

What is Family Constellation?

What shows itself in a Family Constellation?

(from Hellinger Scientia website)

What is it that reveals itself in a constellation? And how can it be that something completely unknown can take shape and appear? It is necessary to ask these questions always anew.

Apparently a knowing field comes into action in a constellation. According to the current understanding and knowledge, one can say: the way Family Constellation appears now, it is many years ahead of its time.

Family Constellation is the external movement of a cosmic event.

To the question: "Can one learn Family Constellation?", Bert Hellinger gives a clear answer: No.

Yet what we can learn is to unlearn our idea of "right" and "wrong", the idea of a determined procedure of dissolving a problem, and to abdicate from interpretations.

This means there is only one intention: we want to set up a family. This is carried out in tune with the client. The constellation can just as well relate to the professional sphere. A product or a decision or polar questions can be set up the same way. The following process in a constellation remains free of any intention, any wish and fear. Also free of the wish to be able to deliver a result. Rational answers are always only assumptions.

If the constellator fulfils these conditions, a different field opens itself, which makes any further intervention unnecessary.

The question is: How can a constellator and a client come into harmony with the knowing field? To be lead to recognize the good solution and to apply it as a new insight in life?

Bert Hellinger says: We can learn to change our being, our character in order

to resist the temptation of “making”. We look centered to the phenomenon. We then become the observer. And in the observation a cosmic movements reveals itself, which can be seen, experienced and comprehensible for anyone. In each case this movement must remain in the room without interpretation.

To learn Family Constellation according to Hellinger® means to learn a completely new approach to the unknown.

Family Constellation according to Hellinger® is neither a craft nor a method. It is a way, a transition to another plane, a different level of consciousness.

There all questions find their path and their answers. We can assume that everything that happens and has shown itself in a constellation, what is and what will be, is always for the good of the client.. Even when the client expected a different image from the constellation in the moment.

If the client trusts the constellator, this result will always show him the way onto a new plane. The result of constellation shows a new path and leads far beyond the thoughts and wishes. Yet the constellator has to be able to cope with the result of a constellation and let the client cope with it himself.

Here we are still always talking about Family Constellation according to Hellinger®.

In the beginning of constellation work Bert Hellinger himself thought that Family Constellation belonged into the hands of doctors and therapists. In the meantime he has revised this idea. He recognized that the necessary procedure and approach must be a deeply humble posture, which is open and ready for everything that is observed. An attitude that is not oriented towards a goal, neither curious nor “making”. To have absolute confidence and devotion, without wanting to know where and how the next step will lead to. This way the constellator and the client can be present in complete mindfulness before a movement and stand in awe.

Family Constellation belongs into responsible hands. The constellator needs to be facing people in life with consciousness, attention, mindfulness, respect and devotion. That is the learning task. The theory can be found in over 100 books by Bert Hellinger. The practice is revealed from case to cases anew.

The same way there are no two identical people, there are no two identical constellations. Be it related to enterprises, relations, professional or private life, a disease, career choice or any other issue. Here we are dealing with the transition into one or more knowing, moving and powerful fields.

One can also call it various interconnecting planes of the all-encompassing "being".