



The Art of the Moment Workshop Series: Family Constellation

Your body has an energetic system that connects to your environment and knows unconsciously “where you stand” relative to the others in your families, workplace and social systems. Bert Hellinger created the Family Constellation and discovered hidden relationship dynamics that shape not only family, but also other organizational systems which seemed to have tragic effects across many generations. Such systems include people involved in our work, religious community, neighbors, and any other groups which we have a strong affiliation. Constellation work is a universal method that will work with almost any type of “family”.

By using the bodies of fellow workshop participants to create a map of the family system, we can tap directly into that field of knowledge and see how your relationships have had influence upon you. Once these "maps" are recreated in three-dimensional space, you have the power to uncover the roots of dysfunction in your systems, realign entangle relationships, and dissolve hidden agreements to keep the family system functioning.

Hellinger’s work demonstrated that when family members become excluded, forgotten, and ignored or have suffered a difficult fate, the healthy flow of love and well being in relationships becomes misaligned and problems and stressful consequences result for other family members over many generations. When these excluded members are not acknowledged and painful situations are not resolved, another person from the following generations unconsciously and invariably will step in and live out the excluded member's destiny in their lifetime. By unconsciously taking on these consequences unknowingly, old patterns of being often become integrated into future generation with detrimental results.

Here are some possible examples:

What if a man's drug addiction were really a search for connection with his father?

Suppose a suicidal woman was unconsciously trying to follow the fate of her aunt who had died at age two many years before the woman was born.

What if a woman's breast cancer were rooted in a loss of connection to her mother or to her mother's mother?

What if her cancer was a hidden desire to follow another family member who died of cancer?

What if a man can't form enduring relationships with women because his unconscious loyalty to his mother and father dictates otherwise?

Suppose a person's chronic low back pain actually represents a need to show respect to another family member, usually their mother or father.

Here is how a constellation works: You choose a pressing issue in your life and pick people from the group to represent for various family members which may be from this or previous generations, alive or dead. You then place the representatives in spatial relationship to each other. After the placement is done, you will sit down with a facilitator and watch the interaction within the system.

You can also be a representative in a constellation and your interaction in the system can be a very deeply moving, healing, and enriching experience. All you need to do as a representative is be present and report what you are feeling and thinking at the moment. When you become a representative, you can gain the following wisdom and benefits:

- 1) You witness and feel for yourself what makes love work in relationships and what causes and resolves entanglements.
- 2) You may gain insight into your unresolved issues that you may be entangled with and their solutions.
- 3) You can learn how to prevent entanglements for yourself and future generations, and how to deal with various life situations from a deeper level.

As you watch the constellation unfold, the system's representatives may begin to move, have feelings, inner knowing, and bodily sensations that relate to the persons they represent. The facilitator may ask the participants how they feel, move them to different places, and have them say certain sentences in order to demonstrate and resolve the hidden dynamic operating within the system. As the facilitator begins moving the representatives into the "right" positioning and restoring the harmonious flow of love and dignity among them, you will see visible relief and relaxation in the representatives and your body may also begin relaxing and softening as the constellation moves.

When you understand how you are not responsible for the fate and well being of your family and its predecessors, you can release yourself from identifying with their difficult

fates. By understanding the structure of love that governs relationships, you will gain following insights and solutions in creating a constellation:

- 1) You will have a larger frame of reference to understand your past.
- 2) You can refocus your life on what makes you strong.
- 3) You can increase your capacity compassion and forgiveness toward others,
- 4) You can take action on what you feel is holding you back.

Through participating in a Family Constellation, you will be shown the true origin of your problem of inquiry and new opportunities for disentanglement and resolution. As a result, you can see and feel love flowing again within you and your family system and will no longer have to sacrifice your personal health or well-being for the sake of others.

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