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The Movement: An authentic method to reconcile with your roots and live the life you're meant to

Marine Sélénée

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“I was afraid of love...and my future partner. Family Constellations showed me that my heart was broken and I needed to repair it first. Imagine my disappointment on one level, yet on another, the immense relief to have a solution. I had to work on myself, love myself and heal my past…before I could find love » Marine Selenee The Movement by Marine Selenee is an enlightening introduction to the power of Family Constellations, an innovative healing process that reveals the truth behind your patterns.Marine shares her story and insights of how this beautiful process can help everyone learn about their family and lineage ‘stories’ from the past ; the blocks which can hold us back and prevent personal growth. This book is designed to be an approachable, enjoyable read full of exercises and tips to help guide readers on their journey. In The Movement you will learn how to: - Strip away the limiting beliefs that keep you down - Clear attachment to your past ‘story’ that holds you back from living the life you are meant to - Recognize that your identity is not defined by past events that happened to you and/or your family - Accept your family system and resolve any issues The Movement will forever change your perception towards your family system and empower your authentic self that lies in your vulnerability - and therefore lead you to freedom.

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