

Dear colleagues, dear friends,

when we are facilitating a constellation, we are in a state of not knowing, waiting for what wants to be seen without expectations and finally accepting what emerges without evaluating it.

It seems to me that this constellator's state is helpful to live in times like these.



There are many explanations and interpretations going around these days, individual perspectives on the time before the pandemic conquered the world and why this was supposed to happen; perspectives on the lockdown and the lessons to be learned from that; perspectives on the times in front of us, when the lock down will be past.

Some perspectives were simply astounding, some were morally tinged, some came like lectures of the superordinate truth; some showed an amazing depth of differentiating thoughts; some were wide angled, some focussed, some rational, some emotional. All together they summed up to a colourful and presentation of the diversity of ourselves and the world(s) we are living in.

The spatial distancing led to social nearing in our community. Very soon some started to teach colleagues in how to transfer the constellation work to a digital formate; some built figures to do online constellation on the board; some have allowed several people to work on a board at the same time; some came up with the possibility of a 3D constellation; some invited the world to meet in a worldwide constellation, some offered special subjects or methods in combination with constellation; some introduced to special constellation formats or to a deeper understanding of psychic subjects; some offered daily morning meditation or evening singing together.

Moreover, there were lots of 1:1 coaching sessions given by members for members , in times of fear, desperation, uncertainty, separation, diagnose of severe illness or death. The concerns were widespread and they were related to personal or business issues.

We met. Non stop. We were introduced to new colleagues. We shared ideas, knowledge, perspectives. We supported one another. We belonged.

I do not know what will develop from that for all of us. And I am deeply grateful for what has emerged already. Looking forward to more – with you.

Stephanie, Vice Chair

Around the World

It is important for us to see the bigger picture through the wider lens of systemic constellations – there are several systemic constellation conferences scheduled for this year.

USA West coast Intensive 10-14.06.2020

ONLINE INTENSIVE

<https://westcoastconstellations.com>

South African Intensive 20-25.09.2020

<https://africanconstellations.co.za/encounters-at-the-edge/>

IOCCTI (Niederlande) 18-23.10.2020

<https://ioccti.com/>

American Systemic Constellation (NASC)

11-15.11.2020

<http://www.nasconnect.org/2020-conference.html>

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Listening to our body intuition. Engaging with the field through our inner knowledge.

Is this a time to sense our inner state with delicacy while personally and collectively deciding and creating our daily give and take with others?



At this corona times, we have a profound opportunity to step into our field of inner wisdom and knowledge to sense how our capacities are being modelled by the collective environment we are in and how we might be responding to it.

Observing our field through our interaction with others can reveal to us the extent of our steps forward. Step by step being a core principle in systemic work can be highly practiced today.

What feels good for the whole responding through me at this moment? How can I contribute and serve in a loving, kind way while relating with another being? How can I nurture creation and communication when there is so much going on in our collective field? As virtual connections have been included in our daily lives, we find the task higher to sustain the care and well-being created for others during digital emotional connection.

Maybe less is more, maybe simple and soul permanence allow for presence and belonging. Becoming close to our essential nature can be our best ally. A crown (corona) of life is being offered to us during a time of death and change.

Mixed emotions through loss and isolation, through diverse family experiences and adaptation and many more aspects, are part of this unique and unknown times. May we grow through these dualistic human experiences with our heart and soul grounded and integrated with the whole.

Alexandra Finkelstein
(Coordinator of the Regional Chapters)

