

Reflections on the 'Family and Relationship Healing Seminar'

Cecilie Fortune
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South London, UK

I would like to share my thoughts and reflections on the Family and Relationship Healing Seminar we held in the Peace Embassy mid April 2016. It all started when Matthew Huish and I spoke about healing at our first Council of Communities meeting back in January. In February two sisters independently of each other approached Matthew [Huish] at the same time with information about family constellation therapists, both of them Polish, and their desire to run a seminar in the UK. I am grateful that Matthew involved me in the communication which ensued, and which resulted in inviting Terenia Mocna to our South London Peace Embassy.

One sister has taken part in Terenia's seminars several times over the last years and recommended her highly. Also, over the last year I came to hear more about the Hawai'ian healing method of Ho'oponopono and liked what I saw. Nevertheless, inviting a person one has never met before involves a leap of faith.

The family and relationship healing seminar was great and I recommend it to anyone. Terenia has, through her own circumstances in life, been led to explore and understand deeply about healing techniques in our western world and also in older cultures. She is passionate about the traditional Hawai'ian healing of Ho'oponopono. Much is written about it by western writers and presented to suit the western mind, something that angers her greatly. Ho'oponopono means 'doing a lot of right' and throughout the seminar she wanted us to understand the true depth of heart and understanding she has gained first hand from the native shamanic (treating whole reality as alive) healers. They are a very friendly and patient people. She shared passionately, conveying stories of relationships with much depth and beauty. She truly wanted us to understand that life is about heart, the home of our spirit, and loving, friendly relationships; not about power. Life is about building real relationships, where both parties benefit. In our western culture, a lot of attention is given to the ones doing harm. Who is taking care of the one suffering? True healing is not about understanding what is happening, it is not a brain exercise. It is about becoming healed and we all gained through the meditations, family map healing (systemic energy work) and dance, the listening and sharing. Terenia knows clearly that every person's situation and healing path is unique; it depends on our ancestors, traumas, experiences in our lives and how we have been influenced, and she catered for everyone in a very beautiful way.

We learnt deep lessons about anger, forgiveness, guilt and shame. We came to understand different levels of doing wrong and that our spirit knows what is going on in our life. We need to come to a point in our life where our spirit makes decisions rather than our ego. The two and a half days were packed with great wisdom and healing. I was surprised that at the end of the seminar I did not feel completely exhausted, rather energized. Terenia's approach was gentle. In future seminars she will build on what we learnt now, explain more deeply about relationship patterns and how to truly live a principled life. Although Terenia is not a church member, she is like a sister and her teaching is very much in line with the principle. I look forward to next time.

Here's a link to the details of the next seminar: [RelationshipHealingLondonJuly1-3\(1\)](#)



Family & Relationship Healing

1. Introduction seminar:

Healing Emotions

- western culture and other cultures approach to healing
- difficult emotions and psychosomatic symptoms - understanding & healing

date: **Thursday 30 June**
time: 19.00 – 21.30
place: South London Peace Embassy (Haslemere Hall)
2A Haslemere Road, Thornton Heath, CR7 7BE

free entry, open to all

2. Family & Relationship Healing weekend workshop:

Emotions, Psychosomatic symptoms & Relationships

- difficult emotions - understanding & healing
- western and other cultures solutions for psychosomatic problems
- family systems healing - traditional Hawaiian Ho'oponopono

During the workshop we explore the link between emotions, physical symptoms and relationships all working together to create a well-balanced psychophysical state of individuals and family as a whole. Traditional wisdom, which is explored at the workshop, offers new solutions for healing relationships, traumas, phobias and toxic bonds. Traditional knowledge offers deep understanding of family and relationship systems. This workshop can open a series of future weekend meetings that offer a diverse range of healing practices. More on www.e-hooponopono.com.

date: **Friday 1st - Sunday 3rd July**
time: Friday 18.00 – 21.00, Saturday 10.00 – 20.00, Sunday 14.00 – 21.00
place: South London Peace Embassy (Haslemere Hall)
2A Haslemere Road, Thornton Heath, CR7 7BE
fee: £170 with confirmation and pre-payment until 15 June (after this date £240)
Pre-payment £100, fee includes Saturday lunch, Sunday dinner and refreshments

Registration:

Please register with Cecilie Fortune by email: ceciliefortune@gmail.com or phone: 07941692256
Pre-payment: Barclays Bank, account name: FFWPU, sort-code: 20-21-78, account 90442607
ref: tm-healing
Preparation: Please bring blankets and pillows to sit on the floor.

About the teacher:

Terenia Mocna - MA in management, researcher of cultures, trainer and counsellor in relationships. She has conducted workshops, trainings and provided counselling for more than 20 years in Europe and the United States. Terenia has provided training for managers, therapists, psychologists and doctors to restore the psychophysical balance and create healthy relationships in personal and professional environments. With doctors and therapists she co-creates projects which combine emotional and relational solutions with a proper diet for optimal emotional, mental and physical health. She is currently working on the creation of new types of education, which link scientific and technological advances with human spiritual, emotional and relationship needs. More info: www.mocna.eu.

Individual sessions Monday 4st - Thursday 7th July

Terenia Mocna offers individual consultations for individuals, couples and families. Fee £30/1 hour, usual session duration: 2 hours. Registration for individual consultation and more information about weekend workshop: email: tm.aloha@gmail.com, phone: +48 602 758 295.

You're cordially invited!

Aloha

Team

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www.mocna.eu