

## **From guilt to freedom (English spoken)**

**Hieros Gamos 2021**

*How stepping out of the victim/perpetrator loop can lead to a more balanced relationship.*

In this self-experimental workshop, women and men are invited to explore their individual experience with their roles as victims and offenders. The core element is a powerful ritual including aspects of constellation, inner journey and embodiment. In this ritual, each person will have the opportunity to identify and transform the adopted roles of either being a victim or a perpetrator as a woman or man. The participants are invited to release the feeling of guilt from past experiences still stored in our bodies and subconsciousness. Unconscious patterns, like (female) manipulation and (male) domination, can be revealed and transformed. In the end, everyone is invited to finally step out of the vicious circle to more self responsibility, dignity and a more balanced connection between woman and man.

The workshop language is English. Open for both singles and couples. Max 40 pax.

### **Julia Fischer:**

Priestess of Rhiannon, Priestess of the Goddess, Priestess of Avalon, Healing Practitioner for Psychotherapy (Family Constellation, Hypnotherapy & Bodywork). In her work, Julia combines the divine feminine and shamanic aspects with psychotherapy, working with women, men and couples in single and group settings & seminars. Aspects like relationship issues, self-worth, abuse and trauma and the balance between female and male are a matter of her heart. She is holding women's circles, seminars, events and ceremonies in the North of Germany, exploring the depth of sacred sexuality and self love for herself and others. [www.julia-fischer-therapie.de](http://www.julia-fischer-therapie.de)

### **Bruno Mulder:**

In daily life organizer of business circles for the process industry in Holland on sustainability, like CO2 and water reduction. On a personal level, Bruno loves self-development work as Tantra, AUM, Vision Quest, Biodanza, Breathwork and Constellations. Nowadays, he practices evening programs using methods as voice dialogue, constellations, non-violent communication and wisdom of the elders. His wish is to combine this work with his business circles. [www.metabv.nl](http://www.metabv.nl)

