

**Chapter Excerpt from the book, *Messengers of Healing: The Family Constellations of Bert Hellinger Through the Eyes of a New Generation of Practitioners*.**

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**“The Role of Energy and Intuition in Family Constellations”**

When we first saw Bert Hellinger, we became very interested in the way he worked with each client as they approached, sat with him, and explained their reasons for being there. We noticed his manner of what we call, body reading, energetically scanning, or opening his third eye to gain an intuitive sense of knowing to deeply connect with the client. As he proceeded further to query or to sit in silence, we recognized that his method engaged many of the ways that we also work with clients on an energetic and intuitive level. We waited patiently for Bert to explain what he was doing, to describe, to postulate. But as each Constellation progressed, he continued to work in ways that one may expect a shaman or healer to resolve the meaningful issues that were presented to him, with little or no description. We have studied many forms of energy healing and realized quickly that Hellinger was presenting yet another approach.

In traditional Hawaiian Huna Healing, for example, a form of family therapy called *ho'oponopono* has been practiced since ancient times by the Kahuna, similar to the shaman. An opening prayer is recited, an issue is presented and it is the Kahuna's job to assist the family in releasing old and stuck belief systems, or *hilina'i*, that keep the family or one of its members ill. *Hilina'i* can be literally translated as “a knotted braid, net, spider web or thicket” that is not only physical; the issue can also be psychological or spiritual. Once the entanglement is consciously recognized and healed, the issue is settled, and *mana* (life force) and *aloha* (love) flow again. *Ho'omalua* (peace) is declared within the soul of the family; the subject is closed for good and not raised again (King, 1983).

The Constellation Approach presents a unique way to understand how systems work together. If we are able to refrain from our usual desire to understand intellectually what is wrong with the client, and allow the complexity to present itself, we can untangle the places where love, energy, or life force has stopped. Like Huna Healing, Constellation work can be used to not only become intimately familiar with the

entanglements that keep us blocked, but also to unravel how our individual energy system along with that of our family energy system is hindered from allowing our life force to flow.

### **Congenital Essence**

Modern medicine teaches that we have genetic predispositions for certain illnesses and diseases if our forbearers had these conditions. Prescreening based on our family's health history is accepted protocol in our current Western healthcare model. In fact, it would be considered negligent if this history was not included by a physician when determining a patient's physical and mental health care planning. This seems like a perfectly modern approach to thorough health care, yet in Eastern Medicine this concept was well understood for over 2500 years.

Congenital Essence is considered to be all the energetic qualities that are inherited from one's parents (Mociocia, 1994). Each parent has his or her own congenital essence, which they inherited from their parents and incorporate into their being. It is said that who we are is merely an extension of our parents and ancestors. This Congenital Essence becomes the basis for our individual qi, or energy signature. In Eastern medicine it is believed that one cannot change their inherited congenital essence. However, with wisdom and understanding, a person can utilize their inherited congenital essence to foster strengths and limit the effects of lesser qualities. Everyone receives aspects that are considered more or less desirable but it is always up to the individual to accept fully what they inherited in order to know how to best cultivate their Congenital Essence. In the Constellation Approach, similar to Eastern medical philosophy, we move towards acceptance of what life has presented.

### **Defining Energy and Fields**

Energy has a multitude of meanings in our fast paced 21<sup>st</sup> century world. Advertisers tell us we can get more of it through what we eat, drink or how we exercise. The word exists in Chinese as *qi (chi)*, Japanese as *ki*, Hindu as *prana* and Hawaiian as *mana*. We know that all matter - solid, liquid and gas - is composed of vibrating particles. In a solid, the particles vibrate so closely together that we can only perceive a solid form. Gas particles, however, pulsate much further apart so that we actually see their energetic movement. We, along with everything in our world, are made up of

vibrating energy and in fact, the entire universe is a network of interconnecting energy frequencies. When people interact, energy frequencies are emitted that can be felt, seen and even heard by a trained individual. Vibratory frequencies create energy fields and most importantly, these fields contain consciousness. In our work, we tune in to these fields to help us sense and interpret what we perceive.

### **The Morphic Field**

Through scientific study and experimentation, the contemporary biologist and philosopher Rupert Sheldrake describes the idea of a morphic field, also referred to as a morphogenetic field. "Morphogenetic" meaning a kind of developmental form-shaping that exists within and around living organisms that includes both structure (morphic) and creation (genetic). He observes that these morphic fields are organizing and evolving fields that create patterns, have a built in memory bank, and also influence behavior and create habit. A series of fields can exist within other fields and through "morphic resonance" or the "influence of like upon like" they connect one another. Therefore, our heredity is not only influenced by DNA, but as Sheldrake postulates our existence is also shaped by both morphic resonance and morphic fields. (Sheldrake, 2005)

In family systems, we feel our sense of belonging through this morphic field. Its resonance tells us who we are; it links us. We respond to it without words, without being taught how. Sheldrake describes a "social bond" as part of a social field that can deeply influence and affect an organism's way of being in the world. As Constellation facilitators, we call this morphic field the Family Energy Field.

### **The Family Energy Field**

We begin to notice the Family Energy Field immediately as a Constellation is set up. As the client commences to choose representatives and slowly shifts them into their places, the Family Energy Field emerges. We see the bonds of energetic alignment, distortion, resistance and alliance within moments.

The Family Energy Field resonates, is felt and sensed by the others within it, mostly on an unconscious level that exists chiefly beyond the scope of the rational or conscious mind. It exists as a magnetic pull. It draws in as well as retracts outward. This energetic force is how one may experience the pull of loyalty and love that

happens in all family systems. An individual can feel a deep sense of belonging or a feeling of being excluded.

In working with Constellations that involve issues other than that of the family, such as those that are personal, organizational or regard illness and disease, we use the term Constellation Energy Field to illustrate the formation of a field that remains highly relational.

### **The Individual Energy Field**

Everyone has an Individual Energy Field, which is a type of organizing field that guides the molecules and atoms of our physical, emotional, mental and spiritual bodies into place. Known as the aura by healers, it is personal, individual and uniquely one's own. Most importantly, this emanating field contains our consciousness. We interconnect, merge, and bond our Individual Energy Field with others every day throughout our lives.

Although the Individual Energy Field is shaped via the process of physical development, it is also influenced by the Family Energy Field. The Individual Energy Field and its formation, gives us a map to determine the client's journey and whether life force is restrained, pushed forward or stopped. This is an adaptation created in relation to the family system, to adjust for the ebb and flow of love.

By cultivating the senses in heightened form and by tapping into the manner through which energy is already perceived, the Constellation facilitator can gain clearer insight into the deeper meaning of the client's issues. The facilitator practices his/her skills of reading the client's body language, listening for subtle nuances in their speech and observing the energetic relationships of the representatives. The Individual Energy Field is perceived through our senses of sight, sound, feeling, and knowing.

In our view, the Constellation Approach coalesces the concepts of energy and consciousness, Congenital Essence, and morphic resonance to help us understand the fields of all Constellations as well as the individuals within.

### **Intuition and the Chakras**

When we learn to expand our awareness in all directions, the wave frequencies of our Individual Energy Field travels outward and information can be received, much

like an antenna. This expansion allows us to find solutions because all information already exists in the Universal Consciousness.

For thousands of years, Eastern spiritual belief has told us that we are all One. The scientist and explorer of consciousness, Itzak Bentov took into account that when time and space intersect, this intersection point is the “now.” If we allow the wave frequencies of our energy field to expand across time and space and hold that all is one, then we can know everything we need to in the present moment. The universe is in constant communication and can be known “instantly by consciousnesses whose interest or business it is to know these things.” (Bentov, 1997) This is what we term, intuition.

Sitting with our friend Barb one night as we described what the word intuition meant to us, she ventured, “Intuition is really just the way we process data.” Clearly Barb is right! When we slow down enough and open ourselves up, we can indeed garner ways for intuition/data to come.

From our experience, we find that intuition can be innate or cultivated. Using techniques to develop auditory, visual and kinesthetic awareness, the Constellation facilitator can begin to utilize skills that already exist within him or herself. All of us are born with a heightened ability to perceive, however it is often shut down, or not given space to emerge.

There are a myriad of ways in which we all “process data.” Intuition comes as a 6<sup>th</sup> sense, a gut feeling or a warning. Sometimes it is a deep inner voice, as in words or guidance, heard in an important dream. Many experience intuition as a physical sensation or emotion. And last but certainly not least, a symbol or sign manifests just when we need it.

In our work as Constellation facilitators and teachers, we take intuition very seriously. We teach our students to understand first how they process information through their own Individual Energy Field. We ask them to inquire for themselves how they’ve learned to intuit their home environment, or Family Energy Field, for this is where our intuitional abilities began. For example, were they kinesthetic, knowing through a gut feeling or felt sense, when their parents were happy or sad? Or was it possible that they were visual, recognizing a frequency of light or color between their

siblings as loving or contrary? Did they hear a voice that guided them to follow a certain path?

## **The Chakras**

Within the Individual Energy Field, there are vortices of energy that correspond to major nerve plexuses of the body, located in the pelvis, the solar plexus, the heart, the throat, and the head. These vortices called chakras appear as wheels of light and create a frequency of light, color and sound. They expand from the top of the head and base of the torso as well as from the front and back of the body. The chakras are a complex system of sensation through which energy and information come into and flow out of the body. When we understand what the chakras are and how they function we can, as Constellation facilitators, start to incorporate this information within our methodology. Intuition, or the way we process data, begins with allowing energy to flow in and out of the chakras.

Through studying and teaching healing with one of the world's foremost holistic healers, Barbara Brennan, we learned to intricately intuit the subtle nuances of the chakras, the emanating aura that is created by the chakras, and the physical, emotional, mental and spiritual layers of the energy field. Brennan observed that the chakras receive and process energy as information, in addition to enabling the expression and healthy functioning of the individual's own consciousness, psychological characteristics and physical well-being.

Although most chakras have front and rear aspects through which energy moves, only the first and the seventh chakra have one aspect, moving upward and downward. The first or "root" chakra located between the legs at the perineum - *muladhara* in Sanskrit - gives us the ability to be grounded and present. When this chakra is open it brings energy into the feet, legs, and bottom of the pelvis contributing to our state of awareness, patience and presence in the unfolding moment.

Moving upward from the base of the body the second chakra, *svadhithana*, is located above the pubic bone in the front and at the sacrum in back. This chakra, often associated with sexual energy, works together with our first chakra to assist in furthering our centeredness by allowing life force energy to flow throughout our being.

The third chakra, *manipura*, is in front of the body between the solar plexus and navel and in the rear at the adrenals. This is the chakra of clairsentience or kinesthetic intuition. It gives us the sensation of the gut reaction. We are able to completely sense a situation through this chakra, and often that sensation travels to other parts of the body. In families, we learn to sense our environment through this chakra.

With most of us, the fourth or heart chakra, *anahata*, is our relational chakra, the “you and me” chakra. This is the chakra of compassion and love of the other. It opens in the front at the heart and between the shoulder blades in back. Facilitators must have a sense of opening in this chakra, not to create a specific type of relationship with the client, nor to take care of them, but more importantly to open a relational field between one another. This opening may be called the ‘allowing field’ and it is the place in which two people connect in order for healing to occur.

The fifth or throat chakra, *vishuddha*, helps us to take in, to receive energy and to bring the voice and inner feelings forth. This chakra allows us to open to clairaudient sound, or auditory intuition. Facilitators, standing directly in the Constellation Energy Field may hear a specific word or sentence, which is often used in this approach. After standing in the energy field of thousands of constellations over the years, Bert Hellinger has developed more than a hundred particular sentences or “statements of empowerment.” Auditory intuition leads us to the right sentence.

Moving upward to the head, the sixth chakra or third eye, *anja*, opens from the brow in the front and the occipital in the back, and leads to the center of the brain, the pituitary and pineal glands. This chakra is associated with clairvoyance or visual intuition. “Seeing” is perceived in the “mind’s eye.” Often a complete vignette unfolds, or symbols familiar in meaning to the facilitator appear in the mind. Facilitators cultivate the reception of data through visual intuition by practice and patience.

Using the [Tantric](#) model of seven chakras, the seventh, *sahasrana*, is at the top of the head, corresponding to the crown. This chakra opens up to what is called Universal Consciousness. It is here that ‘direct knowing’ occurs. When the facilitator is grounded and present in the root chakra as well as relational with the client through the heart chakra, the crown chakra can open into direct knowing. The German facilitator Albrecht Mahr describes his process of entering the constellation and sensing a

“knowing field.” In energy healing terms, he is opening his crown chakra and resonating the wave frequencies of his Individual Energy Field to receive information that is available within the Constellation Energy Field.

By working with energetic and intuitive awareness, the facilitator comes to discover ‘how they know what they know’ from their own responses to the environment. This is more than a learned or cultivated path; it is a personal and individual process that the facilitator decides to follow. Ultimately, it is a path of self-discovery and opening of consciousness through the facilitation of Constellations.