

How to support yourself best after the Constellation Workshop and facilitate your Healing?

The Soul moves slowly

Now, that you have done this amazing work for yourself and your entire family and planted the new healing seeds, it is important to help them grow. You have received new insights and healing images in the soul's unique language. This has a deep impact and can give your life a new direction. To allow for the healing to be integrated on all levels we need to give these new seeds a respectful space to grow on their own time.

We constantly feel that we all are "on a time element", and there is no time to wait, as we can miss on something in our fast-paced reality. It is ironic, how our orientation towards instant results, our impatience, and our neurotic need to control everything postpones these very results. It happens because our own disruptive energy interferes with the natural flow of things. Our soul is not a machine that turns on and off, and "changes broken parts" to new ones. It has its own ways to digest and assimilate what touches it. Thoughts are quick; the soul moves slowly. On a soul level, we are deeply connected with all the members of our family system, living and dead. The healing effects of the work touch them all, and unfold in their own time when we let go of the need to do something. Some of these effects are immediate, and some can take years to manifest.

Letting go of Suffering

As we hold all those who belong to our family in conscious love, respecting their fates and their burdens as their own, then the childlike loyalties where love and belonging meant living the consequences of someone else's life will serve no further purpose. Suffering is replaced with acknowledging what is.

Subconscious Resistance and holding the new Image in Light

You may, along the way, encounter resistance in the form of thoughts or fears. Just recall the relief you felt deep inside you, when a solution was found or a new image came to light. The soul now holds this new image and will assimilate it over time in the most beneficial way. Any attempt to influence the process by talking, thinking, analyzing, or researching it is completely unnecessary. Trust that you will move forward. The process will keep unfolding over months and years.

Lasting Effects of your Constellation

Entanglements in the family system lay hidden in a deep layer of our unconscious mind that developed very early, much earlier before we had any words or concepts. That is why this unconscious layer is inaccessible to our thinking. A family constellation brings a change in this deep layer, and the change itself is usually also inaccessible to our thinking. That's why I often hear from people who did a constellation: I don't fully understand what happened in the constellation, but I do feel relieved. Something is different now, something has changed.

The only thing you need to do after a constellation is to stay alert for such changes and trust that they are real and lasting.

The lasting effect of a constellation is different from the feeling of liberation you experience immediately. In fact, this deeper effect is not something you feel; instead after some time you begin to notice changes in your life. Sometimes it is only after several months that you begin to notice it. Something that used to bother you has not bothered you for months now, and suddenly you realize this. A recurrent familiar feeling of powerlessness, blockage, or sudden loss of energy has not come back either.