

## A Very General Overview Of Systemic/Family Constellations

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Consider a situation where about seven to fifteen people gather in a room for a particular exercise. Some have done the exercise before, some have absolutely no previous experience with the exercise. Some present may know each other, some may have never met any of the others previously and have no particular previous shared experience. One person in particular is the facilitator, and is basically running the exercise, where the term definitely is facilitator more than director. The facilitator writes names on cards, sometimes writes concepts or places rather than names. The cards are folded over, so that the writing is hidden. Assorted people are selected, either directly, or at random, or volunteering, there is no single selection method. Those selected are called representatives, and are handed, or select, one of the cards. The representative does not look at the card, just sticks it into a pocket. At this point, the representative has just taken on a role.

From there, and with no knowledge of what has been written on each respective card, the representatives stand and wait to see what the role involves, and to do this, the representatives observe how they feel, what they feel, see what occurs. As a part of the role, a representative can suddenly start to feel a wave of emotion, assorted physical sensations. A representative can have a feeling of being pulled or pushed in one direction or another even though no person is touching anyone else. A representative can have a very particular emotional or sometimes physical reaction to another representative. As this is going on, because none of the representatives know why the role involves the particular reactions, they have no idea what they are reacting to. At the same time, each representative is quite aware what are the assorted reactions or lack thereof, and after some time the facilitator will check in with each representative, have each representative report that the role involves an apparent reaction or lack of reaction regarding one or more of the other representatives. In all of this, as far as the representatives are concerned, they are all just reporting what they encounter, where at no time does the role involve any planning or forethought by the representative. Very much at this point, the exercise is a bit like actors who are reading from the text of a play, but where the character names have all been crossed out.

Sometimes a representative will report that the role has a very immense fascination with some area of the room, while reporting the action of how the fascination is taking place, while also noting no idea why the fascination. A representative can report the role becoming suddenly absolutely fascinated by another representative, or that the role has become quite repelled by another representative, or the role has basically no awareness of any other representative--in those cases, the individual who is a representative is quite aware of the other representatives as representatives and has no particular attraction or opposition regarding any of those representatives. At the same time, a representative will describe what the role feels or encounters, with descriptions such as This One feels one thing or another, This One doesn't like That One--indicating another representative--but has no awareness of the Other One--yet another representative---. To help with addressing the roles, each representative tends to get described by instant nicknames, such as black t-shirt, red hat, gray dress, blue jeans, etc. Genders are not referred to because there is no knowledge of who or what is written on the cards and thus who or what each role is.--Yes, the representative may be male and the role may turn out to be female, and vice versa. In turn, when what was written on the card is a concept, well, a concept only has gender if a particular language allows.

In time, the facilitator starts to explain who or what the assorted roles are, where there is usually a client present, and where the client may have some additional explanations. At no point does the client

do any facilitating, the client observes. At some point well after the exercise has begun, the facilitator may suggest that a representative do or say something—or at this point actually direct a representative to do or say something related to the exercise, but such direction is very much only after the representatives have been reacting on their own.

Now, having described the above, there are two particular points that apply to all of what is going on, where very definitely point number one absolutely trumps point number two, not vice versa.

1) All of the above regularly occurs pretty much as described—particularly the reporting of assorted feeling or impressions—where there are a number of slight variations that do occur, but the basic details are definitely the same. These sorts of exercises have been going on for a number of years, starting in the 1990s. Regarding general awareness in the general population of these exercises, there is certainly some number of people who are aware and regularly participate, but hardly on the scale of awareness of some best selling author, popular band, or American football.

In the exercises, over and over, when the roles are revealed, the actions and reactions of the representatives turn out to have been extremely accurate representations of the actual people and situations, regardless of the representatives starting with no such knowledge. In a number of instances, some of the roles are of people who have been dead for several years previous to the exercise.

Regarding timing and staging of these exercises, all these have a designated start and stop, as opposed to being some random occurrence—Those taking part meet at a regularly occurring time and place, and during the overall meeting, there is a definite moment that a representative takes on a role, and then steps out of or stops having the role.

In addition, actual competent facilitators and representatives will openly acknowledge that while the action or practice of having the role is definitely going on, and might be an extremely familiar situation, there is absolutely no idea how the role happens. There is no idea of what is the mechanism that creates and transfers the information involved in the role, the information of much of anything else related to the role—to address one easy answer, the mechanism does rather look like telepathy. But then what is telepathy, and extremely particularly, regardless of some label; How is the information being transmitted and received? At the time of this writing, the most that a facilitator or representative can state or is able to state, with any certainty or accuracy, is that the role does exist, that the representative is in the role at that time, and therefore the role can be contemplated and worked with because it does exist and is happening.

2) The general term of the exercise is Family Constellations or Systemic Constellations, and is credited to a fellow named Bert Hellinger. The varieties of Constellations, as a general concept, are absolutely inundated in wild assed theories, open guesses, massive amounts of personal wishes, and other vagaries. At the same time, this note does grant that an actual understanding, an actual outline of the actual process may exist, but how to sift that actual explanation and documentation out from all the energetic woolgathering?

[https://www.google.com/?gws\\_rd=ssl#q=family+constellations](https://www.google.com/?gws_rd=ssl#q=family+constellations) and [https://en.wikipedia.org/wiki/Systemic\\_Constellations](https://en.wikipedia.org/wiki/Systemic_Constellations) are very handy starting points for commentary on, stories about this process, and apparently YouTube has a number of videos of and about constellations exercises . . . . In the greater SF bay area, there are a number of people who do constellations practice, where two particular people are Carl Buchheit, [https://www.google.com/?gws\\_rd=ssl#q=Carl+Buchheit](https://www.google.com/?gws_rd=ssl#q=Carl+Buchheit) and Leslie Nipps, [https://www.google.com/?gws\\_rd=ssl#q=Leslie+Nipps](https://www.google.com/?gws_rd=ssl#q=Leslie+Nipps) . . . .

The following is a constellation that is described more or less the way it occurred, being written from memory several weeks later.

The facilitator calls for three volunteers, and gets Able, Bravo, and Chalk. The three of them are placed more or less right to left from the point of view of the facilitator and client. The constellation then starts.

Chalk shifts back and forth slightly, looking towards the other two. Bravo just stands in one spot, not really looking at anything. Able shifts back and forth, moves a bit towards Bravo, then moving back. The facilitator asks how Able is doing. Able replies of a feeling of trying to get near Bravo because Bravo is the closest, but just not getting any response, so basically, what's the point. The facilitator has Able announce to the general constellation something to the effect of "I'm trying to get something, but all I'm getting is nothing . . . but if nothing is all that there is, nothing just isn't enough."

The facilitator watches for a bit, but the other two don't really seem to react to the statement made by Able. The facilitator then asks how the others are doing. Bravo tells of having no particular concern about the others, is quite particularly just fine, absolutely fine, has no feelings, affects, concerns, is doing just great. Chalk states having had some slight interest in Able, but when Chalk heard Able tell of trying to just get near Bravo, and that Bravo doesn't care, then Chalk decided to just not bother doing anything.

The facilitator then adds Draft, who stands off to the left of the facilitator and client. Draft stands for a moment, then cringes and starts shifting back, away from the others. The facilitator asks Draft what is occurring, and Draft replies of just really feeling not wanted, not wanted at all, Draft feels absolutely not wanted by anyone, and therefore just wants to go away. The facilitator asks Bravo if there are any changes because of Draft being added, and Bravo replies of no changes, just fine, really feels nothing, doing just fine. Chalk is asked, and Chalk replies of wanting to give Draft a hug as soon as Draft appeared, but if Draft doesn't want to be near anyone and just wants to go away, then Chalk doesn't seem to see anything that can be done.

The facilitator then adds East and Foxtrot, who start from the far right of the facilitator and client. East shifts about but doesn't really do anything, move anywhere. Foxtrot makes a face, does a step or so away from the others, then very directly sits on the floor and more or less curls up in a ball. The facilitator asks them how they are doing. East replies of feeling basically ok, is aware of Chalk, is definitely ready to do something, but has no particular impression of must go do anything, so therefore East is just standing there. Foxtrot replies of being totally and absolutely revolted by the whole situation, there is nothing the least bit of interest, Foxtrot absolutely hates everything about the entire environment, Foxtrot just wants to go away and go away now.

At that point the facilitator then lets everyone present know who the roles are that the representatives are reporting. The Facilitator explains that the reason for doing the constellation is that the client keeps winding up in totally toxic and malevolent work situations, with parallel occurrences that go the same way in personal relationships over time---The ongoing and repeating pattern is that events and occurrences do start off very benign and encouraging, or are supposed to be, but then over and over everything goes completely awry. There are excellent relationships and jobs or projects that occur, but then these are extremely intermittent or small scale, or in time something manages to intrude and totally disrupt. Regularly occurring feedback from around all the jobs and projects and relationships is multiple statements from many different people of extreme appreciation of the client and open statements of ongoing and excellent work being done by the client. From there, however, the regularly occurrence is that the working environment gets totally toxic and gets totally disrupted, no matter how much harm that does to that environment and the client's coworkers, let alone the disruption to the

client being able to get any work done.

Able is stated to be the Client.

Bravo is then stated to be a woman who has made ongoing claims of being Client's mother, but who at no time whatsoever did anything at all of being the least bit of a mother in any way whatsoever. Basically, of the woman that Bravo is representing, all that the woman ever achieved was to effectively be a breeder that is female, doing a mere transfer of DNA from the client's ancestors to the client, and nothing else, being thus Breeder, Female, or BF. The facilitator particularly notes that of BF's statements of being totally fine, not feeling anything at all, having no concerns ever . . . that shows that BF is quite clearly and evidently an absolute, self centered psychopath who is concerned only with herself and has no care about anyone or anything else.

Chalk is stated to be the male counterpart of BF, being basically just Breeder, Male, or BM.

Draft is stated to be the concept of deliberate and ritualized child abuse---with the particular reminding note that BM definitely wanted to give Draft a hug as soon as Draft was put in. At that point, the representative who is portraying Draft is directed to just step out of the role and sit down. The issue there is that A) once Draft had been introduced and B) once BM had wanted to give ritualized child abuse a hug, but then C) ritualized child abuse told of being aware that absolutely no one wanted ritualized child abuse to be present, therefore D) that was all that was going to happen with ritualized child abuse being present as a role, and thus there was really nothing useful to be done in the constellation with or by Draft.

East is stated to be genuine, existent, actually functioning Fatherhood, and thus being the complete and utter opposite of BM---and which thus helped to explain why or how Fatherhood would have been aware of BM, even if BM had no idea of Fatherhood.

Foxtrot is stated to be genuine, existent, actually functioning Motherhood, the complete and utter opposite of BF. The facilitator or Motherhood note at that point that, oh well, no wonder Motherhood was totally revolted by the situation. The situation didn't just have an absolute and utter lack of any trace in it of being a mother, the situation utterly and absolutely has been and is totally opposed to and actively eradicates any trace or chance of there ever being even the slightest occurrence of anyone being a mother or father or any sort of parent in any form---A mere breeder, after all, only transfers the DNA, is not a parent, is not someone who actually raises a child.

The facilitator watches for a bit, but at this point none of the representatives really move about much, the roles are just too set with really not much to salvage. The facilitator then directs Motherhood to stand up and stand by Fatherhood. BM and BF are directed to go stand behind Motherhood and Fatherhood, considering BF and BM are, by their own choice, totally inferior and have nowhere else they can go except somewhere behind. Client is then directed to the middle of the constellation, facing away from Motherhood and Fatherhood. Motherhood and Fatherhood are then directed to move up just behind Client, to give Client direct and open support, where BF and BM are particularly left on the very far edge, very far away and behind the client, with the client very emphatically turned away from BM and BF. BF and BM are directed to verbally state to each other and to the constellation that they do acknowledge being total, utter, and complete failures, particularly when compared to the actuality of Motherhood and Fatherhood.

The overall issue being to achieve sane, steady, and reliable employment for Client, the Facilitator then

adds in Golf and Hotel, having them stand out in front of Client, facing Client, Motherhood, and Fatherhood. Golf and Hotel are then declared to be Ideal Employers, or IE, being the twin matching counterparts to Motherhood and Fatherhood, where pretty much by practice, IE stand in as a symbolic adult version or variety of a mother and father, the employment leaders, the ones who care about and take care of the employees, Etc.

Motherhood and Fatherhood are then directed to acknowledge IE, stating being pleased and assured that IE will act as totally correct and supporting counterparts to Motherhood and Fatherhood. IE in turn, are then directed to state to Motherhood and Fatherhood that Client is totally and immensely appreciated and supported and that IE are delighted to have Client as a very well appreciated and wanted employee.

BM and BF are just left off in the far background, where the only reason in the slightest that keeps them the least bit involved in the constellation is that the DNA did get transferred from the Client's ancestors to Client. Aside from that transfer of DNA, everything else that BM and BF ever did are acknowledged as being a total waste and complete failure of any and every kind.

At this point the actual client and Client then exchange places, so that whatever processes, changes, corrections, anything that does actually go on in a constellation can then occur with the actual client in place. At this point, the process is that the actual client is being particularly anchored and supported by actual Motherhood and Fatherhood while finally being completely separated and removed from BM and BF, with them to never again have any influence or effect. In turn, by extension, client is being emphatically anchored into having and being able to have and definitely get Ideal Employers as the actual and genuine and functioning employers . . . whomever they may get to be . . . .

And with that, the constellation is stated to be ever present and continuing, but the representatives will now all drop out of all the roles and go ahead and sit down.