

About Systemic Constellations

Systemic Constellations (also called Family Constellations) are a way of working with issues within human systems. Constellations are usually done with a group of unrelated people. Members of the group are chosen to represent members or elements of the family or organization that is being addressed. In this process hidden and unexpected dynamics operating within the system are revealed and addressed in a way that aims to find a healthy and respectful place for all members of the system in question.

Systemic constellations reveal and transform embedded patterns that are otherwise very challenging to understand and change. Intellectually, we may recognize patterns of negative behaviors and destructive relationships, but in practice it can be extremely difficult to free ourselves from the ones that feel most unwanted. Through this process we become aware of the complex web of interconnection reaching into our present from generations past. Experiencing this interconnectedness so directly has an amazingly freeing effect.

The Family Constellation approach as developed by Bert Hellinger is a process by which we can access the deepest dynamics in our family system in order to find new sources of healing and strength. The purpose in looking at these dynamics is to better understand forces at work in the system that may not be known to current members, including hidden loyalties, subliminal identifications, and embedded patterns established long ago. Once these entanglements are revealed, they can be integrated into a solution picture that encompasses everyone and everything that belongs to the family, without judgment.

Out of love and loyalty, we often unconsciously carry the traumas and destructive patterns of our ancestors, which may manifest in our daily lives as unresolvable personal problems and relationship issues.

Through the gentle, yet powerful process of Constellations, we enter into connection with our ancestors through the energetic 'Knowing

Field.' Our entanglements within our ancestral family are gently and respectfully uncovered. Family Constellation participants commonly report their experience to be sacred, cathartic, connecting, and profound.

Systemic Constellations are a process for revealing the hidden dynamics in a family, so they can be worked with and healed. Release begins with the participant stating his/her issue and choosing members from the workshop group as representatives for certain family members alive or dead. When these are placed in relationship to each other, all involved participants begin to perceive information related to the family member who they are representing via subtle body movements. Often our brain may reject this information, but when we withhold judgement long enough to hear the messages in the body we expose entanglements and movements that have not been known before. As a result, previously subconscious, often tragic, family ties are made perceptible, and the dynamic that caused the participant's issue is discovered.

At a group workshop, not everyone will have their particular issue worked with on a particular day. However, their issue will generally be echoed within the issues that *are* worked with on the day. Everyone who attends and experiences the constellations in a group workshop forum finds transformation and growth, healing and acceptance through insights and the experiences of sharing and supporting each other in this profound work.

For more information about Systemic Constellations and how they can help you please contact Suzanne directly.

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