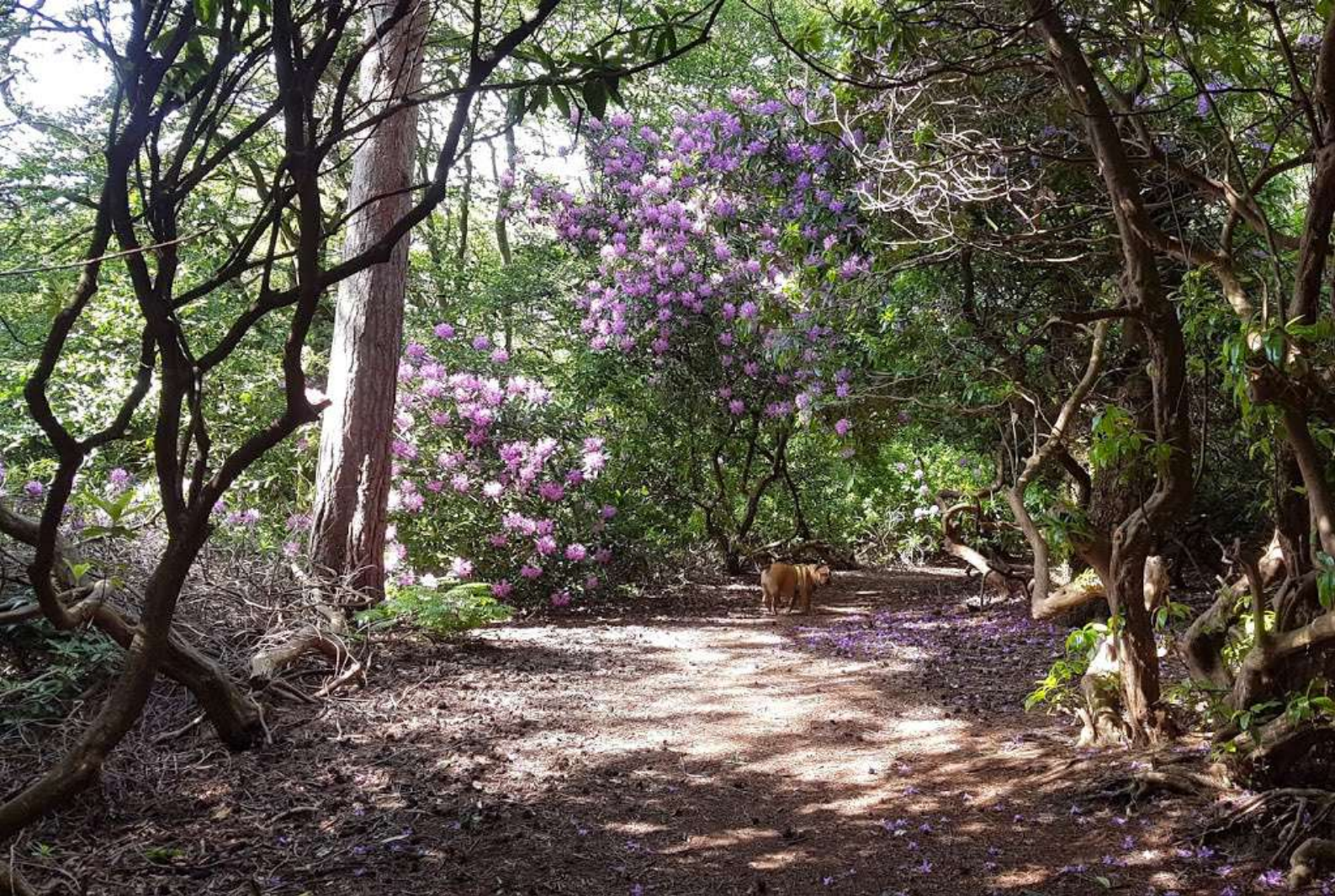


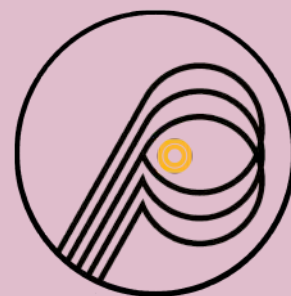
# THE CLEARING



**19th-21st JUNE '26**  
**BIDSTON OBSERVATORY (BOARC)**  
**MERSEYSIDE**

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

with Fi Fane-James, Charlene Murphy,  
Stella Cairns & Cathy Kamau



**THE**  
**POSITIVE**  
**PLASTICITY**  
**PROJECT**

# BASIC INFO

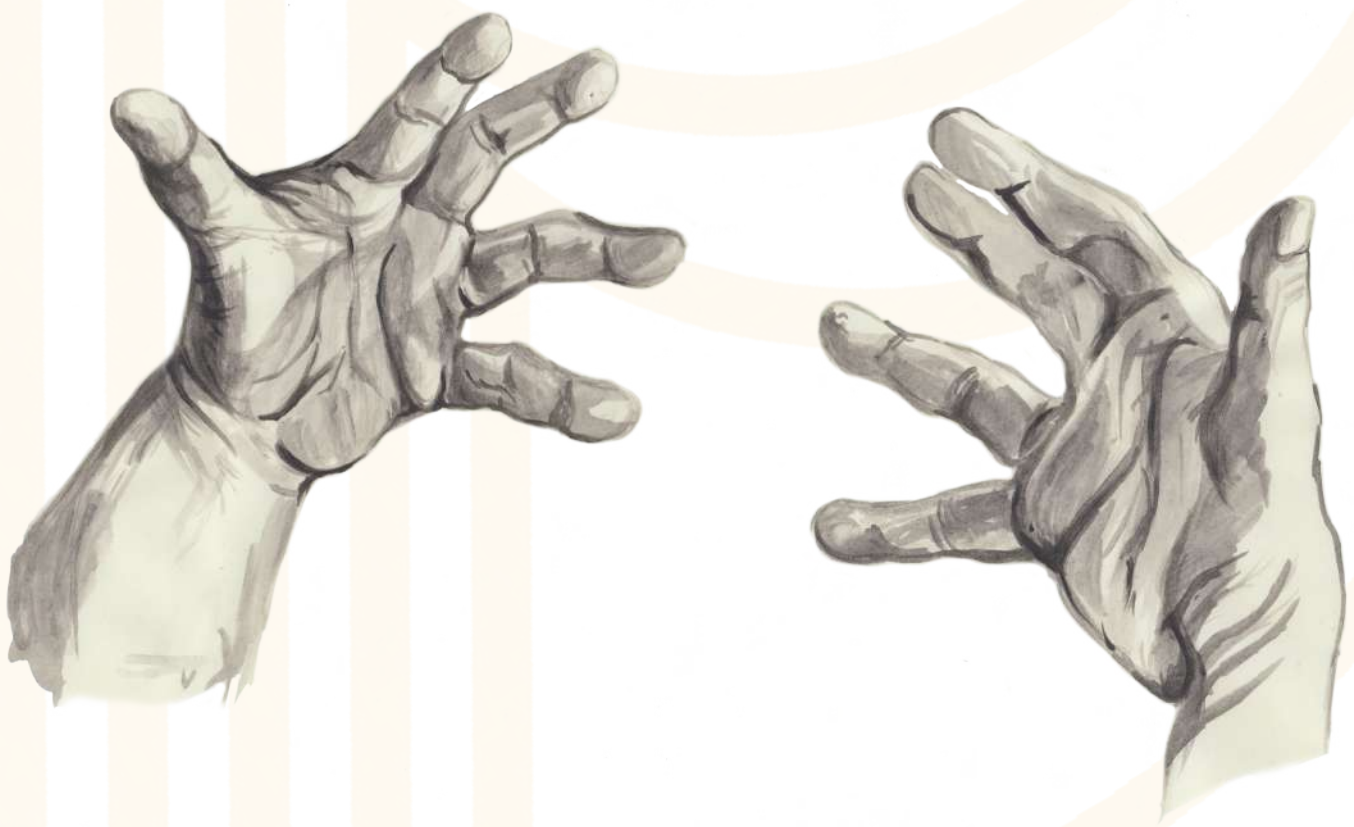
Systemic Constellations, developed by Burt Hellinger, is a radically different approach to group healing, contradicting therapeutic trends that aim to fix or perfect the individual at the level of identity. Instead the work reveals each human being as a constant evolution of movements, deeply interwoven 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

## **FRIDAY**

Arrival from 10am  
Site orientation and settling in  
Start time 11am prompt - 6pm

## **SATURDAY**

10am - 7pm

## **SUNDAY**

10 am - 4pm  
Closing by 3  
to allow time for building reset.

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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.

It is possible to stay additional nights at BOARC to integrate or prepare (see below).

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**Workshop limited to 16 people.**

**Booking secured with a £50 deposit.**

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.

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**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 Movements of the Spirit Mind and Sacred Spiritual Constellations. We integrate these forms of the work.**



## **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.

Certified in Spiritual Constellations (including Family, Systemic, Geopathic, Spirit Mind Constellations), 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's energy Chelation.

## **Charlene Murphy:**

I am a healing practitioner with a background in psychology, working in a trauma informed and compassionate way.

I have worked extensively with marginalised communities, particularly supporting highly sensitive and neurodivergent children and their families. I am certified in Family, Organisational, Spiritual, Spirit Mind Movements, Archetypal, Gaia Life, and Geopathic Constellations, alongside other spiritual healing practices.

## **Stella Cairns:**

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

She was also at Greenham Common Womens Peace Camp, has worked in activism, 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.

## **Cathy Kamau:**

Cathy is a devoted life coach and spiritual healer, dedicated to helping women embrace their divine feminine essence. Her goal is to create a sense of magic and joy in people's lives by connecting them to the divine, in themselves, and others.

Certified in Constellation Healing, she is passionate about guiding others towards greater confidence, and success through the inner reflection that leads to spiritual growth. Supporting clients as they navigate life's challenges and rediscover their inner strength, her approach is gentle and nurturing, grounded in compassion, and accountability.

# MORE ON THE PRACTICE

**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 Hellinger's 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.

**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/facilitating-supporting>



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

# ADDITIONAL

**Throughout the weekend we will also be working with Tension Stress and Trauma Release Exercises to help us integrate the work (full training will be given).**

TRE® - is a self-help practice utilising our bodies natural tremor mechanism to work the fascial tissues, redistributing energy, discharging from the trauma field and releasing contraction across the entire system.

There's some more info on my past website, which best viewed on a laptop.  
<https://www.positiveplasticityproject.com/healing-body-optimisation>

**The amazing Isy Schulz will be with us in the kitchen providing 2 hearty and healthy meals a day, breakfast and refreshments will be provide for through out.**

Food will be vegetarian though vegan can be catered for and intolerance born in mind.

Participants numbers will be limited to 14 to ensure an intimacy in the work.

Accommodation is based on 2 people sharing.

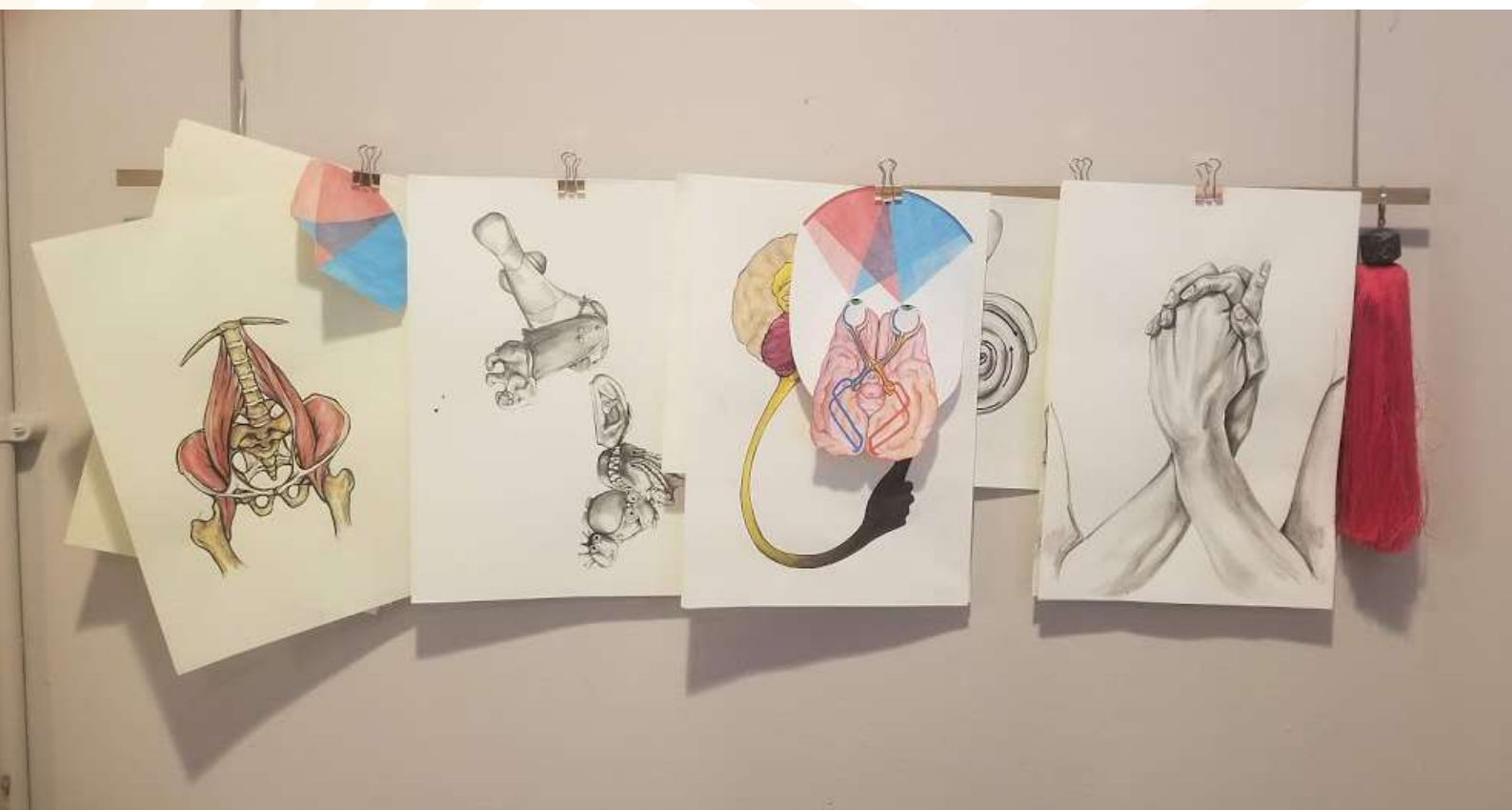
We are doing what we can to make the workshop possible to those with existing health conditions and are happy to discuss access requirements.

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**Additional nights can be booked at BOARC's standard rate for individual stay - £33 per night.**

The not-for-profit has minimal staff to keep cost accessible to all, attendees are expected to clean up after themselves and care for the site like a home.

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 £15 pn.



# PRICING AND BOOKING

## **Residential option : £350**

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

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 : £275**

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

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There are 2 places for people in full-time care/support roles. These are priced at £200 to cover the direct expenses (accommodation, food, the chef and facilitator transport).

There are a further 2 places at £300 for those unable to work or facing precarity due to racial marginalisation.

These will be allocated first come first served.

If you have worked with me before, and cost is still a barrier reach out.

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**My deepest gratitude goes to my fellow facilitators who give their work 'in service' and well bellow our regular teaching rates to make this offering as accessible as possible. Thank you.**

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 any transfer charges.





## AGREEMENTS

# T&C'S

### 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)

- Less than 14 days: 75% refund (less £50 deposit)
- Less than 10 days: 50% refund (less £50 deposit)
- Less than 5 days, from the start date or after: Sorry, no refund

**Other cancellations and schedule changes:**

We reserve the right to cancel or reschedule an event due to low enrolment, illness, or other unforeseen 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, or other expenses. We therefore suggest you make refundable travel arrangements.

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## FINAL NOTE:

This work is about moving beyond our comfort zones and the restrictions of habit which takes commitment. Participants are therefore required to have existing tools in place whether these are Spiritual, Therapeutic or Embodied practices.

Please get in touch to arrange a call if you are wondering whether it is right for you at this stage.



# NEXT STEPS

If you have any questions please get in touch with me personally.  
I work over multiple jobs but will try and get back to you within 48hrs

Fi James :

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

Or via  
Whatsapp

+447456089268

**THE  
POSITIVE  
PLASTICITY  
PROJECT**



fi james & co.

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BLISTON OBSERVATORY ARTISTIC RESEARCH CENTRE

Supported by BOARC Merseyside