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For the client it is important to experience what he/she sees in the constellation, not cognitively interpret

Problems:

1. Always an outcome; need to be very precise; can easily go into a direction not beneficial for the client; the transformation must take place inside the client, not on the outside of the process
2. There is no facilitator who really knows what he or she is doing

What to rely on? The body of the client  
Keep the constellation simple; only work with the basic dynamics

The experience is that an absent parent is of much more significance than a present step parent

Adults are stuck in old problems in a childish shape; what is not fulfilled in childhood can never be fulfilled in adulthood the same way as it would have been for the child

Adults do not get sick, it is the inner child that is still longing to get what it really wants; this is what you work with

In a child the parents are always together, preferably melting together; even if they are not together

Basics:

Adults can live without parents, but children cannot live without adults

Adults do not get ill because of their children, but children are ready to die for their parents

Symptoms balance relationships

Lifethreatening illnesses do not come from a relationship with a partner, search into the family of origin

If you get ill from your partner, you may create the illness for your father or mother; partners are not as important as father or mother

Whom is the illness helping, who has a problem with it? Bringing in the illness in the constellation can result in a move towards a solution

Children need to learn that the problems between the parents do not need to affect their own lives

Usually movement towards a solution creates stress in the client

The real changes are beyond the emotions, on a different level of consciousness; clients do not need to re-experience complete trauma in order to transform

Main focus: illness & health

All that relates may be healed

Possibility to understand what belongs to us, even if we want to keep it from us

Things from the past that are not in peace have impact on our daily life

Repetitive patterns of unconsciously exclusion of themes that belong to us, that we need to integrate in order to gain more possibilities

Setup a system, related to the phenomenon, to facilitate transformation; complementary to other approaches

One never knows whether what happened in the constellation is going to happen for real

In the constellation you always work towards the next step, no further

We are all in the same situation: how do we survive the craziness of our family of origin? I need to relate with the past without to identify myself to the past. We all need to grow out of it and flourish in our own life; we all want to live our lives, not be entangled to the past; the fight against the past is loss of energy; we need to get in tune with our parents, to accept and take what we got from them.

We all miss something from our parents. We need to be able to look at them with love and leave with them what is theirs, to leave them 'behind' (that is what we do when we get married), this is a challenge. We need to build our own value systems.

Most people who get married as a solution, finally don't really get married

The constellation work is not about doing, it is about attitude; helping your parents is fine, it is the mindset that counts

Constellation work is an intervention, not therapeutic work; you show a sign, without knowing whether the client will ever act this way

Ask yourself: when was I in the movement of living and when in the movement of dying; the work is not about the truth, but about a truth that leads forward, creating a healing movement, by putting into words what is clear, but what the client finds too painful to acknowledge. The things are excluded in order to survive

The intention is to change unhealthy bonds in which the client is bonded into healthy relationships

Once you enter the spiritual path you need to let go of 'either/or', there is just 'and'

In a process where a partner has a part, it is important to have him/her in present as well, because otherwise the client is in a superior position after the constellation; this will then not lead to a solution

It is important that the client and the facilitator agree on what the constellation will show; it is the responsibility of the facilitator to know and see that there is more and bring that in as relevant

The biggest mistake of mankind has been the introduction of separation; it is the source for illness

When we are born we get life, but we don't have it until we also take it; in unexpected children there can be a confusion about taking or not taking life in; they need the confirmation of their parents that they are wanted; you may also end up in relationships of which you are not sure you want them or not

The inner child can be looked at as the unfulfilled longings from childhood; our lives pass by with the hope that some day these longings will be fulfilled

The worst thing that can happen is if the facilitator cannot handle the not knowing and starts to act; time is our greatest help; withdraw and something from the constellation will provide help; in every system there is a longing for a solution, for peace; you need to surrender to this movement

When you tune in with a client you commit yourself, to him/her, to what is, towards life, to the interconnectivity, your higher self, it is a decision, also to be open to subtle energies