

The Soul Dance of Family Constellations

Many of us look for connection and self development through spiritual work, meditation, teaching, coaching, therapy or healings. However, most of us are blind to the biggest spiritual tool we have at our disposal. Coming to a place of peace and acceptance of our roots, regardless of how difficult this may seem. If we can do this it connects us fully with our life force, leading to spiritual growth and more inner peace. Cutting ourselves off and looking for connection in other ways, is only an escape of this fundamental reality, that is part of our ultimate life purpose. The fact that many of us seek to escape our family of origin is understandable, as we often don't know how to cope with its complexity. However, the development of Family Constellations with its shamanic style healing rituals will allow you to see your soul energy and what it is telling you. It will also seek to connect you more healthily to your roots so that you can receive your life force in full from your ancestors. Being more connected, will free you to live more in the present and to make the most of your life and relationships and be happier.

It is a way of looking at the soul or life force energy of an individual and also that of the relationship or family group in which that individual belongs.

A constellation will allow you to see the bigger picture in your family group and also across generations and also allow a settling of disturbed energy to come to rest in the Family Soul.

What is a Family Constellation?

Usually in a workshop situation you set up the people of your issue using representatives from the workshop and placing them in different positions from each other in the room, according to what feels right. (The real people involved are normally not present.) From this point onwards, you observe the process as the representatives start to pick up the energy of the real people involved, even though they know nothing about them or your story. From here on, the facilitator guides the process and releases emotions and finds the orders of love that give strength healing to you and to the system. This is an intuitive and psychotherapeutic process that heals on all levels if your issue is one that is generational in nature.

Examples of family constellations

Difficult parent/child relationships

This is the family constellation of a woman who was unable to have a good relationship with her daughter. The facilitator asked a few factual questions about the family history and then set up the constellation with representatives. The woman also had a difficult relationship with her own mother.

Representatives of the woman, her daughter and her mother were set up. The feelings and physical positioning of the representatives were noted.

The woman is loving but can't make contact with her daughter, who is angry with her. The woman is then turned to face her own mother. It is clear that she doesn't respect or accept her mother. Some time is spent

Here in allowing things to be put back into their rightful place until the woman and her mother are in contact and feeling comfortable. Now the woman is turned to face her daughter. The daughter has become interested in coming to a resolution with her now. The constellation finishes with the family system feeling relaxed and comfortable.

If you have a difficult relationship with your parents, it may be difficult for you to have a good relationship with your own children.

When a relationship breaks down.

This is a family constellation of a divorced woman who was experiencing difficulties in her subsequent intimate relationship. A constellation was set up with representatives of the woman, her ex-husband and her current partner. The woman's ex-husband is feeling very sad and hurt. She can't look him and says that she feels anger towards him. In seeking a resolution, it's discovered that the woman is finding it hard to accept responsibility for her part in what went wrong between them. Once an appropriate resolution is found and accepted, the couple is able to let each other go. This frees the woman to focus on her present relationship.

A relationship that has broken down needs to be resolved before you successfully go into the next one. Many of us know this intellectually but it is often difficult to do this fully for ourselves.

An unresolved parent child relationship.

This is a family constellation of a man who had a difficult and unresolved relationship with his mother. His mother died when the man was seventeen leaving the him feeling bitter and angry.

A constellation of the man and his mother is set up. The man's mother reports feeling "cut off" and unable to focus on her son. The son reports feeling sad. Gradually the mother turns from the son. She feels pulled from behind. The man's mother is turned around to look at her father. She experiences great emotion here, first anger, then sadness and then abandonment. Her own father had died when he was a child. She had very much missed her father. Once the situation is acknowledged and the mother is reunited with her father she is able to turn around with her own father behind her to give her strength and make a connection with her son. The constellation is over when the mother is honoured and respected by her son and she is able to wish her son a fulfilling life. The son is feeling connected to his mother.

The man will now be able to have better relationships with women as he now has his mother in his heart.

Yildiz Sethi is a Family Constellations practitioner, counsellor, hypnotherapist, NLP & Vedic astrologer. Yildiz has always had a fascination for understanding karmic cycles & is now using Family Constellations to resolve the negative patterns that bind us. She is a very experienced & insightful facilitator. You do your own family &/or relationship constellation or you may come as a participant only. Many participants report moments of profound realisation through taking part, causing shifts in awareness & real change.