

“The Foundational Principles of Family Connection”

“The Orders of Love are systemic laws that govern balance, belonging, and connection in families.

They were identified through the profound work of Bert Hellinger and systemic constellations.

Without these orders, **love**—no matter how deep—**can turn into struggle**. Clients may unknowingly carry burdens that do not belong to them, repeat painful patterns, or feel stuck in life without knowing why.”

(Cut to an image of tangled roots—symbolizing disrupted family dynamics.)

“When we understand these orders, we can gently restore harmony, allowing love to flow freely once again.”

1. What Are the Orders of Love?

Why Do the Orders of Love Matter?

“Love is the most powerful force in life.

We all seek love, give love, and wish to receive love. But **love alone is not enough**. Love must follow a certain order to be nourishing, supportive, and life-giving. Without this order, love—no matter how deep—can lead to pain, confusion, and struggle.”

“Think of love as a river. When it flows in its natural course, it nourishes everything in its path. But if something blocks its way—misplaced responsibilities, unresolved trauma, or hidden exclusions—love struggles to reach where it is needed most. This is why we must understand the Orders of Love.”

How Do the Orders of Love Work?

“Bert Hellinger, the founder of systemic constellations, discovered that love in families follows specific laws. These systemic orders govern balance, belonging, and connection. They are deeply rooted in ancestral patterns, and when they are honored, relationships flourish. When ignored, individuals may experience struggles that seem to have no clear origin.”

“For example, imagine a client who repeatedly sabotages their own success. They work hard, get close to achieving something meaningful, but then, just before reaching their goal, they back away or create conflict. Why does this happen? Often, it’s because they are unconsciously loyal to a forgotten family member who

suffered loss or failure. Their system ‘remembers’ that success led to pain, and so they hold themselves back.”

What Happens When the Orders of Love Are Disrupted?

“When the Orders of Love are disrupted, we see patterns emerge. These patterns are not random—they are systemic echoes of unresolved past events. Let me share three common examples:”

Example 1:

A Parentified Child

“Imagine a child who, at a young age, takes on the role of caretaker for their parent. Perhaps the parent was emotionally unavailable, struggling with depression, or burdened by their own unresolved trauma. The child, out of love, steps into a role that is not theirs—acting as a little adult. They may become the mediator in conflicts, the responsible one, or even a substitute partner for a single parent. What happens as they grow up? They often struggle with exhaustion, over-responsibility, and an inability to truly relax. Their love is misplaced because it does not follow the natural order where parents support children, not the other way around.”

Example 2:

Exclusion Creates Repetition

“Another example: a man experiences repeated relationship failures. He is devoted, loving, and yet, each relationship ends the same way—abruptly, painfully. Through systemic work, he discovers that in his family history, an ancestor was disowned for marrying outside the family’s expectations. That person was excluded and forgotten. The man, without knowing it, carries the pain of that exclusion, and his relationships unconsciously repeat the rejection.”

Example 3:

The Weight of Unresolved Grief

“A woman constantly feels an overwhelming sadness that doesn’t seem to belong to her. She has a good life, a loving family, yet a deep sorrow lingers. Through a family constellation, she discovers that her grandmother lost a child—a grief that was never spoken about. That unprocessed grief remained in the family system, and she, without realising it, carried that sadness as if it were her own.”

“These patterns are not just psychological—they are deeply systemic. And the moment we recognize them, we begin to restore balance.”

What If We Restore the Orders of Love?

“So, what happens when we realign with the Orders of Love?”

✓ A **parentified child** can return to their rightful place as a son or daughter, finally allowing themselves to receive care instead of always giving it.

✓ A **person stuck in repeated relationship struggles** can acknowledge the forgotten family member, offering them a place in the heart and freeing themselves from repeating their fate.

✓ A person carrying **inherited grief** can finally honour that pain without having to live it, allowing their own joy to emerge.

“When we respect these systemic orders, love can flow as it was meant to. The burdens of the past no longer need to be carried by the present. And true healing begins.”

Closing Reflection

Now, take a moment to reflect on your own family system.

- *Are there places where love is blocked, tangled, or misplaced?*
- *Is there someone who carries too much responsibility?*
- *Someone who was forgotten? And where do you see these patterns showing up in your clients?*

“Guided Exercise Available – Begin Now!”)

“I invite you to explore this further in the guided exercise provided. As you align with the Orders of Love, you open the door to profound healing—for yourself, your clients, and generations to come.”

2. Hierarchy: The Right Order of Belonging

Why Does Hierarchy Matter in Families?

“Hierarchy is a natural principle found everywhere—in nature, in organisations, and most importantly, in families.

It provides

- structure,
- stability, and
- a sense of order.
- ***In a healthy family system, parents come before children.***

- ***The firstborn comes before the younger sibling. Ancestors hold a place of honour.***

“Think of a tree. The roots must come first, providing nourishment and stability before the branches and leaves can grow. If a young branch tries to take the place of the roots, the entire tree becomes unstable. The same is true in families—when hierarchy is disrupted, the system weakens, and struggles emerge.”

How Does Hierarchy Get Disrupted?

“Hierarchy is disrupted when roles become confused.

Let me share a few examples of what happens when someone takes a place that does not belong to them.”

Example 1:

The *Parentified Child*

“Imagine a young boy whose father is absent, leaving his mother to raise him alone. The mother, overwhelmed with responsibility, unconsciously turns to her son for emotional support. The boy, sensing his mother’s pain, steps in as her protector and caretaker. He listens to her worries, comforts her sadness, and takes on a role far beyond his years. This is what we call a parentified child—a child who is placed above their rightful position in the family hierarchy.”

“As this boy grows up, he continues to carry this sense of over-responsibility into adulthood. He struggles to set boundaries, always taking care of others while neglecting himself. He may even feel guilty when he prioritises his own needs. Why? Because in his system, he was not just a child—he was ‘the strong one,’ ‘the one who had to hold everything together.’”

Example 2:

The *Overlooked Firstborn*

“Now, let’s look at another example. A family with two siblings—an older sister and a younger brother. The younger brother is bold, charismatic, and naturally takes charge. He becomes the family’s decision-maker, often speaking over his older sister and assuming leadership. Over time, the older sister withdraws, feeling unseen and undervalued.”

“In this scenario, the natural order is reversed. The younger sibling, without realising it, has stepped into a place that does not belong to him. And the older sibling, feeling displaced, may struggle with low confidence, self-doubt, or a deep sense of invisibility in her personal and professional life.”

What Happens When Hierarchy Is Disrespected?

“When hierarchy is not honoured, families experience tension, stress, and imbalance. Here’s what this can look like:”

✓ Children taking care of their parents emotionally or financially, leading to exhaustion and burnout.

✓ Younger siblings overshadowing older ones, creating feelings of resentment or insecurity.

✓ Exclusions in the family system (such as a missing parent or grandparent) leaving a gap that another family member unconsciously tries to fill.

“These disruptions don’t just stay within the family. They show up in adulthood, in relationships, at work, and even in the body. When someone carries a role that is not theirs, they may feel constantly overwhelmed, develop anxiety, or struggle with decision-making.”

What If We Restore the Rightful Order?

“So, what happens when we restore hierarchy?”

✓ A parentified child can step back and reclaim their role as a son or daughter, allowing their parents to take responsibility for their own lives.

✓ An older sibling can be acknowledged and given their rightful place, restoring confidence and self-worth.

✓ A family system regains stability, allowing love to flow naturally, without confusion or hidden burdens.

“When each person stands in their rightful place, there is a deep sense of relief. The burdens we carried that were never ours can finally be put down. And love, instead of being heavy and exhausting, becomes light and nourishing.”

Closing Reflection

“Now, I invite you to reflect on your own family system.

- *Did you ever take on a role that wasn’t yours?*
- *Were you placed in a position of responsibility too early?*
- *Or perhaps, have you ever felt unseen because someone else took your place?”*

“Take a moment to explore these questions in the guided exercise provided. As you realign with the natural order of belonging, you free yourself—and your clients—to experience deeper harmony and ease in life.”

3. The Balance of Giving and Taking

Why Is the Balance of Giving and Taking Important?

“Every relationship—whether between partners, friends, colleagues, or family members—thrives on the natural balance of giving and taking. When this balance is respected, love, support, and energy flow freely. But when one side gives too much without receiving, or takes without returning, the relationship begins to feel heavy, strained, or disconnected.”

“Imagine a seesaw. If one person keeps giving while the other only receives, the seesaw becomes stuck in one position. There’s no movement, no reciprocity—only imbalance. In the same way, relationships become exhausting when giving and taking are not in harmony.”

How Does This Imbalance Show Up in Life?

“Over-givers often find themselves drained, unappreciated, or even resentful. They feel like they are always ‘doing ’for others but receive little in return. This is especially common in caregivers, parents, and those who feel responsible for other people’s happiness.”

Example 1:

The Over-Giver

“Let’s take Sarah, for example. Sarah is the one everyone calls when they need help. She listens to their problems, offers support, and gives her time generously. But when Sarah needs help, she struggles to ask. She doesn’t want to ‘burden ’ others. Over time, she starts feeling exhausted, unnoticed, and even bitter. Why? Because the natural flow of giving and taking in her relationships has been disrupted.”

“Sarah’s situation is common. Many over-givers believe that their worth is tied to how much they do for others. They fear that if they stop giving, they may lose love or approval. But love isn’t measured by sacrifice—it’s sustained by balance.”

Example 2:

The Over-Taker

“On the other side of the seesaw, there are those who take without giving back. This is not always intentional. Some people grow up receiving too much without being expected to contribute, while others take because they don’t believe they have anything valuable to give in return.”

“Consider Mark. He’s been cared for his whole life—his parents did everything for him, his friends support him, and his partner is always the one making compromises. At first, it feels comfortable. But over time, Mark starts feeling guilty. Deep down, he fears that one day, people will stop giving, and he won’t know how to keep relationships going.”

“Mark’s fear is not unfounded. If we only take without returning energy to the relationship, others may withdraw, leaving us feeling disconnected and alone.”

What Happens When Giving and Taking Are Out of Balance?

“When the natural exchange of giving and taking is disrupted, relationships suffer. Here’s what it can look like:”

- ✅ Over-givers feel exhausted, unseen, or taken for granted.
- ✅ Over-takers feel guilty, disconnected, or even dependent on others for validation.
- ✅ Couples experience tension when one always gives while the other struggles to reciprocate.
- ✅ Friendships become strained when one friend is always the listener and the other never asks how they are.

“Does this sound familiar? Have you ever felt like you give too much—or take without offering much in return? Recognising these patterns is the first step toward restoring balance.”

What If We Restore the Balance?

What happens when we restore the balance of giving and taking?”

- ✅ Over-givers learn to receive, allowing others the joy of giving back.
- ✅ Over-takers step into their power, learning to contribute and share.
- ✅ Relationships regain a sense of flow, where love and energy are exchanged naturally.

✓ Mutual appreciation grows, strengthening connections and deepening trust.

“When both giving and taking are honoured, relationships become lighter, more joyful, and more fulfilling. Love flows effortlessly, not as a burden, but as a natural rhythm of life.”

How Can Coaches and Healers Help?

“As a coach or healer, you have the power to help clients see where they are out of balance. Here’s how:”

1 Encourage Over-Givers to Pause:

Ask them, “What would it feel like to receive without guilt?” Help them practice saying ‘no ’and accepting help from others.

2 Support Over-Takers in Contributing: Guide them with the question, “How can you give back in a meaningful way?” Encourage small acts of generosity to restore balance.

3 Use Systemic Exercises:

A simple constellation exercise can reveal hidden imbalances and allow clients to experience the emotional weight of over-giving or under-receiving.

“Take a moment now to reflect on your own life. Where do you stand on the seesaw of giving and taking? And how can you help your clients find their natural rhythm?”

“Discover more in the guided exercise provided. When giving and taking are restored, love flows effortlessly, and relationships become sources of strength rather than stress.”

4. Belonging and Exclusion in the System

Why Is Belonging So Essential?

“Belonging is one of our deepest human needs. From the moment we are born, we seek connection—first with our parents, then with our extended family, and later with society. But what happens when someone in the family system is excluded, forgotten, or rejected? Whether consciously or unconsciously, this exclusion disrupts the entire system.”

“Imagine a family system like a puzzle. Every member has their place. But when one piece is removed—whether due to death, shame, family secrets, or unresolved pain—the picture is incomplete. The system ‘remembers ’what has been excluded, even if later generations do not consciously know the story.”

How Does Exclusion Show Up in Families?

“Exclusions can take many forms.

Sometimes, they are obvious:

- ***a child given up for adoption,***
- ***a family member disowned due to conflict, or***
- ***an ancestor lost in war.***

Other times, they are subtle:

- ***a miscarriage never spoken of,***
- ***a first love abandoned under pressure, or***
- ***a relative whose story was too painful to remember.”***

“When someone is excluded, their absence creates a void. And often, a later family member will unconsciously carry the pain of this exclusion.”

What Happens When Someone Is Excluded?

Example 1:

The Grandson Carrying the Pain of a Forgotten Ancestor

“Take the story of Daniel. ***Daniel has struggled with depression his entire life.*** No matter how much therapy he tries, he feels a weight that he cannot explain. In a systemic constellation session, it is revealed that Daniel’s great-grandfather was a soldier who died alone, never acknowledged by the family due to the pain of war. The grief was buried, never spoken about—but Daniel carries it deep in his soul.”

“Once Daniel connects with this ancestor, acknowledges his pain, and includes him in the family memory, something shifts. The weight lifts. Healing begins.”

Example 2:

The Daughter Lost in Life, Entangled with a Displaced Relative

“Or consider Lisa, who has always felt lost, as if she doesn’t belong anywhere. Through systemic work, she discovers that her great-aunt was displaced as a child—sent away from the family, never spoken of again. Lisa has been carrying the energy of this exclusion without knowing why. Once she acknowledges and honours this lost great-aunt, she feels more at home in her own life.”

“We may not always understand why we feel the way we do, but the family system holds memories beyond our own.”

What If We Restore Belonging?

“What if we welcomed back those who were forgotten? What if we gave them their rightful place?”

- ✓ Depression and anxiety lighten when hidden grief is acknowledged.
- ✓ Feelings of ‘not belonging’ ease when lost members are remembered.
- ✓ Repeating relationship struggles soften when we honour those who came before us.
- ✓ Family harmony is restored as unconscious burdens are released.

“Restoring belonging does not mean forcing painful memories to resurface. It means ***recognising what has been lost and offering a place of respect in our hearts***. Sometimes, all it takes is lighting a candle, speaking a name, or simply acknowledging, ‘You existed. You have a place.’”

How Can Coaches and Healers Guide This Process?

“Practical Steps to Restore Belonging”

“As a coach or healer, you can support your clients in uncovering hidden exclusions in their family system. Here’s how:”

1 Ask Gentle Questions:

- “Who in your family has been forgotten, unspoken of, or pushed aside?”
- “Are there any losses or painful events that were never fully acknowledged?”

2 Use Systemic Constellation Exercises:

- Invite the client to symbolically ‘place’ a forgotten family member back into the system.
- Use representations (chairs, figures, or people) to restore belonging.

3 Encourage Simple Acts of Acknowledgment:

- Lighting a candle for an ancestor.
- Saying their name aloud.
- Writing a letter of recognition to the lost family member.

“Now, take a moment to reflect:

- *Is there anyone in your own family system who might have been excluded?*
- *How might acknowledging them bring more peace into your life?”*

“Follow the guided exercise to explore and restore belonging in your own family system. When everyone has their rightful place, the entire system heals.”

5. Restoring the Orders of Love in Coaching & Healing

Why Do We Need to Restore the Orders of Love?

“Understanding the Orders of Love is just the beginning. The real transformation happens when we apply them. As coaches and healers, we often meet clients who are struggling, not because they lack love, but because love is not flowing in the right order.”

“Think of a family system like a river. When the Orders of Love are disrupted—when hierarchy is reversed, giving and taking are out of balance, or someone is excluded—the river gets blocked. The energy of love becomes stuck, causing pain, confusion, and repeating struggles. Our role is to gently remove these blocks so love can flow again.”

How Can We Restore the Orders of Love?

1 Observe the Hierarchy in a Client’s Family System

- Who comes first?
- Who carries more than they should?
- Where have roles been reversed?

Example:

A parentified child carrying the weight of the family.

“Take Sarah, for example. As a child, she had to care for her younger siblings because her mother was overwhelmed. Now, as an adult, she struggles with exhaustion and feels responsible for everyone. In a constellation session, Sarah sees the deeper pattern—she took on a parental role too early. By recognising this

and symbolically 'returning' the responsibility to her mother, she begins to feel relief and reclaim her own life."

"When we restore hierarchy, we free people from burdens that do not belong to them. Parents become parents, children become children, and balance is restored."

2 Identify Giving and Taking Imbalances

"Where is someone giving too much? Where is someone unable to receive?"

"Many of our clients struggle with giving and taking. Some give endlessly, feeling drained and unappreciated. Others take too much, often out of unconscious fear. When this balance is disrupted, relationships suffer."

Example:

A client who over-gives and struggles with burnout.

"Imagine Mark, a dedicated therapist. He gives everything to his clients but finds himself exhausted, unable to recharge. In a systemic exercise, he realises he has always been the 'giver' in his family, never learning to receive. By practising small acts of receiving—accepting a compliment, allowing support—he gradually restores balance and regains his energy."

"Restoring balance in giving and taking is not about withholding love—it's about allowing love to be mutual, flowing in both directions."

3 Ask About Exclusions in the Family System

- ***Who is missing from the family's story?***
- ***What secrets remain unspoken?***

"Exclusions create hidden wounds. When someone is forgotten—whether due to shame, tragedy, or secrecy—the family system 'remembers' in unconscious ways."

Example:

A woman struggling with relationship patterns connected to a forgotten ancestor.

"Sophie kept attracting unavailable partners. No matter what she did, she felt unseen. Through systemic work, she discovered that her grandmother had lost a fiancé in the war—a grief never spoken about. Unconsciously, Sophie was 'carrying' this loss, staying loyal to her grandmother's unresolved pain. By acknowledging this forgotten love, Sophie felt a shift. She was finally free to open her heart."

“Healing happens when we acknowledge the missing and welcome them back into the family’s heart.”

4 Use Systemic Exercises to Restore Belonging, Balance, and Order

“Practical Tools for Coaches & Healers”

“Systemic exercises allow us to work with these invisible dynamics in a tangible way. Here are a few techniques you can use in your practice:”

◆ **The Order of Belonging Exercise** – Invite your client to symbolically place missing family members back into their rightful place.

◆ **The Balance of Giving & Taking Exercise** – Guide your client to feel the weight of over-giving or the experience of receiving.

◆ **The Hierarchy Alignment Exercise** – Use representations (objects or people) to restore the natural order in a family system.

“When we work systemically, healing does not happen through force—it happens through recognition, respect, and gentle realignment.”

What If We Do Not Restore the Orders of Love?

“The Cost of Disrupted Orders”

“If the Orders of Love remain unbalanced, we see the same patterns repeating across generations.

- A child carrying a parent’s grief.
- A sibling feeling lost.
- A family member struggling with invisible burdens.”

“Consider Tom’s family. For three generations, financial hardship followed them. No matter how much they worked, they could never seem to ‘get ahead.’ Through systemic work, it became clear—Tom’s great-grandfather had been disowned due to a conflict, and the family carried an unconscious pattern of loss and scarcity. Once this was acknowledged and healed, Tom felt a shift. His perspective on money and worth changed, allowing new opportunities to flow.”

“When systemic dynamics remain unaddressed, they persist. But when we restore order, we free not only ourselves but future generations.”

How Will You Use This Wisdom?

“Now, take a moment to reflect:

- *In your own family system, where do you see these patterns?*
- *Where might hierarchy be disrupted, giving and taking imbalanced, or exclusions present?*

“Healing begins with awareness.

Apply these insights in your practice, and watch as love begins to flow in a way that truly transforms lives.”

Closing Reflection: Restoring the Natural Order of Belonging

Why Is It Important to Reflect on Our Own Family System?

“Before we can guide others, we must first look within. The family system we were born into shaped our understanding of love, responsibility, and belonging. But sometimes, we unconsciously take on roles that were never meant for us.”

- *Were you the peacemaker in your family?*
- *The one who took on adult responsibilities too soon?*
- *Or did you, perhaps, step aside so someone else could have the attention and space you also needed?*

How Do We Recognise These Hidden Patterns?

“These patterns often show up in our daily lives without us realising. Consider these signs:”

- ◆ **Feeling overly responsible for others** – Do you always take on the role of ‘fixer’ in relationships?
- ◆ **Struggling to receive help** – Do you feel guilty or uneasy when others support you?
- ◆ **Feeling unseen or overlooked** – Have you ever felt like you had to make yourself smaller so someone else could shine?
- ◆ **Carrying emotions that don’t feel like yours** – Do you experience deep sadness, guilt, or anxiety that you can’t explain?

“When we identify these hidden patterns, we begin to free ourselves. The love that was once tangled starts to flow again, bringing ease and relief.”

What If We Never Acknowledge These Patterns?

“The Cost of Holding on to Misplaced Roles.”

“If we don’t examine these family dynamics, they often continue—affecting our relationships, health, and sense of purpose.”

Example:

A woman struggling with chronic anxiety and responsibility.

“Take Emma, for example. As a child, she became the emotional caretaker for her mother, always making sure she was okay. Now, as an adult, she feels responsible for everyone in her life—her partner, her friends, even her colleagues. The weight of this unspoken duty leaves her exhausted, anxious, and unable to relax.”

“Through systemic work, Emma recognised that she had taken on a role that was never hers. By symbolically giving back this responsibility to her mother, she felt lighter, more at ease. Her relationships changed, and for the first time, she could focus on her own needs without guilt.”

“These shifts don’t just free us—they free future generations from repeating the same patterns.”

Realigning with the Natural Order

“I now invite you to explore your own family system through a simple but powerful exercise.

Close your eyes for a moment and take a deep breath. Ask yourself:”

◆ *Where in my family system did I take on a role that wasn’t mine?*

◆ *Have I carried responsibilities that belong to someone else?*

◆ *Have I ever stepped aside, feeling unseen or unimportant?*

“As you bring these patterns into awareness, imagine returning what does not belong to you. Visualise yourself standing in your rightful place, neither too big nor too small, exactly where you belong.”

Your Next Step

“Healing begins with awareness, but transformation happens through action.

If you’re ready to go deeper, join me in mastering the Wisdom of the Family Soul. Together, we will restore balance, belonging, and ease—not just for ourselves, but for those we serve.”

“Join the Journey – Master the Wisdom of the Family Soul.”