

Chakra Psychology

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What is Family Constellations and how can the Chakras fit into it?

Family Constellations therapy was developed from the mid-1990s by **Bert Hellinger**, a German psychotherapist and former priest, while working with families as a family therapist.

Family Constellations is an **existential therapy**. This is **a phenomenological approach** that requires the therapist to put aside assumptions, theories or agenda in the interests of allowing the client to explore their reality and allow the situation to show itself.

Hunter Beaumont, the therapist largely responsible for bringing the work to this country from Germany, says, "Bert Hellinger has discovered something about love in intimate family relationship systems ... Love thrives when you consent to the world the way it is, even when it isn't how you wish it was. It flourishes only when you are prepared to see the reality beyond belief and prejudice."

One of the causes of individual suffering - and even illness - is that what is actually going on is often obscured by hidden dynamics operating in the family system: the fates of earlier members of our families and their responses to events in their lives may be affecting us in the present. Beliefs, attitudes and coping strategies - sometimes resorted to in the face of distress and trauma - are transmitted down the generations. This approach offers a method by which these hidden dynamics may come to light. This is done in a spirit of respect for all the members of the family system.

What happens?

A person in the group decides to work on an issue. They find an intention or next step that they want to take and then, guided by the group therapist, chooses others to represent members of his/her family or possibly parts of him/herself - or both - and places them in a grouping. From the responses of the representatives connections and entanglements in the family - both past and present - begin to come to light and then steps towards resolution and healing may be found. The representatives are placed within what is referred to as **'the Knowing Field'** - the energetic field in which we all exist.

How can the Chakras fit into this?

We know that the Chakra system is a way in which we can experience and understand how energy moves through us and is assimilated within us. We may use the Chakras in two different ways, or we may stick with option two. One way will be to have a constellation in which a participant chooses someone to represent their chakra system, alongside others representing family members. A second way will be to constellate the seven chakras of an individual group member. We will probably have time for two constellation processes, but really this will be experimental. Everyone will participate on one way or another.

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delcia.mcneil@gmail.com

015395 62093 07515 807366

