

WHEN REPRESENTING IN SYSTEMIC CONSTELLATIONS

Central to constellation work are those who access the Knowing Field as representatives; they stand in for those not present at the expansion helping the facilitator and issue holder to see different aspects of a relationship network. If you are called to be a representative ('REPS' for short) you will know that this is not a role play but something very special.

As you enter the energetic field of a particular constellation, you are able to pick up on the energetic imprints of members of that system. We all are amazingly perceptive and reliant on energetic fields throughout our lives. With constellations we enter the field consciously and respectfully, putting our own egos and agendas aside, to use our intuitive consciousness and sensory perception in service of others. You will be asked, repeatedly, about what you feel in your body regarding the positions you are asked to hold. Trust your body's somatic intelligence. You won't be asked to interpret things, only to say what is happening for you as the constellation evolves. Whatever you feel in the moment is right for that moment.

As I, the facilitator, check various hypotheses, patterns emerge and the field starts to shift. At this level there is no right or wrong. We work with the highest intention.

It is the function of love to unite all things unto itself and to hold all things together by extending its wholeness. – A Course in Miracles

Everything is relational information. I work with tight feedback loops, checking and re-checking hypotheses which is why the constellation changes all the time. We're eliciting information from the system about the system and looking for the best fit.

When the session is over, it is important for reps to let go. While things will continue to unfold for the client over the next days and weeks, it is best for you to return to your own life, often greatly touched and enriched by the experience.

It becomes the responsibility and privilege of every person to lift the world in some measure above its present level of consciousness. – Joel Goldsmith

It's difficult to explain exactly **how** the field and representation works; it has to do with miracles and quantum mechanics; the phenomenon of resonance and collective consciousness. What we do know is that it works! There's a lot of literature on this phenomenon which you may want to explore own, such as:

- Gregg Braden's The Divine Matrix;
- Margaret Wheatley's Leadership and the New Science.
- <http://www.the-systemic-view.com/rupert-sheldrake-about-family-constellations>
- <http://www.familyconstellations.co.za/> and <http://curezone.com/Hellinger/>
- Lynne McTaggart's The Field

When we rep for others we also shift our own stuff; we become clearer instruments and the process has an all-round healing effect.

*I've heard it said there's a window that opens
from one mind to another,
but if there's no wall, there's no need
for fitting the window, or the latch. – Rumi*