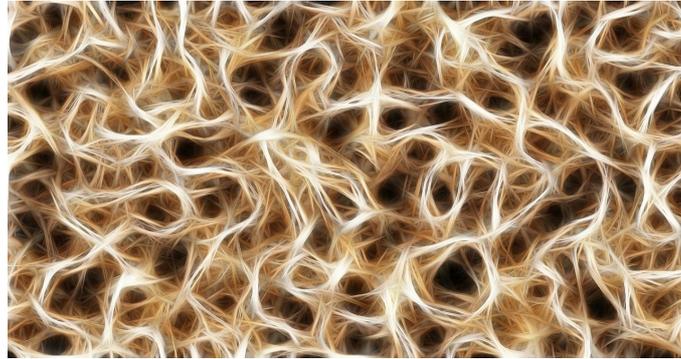


Systemic Constellation Work

An approach to revealing and unravelling hidden and unexpected dynamics operating within systems aiming to find a healthy and respectful place for all members of the system in question.



<https://pixabay.com/en/nerves-cells-dendrites-sepia-791393/>

“The grace with which we embrace life, in spite of the pain, the sorrow, is always a measure of what has gone before.” Alice Walker

Tags Culture/Worldview - Personal Growth / Transformation of Consciousness
Social - Conflict Resolution / Reconciliation
Whole System - Vision and Purpose

Challenge

We are all interconnected and part of diverse systems, which are informed and coloured by the past and recent experiences and stories. How can we get in contact with the more subtle and hidden patterns, the underlying dynamics which are at play and which often take a more important role in our day to day work and relationships and how can we allow a healthy balance and understanding for the whole system to occur ?

Solution

Systemic constellations create a living dynamic map of an issue within a certain system and are a practical, respectful and often profound way of illuminating the dynamics in coaching, organisational and other relational systems.

The map (made up of ‘representatives’ – people in workshops, or objects in one-to-one coaching) which a constellation creates, allows coach and client to access the wider system, see the hidden forces at play and identify new paths to lasting resolution.

The method has been described as Quantum mysticism and its founder Bert Hellinger incorporates the idea of morphic resonance into his explanation of it. Many people contributed to the development of the process; however, the German-born Bert Hellinger (b. 1925) is widely acknowledged as the founder of the process in its modern form.

Systemic Constellation offer an opportunity to experience the natural balancing forces which influence personal and organisational health and apply them to current challenges, supporting lasting resolution.

References

Websites:

www.systemicconstellations.com

www.hellinger.com

www.businessconstellations.com

Book:

Love's Hidden Symmetry by Bert Hellinger

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