

Systemic Constellations contribute to Continuous Growth
through gaining Impactful Insights



Exploring Systemic Constellations



🌟 Unlocking the Power of Systemic Constellations! 🌟

Basic Concepts and Terminology: Now, let's get familiar with the lingo:

- **Client:** The seeker of healing and understanding.
- **Representatives:** Individuals embodying family members or system elements, convey insights from the energetic field.
- **Constellation Setup:** The arrangement of representatives in space, facilitating the exploration of systemic dynamics.
- **Resolution or Healing:** The ultimate goal – bring awareness to hidden issues and foster healing and transformation within the system.

In a nutshell, systemic constellations offer a profound journey of self-discovery and healing, guided by the timeless principles of belonging, hierarchy, and balance.

Are you ready to embark on this transformative adventure? The stars are aligned, and your journey awaits! 🚀

**As a representative of a
Systemic Constellation session,
you play a crucial role in
maintaining a safe and
respectful environment for the
client and other participants.**

Respect the Process

Understand that you are embodying a role within the constellation that represents someone or something from the client's system.

Approach this representation with respect and openness, recognizing its significance to the client's healing journey.

Set Boundaries

Communicate any personal boundaries or limitations to the facilitator before the session begins.

If there are roles you're uncomfortable representing or emotional triggers to be aware of, make them known in advance.

Maintain Confidentiality

Respect the confidentiality of the constellation process.

What is shared or revealed during the session should not be discussed outside of the session unless explicitly agreed upon by all participants.

Emotional Awareness

Stay attuned to your own emotions and reactions throughout the constellation.

Recognize that you may experience strong feelings or sensations while embodying a role, and allow yourself to process them ***without judgment.***

Self-Care

Prioritize your own emotional well-being during and after the session.

If you feel overwhelmed or triggered, don't hesitate to step out of your role and ask for support from the facilitator or other participants.

Respect Others

Treat other representatives with respect and empathy.

Avoid imposing your own interpretations or judgments onto their roles, and refrain from interrupting or contradicting them while they're embodying a role.

Follow Facilitator Guidance

Listen to and follow the guidance of the facilitator throughout the constellation process.

They are there to support and guide the session, ensuring that it remains safe and productive for everyone involved.

Grounding Techniques

Use grounding techniques to help maintain your presence and stability during the session.

This might include:-
Deep Breathing,
Mindfulness Exercises, or
Physical Movements
to release tension.

Closure and Integration

After the constellation is complete, take time to reflect on your experience and integrate any insights or emotions that arose during the session.

Engage in self-care practices that support your emotional well-being as you transition back to your everyday life.

Feedback

Provide *constructive* feedback to the facilitator if there are aspects of the session that you found particularly helpful or challenging.

Your input can contribute to improving future constellation experiences for yourself and others.

By adhering to these etiquettes,
you can contribute to creating a
safe and supportive environment for
the client and other participants in
Systemic Constellation sessions,
facilitating deeper insights and healing
within the system being explored.