

# *Basic Training in Systemic Family Constellation Work*

*With Hella Neumann, Santa Fe 2015 /16*

*Here an Overview of What You'll Learn*

## 1. Weekend, November 13, 14, 15, 2015

### *I. Orders of love in the Family*

**Introduction** to Bert Hellinger's theory of Family Systems: The Family Soul, the Knowing Field, The Orders of Love, the law of the full number, the right to belong, the consequences if the right to belong is forgotten or denied, how to lose the right to belong, loyalties in families and its consequences.

Each subject will be presented through Power Point Presentations, short movies, case studies and hands on exercises of the participants. We learn through our own personal constellations and those of the other participants, and we learn by being a representative or by holding the energy of the knowing field while sitting in the circle and observing the movements of the soul.

Application of the theory: Practical steps to recognize and work with the above themes.

**The method of working** with the scientific phenomenological path of discovery, This is the core of any constellation which will bring the truth to light and will reveal a healing resolution.

**Three steps** for the facilitator and the representative to prepare for working with the phenomenological approach.

## 2. Weekend December 11./12./13. 2015

### *II. Order or Love in the Relationship between Man and Woman*

**Introduction** to the equality of both partners, the balance of giving and taking in a partnership, the acknowledgement of different values, the consequences of enmeshments of both partners in their families of origin, for instance: one cannot "see" the partner or the partner gets confused with someone else in the system, the importance of a "first love", the honoring and accepting of the husband and the wife during the marriage and a helpful ritual to complete a divorce.

Six methods of working with enmeshments and identifications. Recognize and understand identifications, methods to find resolutions.

### 3. Weekend January 15./16./17. 2016

#### *II. Order or Love in the Relationship between Parents and Children*

**Introduction** to the flow of love from those who came before to those who came later, the parents pass the gift of life on to their children, parents take their children as they are and children take their parents as they are, Bert Hellinger's "Prayer in the Morning of Life", the entanglement and consequences if a child thinks it did not get enough from its parents.

**The method of working with words and phrases** which heal in constellations.

The attributes of a healing phrase, how does a phrase become a sacred healing phrase and a transmitter of healing energy, where do the healing phrases come from, how to find the right healing phrase.

Practicing three ways to find the healing words and recognize their essence. Healing words and phrases in resonance with the movement of the soul.

### 4. Weekend February 12./13./14. 2016

#### *VI. Orders or Love beyond the Family Soul*

**Introduction** to the fields beyond the individual and the Family Soul: place of origin, ethnic heritage, language, education and religion. Fateful and traumatic events like war and natural disaster. The role of victims and perpetrators in the generational line of a family.

**Work instructions** for the method of "The Growing Rings", review of constellations from the previous weekends to find the ones which were done in the Growing Rings technique. Reflections on the Movements of the Soul, the healing phrases and the resolutions of those constellations.

In the last afternoon we will specifically focus on the spiritual aspects of Systemic Constellation Work: comparing a ritual as described by the African shaman Malidoma Some with a Family Constellation. We will experience: Constellations **are** a sacred ritual.

We close this weekend with a ritual designed by Malidoma Some.