

## Notes for the Manual

### Systemic Constellations Seminar

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#### Intuitive approach:

Intuition represents the central point in our work. In Gestalt therapy we could name it an encounter/contact in the „Here and now“. What remains in the end are our emotions, emotional system, our humanness and capacity to be in resonance and to feel another human being? It is important to breathe and feel, without struggling to understand. Understanding comes through emotions – emotional learning rather than thinking.

#### Energetic group field:

Everyone in the room belongs to the group and creates the atmosphere of the group. When blood circulation is blocked in a group member's leg or somebody feels as if they have a lump in the throat, it has to do with the whole group and the aspects of the actual constellation.

Laughter amongst representatives and the rest of the group in the end of the constellation session belongs to the client. It indicates the direction in which the situation may be developing in the future. Sometimes laughter may hurt, sometimes it may be encouraging – and identify: is it weakening us or does it strengthen us. This is why it is important for the client to be able to remember and recall the constellation process.

Sometimes an intensive and heavy energetic field is created during the constellation work. The representatives feel tired, sleepy and confused. They do not know what is happening and are not able to answer the questions they are asked. Sometimes it is about the energetic field of a mental disorder. More often, it has to do with a family that has suffered a grave and tragic loss. The client brings this energy in with the feeling: „I have taken over this burden and I carry it on my shoulders. “ The facilitator should seek answer to the question: „Whom does this burden belong to? Who is the source of this feeling? “This is the question that a facilitator should bear in mind and follow. What is certain is that the client has taken over the feeling from somebody else.

**Meditation** that brings a group together

(The consciousness of being and feeling)

Who am I? How do I feel? Being in the present moment - in the „here and now“

Close your eyes.

Sit comfortably and place your hands on your knees.

Follow your breathing, feel it as you inhale and exhale.

Feel your feet on the ground, hold your head upright.

Observe yourselves as you inhale and exhale.

Become aware of your thoughts. Allow those thoughts to go. Allow new images to unfold before your eyes and let them go.

Get in contact with your body. Perhaps there is tension in the neck, shoulders. Just become aware of how it feels.

Be aware of how deep you are breathing. Whatever needs to happen let it happen.

As you are breathing deep, become aware of the parts of your body surrounding your stomach and breathe into the stomach and around it.

Continue to pay attention to your breathing. While breathing, pay attention to upper and lower parts of your legs.

Just be aware, you do not have to do anything.

Whatever happens let it come and let it go.

Keep on breathing.

Recall a moment of your life when you felt great, when you felt peace, perhaps a moment of physical and emotional happiness. Recall just one image, one projection.

And keep observing your inhaling and exhaling.

Now please come back to this room. Open your eyes and move a little.

Compare the energy before and after the mediation. How is it different?

End of meditation.

We need to learn how to become aware. When we are in a group, we can connect with others as with an energetic field. It is our most important tool.

### Combining personal and organizational constellation:

This is a very important aspect of assessment of the constellation. In what way our family related experiences overlap and color our experience of working in an organization or in a team. When we are dealing with an issue related to an organizational/team structure and colleagues, what is more important is the underlying level. This level contains everything that we bring into the structure from our own family system. Each member of an organization/team takes and builds in own family system in the organization. Sometimes there is a direct correlation between personal development and the organization.

Overlapping family system and organizational structure creates a complex constellation system. When we work with the client who does the constellation for the first time we should work with one system only. Otherwise, the client would not be able to follow the constellation. The client should be offered to continue to work on other systems later on.

The challenge is to observe how the family system (the private world) continues into the business (organizational) world, how colleagues / employees re-establish their own system of entanglements inside their team and organization. On the other hand it is valuable to detect how clients act inside the group therapy or clinic or Therapeutic Community as if they re-inact their own family situation.

In a constellation the rule is that the subordinate stands left from the superior. The superior represents the family system and the subordinate represents a family soul.

There is a family system order in place: first stands the father, next to him the mother and the children: the oldest child, second child and so on... This rule is valid for any individual's family system. It seems to be a normal and natural order of things.

Many features of the family system and organizational system are the same, but there are some distinctive features of the organizational system.

### Thinking and assessment process of the facilitator during constellation work:

Through our own experience we become aware of how we feel as clients. This knowledge is useful when we wish to assist a client to come into „here and now“ and become aware of themselves. Through „circular“ questioning we are circling with questions and ”old“ attitudes. In this way, we support that the client is opening the energy field of the more generation constellation. We collect the information about the family and generalize the experience. For example: There was one abandoned child (the father); there was another abandoned child (the son); there was an abandoned wife (the mother) who remained single and alone after the husband had left her; there was addiction in the family as an important feature. These are all important pieces of information for the therapist.

### Addiction

The biggest mistake we can make is to say that we are „fighting“ addiction. The secret in addiction treatment is to acknowledge and accept the fact that addiction is a force much more powerful than ego. According to „12 steps“ program, instead of fighting it, the first step in dealing with addiction is the acceptance of it.

### Abandoned child

Often the abandoned child identifies with the abandoned parent and fights with the parent who left the family. This is very dangerous for the child's soul. Such solidarity is a false solidarity. When we observe the dynamic between the abandoned child and their parent who abandoned them, we always encounter longing at the level of the soul. The child wants to come back together with the parent (son with father). The longing represents the basis for addiction. Another important feature of this dynamic is that the abandoned person who created the false solidarity begins to condemn the one who left them. Sometimes when a parent abandons a family very early on, the abandoned child may develop a dominant quality of loneliness. If there is alcoholism in the family, a quality of addiction is developed.

When we reach a point where the experience of a „good solution“ manifests itself, we are able to see movements that lead to reuniting and reconciliation. At that moment, the bad quality is being transformed into a good quality. For example, the quality of anxiety transforms into something more powerful – the strength. That is why it is important to find a good and safe place. One may find such a place by distancing oneself. Many other processes noticed during the constellation work should be kept aside because they are not related to the question. (for example, aggression of a mother –in-law towards the son-in-law). It can be looked at but it is not related to the question.

### Causality

Causality should never be treated in a linear way. There is no such thing as a linear process. There is no straight line between point A and point B. We should give up on such expectations. To be able to reveal what has been kept secret, we must know that hidden combinations of aspects of life never lead from point A to point B directly. Point A may lead us to the point G and then back to the point A. It never leads us straight from point A to point B.

### Somatic symptoms –vision problems

When one says: „I am not able to see...“, it means that something has been hidden in our body. Our body memorizes everything. We are filled with old stories, old memories, and traumatic experiences. They never stop reminding us:“ I am here“. The processes are parallel. Something has emerged what needed to be seen again and remembered again. It can become a

source of healing energy. The process of healing can begin if we allow it. One should not think about it a lot. It should be left to the feelings. In such a way we make ourselves stronger.

**Happiness requires everyday effort to open our hearts and embrace it.**

Work with qualities

The process which a quality goes through is the process of increase and decrease of power.

When the quality of addiction becomes stronger, it indicates that we have taken the wrong course of action. The quality of loneliness transforming into happiness is a sign that we are on the right track. The quality can serve as great help in the constellation work. In individual sessions therapists can use themselves as a quality. If the client is draining energy out of the therapist, it means that he/she is not on the right track. If the therapist feels energized, this means that the process is going in a good direction.

Unborn children

One of the most important movements to be observed in the constellation work is the relationship with unborn children. Unborn children have a need to be acknowledged and seen. It is very important step to acknowledge and accept the unborn children. What happens then is that the child's soul feels relieved. It is set free. It is important for the facilitator not be afraid to let it happen. The power of the unacknowledged unborn child stems from the secret. The negative power is coming from the unspoken truth. The unspoken truth is the source of this power. It is called the dark entanglement. A living child born after multiple tries of artificial impregnation should not be named after an unborn child. Such a name would become a grave burden for the child's whole life. Whenever the father says the name, he calls both the unborn and the born child. In this way a dangerous path is being created for the living child.

Co-addictive parents

A child of a co-addictive couple feels as abandoned one even though the parents are around. Parents are at a toxic place, they play their own game. It is as if the child watches a bad theatre play. Such couples experience tremendous disrespect from their children who feel as they are abandoned.

Finding meaning of life – constellation language

Constellation work is not psychotherapy in itself. It is however a very powerful technique, useful for the clients, their families, professional teams they belong to. It is a much focused work at multiple levels: personal, family, somatic, emotional and neuronal level. We find the meaning of life in the unity and connectedness through love at a deeper level. Constellation work reveals how difficult is to reconnect with others as well as to ourselves. It is about a personal journey and rediscovering own selves again and again. It is about reconnecting with the Higher Power. In order to do that we should connect with good energy – the energetic field of a „good solution“, rather than the field of problem.

### Field knowledge

Nobody needs to give information for the constellation to work out. The information comes from the field that the client brings in. The client brings into the field the knowledge and information. The constellation reveals the possibilities as to how to go on living in the future. Whatever is revealed belongs to the clients, their courage, love and unity. The therapist does not talk the client into anything.

### Constellation work with couples

In case of a complex couple situation and communication in the constellation, there is a danger for the therapist to lose themselves and „get drowned“ in it. In the constellation work the therapist is able to move around and not to get stuck in the situation. The therapist should remain supportive and keep boundaries. The clients should be encouraged to get in contact with their feelings, without making judgments. Small steps should be made. We change the focus by choosing certain words. If aggressive feelings emerge, the therapist needs to make sure that the aggression is curtailed and controlled. The constellation discourages codependent relationship. It encourages the process of unity of two people who are equal. The constellation process is not a process that creates a relationship based on emotional dependence.

The husband may be invited to take part in his wife's constellation and vice versa. It is good to include both partners. In this way, projection of one spouse can be checked against another spouse. The therapist is able to support both spouses in changing their way of communicating by teaching them to speak from their heart and emotions – the constellation language. If we used the constellation language in our every day one-on-one and group communication, we would have much less misunderstandings and quarrels and much more pleasure. The conflict would cease and everything will become peaceful and easy.

The constellation work cannot be done without interventions by therapists. If they allow that things unfold by themselves, everything will go around in circles and nothing will come out of it.

### Laughter and smiling

Sometimes we discover while doing the introductory interview that the client knows his / her solution and answer, already. We might begin smiling, sometime laughing with one another; about the discovery. We become aware. We then follow the process, the flow of accepting the individual solution rather than stepping back into to world of problems. We continue talking in positive terms of appreciation and meeting the obvious solution.

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