

Why I love working with the constellations

by Silvia Miclavez

The work with constellations, as I understand it, is sacred. We can leave behind our little fixations, idiosyncrasies and limiting judgements, which confine us to a very restricting field and we can consider our lives in a wider context which moves us and gives us significance this is the advantage of the passionate work of the exploration of the soul which we can undertake with the representation of the human constellations (family, organizational and spiritual) as it has developed over the years.

When for the first time I asked Bert Hellinger to help me resolve something (concerning a personal problem probably connected with the mysterious death of my mother run over by my father while returning home late at night from Venice) He entered into that dimension which now I recognize as the preparation for entering into the state of the field of constellations, I realised that it involved a state in which I felt "at home". It wasn't important that afterwards during a seminar which Hellinger did for me it came out that the death of my mother was a form of suicide and after that event, which deeply affected my father, my brother and I entered a state where we became like Hansel and Gretel.

I have never been able to stand the half-truths and the do-goodism of those who change history to avoid frightening you so underestimating misleading and confusing you. Children especially feel everything even if they can't always understand it and there emerges a hidden reality which is felt if faced in the right way and communicated with the right spirit it gives relief, clarifies perception and pacifies the soul. At least for me and the many courageous people I have worked with, with whom it has been possible to recognize the systemic and transgenerational connections concerning the destinies often kept silent about which are the basis of serious illnesses, persistent symptoms and problems in relationships.

The putting of the family into representations (or of the system or belonging group with which one works) in which one uses people or other things to represent the components of a given system, requires the maximum respect for the forces which move in the deepest parts which we experience when we want to help someone resolve a particular problem or achieve their heartfelt desire. These forces manifest themselves when we enter into the field of influence of the person at that particular time. The fact that almost everyone can represent, once they have entered with respect into this field, people sensations and emotions and thoughts belonging to completely unknown people never considered from the systemic spiritual point of view shows that we all have a sensibility and capacity for perception which is enormous if only we make the effort to listen to it, feeling our

bodies and souls which have possible secrets, traumas hidden truths and deep wisdom which connect us all and which can emerge and reveal itself if only we permit it and establish a connection with the essential.

As a preparation to the practical work of making a representation of the constellation of the participants in group work I often use an initial meditation in order to be as focused as possible and make the maximum connection with our essence and in close relationship with the changes occurring in our bodies and souls depending on what we see. Some people call this meditation an "internal constellation" because my way of doing things puts a strong accent on the fact that every moment is new and at every moment the perception of our relationship for example with the soul of our mother or father, even if they have been dead for some time, can change according to our state of mind, our focusing, and our openness and flexibility in receiving the facts as they reveal themselves at that particular moment. To help people become more conscious of the reality which we perceive around ourselves which is continuously changing I invite them to feel their breathing, the natural rhythm of their breath the movement of the body with every breath in and out, to feel their real essence, what this means to them. To feel their relationship with their bodies from a centralized vigilant and attentive position but also relaxed and benevolent the answers their unconscious gives to the various suggestions.

On the other hand, in individual sessions one immediately creates with the people who come to me, an atmosphere which is so confidential that an initial meditation is not necessary. The whole meeting is totally for them and generally the individual has no difficulty centring themselves in order to work. I realise now that one needs much more faith and maturity to participate in a group where one touches the things which are important here we must trust in the capacity of every participant in their responsibility to manage and judge their ability to be open to what touches the depths and to be involved only in the ways they want.

The greatest benefit we can take from the work with the human constellations is anyway the knowledge that we are never alone, that we are the co-creators of our reality and that even the so called blocks and resistances have their significance within a wider context. It is a wonderful instrument to understand what touches us most deeply, to understand our own souls better and to see the orders which permit us to live more serenely, with better collaboration with the strengths at our disposal and in touch with ourselves.