

Follow your intuition and be open to... What is.

Let me show you what can happen if you allow yourself to follow your dream or your intuition and be open to what unfolds.

I am a Vedic astrologer and registered counsellor living and working in Sydney. I have a long-standing marriage and two grown up married daughters and one beautiful grand son. Life for me at the beginning of 2005 was looking and feeling good. My husband on the other hand was at a turning point in his life. He had recently turned his back on his role as an IT professional following a few years of dissatisfaction of the corporate business world and the lack of ethics there. He had also reached a crucial point in his life astrologically as well, as he had just finished a period of life that had gone on for nineteen years or so which was involved with career and work. Now he was in a period involving twelfth house affairs. In Vedic astrology this generally means the subconscious, overseas travel, losses and spirituality. At this point in his life he didn't feel particularly spiritual, but did feel a little lost in terms of direction in his life.

In a previous trip to India we went around to many of the notable north Indian destinations such as the Taj Mahal, the palaces of Rajistan, the ashrams and yoga centers of Rishikesh and Daramsala and where we saw the Dalai Lama. I had expected and hoped that this would be a truly uplifting and spiritual experience. Yes there was beauty and mystery and history, but for us the experience was not particularly earth shattering or spiritual. Although it was an interesting holiday. This first trip was very much the five-star version complete with guides.

Much to the dismay of my husband who was born in India and is Indian, I had a strong desire to go to India again at the beginning of 2005. I yearned to tour at least a part of South India and do it differently. Having been overloaded with temples and palaces in an earlier trip I decided that I would rather see India more at the grass roots level to discover the Real India. My idea was to travel from Mumbai to Goa and then down to Kerella. The purpose of the trip was to explore the culture, food, philosophy and life style and possibly visit an ashram or two on the way. My husband decided to humour me.

On reaching the noise and chaos of Mumbai we were confronted by the beautiful open smiles and hearts of many, but also the poverty of the poor and homeless, in this grossly

over populated city. The acrid fumes spewing out of the two stroke yellow and black rickshaw taxis along with the natural humidity and heat of the city and the eighteen million people all going about their daily lives and businesses, filled the air of the city. By the second day we both had red runny eyes and sore throats and decided to move on to the next town on our itinerary according to our Lonely Planet guide. We arrived in Pune (pronounced Poona), about 125km south of Mumbai on the train to find a similar situation of noise, dirt and pollution. There we visited the sadly dilapidated Ghandi memorial and had decided that Pune had little more that we wanted to experience. My husband was already avidly looking up the earliest possible flights back to Sydney, saying that he couldn't believe that we were putting ourselves through this, when we could be enjoying our time in clean, safe and beautiful Australia. Back to my Lonely Planet Guide we decided to take its advice and look at the Osho ashram in Pune before we left. We arrived at a very clean and beautiful building at the entrance of the ashram with a waterfall on the wall in the street and were greeted by a very pleasant person who explained that we could come the next day for the open talk for visitors and a silent walk around the ashram if we wanted. The walk around the ashram was wonderful. Black marble everywhere. Many waterfalls and water features and trees. Everything perfectly finished and clean. Beautiful buildings, cafes, restaurants, bookshops, sports complex, swimming pool. In addition there were arenas with lots of activities going on simultaneously, archery whirling dancing, yoga and different meditations taking place in the big hall all through the day until the early hours of the morning. The ashram was filled with an amazing assortment of purple robed men and women from all over the world. Many Europeans, Americans, South Americans, Koreans, Japanese, Taiwanese and native Indians. A truly international mix of people in a luxurious setting. Curious and impressed, we decided to stay on. Having purchased the customary purple and white robes which are a compulsory part of participating in ashram life, we attended our first meditation. We walked down a path between two large pools of water and up the steps to the huge black marble pyramid meditation hall. The meditation (as are most of the meditations in the ashram) was composed of several different parts, such as dancing, shaking or jumping and standing, sitting or lying still. Other meditation involve, speaking in "tongues" or shouting, screaming, humming or twirling. For those who prefer the

silent meditations there is also Vapassana or Samadhi. You can choose which ones you would like to take part in. With my husband now happy and entertained we decided to stay a few days and chill out in this lovely oasis. A long way from the “real India” that we had intended to seek.

Then as we were walking through the auditorium the next day I noticed that one section in the Ashram called the Multiversity was holding psychological and spiritual self-development courses. Osho’s belief was that we need to clear ourselves of our cultural and family conditioning and also resolve or let go of emotional issues, in order to grow spiritually. To this end he developed his Mystery school, whereby international educators and facilitators come to provide self development courses to ashram members. These are continually changing every few days through out the year.

I was excited and fascinated to notice a demonstration of Family Constellations was going to take place the next day.

About eighteen months previously I had picked up a book in Sydney called “Acknowledging What is” by Bert Hellinger. I felt very drawn to the book and the writer and his way of looking at the world, the individual and the family. I remember saying to myself, “I would love to see a Family Constellation in action” and here we were. I couldn’t believe my luck. We both attended the demonstration and were very moved by what we witnessed. We then enrolled on the Family Constellation course that followed. As a counsellor of several years, being involved in therapy for others, and myself, I really didn’t think that I had many more issues to deal with. Of course, this turned out to be totally untrue as my constellation showed me my blind spots. I experienced a huge “shift” over the following few days after the constellation that I believe is still working in me now, months later. A similar if not stronger situation occurred for my husband and for each of the people in the Family Constellation workshop. The interesting thing is that when the shift took place, awareness was gained and also things were put back in the correct way, according to Bert Hellinger’s “order of love”. In this system you don’t have to deal with the smaller issues as we do in the normal counselling process such as depression, anxiety or relationship issues, which are actually symptom of the larger ones. Once the larger one is altered everything else in your life also shifts in a small or a much

larger way. This may continue to happen for the next six months for some people. It was noticed in the group that there were changes in the lines on the face, body posture or there was a new glow in the person's demeanor. All of us felt the change and the truth that our constellation revealed to us, as well as feeling blessed and truly grateful. Over the next few days of contemplation and meditation, we realized that our marital relationship was much stronger and deeper and more fulfilling. This had not been one of the issues we had brought to our constellation, but was a very happy spin off, due to each of us being more in tune with who we are and each other.

Family Constellations is a unique way of uncovering the energy within family systems that is both experiential and solution focused. It requires only a minimal amount of actual information about "what happened in families", rather than the full emotional content that many other counselling methods require. It is a sensitive and gentle approach to discovering the hidden dynamics in families and seeks to put back the rightful order, encouraging members to take full responsibility for their actions. According to Hellinger, each family is bound together by a systemic or group conscience or energy, which if honored, will allow love to flow freely throughout the system, encouraging health, vitality and freedom to all members.

Since then I feel that I have changed and that all of my relationships are clearer and closer. My husband had been living a bit of a dual existence, on the one hand very rational and involved in the corporate world, but on the other dabbling in astrology and doing reiki, is now a very strong supporter of Family Constellations and meditation and the benefits it can bring. He now feels closer and more connected to all family members and particularly to our children. Interestingly both of our children felt some changes for themselves as we were doing our constellation in India. They didn't know we were doing a constellation or even know what that was at the time. Family Constellations was developed by Bert Hellinger in the 1980's. Hellinger says that when the stresses are reduced in the family energy system, it naturally ripples out to the rest of the family, as we are all connected by the family energy network.

After a few days of relaxation and meditation we had decided to say goodbye to the flights we had booked to Kerella and we decided to enroll in the Family Constellations Practitioner training at the Ashram knowing that we had gained so much more than we could have dared hope for, in a different way. Our touring holiday had become a major learning experience. We are now both Family constellation practitioners and are working together holding workshops in Sydney, Blue Mountains, Moree and Byron Bay. Our intent is to help others to find their truth and improve the quality of their life and relationships.

So what goes wrong in many families?

Emotional baggage gets in the way. Disturbances from many generations back are often still experienced by family members many years later, without any contact or knowledge of the original trauma, via the family energy system or genetic trail.

Children take emotional baggage from family members in a “blind love” for their parents and an intense need to be loved in return.

Of course this is unconscious and often remains with them for the whole of their lives and is passed onto further generations. This inhibits the “flow of love” in the system and causes suffering, pain and illness.

What is a constellation?

This is not psychodrama. You don't have to have the whole family with you in order to set up your family constellation. In fact, only one member you, needs to be present. If you are setting up your constellation, you will pick representatives of the key family members required from the group of people attending the constellation workshop and place them in the center of the room. You will then place the representatives in what feels to be the correct positions to each other. Once this is done you will sit out and the energy of the system will “play out” in the representatives, with the help of the facilitator. Once the dynamics are brought to light and appropriate resolutions are put into the place, the tension in the group becomes easier and this greater comfort can then ripple out to other members of the family. This is an approach of family therapy developed by the German therapist Bert Hellinger over 20 years ago which is now very popular in Europe, America and Japan and spreading rapidly.

Yildiz Sethi

My dream of travelling down the West coast of India was not realised due to spending most of our time in the Osho ashram, although after our spritual and self development experiences, we did manage to spend the last few days of our trip relaxing on Goan beaches before heading home. Our trip had succeeded in giving us a some strong spritual connections and unexpectedly given us a direction that has unified us as a couple. This work will potentially help many people and families reconnect to their family roots in Australia through our workshops.

We still haven't yet seen Karella or the Himalayas, so perhaps we are due for another trip at some point in the future? We will have to see. For now I am very happy to accept *what is* in my life and continue to spread Family Constellations here. I am humbled by my good fortune and the honor of being able to touch so many people's lives in such a profound way.

So be open to the unexpected and don't be too attached to your plans. Follow your intuition and be open to *what it*, at least some of the time.

www.familyconstellations.com.au