

TYPES OF CONSTELLATIONS

There are many ways to do constellations and more are being discovered all the time. Following are a few of the most popular styles being used currently.

Workshop: The traditional and still most popular form of setting constellations is to attend a workshop and set up your constellation using others in the workshop. These others are chosen by the client to represent individuals in his or her system. Once chosen and put in place, they act as an antenna for information in the system that needs to be seen and resolved. The benefit of workshop constellations is that they are amazing to watch and the confirmation that the process works is palpable. When a complete stranger acts as your mother, you know something remarkable is going on. It is also powerful to have a group witnessing your system and taking part in its healing. The greatest benefit of workshop constellations is being able to be a representative in someone else's system.

One-on-One Constellations: Instead of people, papers or some other marker can also be used to represent people or situations in your system. The objects are set just as human representatives would be and once set, the facilitator can stand on these markers and access that person's experience within the system. This form of constellation has several benefits. One is that the facilitator is getting a very clear experience of the entire system and what needs to be seen is communicated directly to the facilitator instead of through a representative. These constellations are usually done within a one-to-one relationship and afford privacy and also more flexibility as there isn't the pressure of a room full of people. Often the facilitator can go very deeply into each role which helps to metabolize the energy that is stuck and allow for more movement. These constellations are longer as each movement has to happen individually with only one representative and sometimes they are harder for the client to follow as they do not show the whole system all at once but one piece at a time.

Table Constellations: Constellations can also be set with cards, objects or figurines on a table and then by touching and arranging the objects, information is communicated from the system. When I go out to coffee with a friend, often one of these constellations will spring up out of the conversation and before we even think twice, the condiments are representing parts of the system and always reveal delightful healing resolutions.

No-Issue, Single-person Constellations: This form of constellation is quite powerful and deeply personal. There is no issue presented and no representatives set up. The facilitator simply stands as the client and opens up to the field for any information that would be of benefit to the client. Whatever blocks there are in that person's energy at the soul level are contacted by the facilitator and released. These constellations go very deep within the individual's soul makeup and disorganize core beliefs in a very powerful way.

Long-Distance Constellations: Constellations can be done in absentia, i.e., without the client being physically present. Energy is not confined to time and space and when it is moved and released within a system, the system benefits whether they know about it or not. This has been a consistent outcome of constellations for their entire existence. People have reported time and again that others in the family who did not even know about the work made sudden changes following and sometimes even during a constellation.

I do distance constellations in the following way. I do an interview over email or phone and then I set the constellation using papers to represent the individuals or issues. I stand on each paper and record my experience. I facilitate interventions just as if the client is sitting there watching and when I am done I call the client and report orally and then send them the transcript. So far this process has been remarkably healing and also magically accurate. Recently I was representing in just this way for a woman in another state and I kept feeling like I was a ballerina. Later she told me that she is trained in ballet.

Organizational Constellations: These are done for businesses. The different parts of your business are set up and the flow of the business from the owner

to the customer and everything in between is seen so that restrictions can be resolved. You can check these out on my website page, Your Business.

Practitioners are creating new ways to do constellations all the time and many of these are quite exciting for groups. There are birth-place constellations and earth constellations and even chaos constellations. All of them are powerful and enlightening. Anything can be set up in a constellation but this work is at its most powerful when the issue being set up is coming from a deep and genuine need for healing.

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