

Nice house, nice Job but not Happy

Part 1 – How did I become Spiritual?

The title of this story could be “How do you transform a highly successful corporate business man into a new age guy in 6 simple steps” This person is both well recognised and financially successful and despite being a workaholic pictures himself as practical and well grounded. A person who believes that in the world everything is black or white with no shades of grey, (never mind colour). A person who always wears a grey or blue suit and tie to work (colourful ties being his most creative outlet). How do you turn this person into a caring sharing feely type who earns next to nothing?

Well, this happened to me. I was an IT professional earning big money working for major corporations and now I am free from the corporate world for good. I used to earn more money in three months than our present business does in a whole year. The people I used to work with wouldn't recognise me. The only thing alternative about me then was that I had been a vegetarian most of my life. Oh, by the way something else has changed – I AM HAPPY NOW.

They say money can't buy you happiness but I had always disagreed with this. Money seemed to give me a lot. I enjoy having a nice house, a flash car and all the modern “gizmos”. I bought a DVD player when it cost a \$1000 – I think they give them away with a packet of cornflakes nowadays. We used to go away on expensive overseas trips and think nothing of it. I still like having the toys that money can buy.

So, how did this change happen?

The story started in July 1998 when we went on a holiday to Byron Bay. During that week away, we met two Vedic Astrologers and a crystal healer. On the Sunday there was an alternative exhibition on at the local surf club and we met our first astrologer there. He was a Vedic astrologer, which is also known as Jyotish or Hindu astrology. Although I

was born in India, I had never come across this before. My parents had left India in the late 1950's and took me to live in England when I was eight years old. In India the priests practice Vedic astrology, as do many Ayurvedic practitioners. The Vedic astrologer gave an interesting lecture that got us fired up, my wife (Yildiz) and I were fascinated and we met with him after the lecture. He told us that he taught Vedic astrology as well as practicing it. He also gave me some software to run on my latest "toy". I had just bought a laptop and the latest digital camera (remember this is 1998 when laptops and digital cameras weren't common place). My wife was even more enthralled than I was with Vedic astrology. The next day we met another Vedic astrologer who was giving readings in the local alternative bookshop. He was booked out, but we managed to get a slot with him. He told us a lot of things but the thing that interested me most was that he told me that I had had a lot of trouble with my eyes back in 1996. I had to do a lot of screen work (while I was IT contracting at a major Bank) and this had ruined my eyes to such an extent that I had to change to multifocal lenses in 1996. This level of accuracy amazed me. We're all familiar with the usual stuff that crystal ball gypsies tell you – "you will meet a tall, dark, attractive and mysterious lady....." This was completely different – fancy being able to tell about everyday things like eyes from an astrological chart? This got me wondering. In my twenties I did become interested in Western astrology for a few years, but had not done any more about it since. I also got involved in Yoga at that time too and practiced some palmistry. I think I had forgotten about this side of me over the past twenty-five years.

Anyway, we were sufficiently hooked to sign up for a Vedic astrology course from one of the astrologers. We returned to Sydney and I bought some commercial Vedic software from America. My wife started buying books and looking for a local Vedic astrologer to help her learn Vedic astrology. This was the turning point for her and she started spending all her spare time reading about Vedic astrology and playing with the Vedic software. THIS WAS THE START OF THE END OF MY IT CAREER. I went along with her interest as I respect my wife and her ideals. We have been married since we were very young and we had grown up together with similar views. She always read the horoscope charts in the papers and the women's magazines. I was more cynical – how

can a horoscope effect one twelfth of the population all the same way? How can all people born on a particular day or month be the same sign and have the same things happened to them?

My wife eventually decided that she wanted to be an astrologer and give up her job as a high school science teacher and started studying counselling and Vedic Astrology. She decided to do a course in counselling to help her communicate with astrology clients. For example, how do you break difficult news to people who are asking for advice? Yildiz was astrologically speaking going through a huge change in 1999. She had come to a fork in her journey through life. She didn't earn much money but seemed much happier. She also started to move away from me mentally. I was in the corporate world and believed that money was everything whereas she was changing into this "feeley" person. My daughters were caught up in this fever too, one of my daughters did a yearlong course in Aurvedic medicine and the other did a course in Traditional Chinese Medicine. I was the odd one out at home but hey - I had my DVD player and Dolby amplifier with five speakers and I could play my television sound through my hi-fi system!

Yildiz quickly got proficient in astrology and we joined the Australian Council of Vedic Astrologers, which was run by Keven Barrett. Keven taught us lots about astrology and he came up with this idea of going to India to visit the Vedic astrology universities and shrines. Yildiz told me that she was going whether I liked it or not (I wasn't too keen). Anyway, I decided to go with her and we had a great time going to Darasalam, Rishikesh, Delhi, Taj Mahal, Rajistan, etc. We learnt a lot more about Vedic astrology during the long drives across India with Keven. She bought 20 or so books and started delving into them when we got back in late 2000. She also started doing professional readings at this time. Yildiz had qualified as a counsellor and was doing 50% astrology and 50% counselling. She started going to some weird meetings like the Sufis group, went to Reiki sessions, and did a course on Pranic Healing etc. We were slowly drifting apart. I was still interested in Vedic astrology and I remember trying to work out how I could use it to predict prices on the stock exchange. Once a month we used to go to the Vedic group in Sydney and we would discuss interesting aspects about astrology from time to time.

During this time my daughters had left home, as they couldn't stand the restrictions of a restrictive and conservative father who was having a hard time accepting they're growing up. Yildiz and I were having problems too, we seemed to have huge flare-ups and then make up afterwards. I still felt a bit left out. I felt that I was **definitely** not on the same path as her. Around 2002, I had a tremendous bustup with my daughters and didn't speak to them for months.

Just to add more fuel to the fire, about eighteen months ago, I started going through a crisis at work. I stopped enjoying what I had been doing for years, although I still liked earning the money. We noticed that I was coming to a big change in my life astrologically, but we couldn't exactly predict how things were going to change. I thought I might retire, but knowing myself as a workaholic, I knew I would get bored with that eventually. From Vedic astrology, in November 2003 we worked out that there would be a big change happening in March 2004. As it happened, in March 2004 I received a redundancy cheque and handed back my company car. I was at home for about 5 weeks and was offered a contract. During that contract I finally realised that I didn't like doing my IT job anymore, but what else could I do?

Meanwhile Yildiz got the itch to go travelling again in India. I was totally against this, but I reluctantly agreed again! I don't know who called women the gentler sex – 'cos they is wrong! The plan was to hop on a plane to Mumbai in January 2005 and travel south to Goa and to Karella.

I ended my last job in November 2004 and stayed at home for a few months having a great time – except for an uneasy feeling that kept coming up. I had this permanent queasy feeling in my stomach and felt tight on my chest. I still had issues with my daughters and my parents. I had left home when I was 17 and hadn't had much contact with my parents or the rest of my family since. Also, I couldn't work out why Yildiz was always so busy and tired, when she could take it easy. Her business had grown. She now taught her own Vedic Astrology courses. She was also teaching at the Australian Counselling and Psychology College and wrote articles for various magazines. She was

still dividing her time between Astrology and Counselling and her skill set had now expanded to include NLP. She was happy and enjoying her work, but I was not feeling too content. I also felt that we should be travelling overseas for months at a time now that I was no longer working. Anyway, I decided to enjoy my time off, go to India and worry about what I was going to do when I came back. At the back of my mind, I thought I would go back to IT contracting on my return from India.

Part 2 – My Family Constellation

We landed into a smoky, busy and an over populated Mumbai at the end of January 2005. There are 18 million Indians living in a city that is the size of Sydney. It took us 3 hours in the rush hour traffic to get to our hotel from the airport, by air-conditioned taxi; it wasn't particularly well air-conditioned as the driver insisted on having the windows open, letting in all the fumes. Mumbai (like the rest of India) is confronting and challenging. On the one hand everyone seems to have mobile phones and television but on the other hand beggars are eating and sleeping on the roadside.

After one day in Mumbai, the smoky and dusty atmosphere was getting to my chest and I was beginning to wheeze and cough. Yildiz was being affected too and her eyes had become bloodshot and were stinging. We decided to get out of this city and headed southeast to Pune (pronounced Poona), following the Lonely Planet Guide. When we got to Pune we found it had a similar atmosphere to Mumbai, but was marginally better. We decided to make the most of a bad situation and booked into a hotel for 2 nights. I was already looking at the flight schedules back to Australia. I was seriously thinking of heading back to Australia and was complaining that we could have had a fantastic holiday in Australia. The hotel staff recommended that we visit the Ghandi memorial and the Osho ashram. We decided to make the best of being tourists. The Osho ashram turned out to be a jewel. It was situated in the middle of Puna and was in a park-like setting. There were trees, waterfalls, marble clad buildings and everything was immaculately clean and well run. It had the biggest and prettiest outdoor swimming pool I had ever seen and it was heated! There was a lot of meditation going on but that wasn't the only focus in case you didn't want to do that. This was like a five star resort with filtered water, organic food, tennis, archery, dancing and lots of yoga and meditation (if

you wanted it). Yildiz was in heaven. She was carried away by the spirituality in the ashram and I have to admit that I was surprised that I was too. I was really enjoying the meditations. The day after we got there, Yildiz noticed that the ashram was holding a family Constellations demonstration. She had read about Family Constellations and Bert Hellinger's work the previous year. I didn't know that she had wanted to learn more about this until now. We watched the demonstration and I was touched and curious. We booked into the following Family Constellations workshop where we did our own constellations and participated in other people's constellations. It was very emotional and revealing to me. I was happy with this and ready to go off on rest of my holiday, travelling down to Kerella. I had resolved my main relationship issues by then. However, a further course was starting the following week in order to train Family Constellation's practitioners. Yildiz was very interested in doing this as she could see how it would go very well in her counseling business. I don't know why, but I decided to do it too. The course was held at the Osho Multiversity in Pune and below is a description of the process we went through.

Family constellations allows family issues to be resolved by bringing in the souls of family members whether they are dead or alive. For example, in our constellations we had my grandfather, my father, my mother as well as my daughters represented. The only person physically present was me. My grandfather is dead, my mum and dad live in England, my daughters were in Australia and the constellation was held in India. Family Constellation is like linking into a cosmic internet. You know how you send an email and then miraculously an answer comes back to you. Family constellations is a bit like that, in that you ask for the energy of a person to be brought in. The energy then comes through the people present such that they *feel* what is happening for that person in that family through the constellation. For example, a person may be chosen to represent a father. That person will tune into the feelings of the father.

The person (whose constellation we are doing) chooses who he/she wants to represent the family members and all the work is initially done through these people. The feelings of each member comes into each person they are representing and the facilitator asks

them what they are feeling and what is going on. The person whose constellation it is just sits on the side and listens and watches. It is remarkable what comes out. The connection is with the soul and the subconscious. The facilitator finds out what the problem is and then helps the soul to resolve it. This process leads to deep fundamental shifts that can take weeks or months to settle into your new awareness. Alternatively some changes may be felt immediately. We noticed that the lines on the face often changed or softened and the body posture was also altered after a constellation. This is separate to the differences felt by the person. In addition, although the family constellation is for the person present - it often ripples out to other family members, even though they aren't present. You don't have to have family members present other than yourself.

I will try to make you aware of the issues in my family. This is an important part of this process. What happens in a family is that painful things aren't discussed and so they become bigger than they should. Bringing them to light defuses them and they lose their power.

The issues uncovered by family constellations with my dad were:

1) My dad had a huge *bustup* with his family (especially my grandfather) and left for England. Dad had a huge resentment towards his family. I had subconsciously picked this up and started fighting his battle and carrying his pain. This is because children love their parents in what Hellinger calls "blind love". My carrying this load caused resentment in my father because I didn't give him the respect for being able to handle things for himself. The other conflict was that I consciously loved my grandfather, yet my subconscious was telling me that my grandfather had done bad things to my dad. These conflicts helped in forcing me to leave home at seventeen, just as my dad had. Funnily enough, I passed this down to my two daughters and they too left home as soon as they could.

2) My dad was in England when my grandfather died and so he was never able to resolve the quarrel. Dad felt badly about this and again I picked up his anguish.

3) I had an issue where I resented being taken from a loving controlled environment in India to go to England where I had a lot of bad things happen to me like racial prejudice. I resented my dad for taking me to England (subconsciously). Funnily enough I think I passed this on to my daughters.

Anyway, to resolve these issues we had to resolve the issue between dad and grandfather, then between myself and my grandfather, and then between my dad and I. Finally, I had to resolve these issues with my two daughters. Unknowingly, I chose the only 2 English-speaking women in the room to represent my daughters when I did my constellation. The other thing that had to be resolved was my distaste for India and this came from the way my dad was treated by my grandfather. In the Indian tradition, the eldest son inherits everything. My dad was the third eldest and so me missed out. I no longer hate India and am more accepting of the ways and customs of India.

One of the biggest things that came out of our family constellations was that we were all grieving. This came from my dad's side because he wasn't able to grieve for his father as he was so angry with him. When a parent doesn't grieve, then the children pick it up and they start grieving for the parents. This causes anger between the parents and the children as the parent recognises subconsciously what the children are doing. No parent wants his child burdened with grief. The parent rejects the child, because the parent feels that they are not getting respect from the child. Respect means that you carry your own load and other people (the children) should not interfere and take it on. This is entanglement.

Anyway this has taken much longer than I thought and so I will be brief with my mother (this is where most of my grief originated):

1) My mother's father died while she was living with my dad's family. It is traditional for the wife to go and live with the husband's family, so she was living in a different town. The custom in Indian funerals is to have the cremation as soon as possible after a death. This meant that she wasn't able to grieve for her father, as she wouldn't have gone to the funeral. She carried this grief subconsciously for all of her life. She has been very

ill for many years. According to what came out of my constellation, I took on this grief from my mother and also passed it on to my daughters.

2) My mother had a miscarriage and in Indian families this would not be discussed openly. I think I didn't find out till later what happened. I only knew that my mother was suddenly taken to hospital and I remembered being very distressed and upset. I was my mother's favourite son and when I visited her in hospital, she wouldn't let me go and held onto me tightly while she was sobbing uncontrollably. This was the point that her health started to deteriorate. The grief was passed on to her grandchild through me via the family cosmic energy. It seemed to have been picked up mainly by my youngest daughter in that she is the second child as I am.

My mother's first issue was resolved by getting her to acknowledge this weight and grief she was carrying and to remove it from me, which in turn removed it from my daughters. My acknowledging my dead brother and making a place for him in my heart resolved the second issue.

Since then my second daughter (who has had health problems) has been very strong and well.

The above issues were highlighted by my family constellation.

What this has done is make me realise that I am the father and my children are innocent of their action towards me. It is always the parent's fault if anything goes wrong and I now fully accept this load. Children often try to help by helping the parent carry the load through what Bert Hellinger calls Blind Love. This is the natural love that children have for their parents but it is not the healthiest as it often results in entanglements if the parents have not cleared their birth of origin issues. This may come out in emotional problems or illness or difficulties in relationships. The love paths have now been unblocked and as a result I am able to have great relationships with my daughters, my parents and I feel with my grandfather (even though he is dead).

I am now working part-time for my wife and doing family constellations. I was voted President of the Council of Vedic Astrologers in March 2005 and this has added to my spiritual journey. My life has changed in many ways and the gift I treasure more than anything else is being part of my family again. I can talk to my kids and my wife and understand what they are talking about. I recently became a Reiki Master and this seems to have opened more “spiritual doors”. Another thing I noticed was that I am no longer afraid of death but now look at it as a gateway.

Please look at www.familyconstellations.com.au if you are interested in attending a Family Constellations workshop. Yildiz and Satish K. Sethi can be contacted on