

Healing Forces, The Body and Ancestors in Relational Constellations

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Helping Ancestors

In relational constellations we draw support from many realms of our relationships with self and other. We are able to reconnect what has been excluded, seemingly lost and forgotten. One of the more powerful connections comes from the realm of the embodied ancestors. In the constellations ancestors are embodied in their representations and their appearance is observed and responded to in an embodied way. Hidden energetic and trans-generational issues often can find embodiment and a voice.

While meeting ancestors in the constellation field they reveal themselves as real and present. We viscerally know we are being informed and met by something other than our personality or imagination. Ancestors display their own previously hidden intentions and events to us, spontaneously, accompanied by physical sensations. In surprising detail they may tell us their stories and share their laughter and tears.

Constellations facilitate a shift in consciousness that enables us to enter a deeper reality and embark on conscious ancestral relationship explorations. Events and situations are shaped in the ancestor's hidden world and manifest as embodiment in the representatives in physical reality. The process of manifestation flows from subtler orders of reality to the gross material environment.

Perhaps it is like the influence that a fallen and decaying tree has on the seeds that come from that tree and are being fertilized and nourished in their growth by this tree ancestor. That these influences are unseen and difficult to measure does not seem to diminish their life sustaining influences.

The ancestors in our own life seem to be similar forms of intelligence that present themselves as substantive bodies of specific ancestors in the activities of the constellation field. These embodied ancestors certainly seem to have a tangible influence and a mind of their own. Constellations are a way of space-making that honors and recognizes the ancestors and the experiences of the soul. In the relational constellations we journey inside each other's family lineage terrain, and draw healing and insight from their world into the present physical reality.

In the constellation we practice reentry of the historical energy while fully awake and conscious with openness to learning and reconciliation.

Messages Through The Body

In the relational constellations uninvolved group members participate as stand-ins for people or issues in some one else's life. These constellations are environments in which such embodied representations bring information to the entire family field. An ancestor, or a split of part of the self, may become sufficiently embodied in the representative to add life changing information. Representatives may find themselves in force fields, which deeply affect their bodies. Upon

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Relational Constellation Institute of California in Santa Barbara
joannachartrand@gmail.com • www.essentialsolutions.info •
www.relationalconstellations.com

being absorbed in its medium the representative may become a vehicle of expression for the unseen. Embodied memories become sense memories, which bypass mental cognition and manifest as impulses in the body of the representative. When fully encountering an embodied representation, both self and other become a mutual body and a shared state of being for a while. The place where ancestors converge with the present in the relational constellation is the representative's body. The ancestors gain momentary connection to the physical presence of the representative. The traces of support and insight resonating with the representative usually become seeds for creative and surprising solutions for current life situation.

How Do Constellations Work

From what research in neuroscience is revealing at this point, the reason for the effectiveness of the constellations may lay in a part of our brain called “the mirror neuron system.” This brain system is active in connecting with others on an emotional level. The capacity for empathy seems to stem from there. Apparently we are connected to family members in our family field and they can influence our sensations.

Since we share genetic heritage and their blood with them it is quite likely that we also have this deeper neuronal connection with them, which resides in our implicit, or unconscious, memory. This may also be seen as a kind of extended mind, as Rupert Sheldrake calls it, that seemingly informs the representative about the actual situation.

In addition some form of genetics may also be involved. The findings from the evolving field of epigenetics are revealing that we may not only inherit some of our biological traits but also character or behavioral patterns. In other words, exactly the kinds of traits we see in Relational Constellations as being passed on from generation to generation.

Healing Forces

In the constellation field we seem to be in creative discourse with living family members and ancestors. Especially useful is the contact with ancestors whose voice still needs to be heard in order to improve present life. We enter into healing conversations with members of our lineage and emotional and psychological dimensions of our self. Here the silent healing forces of the ancestors can be embodied and understood. Help can be experienced and spoken in an embodied fashion.

Quite often representatives become infused with an unusual intelligence that results in unexpected, original flashes of recognition, compassion and understanding. With the help of these archaic intelligences and the deepening energy of the constellation field, we learn to embark on deep conscious journeys. Often we find ourselves visited by sources of healing and insight, and places of surprise and adventure appearing to be from non-ordinary reality. The mutual intelligence gives an opening into the unfamiliar but at the same time healing impulse.

In the constellation field we can draw on powerful and reliable sources of healing and ancestral support. We facilitate access to conscious sensing the pertinent ancestral experiences within and beyond the physical body. By learning to go back inside this lingering aliveness of

our family lineage we can harvest life-supporting messages, resolve unfinished business and often dispel recurring terrors and illness.

The Facilitator Role

The facilitator then searches for a better resolution, using the flow of love and belonging as a guiding principle. Conflict between family members (even those not present or dead) is addressed in such a way that all involved are honored and included, even those who have caused harm to other members in the family. This permits a deep level of healing in the soul to ensue.

One main function is to disentangle love in the relational and family field. This is an approach fused on the actual phenomenological unfolding right there. Usually only a brief history is taken so that preconceived ideas do not interfere with accurate observation of the subject matter. We work with what unfiltered awareness presents about the family or life situation.

The Colored Fields

A variant of Relational Constellations is the use of colored fields that create a colored field space on which representative's stand. The fields represent either issues, or people or events that are felt to be important by the patient. During the work, representatives from the audience are then either drawn to the colored field or are invited to stand on the fields, and then the work continues in true constellation style in the sense that the representatives then begin to feel the emotions of those that they represent. This work with the colored fields can also be used in private practice with individual clients. It is extremely fascinating, informative, and often quite healing.

The Individual Relational Consultation – In Person or by Phone

Relational constellations are an educational process. Constellation-focused work can also be done in a one-on-one session by including the use of colored fields or figurines.

Phone consultations are also widely used in which the facilitator intuitively works with colored fields or figures as “representatives” to reveal the pertinent information.