



## ***What is Systemic Constellation Work?***

Systemic Constellation Work is an energetic healing process that works at the soul level to resolve systemic restrictions. Traditionally the work has been applied to family systems but it is equally effective for any system, including health, finances, spirituality, career and self. Constellations quickly reveal the restrictions in the system and then guide us towards a resolution. These resolutions result in literal changes within the actual system.

Setting constellations is done by first clarifying an intention for what wants to be healed and then choosing people to represent the relevant points in the system. For instance in a health constellation we might set up the person and the illness.

Representing is natural and does not require any previous knowledge or experience. It is not role playing. Once you are set as a representative, you will naturally experience embodied sensations that are coming from a deep wisdom within the system. A facilitator will ask you what is happening in the role and you simply communicate any sensations you are experiencing. Any dialoging that is necessary will originate with the facilitator and be repeated by the representative.

Representing in a constellation is a fun magical experience and results in deeper self contact and increased ease and joy. When we represent we are making visceral contact with something far wiser and knowing than our individual awareness. It is an experience that can change the way you perceive life.

People who set constellations report dramatic changes in their system following a constellation. Often family relationships magically begin to function more lovingly even though other family members have no knowledge of the constellation. Chronic negative symptoms disappear and are replaced by peaceful loving interactions. Most of all, our relationship with self and others deepens and expands in ways we never thought possible.

***Barbara Eggenberger is a licensed Marriage Family Therapist in Oregon and California and a certified facilitator in Systemic Constellation Work.***