

Introduction To Systemic Work

Understanding Systemic Skills Development
will provide shifts in awareness - delivering
greater transformation results for you
and your clients



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Sonja's journey with Systemic work

I started developing my systemic skills through the initial and fundamental work with family constellations. A family is a system within its own dynamic and thus systemic in its own framework.

Systems work with systemic mapping has evolved from family constellations.

Facilitating and training systemic constellations, was thus also, for me, a natural progression from the original work in family constellations.

Finding solutions within a system



Systemic mapping can be used in a multitude of variations including working with health-related issues, business related issues or anything that is other than but not excluding family issues. I've done this work for close to 20 years, and it's just caught my attention from the day that it started with it.

My fundamental drive has always been to find solutions for any given circumstance. When I discovered that finding solutions that are

hidden in a system seem to unlock blockages, my understanding of the world as it is, drastically increased. The real basic key idea to finding solutions is unlocking the information within the system in which the problem reveals itself. What was very interesting for me when I did my training, was that we only did practical training in attending workshops. We were given some books to read written by Bert Hellinger and his early students who did the pioneering work.

During my training I felt frustrated as I always got stuck with many questions for which I found very few answers. Only with time and continued training with various overseas facilitators did I find the answers to all the questions. It took me a long time to actually put it all together and put all the pieces together, which I fortunately now have done and that is what I'm sharing with you, should your interest be to learn more about developing systemic skills.

What are systemic skills?

Why would You as a coach, or any profession involved in transformation and alignment work want to develop systemic skills?



SYSTEMIC SKILLS

WHY IS THIS WORK SO POWERFUL?

Instant ALIGNMENT in the session
Ongoing alignment is experienced by all those affected
with the same energy imbalance connected to the client

Broken Patterns exposed can be aligned

The Client EXPERIENCES
personal INNATE TRUTH
by the observing the emergence of the healing process

SYSTEMIC PROCESSING **ALIGNs**
SOMATIC (physical)
MIND/EMOTION
UNIVERSAL TRUTHS

I am a coach working mostly with individuals in stress management, relationships/partnership work and trauma. I often find that my clients want business decisions resolved during our coaching. Even if I do not have any idea about their business, systemic work is easily set up for the client to find the right solutions for him/her.

I work with many individuals in various fields. So, whether it's one on one coaching in a family situation, whether it's one on one coaching in a business decision situation, or one on one coaching in various different situations. I love working with systems work because it really just nails it. Okay so, I myself work with individuals, and other people you may be more business oriented.

You may be a business coach or a coach that works in a business situation. You may be the transformation coach in business as a whole. Or, you may be in corporate you may be a team leader in corporate and/or you're looking to see how much more impact you can do in the environment that you're in. But most of all, we, my colleagues and I, do this work, within the coaching environment.

I believe each of us, as coaches, have a love for coaching, because we want to play a tiny part in the transformation of the greater global perspective. I know that is what I want, and I know that we may have some similar interests. You reading this gives me a sense that you're also looking for something more than just the basics.

Systemic Skills Development is designed for coaches who want to be involved in the development of new leadership.

I would like you to note something...

Each of us is a leader.

Our clients are leaders within their own leadership roles.

Leadership involves everybody, not just your business executives. We are always leaders. And when I do my one on one coaching, I am very much focused on: - "How does that person take leadership in their life and the lives around?". Systems work is about developing leadership within each of us, as well as developing leadership for and within our clients. We need to do this because we really are struggling in this time that we, as the global world are in, because we're so lost. We are looking at leadership to give us answers and direction, not leadership can't give us answers. Where do we find the answers? More and more we are moved to find the answers within and start with our own leadership. This is what's interesting is when we become leaders in our lives. We also then encourage leadership for others in their lives. This is where working with systemic skill promotes great success.

Broken systems require alignment to function optimally

The key is to find systemic solutions within the system that appears 'broken'

A family is a system. If there are family issues, then we need to find the solution within the system and not outside of the system. In personal one-on-one coaching or relationship work some blockages appear that, no matter how often you address them, they cannot shift.

When I, as a coach, do not understand really what it is I'm looking for, I can look for a long time and not find the solution that really works well for my client. I have moved away completely from head related coaching and work mostly with systemic work, which involves the client's innate wisdom. This allows my work to be set up from a heart space and allow healing through the alignment of head and heart wisdom.

The development of the skill in 'seeing' solutions that provide profound new insights, is what is called systemic skills development.

The 'brokenness' lies within the entanglement in a system. This entanglement cannot be seen, other than being brought into awareness with systemic work. The solutions are revealed when the entanglement is viewed. From this new insight for understanding and solutions can be gained.

Systemic work, in the format of family constellations, was originally developed in the field of psychotherapy as a very effective intervention methodology. Psychotherapists found that it serves the client to gain understanding of the root cause of any given problem.

I am trained and work as a transformation coach. I am wishing to encourage coaches, counsellors, teachers, alternative health care workers, including psychologists to engage with systemic skills development as a value add in their practice.

For coaches the coaching field is expanding, and you have a really, really important job to do. This vocation requires more from us than what we often trained to do, simply because our clients have more expectations of us. My personal calling has always been: - "How can I give all my best self in supporting my clients?" I've practiced this work for quite a while in the coaching field, and I now have a sense that it is time to share all my learnings with you in leadership development. We want clients to take on leadership in their own lives.

If you are in the corporate and you are involved in leadership development, then this is also really great work because when you know where your team is at and what your team is working with, you are able to become a much better leader, yourself.



SYSTEMIC SKILLS

**An open-mind enables you to
Discover the new
healing constellation
for yourself**

**What is not seen?
Which patterns are hidden in the
system?**

Herewith a short version of what systemic skills development entails.

Systemic thinking is a skill, once developed will allow you to uncover hidden beliefs and behaviors within a system. As a coach, I'm trained to understand negative belief systems and how they can block us from going forward. Where do they come from? What I know is that negative belief systems create certain behaviors within a person that creates an outcome in their life they do not want. Where is that coming from? So, we go a little bit deeper to the uncovering of hidden patterns within the system in which this difficulty shows up. So, as a coach, I was trained that 90% of actions, behaviors and creations lies within my subconscious. The more we can uncover from my subconscious, the better.

We can understand the world around us better. It is uncovering and becoming aware of beliefs, limiting beliefs, that no longer work for the person, the better he/she can shift and transform to become more effective in life.

How do I see patterns in a system?

If we look at a body as a functioning system, we know that all the organs, although I cannot physically see them, work in coherence with one another. I do not actually need to be aware of each organ's functioning until an organ is compromised. Once one organ is compromised, patterns of illness appear to bring attention to the 'dysfunction' of an organ.

Every organ in our body functions without conscious thought. Every organ has a certain function and they just follow the innate functioning of their design. However, when something is not quite right in the body a closer look needs to be taken.

Doctors have developed certain observation methods, viewing methods to see what is going on. X-rays, MRI's, blood tests, whatever they need in order to see what is going on in the body because they cannot see it from the outside. They have to get an inside perspective to see what is going on.

So systemic 'viewing' really what we're going to do is this skill, see what is going on inside the system.

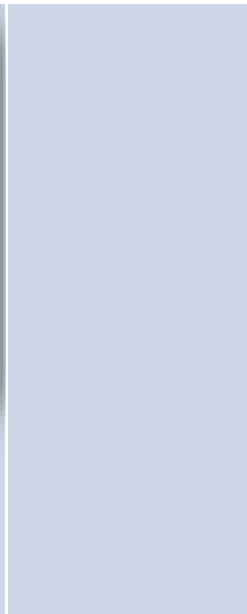
No no no no no no, we are not going to give you the skill to see what's going on inside of your body but, yes, do you know what, during my training, and since then, I have done quite a lot of work where we have set up body parts or organs and we actually got a phenomenological view and we can actually get an insight into what goes on your emotional body which in turn affects your physical.

That is not what I'm promoting right here. Just saying, that there is a possibility of doing that work in that way as well, and I have done it with great success. This work will never replace the work done in the medical field by medical professionals.

So, the question is, how do we develop this systemic viewing?
How do we know what is going on inside a system?



The system is the container



to



the systemic structure

First of all, we need to understand the difference between systems and systemic or, is there a difference, or they're the same? I just want to explain that a little bit further.

Your body is a structure of a functioning system within.

The functioning itself is systemic. What we thus experience or see is systemic in nature.

As coaches we are often trained to help people see certain patterns with an effect. We can see patterns as a mirror effect of what is observed. But again, we only see that which is really seen as an outer perspective.

We can't see into that which we can't see.

So, with coaching, basically, we look at the system, we see the system we see the outside. So yes, we encourage the client go within the inner knowing, by uncovering some of the memories that they have blocked. By doing that, we uncover belief systems. When a client speaks, we take note of the belief systems, so it is information that the client gives us freely, that we work with, and we may have skills in obtaining more or less information from the client. So, we can up to a point, uncover some of what is in the subconscious. So, within our coaching scope we are working within the conscious understanding and sometimes can reach the subconscious.

In systemic work we do look at it slightly different.

We look at the parts which support the structure.

What supports the belief systems?

Where do the patterns originate from?

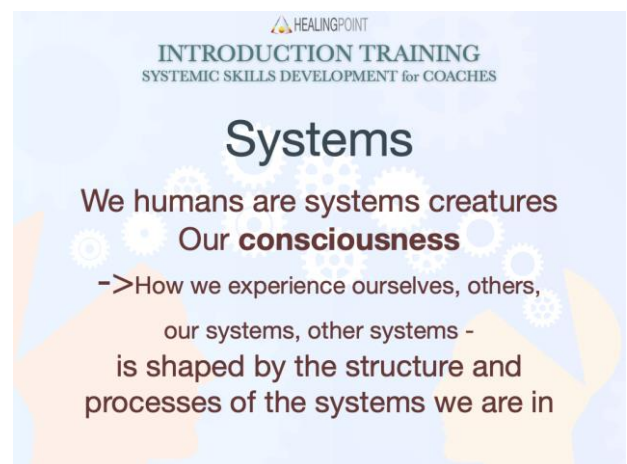
The building blocks within hold the outer structure upright. When the inner crumbles, the outer crumbles.

It is the inner structure that supports outside view. Without this support the outside view could not exist. And so, it is with all of life.

Without the correct functioning in your body, a human being could not exist. Systemic work addresses beliefs, behaviors and repeat life patterns to be identified in their core or origin. And so, we look at what is within. So, when coaches say: - "The answer lies within". That means the answer lies within the system. Okay. That is systemic. So, with the systemic viewing, we focus a lot on patterns. Because patterns create beliefs which create the behaviors, or, they create the behaviors which create the beliefs, whichever way you want to do it. But the pattern, is the original. The pattern is drawing that was made before these structures were put up. These patterns were created before these structures could exist.

We as humans are systems creatures. We are systems. Our consciousness so the way I see the world the way I experienced the world, or others, everything that I see, and experience is shaped by the structure and the processes of the systems we are in.

Our structure is not only physical, but also mental and emotional. It is innately systemic even pre-birth.



Everything that I'm aware of, everything that I see, everything that I believe, everything has been born from the systemic structures that I am in and that I have visited in my life, including the systemic structure that is already in my body.

Who I am, how I see the world and perceive the world, everything that I experience as who I am comes to me and everything that goes from me comes from all the various systems.

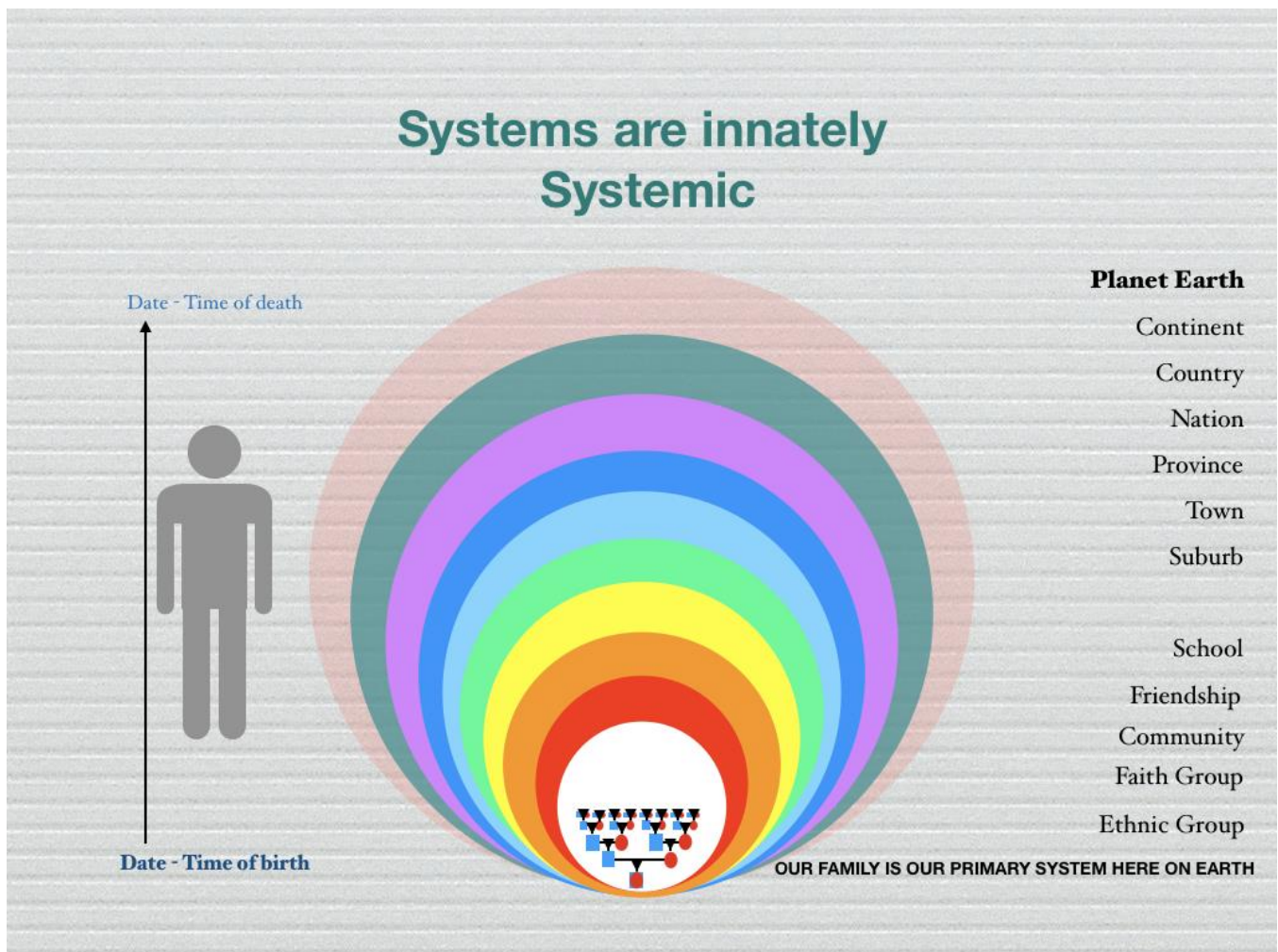
As a human being within our life here on earth, starts at the time of birth and will end at time of death., Life is measured from the first to my last breath. Life however has started long before each of our arrival here on Earth.

We all started our life here on earth in a family system. Each of us takes a position in the family system. Each of us has a father and a mother. There is no other way for life to procreate on Earth. Even if we go to sperm banks, there is a male sperm and a female egg that is put together. So that is how life happens. It cannot be any different. And that is how each of our DNA is formed. It is a biological fact. Each of us carries the DNA of both father and mother.

So, the father's DNA is of his parents and the mother's DNA is of her parents, and those before them. So, can you see that this is a complete system.

If I look at existence here on earth, it's been brought about by the father's system, the mother's system and the systems before them, and all the people before them. Each of them had a place here on earth, starting in a family system. All of us are born into a certain group, most of us, if not all of us have grown up in certain faith groups. Different religious groups and each religious setting have different and varying belief systems.

Each of us has grown up in a certain community. And it may be that your community may not be a big community but it's still a family community.



Each of us has a certain set of friends, grew up in a school, university work. Can you see that all these are different systems that we have interacted with.

Now let's just look at it. Our identity here on earth is determined by where we live, suburb, town province, nation country and continent. Each of us is identified within greater systems. Each of these systems has an impact on our physical, mental and emotional development. It had an impact on our parent's development or our forefather's development. So today, we may not remember the Spanish flu that happened 100 years ago.

It already is in our system. I have little bit of a questioning mind. I wonder if my forefathers had a strong immunity to the Spanish flu, could it be that I now have a stronger immunity to the current flu?

It's not something I investigated, nor is it something that I have probed. It's just a thought.

My systemic work started with Family Constellations. It is still an important part of systemic work to understand ourselves, who we are, with the behavior patterns in us that drive us to be who we are and why do we do this work.

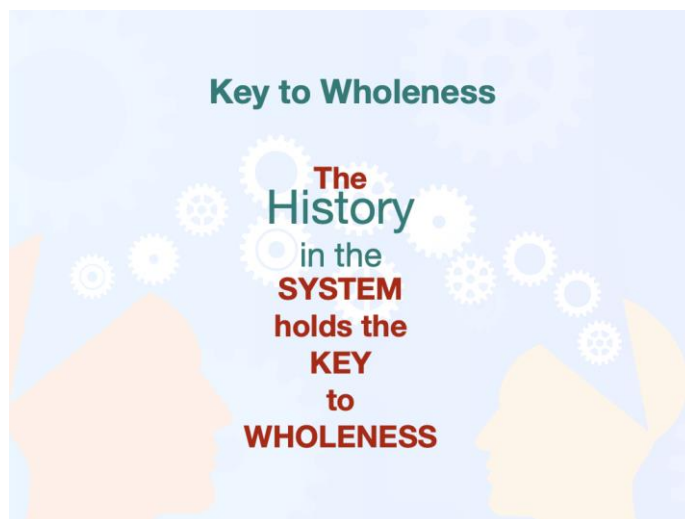
Systemic work is especially useful in any decision or solutions seeking environment. It is successfully used to make business decisions, leadership team decisions and much, much more.

**A BUSINESS OR
ORGANISATIONAL SYSTEM CAN
BE LOOKED AT AS A
CONTINUOUSLY CHANGING
MASS OF RELATIONSHIPS,
HIERARCHIES, LOYALTIES AND
MOTIVATIONS.
LIKE A CLOUD IT HANGS IN
DELICATE BALANCE, WITH
EACH PART CONNECTED TO
AND INFLUENCING EACH
OTHER PART.
WHEN ALL THE ELEMENTS
HAVE THEIR PLACE, ARE FREE
TO MOVE AND PLAY THEIR
PART, SYSTEMIC COHERENCE
CAN BE ACHIEVED.**

Key to Wholeness

Why do we want to do transformational work? One of the key elements of my transformational work is to create wholeness, because the more wholeness, my client experiences within themselves, the easier life gets for them.

This is a key thought you may want you to take on. The history in the system holds the key to wholeness.



This is a system when I look at it, it looks whole. If there are people missing in the system for one reason or another, the system no exists as a whole. There is an innate search for wholeness in each of us. When we don't do so well in life, then we are not seeing ourselves as aligned, whole and complete. So, when I look at the key of wholeness, wellness, and I look at the history, the patterns that are misaligned we find in the history. The systems history is really, really important, because we are affected the history of the system.

We are affected by everything that is gone wrong in the systems that we have been living in. So, if I just could share with you and I'm not a politician and I do not want to create a debate, is a fact that in South Africa we have a history of really difficult challenges. In our have a history, we have had domination, one way or another, or we have fought for domination, one way or another. And that has impacted on us. I just want us to become aware that when we have certain brokenness, is because there was brokenness in our system before us.

I want to work more with the word 'alignment'. Alignment feels a little bit better for me. It doesn't change. The key concept of systemic viewing is that I'll look at what happened before. What is the history in the system that I have forgotten. So if I, as a coach, work with a client, in a normal coaching methodology and I start working on finding repressed memories. So, what am I doing? I am looking at the situations that have happened that have now impacted, and that they've caused me if I work with myself or with my clients have caused my client to have a certain sense of resentment or

certain "can't get there", because we want to forget bad memories. We don't want to access bad memories. So we look at accessing information in the subconscious. The subconscious is a memory system of the past. That's really what prehistory is. So our subconscious is a memory system of the past. So when I want to help my client to overcome certain hurdles, I need to find out why are they hidden those hurdles? How is that hurdle, impacting on the now? So, that is what I'm saying. The key to wholeness, lies in finding the patterns in the system, so that I can uncover the patterns in the system, so that they can become aware them.



We can become conscious of them, and whatever we can become aware of and conscious of, we can transform. It is very difficult to transform information that we don't have access to. There is a part in us, that wants the logical thinking part to have a part in it. So, that is the base of systemic work, similar to all our coaching work.

So where do we start?

A system is governed by systemic laws. What does that mean?

There is wisdom in every system.

The wisdom in all life is, that life is a continuum. Life wants to continue. Our bodies are designed to stay alive. Our bodies are designed to stay alive and protect us from danger as much as is possible. That is a systemic governing law. All the laws, the systemic laws are born in the from the wisdom of life itself.



When Bert Hellinger developed this work, he was fascinated by the work of Rupert Sheldrake.

Rupert Sheldrake is a Botanist and he observed the field of connection that is beyond our current understanding or beyond the understanding as it was 50 years ago.

Rupert Sheldrake was one of the front runners in understanding systemic laws by observing nature. The laws that I'm going to present you with here, are laws that are already inherent in our human psyche.

What are all those laws that are life giving forces which are timeless and universal?

One of them is, that life wants to preserve. So, these laws are based on life. Life giving forces is about life. It's about the preserving of life. These laws timeless and eternal, and universal so they do not change the way we are, no matter what we do. They're always the same. And it was when Bert Hellinger and Rupert Sheldrake sat together and they observed, and they studied... "What is it? What is it that makes us as humans' function?" That's when they noticed and became aware of these specific laws. Laws that, Bert Hellinger particularly found very interesting, and that he particularly studied is: - "The law of belonging, the law of order and the law of exchange".

The law of belonging

EXCLUSION CREATES NON-ALIGNMENT

Everybody matters. All those who came before you, are before you. You have life, because they had life before you.

And you are everything they were. That is the truth. You cannot change your DNA. It is in the blood. Your forefathers are in your blood. Even if you have a complete blood

Misplacement creates CONFUSION

transfusion the DNA in your body. Blood infused that it doesn't carry the same DNA will change to the DNA of the body. This gives rise to your primary belonging, whether you are comfortable in your family, or not. It is, what it is.

True exclusion from a system is not possible. Every exclusion has a consequence of the creation of non-alignment.

We live in a system of alignment and of everything being included in a system of wholeness. Our earth system is a system of wholeness. As corrupt as it may be and as chaotic as it may look to you right now. It is a system that is seeking wholeness. What does it mean to live in a system of wholeness?

When you become ill, your body's primary first function is to help you regain health. So, what if it is not functioning properly in your body, your other organs will overcompensate to keep you alive, to keep you functioning well, as well as possibly it can be. That is how it is in every system. Every system is seeking alignment and wholeness. That is the key concept in all systemic work.

The law of order

The second life-giving force is "order".

And I know some of you, especially that OCD people, have already said this...

We innately want things to be in order.

Our systems are governed by order.

Our psyche is governed to order.

Nature is governed by order.

So, if you just look at the governance of nature in order of nature. We have different seasons, but the seasons are not mixed up, we get completely confused when, you know, all of a sudden, we have snow in summer. Our whole brain goes: - "This is not possible". Okay. I was going through some pictures where we had snow in September, which is not something unusual. It was so out of order, that we took pictures to prove to ourselves that this really happened.

Order is hugely impactful to our daily existence.

Have you ever stood in a queue trying to get a passport, at the bank or any other queue? Have you noticed your own, or other people's reaction when a person tries to skip their place or gets taken to the front of the queue? People get quite upset when this happens.

We are governed by order. There is a natural order. Age determines that the older ones have been on earth longer than the younger ones.

VALUE of Relationship in Balance

In business scenarios emerge where there is a young guy who is finished university and gets top senior job and is met with resentment from some older guys. Hierarchy determined by age and experience seems to have been turned around. We don't really like to be out of order because it makes us feel out of control. Order not met, creates confusion. It's amazing how we all feel better when things are in a certain straight row, or when things have a certain flow. Our natural order of the day is that we wake up in the morning, do our daily tasks and we go to bed at night. There are people who have a different daily order. They wake up at night and work during the night and go to sleep during the day. T

When our life is in order and routine, we feel aligned, we feel in control, we feel whole. Our psychè feel disrupted when things are not in order.

The law of exchange

Nothing exists without exchange. It is an integral part of our daily existence.

So, personally, and I'm only going to speak for myself. I love giving gifts. And I love giving simply because it is something that I love doing. But I don't love receiving gifts. That is not in alignment with the law of exchange.

Are you a 'giver' or a 'receiver'? Are you comfortable with both? What is your exchange pattern?

The complexities that arise from unequal exchange create turmoil on a multitude of levels. When is exchange in balance?

Something cannot be created from nothing. In order to obtain something, something else of equal value must be lost.

Exchange does not need to take place immediately. Yes, there is the immediate exchange, but there is also the exchange that takes place in long cycles. Sometimes this is not understood in today's world where we are driven by instant satisfaction.

Give and take is a huge subject. It is the essence in all relationships, whether personal or in business. It affects conscious as well as subconscious agreements held or broken.

How often are we not aware that we have aggrieved someone because they felt unfairly treated? Exchange is a delicate subject.

In systemic work we start looking at value. Exchange is measured in the value perceived when the exchange or agreed exchange takes place. A common form of exchange is service for payment.

With systemic mapping it is easily understood and from a new perspective many grievances can be balanced.

We take the law of exchange for granted because it is so integral in all of life's spheres. Everything exists in polarity to something else. When we can bring more understanding of balance into our conscious awareness, we can agree to an easier flow of exchange.

**Life in itself is super simple.
Systemic work is super simple.**



Systemic work is based on only a few basic principles.

The primary understanding in this work is that we live in a world where everything is included. Matter transforms and evolves constantly. The entanglements and patterns that are out of alignment, are felt due to our human ego that wants to survive through exclusion. Exclusion is the painful experience that leads to all stresses and trauma that complicate our existence.



SYSTEMIC SKILLS

WHY IS THIS WORK SO POWERFUL?

This work is based upon and INCLUDEs all known **Universal Truths**

Provides **CLARITY** through a window into **3-dimensional perspective**

Creates Insights and Understanding for the Client

Sensory

Emotions come up and are expressed
Experiential and embodied Experience

Visual

Positioning and placements of different Elements

Auditory

Acknowledgement Sentences bring emotional relief into the System

Our psyche request belonging, order and exchange in alignment for us to be at peace.

Would you like to know more?

It is my desire to share the wisdom in this work. Through the development of the skill of systemic viewing conscious awareness is unlocked. I wish to share my experience on how I developed my skill. So, it's not just something that you see something done, and then you know what it what happens, it is more than that.

Opportunities for Transformation Professionals

The processes make it **easy** for clients to access hidden dynamics within their system that blocks them from moving forward

ADDITIONAL SKILLS that INCLUDE known Universal Truths

SELF GROWTH
through learning all the dimensions of
Universally Inclusive Principles

ALIGNMENT
ON MIND, EMOTIONAL, PHYSICAL LEVELS
HEALING ON VARIOUS LEVELS

Everybody can do this work.

Not everybody is skilled to really see what's going on. And that's fine, it's a skill. It is my desire to want to pass this skill on to you and for this reason, I am offering you a **complimentary 45-minute online video chat**. Click on the **button below** to access my online calendar where you can **choose a date and time that suits you**.

CLICK HERE

To Access my Online Calendar
and Book Your Complimentary
Online Video Chat

