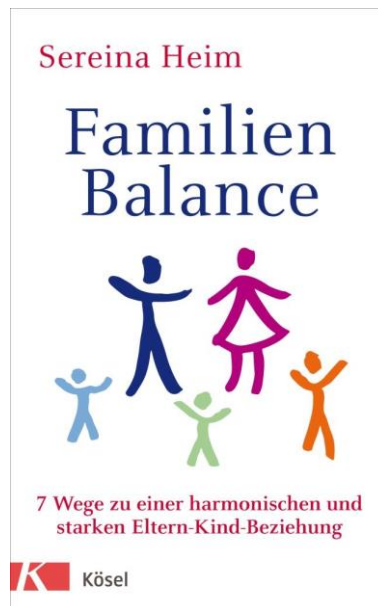


Spiritual and systemic facts about very specific family problems



Sereina Heim
Family Balance
[Familienbalance]
Seven ways towards a
harmonious and strong
relationship between parents
and children

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Sereina Heim, born in 1982, studied pedagogy at the University of Zurich and now has her own practice as family therapist. Being clairvoyant since childhood, she developed her talents through instruction in mediumism and spiritual healing. She trained in prenatal therapy according to St. John, and has taken part in an intensive seminar with Bert Hellinger on spiritual family constellations.

Many family problems are the result of distorted hierarchies. When a child is in the position of a leader, is caught between his or her parents, or the hierarchies among siblings are not observed, all this can result in conflicts that permanently affect daily routine.

Keeping to simple basic rules and a few simple exercises can restore and maintain the inner balance in a family. This is also true of special constellations, such as patchwork families. Numerous examples from the author's family consultancy practice illustrate the approach.

- Simple exercises – to spare a visit to a child psychologist or couple therapist