

Identical Twins Who Couldn't Get Close

In a recent workshop I facilitated a constellation for a woman who had an identical twin sister with whom she had never been close. "There's always been something in the way," she said, while making hand movements to indicate an object. I invited her to set up a representative for herself and for her twin.



Both of the twin representatives reported immediately that they could not take their eyes off of an object. One was looking at an empty food bowl and the other was looking at a lunch pail. I asked if there was a food issue and the client said, "Well, my sister is a chef and I think she is obsessed with food."

I put in a representative for the "Food Issue" and invited the representative to move at will. The Food Issue quickly came face to face with the chef sister and as soon as their eyes met, their faces flooded with love and joy.

I then brought in representatives for the parents of the twins and as soon as I did, the food issue hid behind the chef twin. I asked who she was hiding from and she pointed to the mother. The mother seemed oblivious to any problem so I put in a representative for "To whom the food issue belongs."

This representative quickly turned and stood face to face with the mother and as she did, the looks of recognition and love flooded their faces that were similar but stronger than the love between the food issue and the chef twin. They also quickly reported that they were wearing identical shirts, one in black and one in white.

I asked the client if her mom could have had a vanishing twin and when I explained that this was a twin who died before birth and often was completely unrecognized as having existed, the mother and the representative for "to whom the food issue belongs" fell sobbing into each other's arms.

As they came together, the representative for "The food issue" left the constellation and took her seat.

The vanishing twin said to the mother, "There wasn't enough for both of us. I left so you could live." More crying and then the vanishing twin moved to stand slightly behind and to the side of the mother. The mother then looked at her daughter who is the chef and said, "My twin left so I could live. I was never able to have her for my sister. Please leave this with me. It is my fate, not yours. Your sister lived and you may have her for your sister."

The twin chef is bewildered at first but after repeating the vanishing twin part, she suddenly wakes up and looks around the room, sees the representative for her twin sister and breaks out in a big smile of recognition and crosses the room to hug her. The constellation ends with the twin's sisters gazing joyfully into each other's eyes while the rest of the family looks on lovingly.

This client left the following week to visit her family in another state and came back to the next workshop and reported that she and her twin had had the best time of their entire lives and she felt certain it would continue.

Note: When a family member is not given a place in the family, someone else in the family will take their place and the unprocessed feelings of the estrangement will be re-enacted until they are resolved. The twin chef was entangled with the twin who died due to lack of food. We see the re-enactment of both the pain of not being able to have her sister and the pain of not having enough food.