TALISMÃ

CONSCIOUSART

A INVITATION TO EXPLORE CONSCIOUSNESS THROUGH GESTURE

A SPACE WHERE **ART**, **RITUAL**, **MOVEMENT**,

SYSTEMIC AND **SOMATIC AWARENESS COME TOGETHER**...

Hello!

It is a pleasure to receive your message, and I am very happy about your interest in discovering the **Talismã** more deeply.

This is an invitation to immerse yourself in a sensitive and transformative journey, where we explore the **4 Laws of the Flow of Love (foundations of Family Constellations)**, travelling through the **path of the four elements: Earth, Water, Fire and Air,** through **artistic expression**.

Over four months, with one gathering each month, each participant is invited to welcome, **feel**, **understand**, **reflect**, **create**, **express**, **be** and **vibrate** through a **living process of learning, integration and discovery.**

This work takes place in an **intimate**, **safe** and **carefully held space**, within a group, honouring the ancestral importance of learning together through creation, just as in traditions where wisdom was passed on through shared experience, presence and gesture.

Throughout the journey, each participant creates four talismans, personal and symbolic objects inspired by the four systemic laws discovered by Bert Hellinger, founder of Family Constellations. These objects bring systemic awareness into the realm of art, becoming living gestures infused with meaning, intention, presence and transformation.

The Talisman is an open and flexible journey. Each gathering is a unique experience, dedicated to one of the four elements and its corresponding Law of the Flow of Love. You can join a single gathering, choose where to begin, or reserve your place on the complete journey, exploring all four elements over time. There is no need to follow a specific order: you can begin with Earth, Water, Fire or Air, according to what feels meaningful to you. New dates for each element will be announced, allowing each person to shape their own path.

No artistic skills are required. Only openness, curiosity, inner availability and presence.

The materials used will be primarily natural, intuitively integrated into each creative process. All materials are included.

If you feel called to this path, it will be a joy to walk alongside you through this experience of creation and awareness.

If you have any questions, please do not hesitate to contact me!

On the following pages, you will find information about me, the Talisman concept, and all the practical information about dates, times, location, fees and registration.

Welcome.

Tété Arbués Moreira



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A **TALISMAN** IS MUCH MORE THAN AN OBJECT. IT IS A GESTURE CARRYING INTENTION, SOMETHING THAT CONNECTS US WITH THE INVISIBLE AND ACCOMPANIES OUR AWARENESS AT EVERY STEP.

THE WORD TALISMAN COMES FROM THE ARABIC TILISM, THROUGH THE FRENCH TALISMAN, AND FROM THE ANCIENT GREEK TELESMA, MEANING “RITE”, “COMPLETION” OR “**RITUAL**”. HISTORICALLY, TALISMANS WERE CREATED WITH SYMBOLS, COLOURS, FIGURES AND WORDS CAREFULLY CHOSEN TO PROTECT, INSPIRE OR AMPLIFY SPECIFIC ENERGIES.

ACROSS DIFFERENT CULTURES AND PERIODS, THESE OBJECTS WERE SEEN AS CARRIERS OF SYMBOLIC AND MAGICAL POWER, USED TO GUIDE, PROTECT OR BRING GOOD FORTUNE TO THOSE WHO CARRIED THEM.

IN TALISMÃ, EACH PARTICIPANT WILL CREATE THEIR OWN SYMBOLIC OBJECTS, MADE WITH INTENTION AND PRESENCE, INSPIRED BY ANCIENT WISDOM, THE FOUR ELEMENTS AND THE LAWS OF THE FLOW OF LOVE.

EACH TALISMAN IS, THEREFORE, A SEED OF AWARENESS — A MATERIAL GESTURE THAT HELPS US INTEGRATE KNOWLEDGE WITH PRESENCE, CREATIVITY AND A DEEPER UNDERSTANDING OF OUR OWN STRENGTHS AND PATHS.

YOU DO NOT NEED TO KNOW ABOUT MAGIC, BE AN ARTIST OR HAVE ANY EXPERIENCE WITH RITUALS. WHAT MATTERS IS PRESENCE, OPENNESS AND THE WILLINGNESS TO CREATE, ALLOWING EACH GESTURE TO BECOME AN ENCOUNTER WITH YOURSELF, WITH THE GROUP AND WITH THE LIFE FORCE THAT MOVES THROUGH US.

THE TALISMANS YOU CREATE HERE ARE A REFLECTION OF YOUR OWN ENERGY, INTENTION AND JOURNEY, AND GO FAR BEYOND AESTHETIC VALUE.

THEY ARE A GESTURE THAT WILL ACCOMPANY YOU, REMINDING YOU OF WHAT AWAKENS AWARENESS AND TRANSFORMS.



DATES AND TIMES:
From **10 a.m.** to **5 p.m.** (with a 1-hour lunch break)

SEP . EARTH
DAY 27 · SUNDAY .
ANCESTRY • ROOT •
BELONGING

OCT . WATER
DAY 25 · SUNDAY
FLOW • MOVEMENT
ORDER

NOV . FIRE
DAY 29 · SUNDAY
TRANSFORMATION · EXPANSION
BALANCE

DEC . AIR
DAY 20 · SUNDAY
ACCEPTANCE • INTEGRATION
ASSENT

LOCATION
PAREDE
Rua de Malange, garagem 33
1775- Parede

LUNCH
EVERYONE CAN BRING THEIR OWN LUNCH (IF THE WEATHER IS GOOD, WE HAVE A GARDEN WITH TABLES), OR WE CAN ALL GO TOGETHER TO A NEARBY RESTAURANT. THERE ARE PLENTY OF PLACES TO EAT AROUND.

PRICES
1 SESSION (single session) · **€88**
4 SESSIONS · **€333** (paid in full)

Your **registration** is confirmed upon payment of the first session or the full amount (4 sessions), via **MB WAY** or bank transfer, and sending proof of payment via WhatsApp.

MB WAY: 966 203 433
IBAN: PT50 0035 0216 0005 4481 7309 1

CANCELLATION POLICY
Cancellations **up to 10 days** before the start of the programme:
The amount paid will be refunded, with a €33 registration fee retained. This fee may also be refunded if the place is filled by another participant.
Cancellations **less than 5 days** in advance:
No refund will be issued. However, the place may be transferred to another person, provided prior notice is given.

LIMITED TO **4 PARTICIPANTS.**

MB WAY: 966203433
IBAN: PT50 0035 0216 0005 4481 7309 1

CANCELLATION POLICY
Cancellations up to 15 days before the start of the programme:
The amount paid will be refunded, with a registration fee of €88 retained. This fee may be refunded if the place is filled by another person.

CANCELLATIONS LESS THAN 8 DAYS IN ADVANCE:
No refund will be issued. However, the place may be transferred to another person, provided prior notice is given.

After the programme begins:
No refunds will be issued, and the commitment to pay the full agreed amount until the end of the programme remains in place, regardless of attendance at the meetings.



FAQ:

Do I need to have experience in art?
No. Talismã is not about knowing how to do things, but about being present, feeling and experimenting. All you need is openness, curiosity and presence.

Is this work art therapy?
No. Talismã is a space for conscious creation, where art, ritual, and systemic and somatic awareness come together.
Art is experienced as a language, an expression, and a path to awareness.

What will I do during the sessions?
We will work with artistic, body-based and ritual practices through the four elements. Drawing, painting, ceramics, writing, movement, silence, music and the creation of symbolic objects are all part of the process.

What are the talismans?
They are objects that support the integration of systemic awareness through art. Throughout the journey, each participant creates four symbolic objects, Talismans, connected to the laws of the flow of love and the four elements.

Who is this work for?
A space for everyone over 18, of all genders, who feels the call.

What are the groups like?
The groups are small, intimate and carefully held, to ensure presence, listening and safety.

What should I bring?
All materials are included.
Comfortable clothing and a willingness to feel and create are recommended.

Can I attend just one session?
This journey is designed as a path of four sessions, with each stage connected to the next.
Registration is for the complete cycle.

What if I still have questions?
You can get in touch by private message. (+351 966203433)
It will be a pleasure to clarify any questions and to feel with you whether this space is right for you.

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"WHAT REALLY MATTERS IS THAT YOU ARE DOING SOMETHING YOU LOVE, AS BEST YOU CAN, HERE AND NOW."

RICK RUBIN, THE CREATIVE ACT: A WAY OF BEING



WHO AM I?

I am a lifelong seeker, a human being, a woman, and the mother of three incredible beings, passionate about life and the complexity of BEING human.

Art has been part of me for as long as I can remember. I studied Fine Arts, worked as a designer and created my own fashion accessories brand. In every path I have taken, creativity, beauty and attention to detail have always been present.

Today, art and dance fill my days as spaces of nourishment and connection with myself and with the invisible. My daily rituals of drawing, writing, painting and ceramics are a way of being present, caring and celebrating the creative gesture.

For 13 years, I have had the honour of accompanying people through personal development processes. Throughout these years, I have found my home as a therapist in shamanism, Systemic Constellations, conscious dance and the Somatic Experiencing method. Each experience I facilitate teaches me about life, presence, cycles and the rhythms that inhabit every body, and strengthens my belief in the power of each individual.

I believe that everyone, without exception, is born an artist, because creativity is the matrix of life that lives within us.

It is a joy to bring my skills together with my passions and share this path with you.

A heartfelt embrace...

TÉTHYS

TÉTÉ ARBUÉS MOREIRA