

The Systemic View



THE MORPHIC FIELD OF INDIVIDUALS AND THEIR FAMILIES

Indra Torsten Preiss, Family- and Systems Constellator
author of "Family Constellations Revealed"

THE MORPHIC FIELD OF INDIVIDUALS AND THEIR FAMILIES

The Morphic Field of Individuals and Their Families

BY

Indra Torsten Preiss,
Family- and Systems Constellator
Author of “Family Constellations Revealed”

Through my work with Constellations I have had the privilege to see the Morphic Field operating in each and every family as well as in each individual. I have been working working with Constellations for more than twelve years and I gratefully use the Morphic Field for healing, coaching and therapy. It's the only known way to directly experience the Morphic Field and directly allows you to benefit from its healing power.

Rupert Sheldrake's theory of Morphogenetic Fields

Rupert Sheldrake's theory of Morphogenetic Fields proposes that there is a field, which is responsible for the development of form (something that the DNA – contrary to popular belief - evidently does not do). The form pre-exists in the field, which guides the developing organism and controls its form and development. Each organism has a field dedicated to it. These fields are derived from past organisms of the same species through 'Morphic Resonance'. Past forms influence present ones through the field by a kind of resonance and present forms feedback into the field in a two-way kind of an ongoing evolution of the same form.

Sheldrake explains 'Morphic Resonance' with the analogy of radio and TV. Wires and transistors receive transmissions from stations. The DNA of a chicken are the wires and transistors which receive the transmissions from the morphogenetic field of chickens. The present approach to biology is like looking at a picture on the TV screen and examining the transistors, wires and chemicals in the TV set without accounting for the fact that the transmissions are not coming from the box. Sheldrake postulates that morphic resonance can be tested. He gives an example of rats learning a new trick in one place and the rats of the same breed then learning that trick more quickly all over the world. Sheldrake explained that the fields are invisible, and like gravity have spatial patterns. The spatial patterns of a magnetic field can be seen in the iron filings on the magnet. Therefore the fields are

invisible but detectable only through their effects. Morphogenetic fields are also invisible and undetectable directly but only through the morphogenetic effects or during Family Constellations. However they are not ‘energetic’ like magnetic fields because they exist outside of space and time (1).



In Family Constellations we call this field the Knowing Field

“What we know is so influenced by what we do not know that it cannot really be said that we know anything.”

Michael Barnett (2)

The Knowing Field forms the basis of classical family constellation work. Anyone fortunate enough to experience a family constellation, either as a representative, or as the actual seeker, knows this astonishing phenomenon. Without prior knowledge, representatives have access to information that normally spoken is accessible only to the actual family members themselves. Through being constellated they have access to feelings and knowing from a completely unknown family.

In a family constellation, a seeker (or client) presents a personal, family or work relationship problem for which resolution is sought. Seekers then choose a group member from the circle of participants as a stand-in or representative for themselves and for each person or family member involved. For example the seeker chooses a representative for himself, his father, mother and brother. He then places or ‘constellates’ them according to his inner view, in relation to each other, within the circle or constellation space.

Once all representatives are constellated he takes up a position with other participants in the circle to observe and open

up to the proceedings. Then the magic begins! The representatives in their respective places, access perceptions of the people they are representing. The facilitator questions one representative after another and works in tune with the representatives to help resolve the seeker's struggle so that the natural flow of love can be restored. In the end the seeker takes position into the restored constellation, replacing the representative standing in for him so far, in order to allow the new awareness to sink in. This makes the seeker conscious of all the emotional entanglements he was carrying so they can be released.

How do the representatives know that and have access to feelings of strangers? Where does the information come from? How can the representative sometimes reveal details the client himself had forgotten?

To give you a taste of what you can encounter in a constellation just imagine you have been chosen to be the representative for the father of a seeker (names of representatives are in italics). The only information you have about the strangers chosen as the other representatives is that they are stand-ins of the mother (the wife of the man you are standing in for), the older daughter and the younger son. You have no special feelings for these people, any likes or dislikes, and the seeker has not mentioned anything about character traits of these family members. One by one the seeker guides the representatives to a certain spot and more perceptions are aroused within you with the subsequent placement of each representative involved in the constellation.

You start feeling something that was not there before. You have been placed opposite your wife. Your daughter has been placed much too close and your son is difficult to perceive. You feel a lot of anger and tension towards your wife, and your daughter is placed so close that it scares you. Your son is placed too far away according to your feelings.

The facilitator brings another representative into the constellation: the second daughter that died as a baby from sudden infant cot-death syndrome (SIDS). Without knowing what overcomes you, tears run down your cheeks and you feel a deep pain. Suddenly you know where the anger towards your wife comes from; you realize that you have made her responsible for the death of the child.

Through the facilitator's questioning you start to understand that the feeling of powerlessness for you as the father was too much to bear. It was much easier to find someone else to blame rather than to face up to this powerlessness and pain. So it was easier to blame your wife. All the information and feelings arise in you effortlessly.

The facilitator continues to work with the constellation and presents you with certain clarifying and healing statements. For example: "You are my wife. I am your husband. I feel a deep regret over my attitude towards you." Slowly, all the entanglements become clear to you.

Every time something is resolved you become more relaxed. After a while the facilitator gives you a new place in the constellation next to your wife. Now you feel a profound love towards her. Your children are placed opposite you and even the second daughter who died early has been given her place. You feel fatherly concern and love. You are proud of your family. At the end, the client himself steps into the constellation and replaces the representative and repeats the last steps to end the constellation.



“During a constellation of the family the client randomly chooses participants as stand-ins (representatives) for himself and for other important members of his family. Typically this might be the father, the mother, brother(s) and sister(s). He then places them, in a centered and connected way, in a spatial arrangement in relation to each other. Suddenly something comes to light in this process that surprises him. That is to say that in the process of the constellation he comes in contact with a knowing that was not accessible before.” (Bert Hellinger (3))

The striking thing is that from the moment they are constellated, representatives start feeling as the person they are representing. Sometimes they even feel their physical symptoms. A power field, between the seeker and his family members on one side and between the seeker and his self-chosen representatives on the other side is witnessed, time and time again.

For a long time, Bert Hellinger referred to this phenomenon as ‘a secret’. Apparently the family soul or the family conscience is able to manifest itself in a constellation. Expressed in another way, the family conscience is given a gestalt and a voice. This is not confined to the family sphere because organizations, teams, sections of companies and even whole company structures can be constellated (See in ‘Family Constellations Revealed’ in chapter 8, Other Types of Constellations).

Indeed, anything that can be described as a system can be constellated. Using this definition all forms of relationships can be seen as systems. This might be a person and his disease symptoms, his addiction or his money problems. Relationships that people have in an organization or the relationship between a producer, product and customer can also be viewed in this way.

Access to underlying structures through representatives occurs each time that a system is constellated in a focused way. It is then possible to clearly see deep subconscious influences that are beyond the reach of normal conscious means.

At first a constellation may strike us as a surprising thing. It plays tricks on our reasoning making us feel unsure and anxious.

In a discussion after a demonstration of a constellation during one of my many presentations, a participant expressed concern that revealing sub-conscious patterns in a constellation might be too confronting.

The woman who was the seeker in the demonstration constellation replied, “Somehow I have known what has shown up during this constellation all along, and the pain I felt here, I recognize it as the same pain I have been experiencing all my life. Now I am able to feel this more thoroughly and I can see where the pain is coming from. It was very confronting but now I feel uplifted.”

It is sometimes confronting to become aware of something that we have been carrying with us and silently suffering from for many years. This silent suffering can stop once we have seen it and once entanglements are resolved.

Sometimes a constellation makes us conscious of something long forgotten or even something that has remained concealed for one reason or another. The following summary from my practice is a good example of a constellation in which a long concealed family secret came to light.

The representative of the oldest son faces the representative for the father and says, “I am the son, the oldest child, and you are the father.” The father confirms this. I ask the representative of the second son to say the same thing but instead he says, “No, that isn’t my father.” The father confirms this and says, “No, that isn’t my son.” The representative of one of the daughters begins

to laugh and confirms, “No, that isn’t his father.” The representative for the mother then says dryly, “That was my revenge.”

Constellations often bring up the heavy load of a painful fate that has been passed down through the generations. It is these, frequently unspoken matters and at times taboo topics that representatives in constellations shed light on.

The fact that representatives have access to a knowledge that they normally wouldn’t be able to perceive has not been scientifically substantiated as yet. In ‘Family Constellations Revealed’ in chapter 9, Science and Constellations, I present a number of theories discussing this phenomenon.

Worldwide the term ‘the Knowing Field’ has gained widespread usage. This is a very appropriate term and comes from the well-known family constellation facilitator, Albrecht Mahr. Anyone who has experienced this phenomenon, that we can now refer to as the Knowing Field has become conscious of a much deeper connection between people than was the case with previous understandings.



It has long been known that a strong bond exists between family members. Nagy's contextual therapy (4), that has generally become an integral part of the psychology curricula at university level, speaks about unperceivable loyalties and balances of giving and taking in relationships. Family conscience or memory is also known in the contextual approach. They assume that there are accounting ledgers with a record of obligations and responsibilities between all family members.

A particular seeker on one of my weekend constellations was adopted as a child. The representative of her mother complained about ringing in the ears (tinnitus). The representative of the child responded, "That's me, I'm continually calling you." Afterwards the client confirmed this, "My biological mother suffered her whole life from ringing in the ears."

There is no generally accepted explanation for this phenomenon however scientific research is now underway in Germany. The similarity with Rupert Sheldrake's 'Morphological Field (5) and the science research about mirror neurons is notable. (See in 'Family Constellations Revealed', Morphogenetic Fields and Morphic Resonance in Chapter 9 Science and Constellations).

I remember well one of Sheldrake's documentaries where he clearly demonstrated the invisible or unperceivable connection between a pet and his owner. In this experiment, the dog's owner, along with a cameraman and a public notary, travelled to a nearby city.

The dog was constantly monitored and filmed at home by a second camera. The footage of both movie cameras was shown together in real time on a television screen.

At one point the notary said, “We are going home now.” Nobody knew beforehand when he was going to say this. The dog reacted at the same time that the dog’s owner heard these words. He woke up in his basket and ran to the door.

A short time later the owner, the cameraman and the notary drove into the street where the owner and dog lived. The dog began to wag his tail and ran back and forward to the door. While they were looking for a parking spot in the street, still out of sight, the dog jumped up enthusiastically at the door.



This documentary made it clear that the dog and the owner share a connection that exists outside normal communication channels. Many dog owners are aware of this.

Recently Rupert Sheldrake discovers the similarities between Family Constellations and Morphogenetic Fields for himself. See his video on my blog (6).

Breastfeeding mothers, who sense when their baby is about to wake and ready to be fed, have experienced a similar effect. Before the baby has had the chance to cry, the mother is standing by the cot ready to let the baby suckle. Women have assured me that the milk actually begins to flow when the baby (in another room) is waking ready to be fed. This is also an example of communication without an observable or concrete exchange of information.

My former partner had similar experiences with our daughter. We were sitting in our back garden one lovely summer's evening. Our little daughter, who was six months old at the time, was asleep in a room with the window open. My partner suddenly jumped up and said "Sarah's crying" then rushed inside. There was nothing to be heard outside in the garden until my wife was at our daughter's bedside. It was only then that we heard the muffled sounds of the baby crying.

Connections do exist that cannot be scientifically proven. The strong bond between mother and daughter or owner and pet dog can perhaps explain the examples given, but this is not the same in a family constellation.

People in constellations feel something for strangers they don't know at all.

A representative feels as though he is constantly standing in the mist. Later on he hears from the facilitator that he was representing an alcoholic. Another representative felt terrible back pain in a constellation and later found out that he was representing a person that had to undergo a back operation.

There are thousands of such examples and it continues to happen in constellations all over the world. The Knowing of Morphic Field exists in all of us. The phenomenon is evident and can be experienced in each and every constellation. It even exists in a presentation with inexperienced and unprepared people, willing to spontaneously have their families constellated.

Get to know all the benefits you can receive though Constellation work by reading 'Family Constellations Revealed'.



[Order now](#)

Resources:

1. From: <http://indrajitrathore.wordpress.com/tag/rupert-sheldrake/>
2. Barnett, M., The Arrow of Man, The search for meaning beyond enlightenment, CEC, Zürich, 1991
3. Hellinger, B., Ordnungen der Liebe, Ein Kursbuch, Carl-Auer-Systeme Verlag, Heidelberg, 2001
4. Boszormenyi-Nagy, I., Krasner, B., Between give and take - a clinical guide to contextual therapy, Brunner/Mazel Inc., New York, 1986
5. Sheldrake, R., Seven Experiments That Could Change the World: A Do-It-Yourself Guide to Revolutionary Science, Park Street Press, 2nd edition, 2002
6. <http://www.the-systemic-view.com/rupert-sheldrake-about-family-constellations>
