

## Family constellations

Put simply, family constellations is a highly effective method for finding and healing skeletons in the family cupboard. The form is a workshop, led by a facilitator who guides the person seeking to resolve a family issue to set up a 'constellation'. In the constellation workshop participants stand in for ('represent') members of the clients family (those which the client thinks are possibly relevant to the issue). The client and facilitator together position them physically in the seminar room, so that a dynamic picture of relationships within the family is made visible. The impressive thing is, that each representative feel the emotions of the family member they are representing. The facilitator asks the representatives how they feel, and depending on that makes suggestions of where one of them could move to, to see what effects the change of position has. In the course of such iterations, generally the cause of the clients issue becomes clear. I've taken part in many constellations, and I can assure you that they work<sup>1</sup>. They work for practically all representatives, in the sense that they have clear feelings of the (often deceased) family member they represent, and also for the client, who gets a clear insight into the cause. Even better, by moving the representatives into new positions (or e.g. giving them a cushion to hold to represent a stillborn child) the situation can be healed.

---

*From a different section of the book:*

Looking out from our individual organisms, the next level we see is that of family. Quite apart from the genetic relationship, and the way parents pass on their beliefs and world views to their children in the conventional way, there's more. If you haven't yet experienced 'Family Constellations' (as discovered by the German psychologist Bert Hellinger) then I highly recommend taking part in a few. It's not difficult to find out more, and where you can participate, on the internet. The descriptions on the internet sound in general a little bit mechanistic. But when you are actually there, standing as a representative e.g. for someone's deceased grandfather, you'll notice that a *lot* more information comes through than can be explained in conventional terms.

This is because energies, belief structures, and especially any unresolved events, such as a suicide, miscarriage or stillbirth, or an injury or fatality on a battlefield, are projected from the past onto current members of the family. Such patterns and events exist within the Divine, and emanate along a family thread in Consciousness until they are embraced and resolved. The representatives in the constellation notice them in Awareness, within which *everything* can be noticed, as Awareness is One. I know that this may sound a bit far-fetched

---

<sup>1</sup> There's an exceedingly biased article on constellations in Wikipedia, which spends half its words telling you, or implying, that it's all humbug. The linked articles suggest that Wikipedia is actively suppressing anything to do with ESP. The ensuing description of the method, at least, is correct.

to many people – if it does to you, then I urge you all the more to visit some constellations.  
Look for ones lead by intuitive, sensitive and properly trained people.