

# RESOLUTION



24th-26th January 2025  
Bidston Observatory  
Merseyside

A weekend of Spiritual Healing using  
Ancestral & Systemic Constellations,  
in the lineage of Burt Hellinger and  
Ron Young.

with Fi Fane-James, Cathy Kamau, &  
Stella Cairns.



THE  
POSITIVE  
PLASTICITY  
PROJECT

Systemic Constellations, developed by Burt Hellinger, is a radically different approach to group healing, contradicting therapeutic trends that aim to fix or perfect the individual at the level of identity. Instead the work reveals each human being as a constant evolution of movements, deeply interwoven and held by legacies of ancestry, space/time histories, environmental context, archetype and myth.

Though there are orders within these systems, when faced with such intricate complexity, it becomes obvious that to bring change to our personal circumstance and direction we need to go beyond rational thinking.

When we open the group circle in Constellational practice we do just this, humbly forfeiting our egos desires for self information, for wider truths about life in its entirety and with it the human condition. Its creates a space in which the phenomenology of embodied witnessing can break down judgemental perspectives, destabilising habitual thinking and stuck narratives that restrict our personal and collective growth.

Most of all this work echo's back and resonates far beyond our life times, reminding us of the small but vital part we've all come here to play.

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## TIMINGS

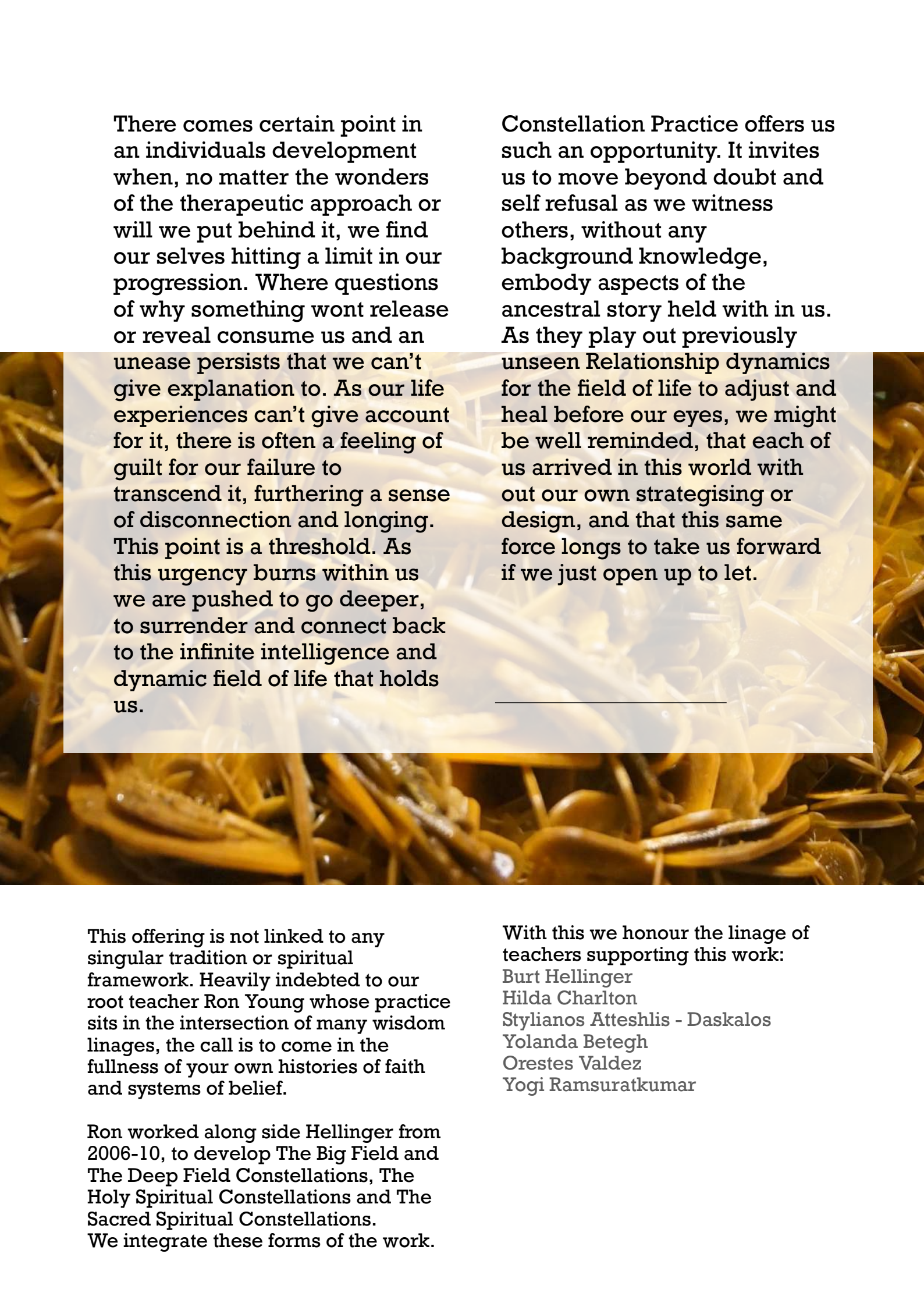
Arrival Friday from 6pm  
Dinner, Orientation and Opening Circle.

Saturday 10am - 6pm

Closing 4pm Sunday

This is being offered as a weekend residential allowing us to fully immerse ourselves in the work whilst being supported by the beautiful environment at Bidston Observatory.





There comes certain point in an individuals development when, no matter the wonders of the therapeutic approach or will we put behind it, we find our selves hitting a limit in our progression. Where questions of why something wont release or reveal consume us and an unease persists that we can't give explanation to. As our life experiences can't give account for it, there is often a feeling of guilt for our failure to transcend it, furthering a sense of disconnection and longing. This point is a threshold. As this urgency burns within us we are pushed to go deeper, to surrender and connect back to the infinite intelligence and dynamic field of life that holds us.

Constellation Practice offers us such an opportunity. It invites us to move beyond doubt and self refusal as we witness others, without any background knowledge, embody aspects of the ancestral story held with in us. As they play out previously unseen Relationship dynamics for the field of life to adjust and heal before our eyes, we might be well reminded, that each of us arrived in this world with out our own strategising or design, and that this same force longs to take us forward if we just open up to let.

This offering is not linked to any singular tradition or spiritual framework. Heavily indebted to our root teacher Ron Young whose practice sits in the intersection of many wisdom linages, the call is to come in the fullness of your own histories of faith and systems of belief.

Ron worked along side Hellinger from 2006-10, to develop The Big Field and The Deep Field Constellations, The Holy Spiritual Constellations and The Sacred Spiritual Constellations. We integrate these forms of the work.

With this we honour the lineage of teachers supporting this work:

Burt Hellinger  
Hilda Charlton  
Stylianos Atteshliis - Daskalos  
Yolanda Betegh  
Orestes Valdez  
Yogi Ramsuratkumar



# HOSTING

## **Fi Fane-James:**

I'm an embodied health practitioner and Spiritual Healer, specialising in Trauma Release and the energetic alignment of the body. I'm also co-founder of Bidston Observatory, a not-for-profit research centre aimed at supporting community.

I am certified in Spiritual Constellations (including Family, Systemic, Geopathic, Spirit Mind Constellations work), Tension and Trauma Release Exercises (TRE ®), Internal Family Systems (IFS-Level 3), Brainspotting (BSP- Level 3) and Quantum Energy Coaching (QEC). I also work with Rev Rosalyn L Bruyere energy Chelation.

## **Cathy Kamau:**

Cathy is a devoted life coach and spiritual healer, supporting clients as they navigate life's challenges to rediscover their inner strength and true selves. With a deep understanding of the power of healing, her goal is to create a sense of magic and joy in people's lives by connecting them to the divine, within themselves, and others.

Certified in Constellation Healing, she cherishes the opportunity to guide others towards greater confidence, and success through inner reflection and spiritual growth. Her approach is gentle and nurturing, grounded in compassion, and accountability.

## **Stella Cairns:**

Has been working with Reiki for many, many years and is a practicing Buddhist.

She was also at Greenham Common Women's Peace Camp, has worked in activism and social justice and co-ran Nestworks an insemination project for Queer women helping to bring many children into the world.

She's a force and it's a true honour to have her holding the field with us.





If your heart feels called to this work you are welcome.

If you are wondering if it is right for you I'm happy to speak on the phone to expand on this more. For now I offer the most basic description of the form the practice takes for people new to the work.

The practice starts in an open circle. Working for a person presenting with an urgency, members of the group are called in to represent different aspects of the story that's held within their wider system or "field of consciousness". As the work begins these representatives will start to have thoughts, feelings and inclinations that are not their own or self motivated but stem from the aspect or character they've been called to represent. They might wish to shift physical position, or experience an attitude towards another, that when allowed to play out, start to reveal underlying dynamics and unresolved conflict present in the client's field seeded long ago in ancestry. When this unfurling is witnessed by the client without judgment of what's happening, new movements and possibilities begin to emerge. Reconciliation and remorse catalyse change in the field and as those historically excluded take their place and receive acknowledgement, there is opportunity for old burdens carried generation to generation to resolve and be let go of. The results of this, are astounding, taking effect in an individual's life in unimaginable ways over the years that follow.

Further to this, it's evident, those drawn in as representatives are not there arbitrarily, each one is called forth by an unknown ancestral resonance within their systems, to the character or story line they are playing. In this way everyone working also receives a Constellation exposing the intricate web of human connectivity and synchronicity that normally goes unnoticed.

To someone new to spiritual practice this all might seem far fetched but the opening of Circles so the force of life might bring moments of grace forward, spans millennia, crossing cultures and traditions. Constellations were never "designed" owing influence to Zulu community practice from Hellingers' time in South Africa amongst other forms.

Any assertions made about the practice, and orders it reveals, are the direct results of the observation of many 1000's of constellations and the phenomena witnessed repeatedly in them.

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The profundity of this work and its implications only begins to become graspable by participating in it. It requires an open mind and willingness to humbly accept the limitations of human knowledge and control.





# ABOUT BIDSTON OBSERVATORY

BOARC is a not-for-profit study site focused on providing individual users and groups with a low cost temporary residence from which to develop their work and creative strategies.

Based in a historic former observatory building in Merseyside, it is an experimental project, primarily directed towards cultural production, social activism and supporting the development of communities. It welcomes practitioners from a diversity of fields (inc. art, philosophy, politics, earth and social sciences, healing and somatics, coding etc) to test and share knowledge, resource and arrange collectively, regardless of background or professional standing.





BOARC accommodates up to 26 people beds are comfy and rooms range from private double rooms, an accessible ground floor room, family rooms and 3-8 person dorms.

Surrounded by beautiful woodland its just 30mins from Liverpool City centre and connects easily to both Manchester and Liverpool Airports.

BOARC operates a safer spaces policy and those planning to stay are requested to familiarise themselves with BOARC's values and accountability statement.

<http://bidstonobservatory.org/?accountability>

For more information and directions on how to get there please visit:

<https://www.positiveplasticityproject.com/facillitating-supporting>



Wilding Way, Prenton,  
CH43 7RA, UK  
44 (0) 7385 296 328



# COSTS

## **Residential option : £220 - £280**

Cost inclusive of 2 nights accommodation,  
vegetarian meals and refreshments  
(from dinner Fri - lunch Sun)

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Whilst staying on site is highly advised to get the most out the workshop, for those based locally, we are also offering;

## **Non-residential option : £170 - £220**

This includes site usage fee and meals etc  
(dinner Fri - lunch Sun)

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Securing a place is contingent on paying a £50 deposit and done on a 1st come 1st served basis.

Payment is due 2 weeks before the workshop, however if your financial situation means you need to pay in instalments please get in touch to arrange.

Participants numbers will be limited to ensure an intimacy in the work and attentional quality in the teaching. Accommodation based on 2 people sharing.

Though we can not offer child care dependents with carers are welcome to use the observatory over this period: children under 5 free, under 16's £10 pn.



We are personally called make this practice accessible to those who need it, a workshop of this nature would typically cost far more, please be mindful of this when approaching the sliding scale.

We offer this guidance to inform your self assessment.

Around £220 - For folks; receiving benefits or without stable income, family support or inherited wealth (now or in the future); with little disposable income or long term security; who find meeting their basic needs to be stressful with this taking planning each month.

Around £250 - For folks; with the means to work and earn money, though income may be irregular; with some family support or potential inherited wealth (now or in the future); who have modest disposable income but can afford holidays or occasional trips away.

Around £250 - For folks with regular income, and a sense of security from savings, family support or inherited wealth (now or in the future); who rarely worry about meeting basic need and have sizeable disposable income each month.

If you are deeply committed to this work but cost is still a barrier to you please get in touch via the contact bellow.

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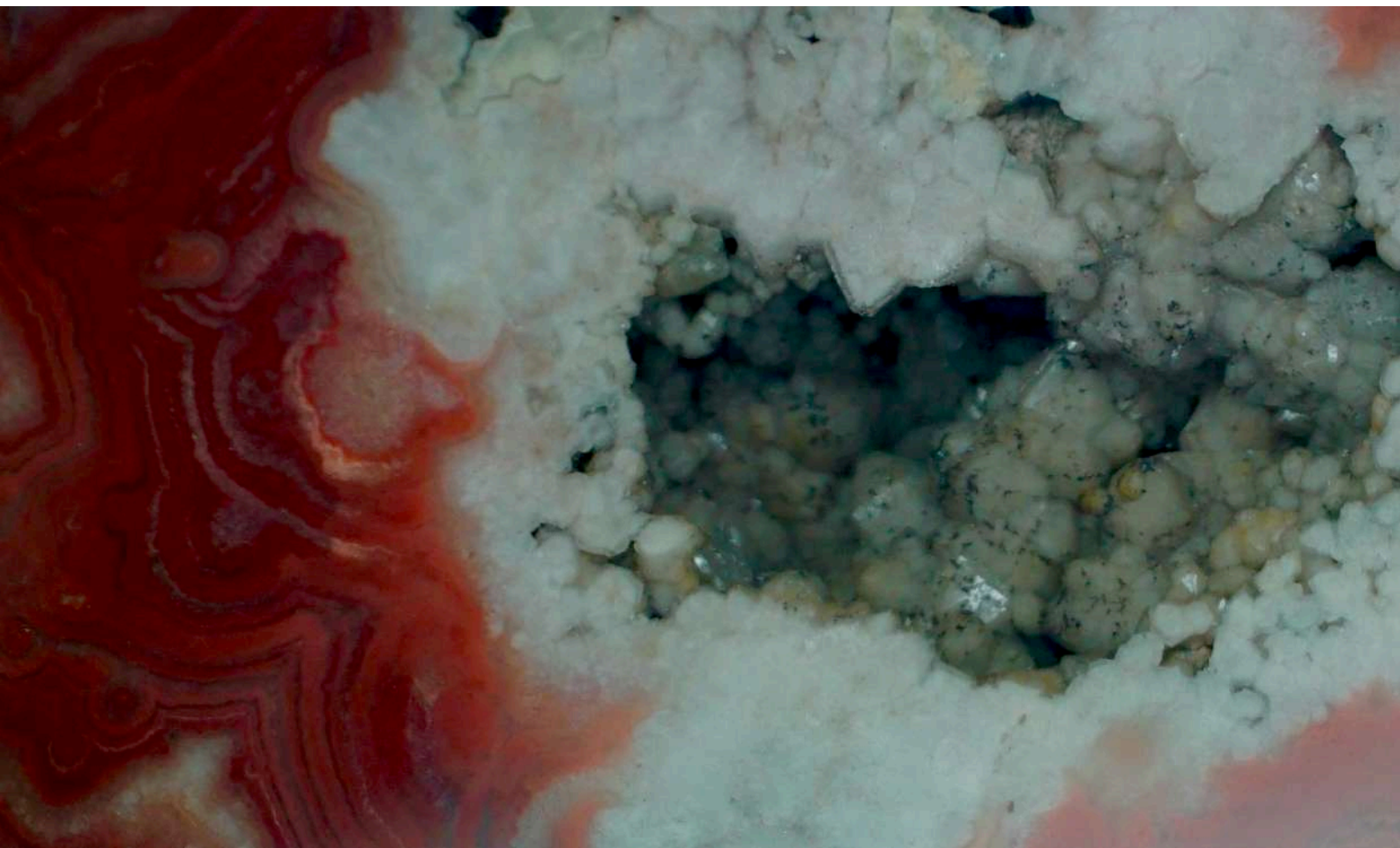
Payment via bank transfer:

**Fiona Fane-James**  
**Account no. 29662868**  
**Sort Code 30-87-84**  
**BIC: LOYDGB21Y02**  
**IBAN: GB28 LOYD 3087 8461 6251 60**  
**Address: Lloyds, Saga 1, Charlton**  
**Place Andover, UK, SP10 1RB**

or PayPal

**[missfionajames@yahoo.co.uk](mailto:missfionajames@yahoo.co.uk)**

Please be mindful of covering transfer charges.





# AGREEMENTS

## CANCELLATION POLICY :

**If you can't attend the workshop:**  
A DEPOSIT OF £50 IS NON-REFUNDABLE.

**If you want a refund:**  
Please let me know through  
email: [missfijames@gmail.com](mailto:missfijames@gmail.com)  
The amount of your refund depends on how  
much notice you give AND DOES NOT  
INCLUDE THE VALUE OF THE DEPOSIT (£50)  
- At least 30 days before the start of the event:  
100% refund (less £50 deposit)  
- Less than 30 but at least 14 days: 75% refund  
(less £50 deposit)  
- Less than 14 days: 50% refund (less £50  
deposit)  
- Less than 5 days, on or after the start date:  
Sorry, no refund

**Other cancellations and schedule changes:**  
We reserve the right to cancel or reschedule  
an event due to low enrolment, presenter  
illness, or other circumstances.  
If the event is cancelled, participants will  
receive a full refund of their registration fee.  
If the event is rescheduled, participants will  
have the option of attending the rescheduled  
event or receiving a full refund.  
If we cancel or reschedule a workshop or  
other event, we won't refund your travel,  
lodging (unless you booked to stay at Bidston  
Observatory), or other expenses. We suggest  
you make refundable travel arrangements.

THE  
POSITIVE  
PLASTICITY  
PROJECT



fi james & co.

Please contact Fi for more information  
or to book your place:

[missfijames@gmail.com](mailto:missfijames@gmail.com)

+447456089268

[www.positiveplasticityproject.com](http://www.positiveplasticityproject.com)

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BIDSTON OBSERVATORY ARTISTIC RESEARCH CENTRE