



PART IV
INTERRUPTED
MOVEMENT
TOWARD
MOTHER

If your issue is:

- Difficulty receiving
- Chronic self-reliance
- Freeze in intimacy
- Health patterns

Then test for interrupted movement

Stand in "Me."

Face Mother.

Notice:

- Can you move toward her?
- Does your body stop?
- Do you feel anger?

If movement freezes, this is the interruption.

Now do this slowly:

Take one small step toward Mother.

Say:

- I wanted to come to you.

Pause.

Another step.

- Something stopped me.

Pause.

Another step.

- I'm coming now.

When you reach her paper, bend slightly forward.

Stay.

Let emotions come.

Do not force forgiveness.

Just allow contact.



PART V
SUCCESS HAS
THE FACE OF
THE MOTHER

If your theme is money, mission, visibility, or expansion:

Stand between Mother and Success.

Notice:

- Are you facing Success?
- Or Mother?
- Or neither?

If you cannot face Success, turn toward Mother and say:

- If I take success, I keep you in my heart.
- I do not leave you behind.

Pause.

Then slowly turn toward Success.

Say:

I take you - with her blessing.

Check body response.



PART VI
RESTORING
THE FATHER

If your issue involves:

- Direction
- Confidence
- Authority
- Finishing things
- Visibility

Stand in front of Father.

If anger arises, do not bypass it.

Say:

- I am angry.
- And you are still my father.

Pause.

Then:

- Half of me comes through you.
- I take that part now.

Take one deep breath.

Turn slightly as if looking outward into life.

Notice if posture changes.



PART VII
COMPLETION
SENTENCE

Return to "Me."

Place hands on your chest.

Complete this sentence spontaneously:

Now I am only the child.

The rest stays with you.

Or:

What is mine, I carry.

What is yours, I leave.

Let the body decide the sentence.



PART VIII

AFTERCARE

Do nothing dramatic for 48 hours.

No big decisions.

No confrontations.

Constellations work in silence.

WHEN NOT TO DO SELF-CONSTELLATION

Do not do this alone if:

- Active trauma flashbacks occur
- Severe dissociation
- Psychosis or unstable states

NEED MORE INSIGHT & SUPPORT?

THE MINDFULNESS MASTERCLASS

To create your own, choose a topic that interests you. It can be anything from fashion and beauty to travel and the news. Once you have your overall theme, you can start brainstorming the content. Just starting? Design a memorable masthead with an equally memorable name. This goes on the cover and sets up the branding for your entire magazine. What style are you going for? Is it playful? Classic? Bold? A good masthead captures the essence of your magazine, so it needs to be flexible, meaningful, and consistent enough for future issues.

JOIN THE MASTERCLASS



Questions?

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