

## What is Family Constellation Work?

In Family Constellation work with Sarah in a group, the person receiving the constellation is called the “seeker.” The seeker brings a question or something that they would love to experience differently in their life. The seeker chooses people from the circle to represent different parts of their family or their life. These people speak about their physical experience of standing or moving in this constellation. Sometimes healing sentences of acknowledgment are spoken. Sometimes Sarah offers them, sometimes the representatives or the seeker offer them. The seeker can talk or not talk. The seeker can also have a “blind” constellation, in which no one else knows who the people chosen by the seeker are representing in the constellation. In one-on-one sessions, the seeker chooses small objects to represent people or issues, and then moves his or her conscious awareness from point to point in the constellation.

## Benefits of Constellation Work

- We get to see the big picture of our lives and the history of our family.
- These histories transform from lifeless collections of words into living understanding of the emotional implications of events.
- We have the opportunity to recognize and resolve pain that has resulted from trauma at the individual, family, and social levels.
- We start to know our own emotions more intimately.
- We open access to our right insula and the flow of information that your body is always trying to bring to our awareness.
- Our experience of being human is expanded.
- We gain new insight and respect into the journeys of others.
- Unexpected possibilities, movements, and solutions open before us.
- We reduce stress and the implicit load we carry from past generations, furthering our capacity for freedom and choice.
- We move into the divine play of being human.