

Systemic Constellations

Evidence for Non-Local, Atemporal, Continuous Consciousness



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What Are Systemic Constellations?

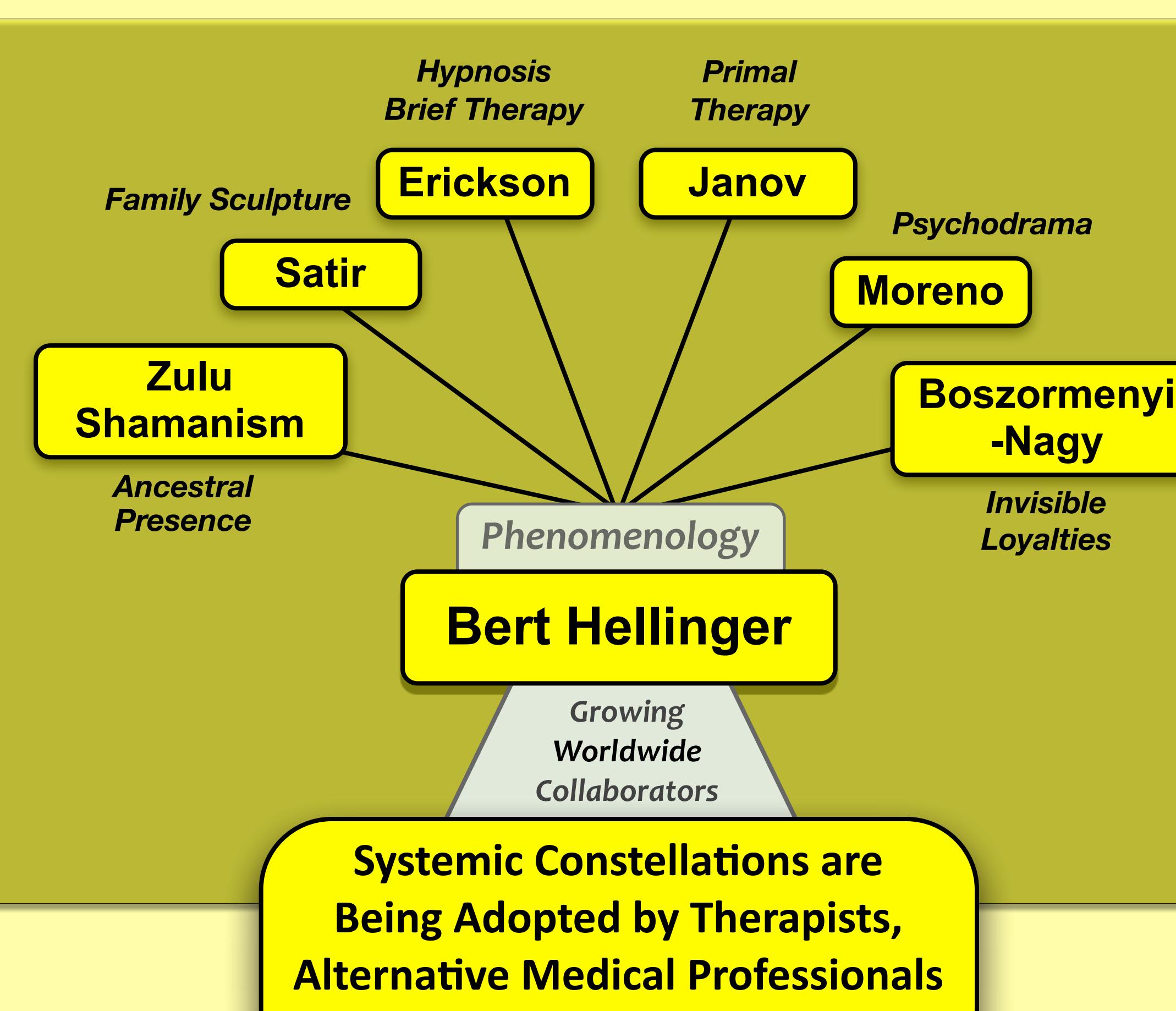
A surprisingly effective tool for revealing and re-aligning powerful, hidden, life-shaping loyalties in ancestral families & organizations.

Here's the *classic family workshop form*:

- Issue and Background.** A trained facilitator elicits from the client an issue and background information, focusing quickly on likely relevant ancestors and events.
- Set-Up.** The client selects group members to stand as representatives for these, and sets them up in a spontaneous, intuitively chosen, geometric pattern.
- Emergence of a Dynamic.** The postures, feelings, and social interactions of this "constellation," resonating with events both past and future, become a reliable guide for perceiving underlying dynamics. See **E** below.
- Resolution.** Patient, constructive re-arrangements of the group have strong positive effects on both the client and other elements of the system.
- Integration.** Over a few weeks or months, change-resistant problems in health, relationships, career tend to resolve, often in uncanny fashion.

Forms beyond the classic have also emerged:

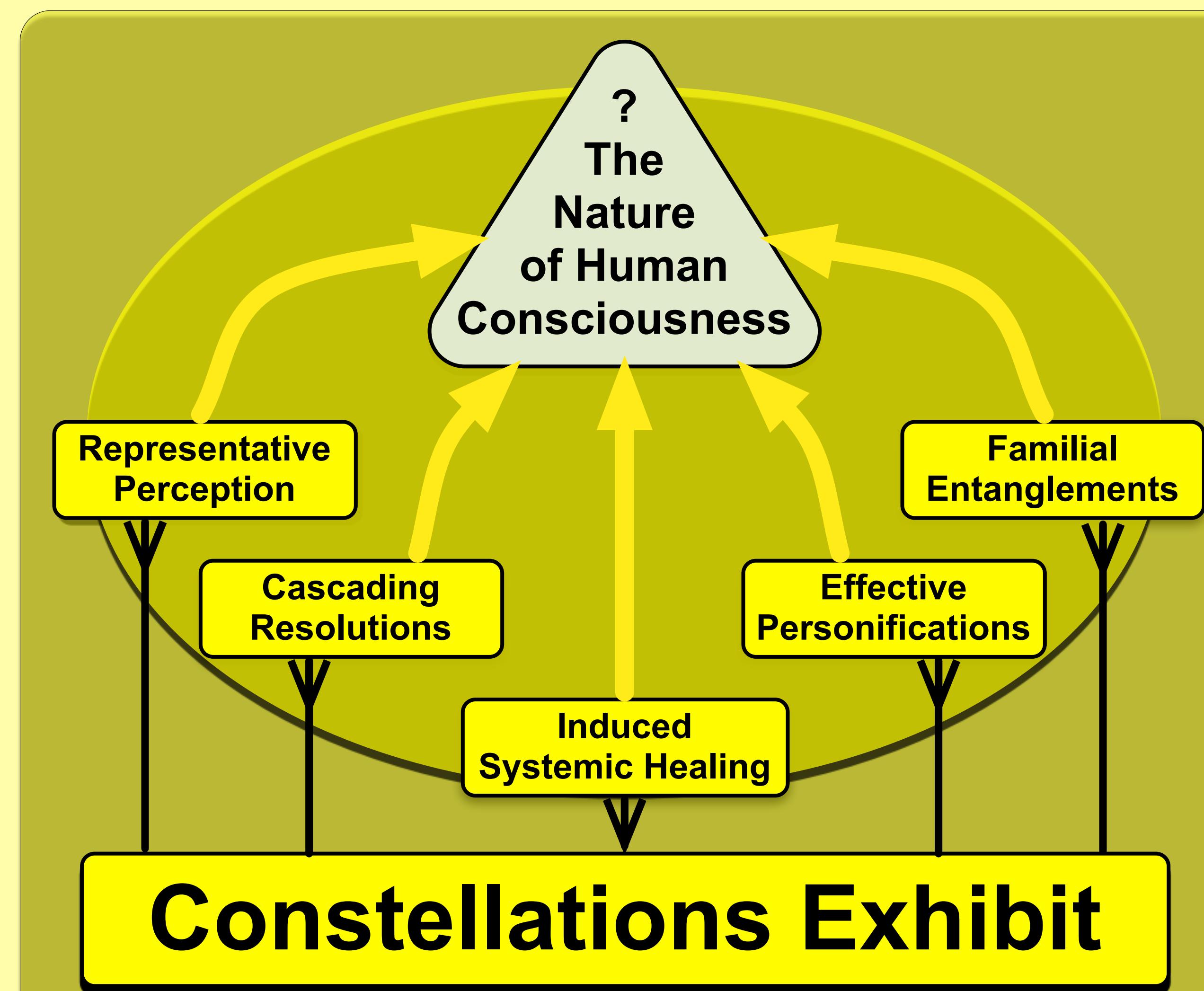
- It has migrated quickly to businesses**, in Europe especially. It provides direction in complex organizational situations otherwise hard to quantify.
- It works outside of workshop situations**, in 1-on-1's, using symbolic objects to lay out elements of the system.



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How Are Constellations Emerging?

- German Bert Hellinger synthesized indigenous, philosophic, and therapeutic approaches over 35 years** (Hellinger 1998, 1999). The modality has been adopted and evolved since 1990 by 1000's of healers, consultants, & coaches worldwide. Growth leads in Europe, lags in US.
- Philosophic and methodological issues make careful studies rare, but positive** (Franke, 2003; Thomas, 2010). While not foolproof, the nature and frequency of the successes reported are too striking to ignore.
- An International Systemic Constellations Association** (ISCA, founded 2007) sponsors research and the World Congress, Copenhagen, May 2013. www.isca-network.org
- The Knowing Field** is an international, peer-reviewed, English language journal publishing articles on systemic constellations. www.theknowingfield.co.uk
- An active international, open email forum** can be reached at ConstellationTalk@yahoogroups.com, and an **extensive bibliography** at www.reddyworks.com
- The 2011 US Systemic Constellations Conference** will be held October 28-30, in San Francisco. Dan Cohen is conference director. www.usconstellations.com

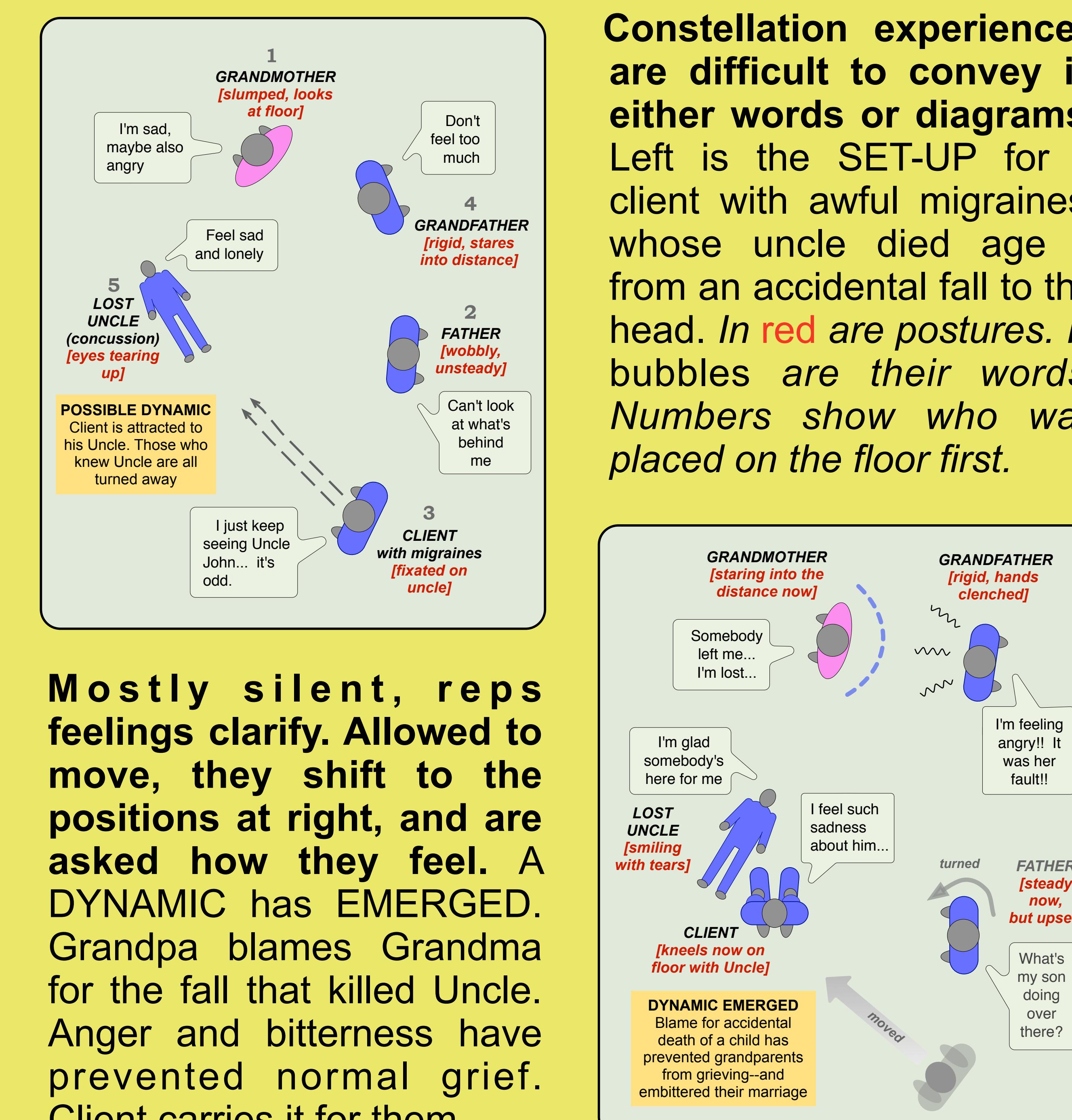


Consciousness-Related Effects Observed

- Representative Perception.** Complete strangers display feelings or traumas of absent or deceased family members. **EXAMPLE**--Representative for client's father feels one leg go numb; client then says, "Oh, Dad lost that in the war."
- Familial Entanglements.** Client's lives are shaped by *unresolved experiences* in the lives of relatives who are at times unknown to them. **EXAMPLE**--Client with incurable migraines finds that an uncle died young from an accidental head injury. Blame embittered the family thereafter. Client's headaches "remember" this disorder.
- Induced Systemic Healings.** Patient and respectful restoration of harmony among those representing the system frees or heals the client. **EXAMPLE**--Reps for parents of the lost uncle in (2) forgive each other, mourn their child's early death. Migraines tail off over two months.
- Cascading Resolutions.** Resolutions produce often uncanny shifts in the lives of family members who know nothing of the constellation. **EXAMPLE**--Rep for homeless, addicted son reconciles with the rep for his dead father in his mother's constellation. Totally unaware, he enters rehab.
- Effective Personifications.** Symbolic attachment to representatives of elements like "the disease" or "a new job" produces valid information and transmits effects. **EXAMPLE**--Rep for Daughter's neuropathies attaches to Grandma, leaves constellation during resolution. They fade

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What Does a Constellation Look Like?



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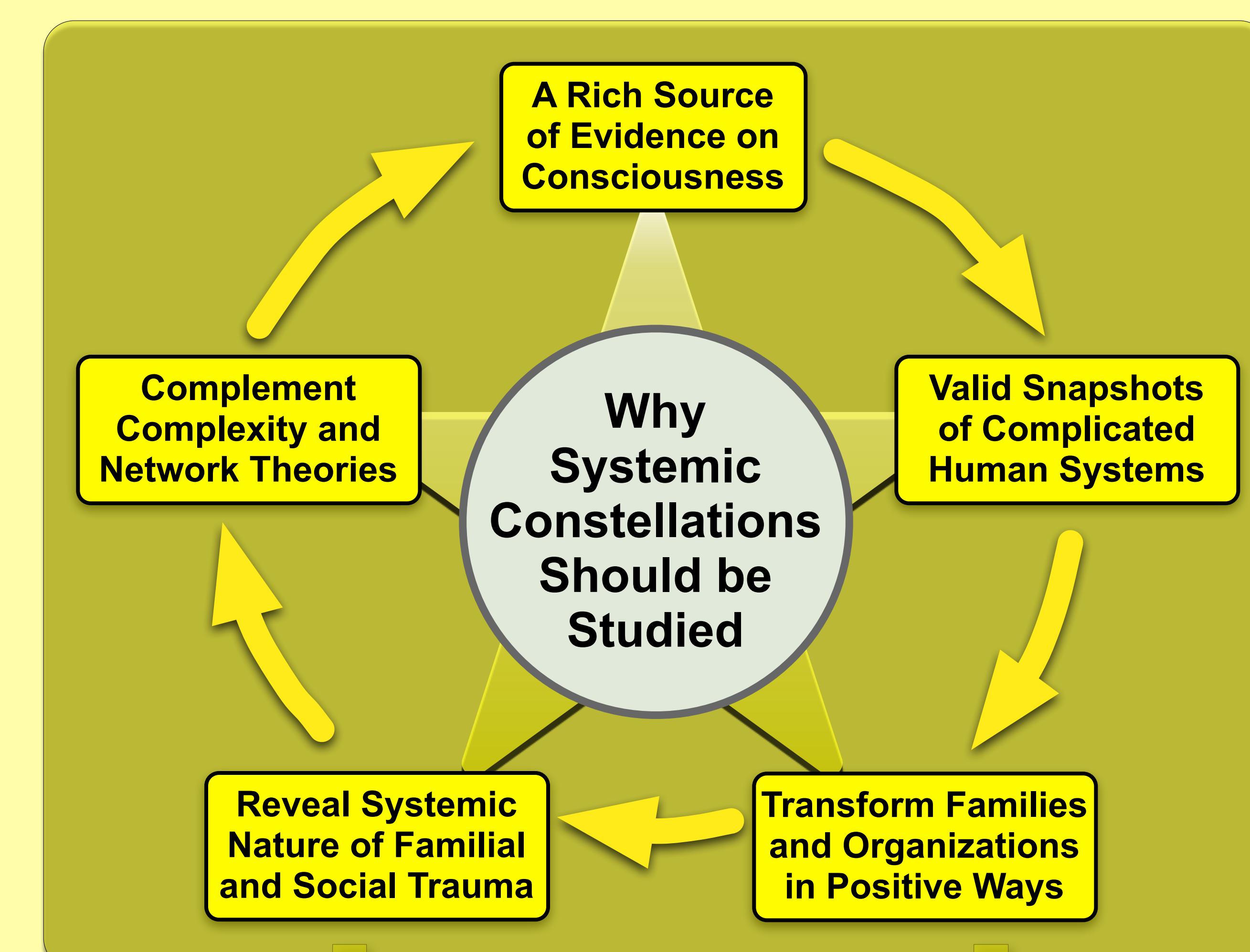
What Models Account for Constellations?

Prevailing objectivist, materialistic, reductionist views are hard pressed to account for these effects. Time, space, and human individuality may share a deeper ground.

Promising directions here involve:

- Entangled Minds.** Empirical work by Radin (2006, 2009), Sheldrake (1999, 2003), and much research summarized in McTaggart (2007, 2008, 2011) show similar non-local, atemporal, continuously-connected results.
- Universal Application.** Effects documented above appear to cross the boundaries between the **human, animal, vegetable, and mineral** (machine) domains.
- Four Central Variables.** Strength of these effects appears to relate to human ATTENTION, INTENTION, EMOTIONAL-URGENCY, and GROUP-COHERENCE.
- Quantum, Holographic Interpretations.** Pribram (1971) and Bohm's (1995) "holomovement," and other views of the zero-point field suggest a ground in *inseparable awareness*

At the same time, much more needs to be done. How is human subjectivity to be factored into such models so as to produce reliable results? How do we teach skills?



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Why Investigate Constellations?

- Evidence About Consciousness.** Constellations combine all 4 factors--attention, intention, emotional urgency, & group-coherence. *Non-local, atemporal, continuously-interconnected effects abound*. More, careful follow-up studies are needed to document these.
- Systemic Snapshots.** Constellations provide valid overviews of crucial interactions in systems too complex for formal analysis. They are fast, simple, and inexpensive.
- Heal Families and Organizations.** Important human collectives are being transformed in positive, lasting ways.
- Understand Family & Social Trauma.** Their collective, and transgenerational roots (Rupert, 2008; St. Just, 2008).
- Combine with Quantitative.** Systemic overviews can also become guides to quantitative or computational study.

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