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Systemic Constellations: Working with Illness and Poor Health

Our physical ailments generally have an emotional component which we do our best to cope with while focussing on the restoration of our bodies. When, however, unresolved emotional burdens are the main trigger for the physical conditions we are struggling with, these need to be addressed. Medical interventions, dietary changes and adjuvant therapies may bring relief but for healing to really happen, we need to look further.

We are all products of our natural, socio-political and economic environment; as such the families and societies we grow up in. This, in turn, affects a person's physical, mental and emotional well-being which may show up as physical illness, depression, low self-esteem, anger, anxiety, stuck interpersonal relationships, etc. Unresolved disturbances, especially in a family system, can span generations. However, we may not be aware of this given that it is held unconsciously and that life, in general, is very demanding and stressful.

By setting a constellation the healing process is set in motion. Significant shifts begin to happen in an entire system restoring balance and, what Bert Hellinger calls, the orders of love. According to the Family Constellations philosophy, a family is connected on a soul level, and have a shared consciousness, or family group energy. When we are able to see what has gone before in a new light, pent up energy is released in the family system allowing for healing to happen. The love that is held in all families, no matter how damaged and misdirected, become a vehicle for transformation and has the power to heal.

There is no attribution of blame in systemic constellations. Rather, it is about seeing the bigger picture and how different things come together to, for example, manifest as a physical illness. It is a phenomenological process based on the philosophy of love. The system indicates what needs to happen for it to return to harmony and balance.

Systemic Constellations is the modality of choice when it comes to such long standing and complex difficulties. This work is dedicated to bringing together what has been separated, to bring healing about through acceptance, and respecting the movements of the heart.

Format: in person, virtual (per Zoom) or blended

My constellations work with illness is influenced by Stephan Hausner, a naturopath from Germany who offered training workshops in South Africa on a regular basis.