

The Soul Dance of Family Constellations

If there is light in the soul
There is beauty in the person
If there is beauty in the person
There is harmony in the home
If there is harmony in the home
There is order in the nation
If there is order in the nation
There will be peace on earth.

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 from family and looking for connection in other ways, is only an escape of this fundamental reality. From a personal development perspective looking within and accepting ourselves and where we come from unconditionally, is a vital part of our life purpose and the foundation of huge potential growth.

Why we often run away.

From adolescents onwards the task of separation becomes such a strong motivation that it is almost every young person's duty to rebel in some way. There is a strong need to stand alone or away from the family and find our own way in the world. As an adult, in trying to individuate and form our own values and life style, we often continue to seek escape from our family, feeling that to get too close, could easily result in being sucked into the dysfunction of old patterns of behaviour forever. On one level, this is understandable, as we often don't know how to cope with family complexity, craziness, harshness or dysfunction.

Families should be loving and supportive.

It is interesting that many of us have an expectation that parenting and family life should be fully functional and perfectly supportive. So what is going on that most of us do not experience our families in this way? Has nature or God, if you believe in him or her made a mistake? In fact the same belief system operates to our life on earth generally. Many of us believe that it should be a utopia of peace, love and abundance, which is a long way from our physical reality. Look at the mess that our planet is in and the games being played out by the governments of the world in globalization and the impending catastrophes of global warming, fuel shortages, over population and famine. So it seems that humanity has belief systems that do not seem to be in tune with reality in respect to family and global life. This can be a great source of distress and misery in itself.

We don't know

Truth is we don't know the bigger picture. Perhaps we are born into these situations to help us grow our wings. Help us find our own way and to become ingenious and to find new perspectives. All we can do is the best we can with what we know and what we have, just as our parents and ancestors before us have done. If we accept that life is mysterious and dual in nature, both earthly and spiritual at the same time, then we may feel our smallness and greatness our power and powerlessness and our physical and spiritual existence coming into synchronicity with universal energy, as we travel through life and integrate all the facets of our life experience. Perhaps this is the fullness of our life on earth. At a base level the family we are born into are our entry into the world, so if we have any spiritual beliefs at all, we must accept that there is a reason for this connection. What I have discovered for myself and from countless others, including many spiritual masters, is that coming to an acceptance of ourselves, includes coming to a place of gratitude to our physical parents too. Put simply, without them we would not be here.

The earth too is a wondrous place and is at present reflecting our confusion and conflicting emotions and actions, however, the earth itself is as wondrous as ever.

Family Constellations

The development of Family Constellations with its shamanic style healing rituals is the spiritual alternative or compliment to therapy that allows you to observe your personal soul energy within the greater family soul energy and to gain a glimpse of what this is telling you. This experience is often quite different to “the story” that most of us have in our heads about how we came to be the way we are. This process often offers you a different perspective and also a way of connecting more healthily to your roots, so that you can receive your full life force from your ancestors. This is a highly respectful process for all concerned and often powerful and profound. Being more connected, enables you to live more in the present, make the most of your life and your relationships. From here it is possible to be happier and able to pursue your spiritual path more whole heartedly as well, if that is your choice.

We are separate and we are all connected.

Constellations are 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 you belong, to allow you to see the bigger picture across generations and also your solutions. If you have already tried counselling or other personal therapies, but have not yet found a resolution, then it could be that your issue stems from your parents or ancestors. We often carry unresolved past generational patterns within us in the present and can observe it playing out in our relationships, parenting, family or work life. Constellation work taps into the soul of you and your family group. Therefore it goes much deeper than counselling or psychotherapy. The resolutions and energy shifts that take place (because we are energetically connected), also ripple out on the energy field to the people of your group (in real life), in a positive way, reducing disturbing energy. Often after a constellation, it is different the next time you meet a family member or have a phone conversation and you will notice that you feel differently towards them too. However, the intention of doing a constellation should be for you personally and not to change anyone else.

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.) Normally the facilitator and the people in the workshop will know very little about you, just a few facts. From this point onwards, you will usually observe the process, as the representatives start to *pick up* the energy of the real people involved, a Knowing field is formed in the room which has tapped into your family system. From here on, the facilitator guides the process, identifies and releases emotions and finds the Orders of Love that give strength and healing to you and the system. This is an intuitive and psychotherapeutic process that heals on all levels, intellectually, emotionally and spiritually if you allow it in.

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 at 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 completely, 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 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 may now be able to take part in a good loving relationship with a woman as he now has his mother in his heart.

Self Help-What you can do for yourself to see how you are with your roots?

Sit quietly and imagine your Mum and Dad are immediately in front of you.

Is it easy to visualize or feel their presence?

Is it easier to visualize or feel one of them more than the other?

What is the feeling between you? Warm, cool, loving, disapproval, empty.

Do you feel larger or smaller than your parents?

You are in good shape with your family if you can visualize or feel both of your parents as larger than you and also warm or loving.

How is this possible, I hear you say if they neglected or harmed you in some way, or were not how you think good parents should be?

This is the challenge of accepting what we are dealt in life. Learning to “love What is” is a major life challenge and a basic requirement of contentment and happiness in life. You can seek to do this for your self or come to Family Constellations seminars around Australia.