

Family and Systemic Constellations Therapy

- What do emotions like Anger, Anxiety, Sadness have to do with being out of place in your family order?
- How does endometriosis relate to being a twin in utero?
- Why does the same illness manifest in the men in a family at the same age, each generation?
- How can an illness be a symptom of something else that needs to be seen?
- How can a great grandfather who stole, impact on poverty cycles in a family?

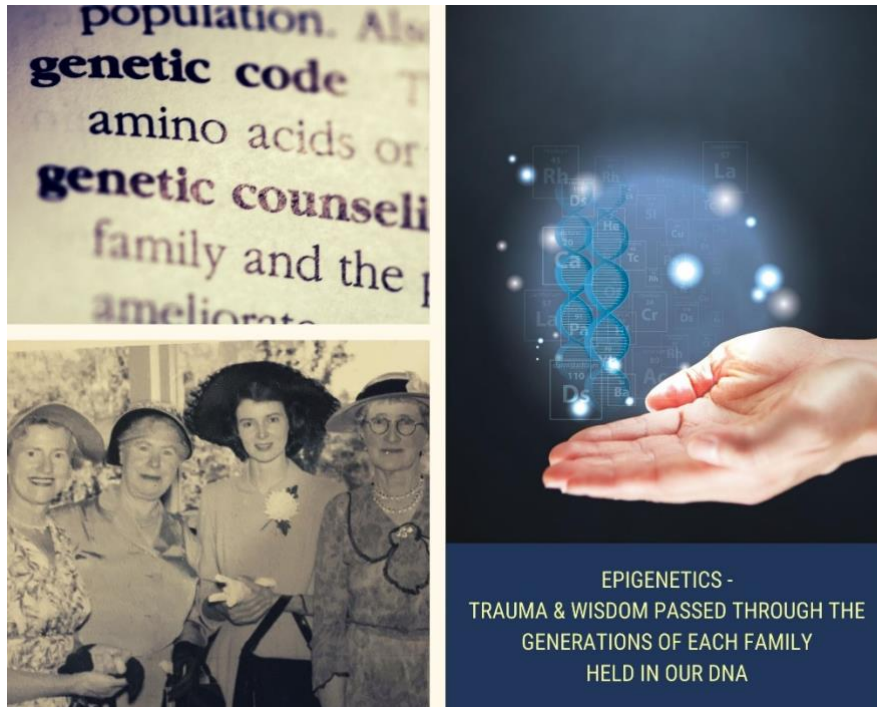
In Family and Systemic Constellations therapy (FSC) we look for the source of patterns that repeat within families. When you go to a Dr or many types of therapists you are working on present day issues in your life. **Not all presenting symptoms in a persons' life are 'present day' sometimes they are linked to your family of origin.**

Family and Systemic Constellations (FSC) is not new – it is an established therapy with facilitators all over the world, and has been used in therapeutic, legal and business settings for over 40 years.

Often difficult personal situations become accepted as 'normal' and people say “ oh she's always sad”, or “ she helps everyone else and doesn't take care of herself”, or “ he's always angry”, or “ she'll never get married, she looks after her parents” and “ that couple are always at yelling at each other, that's just how they are!”

When strong uncontrolled emotions, repetitive behaviours and addictions become a part of who we are, we stop noticing the destructive affect they are having on our life, relationships, finances and physical health- we accept that this is us, this is our life and yet often we didn't create these difficulties!

FSC enables us to look deeply into your ancestral family, where you might be carrying ancestral trauma; it is a deeply respectful process that enables you to acknowledge issues from within your family lineage that may be impacting you and your behaviour today and then release them from: your DNA, your body and subconscious mind.



The Science behind FSC

The history you share with your family begins before you are even conceived. In your earliest biological form, as an unfertilized egg, you already share a cellular environment with your mother and grandmother. When your grandmother was five months pregnant with your mother, the precursor cell of the egg you developed from was already present in your mother's ovaries. This means that before your mother was even born, your mother, your grandmother, and the earliest traces of you were all in the same body—three generations sharing the same biological environment. Also in your paternal line, the precursor cells of the sperm you developed from were present in your father when he was a foetus in his mother's womb.

Research papers from Epigenetics and Cell Biology studies show us that stress can be inherited that the biological residue of traumas your grandmother experienced can be passed to future generations through DNA.

Additionally, the cell biologist Bruce Lipton shows that our DNA can be affected by both negative and positive thoughts, beliefs, and emotions.

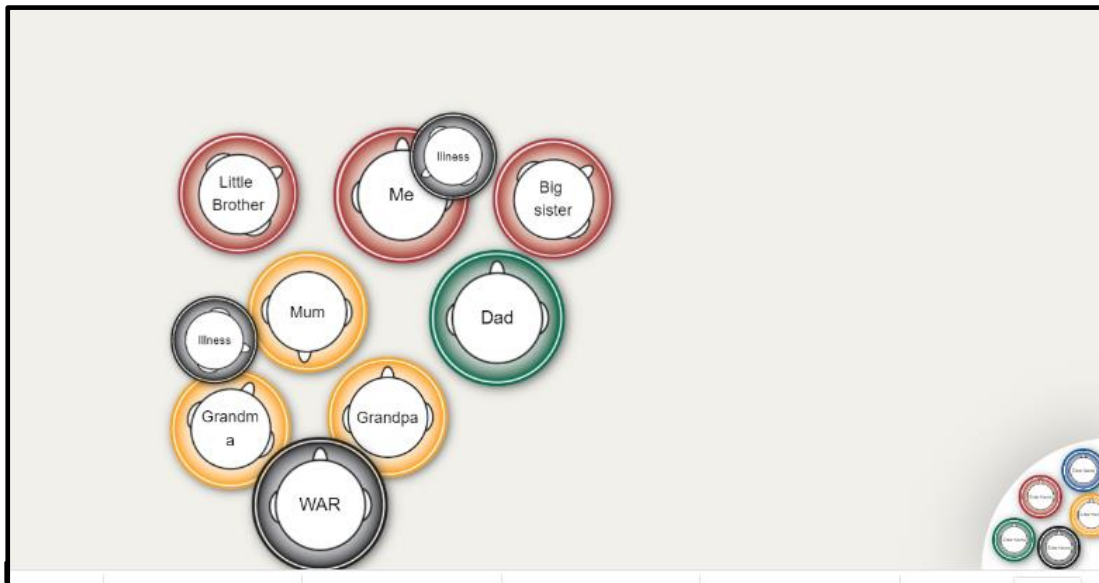
It follows then that we carry at least three generations of trauma and wisdom in our DNA.

So how does an FSC session work?

Initially the facilitator will ask “If we could make a change today, what would you like?”

The facilitator will take you on a journey, discussing and deepening into this question until the words land in their body (somatically the right question is formed); the facilitator will also ask you, “ how will you know when this has occurred?, What will it feel like? How will your life be?”

You can work 1:1 with a facilitator where you work ‘in your minds eye’ or you can use software like Relationchips: where the disks represent the people, emotions, illness and other aspects that need to be seen. You will see each disk shown below has two ears and a nose so you know which way the object or person is facing.



Alternatively you can attend group FSC workshops. At the workshop, you may get to have your own constellation or you may attend as a representative.

What is a representative? The people attending the workshop who are not having their own constellation, are ‘asked’ to represent a person or object, by the person who is having a constellation. You may be asked to represent the client or their parent or illness or war or secrets etc.

Let me explain : “ In a systemic constellation workshop, when a client asks somebody to represent them, it is equivalent to authorising that person to access their iCloud account. Inviting someone to represent another family member (dead or alive) is like authorising them to download data from the iCloud group. In this way, it is easy to

make sense of why we can choose somebody to represent people who may already be dead, and those representatives can report accurate information about the system. Representing abstract concepts, illness, events may also be explained clearly, because we can relate this to a search for something: using Google, we just need to input the keywords. The more precise the keyword, the more relevant the data that will show up. Those abstract concepts, events etc are the key words for searching. “¹



As we are working in “the Knowing Field” the facilitator, representatives and client all receive information, emotions, images and knowledge that guide the process so that the issues that are impacting on the client become visible.

Now here is where the depth and breadth of the facilitators training really comes in: it is the healing words and movements that free the client from ancestral trauma or difficulties and enables them to bring life force, wisdom, courage and culture (if relevant) into their current life; they are invited to live free of the burdens and difficulties they have been living with and they ask their ancestors to support them.

¹ The Knowing Field Issue 33, p19 – Cheng Lap Fung DBA, MA, BBA, BLaw

Background

The creator of Family Constellations, Bert Hellinger, proposed three fundamental orders that underpin human interaction and personal peace : he called these the Orders of Love, (there are of course exceptions), these are an opportunity to identify where energy is not flowing freely as needed in the family soul. These orders of love underpin how we work in FSC.

Belonging – who belongs, belongs. This is true for families, communities, cultures and organisations. The basic human need to attach or belong to a caregiver as a baby becomes extended to the social group as we get older. We attach to our family, friendship group, college, workplace, partner etc Our family or groups extend and we are neurologically designed to attach for survival. If we are Excluded, or someone in our ancestry is excluded, in every generation at least 1 family member will unconsciously remember and exclude themselves.

Balance of Give and Take (for equilibrium) - In all relationships in life, indeed in the order of nature there must be a balance of give and take for order to be maintained e.g. Parents give and children take, children repay the debt when they have children or they contribute to society in some way. There is a natural balance of giving and taking in all relationships.

The Need for Safety (or social convention and predictability for order). Everyone in a family is governed by social order. Family groups organise themselves according to a specific hierarchical order. When the family system is in order and everyone belonging to the system has an acknowledged place, then family members will experience a sense of joy, harmony, completeness and contentment.²

Guilt and Innocence – As children we learn from our caregivers' cues as to what is acceptable to the group to which we belong. We internalise what we learn and these become a 'felt sense' of what behaviours, what will achieve a reward and what will bring a scolding. These 'felt senses' become the feelings of innocence and guilt – and through these experiences we develop a sense of conscience, the purpose of which is to guide our behaviour without thinking, so that we conform to the rules of the group and continue to belong. People have committed horrific crimes in order to belong and yet they felt innocent, because they have conformed to the rules of the group eg Nazis in Germany. This concept is not about morals, it is about the guilt and innocence of belonging, innocence feels like inclusion and guilt as exclusion.

² Family Constellation – A therapy beyond words – Ingeborg Stiefel, Poppy Harris, Andreas W F Zollmann

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I have explored deep concepts here, let me summarise by saying: when traditional therapy isn't making inroads into relationships, parenting, personal behaviour, family cohesion, business, finances, health issues then exploring them with FSC may provide the deep movements from your ancestral and family lineages that make positive and lasting change possible.