

## **Making Peace with the Family Soul**

### **Systemic Family Constellations;**

#### **Generations**

They gave  
We receive  
They die  
We grieve  
Life goes on, Life goes on

We give  
They receive  
We die  
They grieve  
Life goes on, Life goes on

#### **Making peace with the family soul can change your life.**

If you consider that it was not a pure accident that you were born to your family of origin, then what purpose could it serve to be born to often very difficult or even painful circumstances? Are we meant to suffer? I don't think so.

I like to think of each of us as individual souls, born into a greater family soul, that is linked to ancestors of past generations and also to the greater soul of humanity and the then part of a universal energy or life force. We are all connected.

After extensive clinical practice in my private practice and also in workshops, I have come to the conclusion that this is one of the biggest steps that we can do for ourselves in terms of personal development. This does not mean that we have to approve of everything that our parents or other family members do or have done, but we do need to accept each of them as they are, warts and all. How difficult is it for us to come out of thinking of how "things or people should be?" This is actually the source of most unhappiness and depression.

It is found repeatedly in constellation practice, that if each member of the family is allowed to take full responsibility for their actions and also the consequences of their actions, then the rest of the family can be free and strong and the love can flow freely throughout the group, providing healthy support for the present generation, in allowing them to get on with their lives un-tethered.

#### **Blaming the Family**

It might sound like I am blaming the family for all of our weaknesses or problems. Not at all. Personal responsibility is still crucial for each of us. However through Family Constellations it has been found repeatedly, that with the best will in the

world, to “do it differently in this generation”, many of us fall into the same patterns of depression, anxiety, relationship problems or suicide or illnesses, as the generations before us, or our children suffer similar fates. This is not a conscious pattern. Often we seek to do things very differently to our parents in an attempt to do it better, but often, on reflection in later life, we can see that if we rejected our parents ( or think we are better than them), our children will often do the same to us. Or if depression runs in your family, you may suffer from it, or one or more of your children or other family members too.

### **The source of happiness**

It seems to me now that coming to peace with the family soul is part of coming to peace with your destiny and hence with yourself and your place in the universe. This is a source of true gratitude and happiness.

This knowledge and practice has profound consequences for us and our evolution. As the present generation, we are so focused on ourselves as isolated individuals, that to work on depression or any other dis-ease in isolation, without also considering the bigger picture of the family energy and possible imbalances or entanglements, is only seeing at best, half of the picture.

I deal with depression, anxiety, panic attack and relationship issues using family constellations first to resolve systemic family entanglements before dealing with the inner conflicts of the individual. About 98% of the people I saw last year as a practitioner were resolved and much happier after 1, or 3 or 5 sessions or one workshop constellation. Many experiencing profound change.

### **We are not alone**

Whether we like it or not, we are a product of all that have come before us, especially those in our family tree. Acknowledging that and the fact that most of them were “doing the best they could” in what they did, for their time and place and cultural norms, is a healthy starting point.

According to Eva Madelung/Barbara Innecken,( 2004),

“The inner parts of a person are often interwoven with external family members. When we set up a family in a constellation as we see them, we are representing the effects they have on us. That is why when we set up our family, are we not also setting up our inner family, the inner parts of ourselves?”

### **What goes wrong in Families?**

Systemic entanglements and dysfunctions occur when tragedies, exclusions and denial take place in families. This has the effect of taking away energy from certain members and causing other members; often their children or other relatives, to feel the need to support them, compensate or identify with them or the particular dysfunction, in some way. According to Systemic Family Constellation philosophy and practice, this is how dysfunction is passed on through generations. Often one person in the

present is identifying with the dysfunctional unresolved energy of an ancestor, even though they may not know the person or the history of the family.

Once you are at peace with your family soul and yourself, you are free for much deeper personal and spiritual growth without uncontrollable thoughts or feelings clouding your body or mind.

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