

WHOSE CONSTELLATION IS IT, ANYWAY?

As a facilitator of systemic, structural and family constellations, I am often queried by prospective workshop attendees as to how I choose who will have the opportunity to present a constellation and how a participant can guarantee that they will have this opportunity. Each tells me that their issue is of great urgency and that they only want to attend if they can address their concern.

A few constellators in our community have a two-tier payment schedule, one price for those who will have such an opportunity, and a lower price for those who are only in attendance. I choose not to make this arrangement as I feel it stratifies our group into what *appears* as the "privileged" few and "the others". This hierarchal attitude seems in direct conflict with one of the basic tenets of the work, *everybody has an equal right to belong to their system*. If this is true, then everybody also has an equal right to present his or her constellation.

It's also not clear to me that those who do their own constellations garner a greater advantage. Often, participants share with me that someone else's constellation was more moving for them than their own! In my view, the gifts of the constellation work are abundantly shared by all who attend and who are *awake to the process*. At least as soon as we form our circle (if not earlier), our group forms a system not unlike our family system, albeit a temporary one. As such, every event and action in the group has an effect on each member of the group. We become joined together, for this time, in a fellowship, a

community, and each of us plays a critical and significant role, whether "client", representative, circle-member or facilitator.

Sneh Victoria Schnabel, an esteemed facilitator and trainer, has suggested, "The constellation someone is asking for might actually not be the one that will satisfy him, but will help someone else. With each group present, a system is present. And maybe we do things for one another as much as can be done in any system. So, watch, when your own constellation or part of it might be played out in someone else's piece of work. Whatever work will happen here is happening because of this group of people being present...I tend to believe there is no such thing as my "my constellation" but if you choose to claim the one you bring into this circle, feel free to do so".

I believe that if you pay attention to yourself you will get *exactly* what you need from your constellation day- and it will be a spiritual experience, a sacred experience for the *entire* constellation group. Spiritual teachers remind us to "be open to outcome, not attached to outcome." You may lose the great gifts in each day if you are only fixed on *your* goal. Instead, try to stay present with yourself, your breath, your emotions, sensations and movements. Treat each moment as a meditation, an exercise in presence and attunement. Remember that another person's constellation may help to ripen an issue that is still unfolding for you. Share your experience with the group if you choose, take it to your therapist, meditate upon it, include it in your prayers. Let your constellation time be a personal and collective experience of the Tao, of Bert

Hellinger's "spirit mind", God, or however you conceive of the great flow of love, which moves through all of us, when we agree to the movement.

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