

These exercises supplement any therapy or treatment and do not replace them.

- Suitable for individuals who have already participated in several constellation workshops.
- The exercises can be done individually or in pairs or trios.
- Before starting an exercise, prepare yourself to be centered. You can engage in visualization, breathing exercises, or any activity that helps you feel present, calm, and centered.
- During the exercise, remain fully centered, and relaxed, akin to meditation, with an empty mind, awaiting signals only from your body.
- Move only when pushed or disturbed by something; this is the movement of the spirit.
- You can stop an exercise at any time. The initiated movement continues to live in the represented individuals.
- There is no fixed periodicity for these exercises. Each person will determine what suits them daily.
- During the exercise, if a representative looks into the distance or looks down, it signifies they are seeing an ancestor or a deceased person. In such cases, a chair is placed where they are looking, representing the ancestor, or a cushion is placed where they are looking, representing the deceased.
- These exercises are powerful tools for positive change. Go ahead!

EXERCISE 1: The First Step

Author: Brigitte Champetier de Ribes

Being in the Force

- Direct your gaze into the distance and open yourself to something greater.
- Wait and allow yourself to be filled, keeping your eyes open to something larger.
- Feel your body, and become aware of your cells, molecules, and atoms.
- Acknowledge that you are made of atoms, more emptiness than matter.
- Open yourself to something greater within each of your atoms, molecules, and cells.

With Peace

- Observe all aspects of your life: people, situations, events, emotions, objects.
- Say YES to each one, acknowledging and accepting them.
- Look at life, the world, nature, and all events, saying YES to each.
- Acknowledge yourself as you are, embracing your character and limitations. Accept yourself.

Living with Joy

- Acknowledge and thank everything in your life: people, situations, events, emotions, objects.
- Express gratitude for each one, saying, "Thank you for being as you are."
- Acknowledge yourself exactly as you are and express gratitude for your own being.

EXERCISE 2: Which Path to Choose?

Author: Brigitte Champetier de Ribes

When uncertain about a decision, after defining opportunities, place a paper on the ground for each option.

- Stay centered in your neutral adult state and stand on each option in turn.
- Feel the movement arising from each option and stay a few minutes on each to gather comprehensive information.
- Ensure you see the name written on the paper, preventing mental manipulation.
- The information received is what the Field offers for confidently taking your next step. Focus on the next step only.

EXERCISE 3: I Am Myself

Author: Brigitte Champetier de Ribes

This individual exercise involves facing what life represents to you.

- Affirm, "I open myself to myself."
- Experience the power of this phrase, repeating it as needed, allowing time between each repetition.
- Express, with strength, love, and slowness, statements about your identity and lineage.
- Repeat until you feel fully connected to yourself.
- Use this sequence whenever you need strength, clarity, or autonomy.

EXERCISE 4: Breaking an Identification

Author: Brigitte Champetier de Ribes

Some feel incoherent, thinking, feeling, or doing things that surprise them due to identification with someone, often a family member. This exercise is done between two people—the person and the ancestor.

- Both allow themselves to move without intention, experiencing potential rejection or mutual closeness.
- After a moment, the person repeats, "I am you," until able to look the ancestor in the eyes.
- Then, alternately say, "You are you; I am me," until separation.
- Finally, affirm your identity and choose to live your own life.

EXERCISE 5: Interrupted Movement

Author: Brigitte Champetier de Ribes

Named by Bert Hellinger, this neurosis involves uncontrollable anger towards loved ones due to early separation from the mother.

1. When the Baby Stayed in the Incubator

- Represent yourself in the incubator, and place a pillow a meter away, symbolizing your mother.
- Spend 5 to 10 minutes daily in this scene until your body slowly moves toward the pillow, expressing emotions.

2. When the Child Was Separated Between Birth and Age 5

- Set up a chair for the mother at one end and yourself at the other.
- Spend 5 to 10 minutes daily reconnecting with your mother, moving slowly toward her to embrace her.

EXERCISE 6: You for Yourself

Author: Brigitte Champetier de Ribes

As children, we may unconsciously say, "I'll suffer for you." This exercise addresses dependencies formed in childhood.

- After centering, imagine two places: yours and an ancestor to whom you unconsciously say, "I for you."
- Spend time in the ancestor's position, feeling their burden.
- Then shift to your position, saying with love, "You for yourself, and I for me," until the ancestor finds peace and you gain the strength to move forward.

Exercise 7: Taking the mother

Author: Brigitte Charpentier de Ribes

Two individuals, Peter, and Mary (gender is secondary).

Peter: "You represent me, and I represent my mother in all her greatness as a mother."

- Stand facing each other about two or three meters apart. The mother (Mary) remains still, waiting for her son (represented by Peter) to approach.
- If the son feels blocked, bigger than his mother, or is moving too quickly toward her, he must kneel, place his head on the ground, or even lie down until he can approach and embrace her.
- During the embrace, the mother notes whether the son's head rests on her right shoulder. If it does, she firmly moves him away since the right shoulder represents equals. The son should then honor her and spontaneously embrace with his head on her left shoulder.
- Afterward, the representative of the son, in a centered state, shares in one or two sentences what they experienced. The mother's representative remains silent.
- Take a few minutes to regroup, then switch roles. This time, Peter represents Mary and she represents her mother.
- It's recommended to keep this exercise short, around 10 minutes, to dynamically engage the relationship. It can be resumed with a minimum of ten days between sessions. Performing both exercises, taking the mother and taking the father, consecutively is highly recommended.

- This is a powerful and significant exercise. Taking the mother is a long process of purification, involving significant ego surrender and marks the beginning of spiritual development. Repeating this exercise frequently, taking new steps each time, is beneficial.

Exercise 8: Taking the father

Author: Brigitte Champetier de Ribes

This exercise is identical to Taking the Mother, except Peter says: "You represent me, and I represent my father in all his greatness as a father."

- After the embrace, what the father truly needs is for his son or daughter to turn toward life and move forward.

Exercise 9: Seeing the mother from the Adult

Author: Brigitte Champetier de Ribes

Guided meditation by Brigitte in Madrid, January 2017.

- Stand with both feet on the ground, a straight back, shoulders back, and relaxed.

- Open yourself to the present moment and something greater. Through the perspective of something greater, look at your mother.

- Acknowledge her suffering, fears, and anger. Recognize that as a child, you told her, "I'll carry them for you," or "I'll carry them with you."

- Express to your mother, "Mom, I will carry your pain, your anger, and your fears. Now, I choose life."

- Realize that you were looking at your father through your mother's eyes, as a needy child.

- Affirm to your mother, "Today, I have grown. Your pain ended long ago. Your fear and anger ended long ago. You are you, and I am me."

- Directly address your father, saying, "Dad, now I see you. As an adult, I see you as my father."

- Acknowledge both as the force that created you, expressing gratitude for the opportunity to give back what your parents gave you.

Exercise 10: Seeing Parents as a Unity

Author: Brigitte Champetier de Ribes

- Focus on both parents simultaneously, recognizing that to be a father or mother, they need each other.

- If you only focus on one parent, you separate them as a couple, hindering your role as a son or daughter.

- By looking at both simultaneously, a spiritual movement occurs, healing any issues between your parents, and allowing you to merge as a child with them.

- If this "taking parents from the spirit" is challenging, perform the "Finding Our Place" exercise first.

- Three people: You face your parents, allowing them to move as they feel. As you look at them, you realize you love each one differently.

- Decide to love both parents equally, relinquish individual preferences, and choose to relate to both simultaneously.

- Another decision: Look at both at the same time, positioning yourself to see both without moving your eyes.

- The final decision: Honor at the same time. Let love guide you for both. There is no longer your father or mother; they are now just your parents.

Exercise 11: Infidelity

Author: Brigitte Champetier de Ribes

When someone experiences infidelity, it often results from distancing themselves from their partner, unconsciously drawn to an excluded deceased person, usually unknown, causing their partner's infidelity.

If You Are the Victim of Infidelity:

- Three positions: both members of the couple and the excluded. Take each position to understand what is happening.
- Address the excluded, saying, "You are dead, and I am still alive. I love you. I let you rest in peace. Now, I choose life."
- Face your partner and say, "Now I see you again. I realize the harm I have done. I take responsibility and decide to repair it. I love you." Observe your partner's reaction.
- If there was suffering with any of your partners, and you still feel angry, add: "I chose you for everything that happened. I acknowledge the harm I caused you and take responsibility. I leave you with your share of responsibility."
- Now, looking at your current partner, express, "You are the last. Thank you for being with me. Thank you for your love. I love you just as you are."
- Honor all the previous partners of your current partner without asking about them. Imagine those you know, and if you sense there might have been others, include them.
- In front of the first partner of your current partner, bow your head and say, "You are the first and will always be the first. Thank you for making room for subsequent partners and for me."
- Repeat this process for each of your partner's previous relationships, one by one, acknowledging their place and thanking them.

Exercise 12: Former Partners

Author: Brigitte Champetier de Ribes

Respect the natural hierarchy that states the one who came first needs to be honored by the one who came later. Your current relationship will thrive when you respect this natural order.

- If you are a woman, imagine your partners to your right, with the most recent (the last) closest to you and the oldest (the first) farthest away.
- If you are a man, imagine your partners to your left, with the most recent closest to you and the oldest farthest away.
- Address your first partner, expressing gratitude for their love, and acknowledging that everything you learned with them influenced subsequent relationships. Wish them well and free both of you.
- Repeat this with each of your former partners, acknowledging their unique place in your life.
- If there was suffering in any relationship, admit your responsibility and the consequences. Release them with kindness.
- Now, facing your current partner, express gratitude for being together, acknowledging their uniqueness and affirming your love.
- Honor all the previous partners of your current partner without asking about them. Imagine those you know, and if you sense there might have been others, include them.
- Bow your head to the first partner of your current partner and say, "You are the first, and you will always be the first. Thank you for making room for subsequent partners and for me."
- Repeat this process for each of your partner's previous relationships, one by one, acknowledging their place and thanking them.

Exercise 13: Self-Healing

Author: Brigitte Champetier de Ribes

Centrally positioned with a straight back, shoulders back, and relaxed.

1. Identify the Problem:

- A physical pain
- A challenging relationship
- Work-related issues, dislikes, or distress
- An unfinished project

Create a mental image representing the discomfort or pain. Observe the sensations in your body, words, or sentences that come to mind (e.g., "I can't," "There's no solution").

2. Connect with Maximum Energy:

- Take a deep breath and connect with your center for a few seconds.
- Breathe from the heart, maintaining this rhythm throughout the exercise.
- Recall something that brings happiness, fulfillment, or maximum well-being. Keep an image of it above the horizon, slightly in the distance.
- Focus on this positive image, feeling the energy expand within you.

3. Alternating Focus:

- While maintaining the positive image, briefly look at the image representing the issue, feeling the discomfort.
- Return to the positive image, recharging your energy.
- Repeat this back-and-forth until both images evoke the same sensation, where pain, anguish, or powerlessness have transformed into well-being.
- A new internal phrase may emerge, such as "It's done," "Yes, I can," or "How wonderful."

4. Merge the Images:

- Bring both images together side by side, experiencing a unified feeling of energy and well-being.

- Repeat your healing phrase.

5. Fire Test:

- Remove the image of well-being, leaving only the representation of the issue.

- Ensure the issue's image now produces as much energy, well-being, and happiness as the positive image.

- Accompany this with your healing phrase. Enjoy the experience for as long as you desire.

Exercise 14: Destiny

Author: Brigitte Champetier de Ribes

Define two places: one for your destiny and another for yourself. You can repeat this exercise occasionally, switching roles: sometimes representing destiny or the Collective Destiny, other times representing yourself.

If you represent destiny, remain completely silent, feeling and seeing yourself in front. Wait until you sense an approach or embrace between the two.

If you represent yourself, imagine destiny in front. Your intention is to nod, surrender. Perhaps you can say YES. Maybe you need to honor it if you feel larger than it. Continue until you can approach destiny, merge with it, or move forward in life with it.

This will be a very deep and personal experience with consequences for your life.

Exercise 15: Anguish

Author: Brigitte Charpentier de Ribes

Anguish is not an emotion but the protection of a devastating emotion. The location in the body where anguish manifests indicate the underlying emotion. The presence of anguish necessarily points to an ancient emotion we were unable to experience or one that belonged to an ancestor. Since it serves as protection, anguish needs our care and gratitude.

Communicate with anguish, acknowledging its role as a protector. Express that you are now capable of managing that emotion. Gradually recognize the underlying emotion, if it surfaces, and greet it. Remind the emotion that it comes from the past, that its role has ended, yet it can stay if needed to bid farewell.

Express gratitude for circumstances that awaken anguish, allowing the release of ancient blockages. Speak to anguish:

Centered and with slow breaths.

Me to anguish: I greet you and thank you for your protection today. Something has just occurred that stirs something very ancient in me. Thank you for shielding me from it.

Today is different from yesterday. I have grown. I can handle what is happening. What you show me has already ended.

Me to the hidden emotion behind anguish: This has already passed. Everything was necessary as it was. Thank you.

I offer my time and body for you to withdraw at your own pace.

Exercise 16: Trapped by a Compensation Movement

Author: Brigitte Champetier de Ribes

The force of love for the "balance between giving and receiving" creates a continuous and instinctive compensation movement. Sometimes our underlying difficulties are caused by this movement. Ancestors who couldn't assimilate or compensate for something significant in their lives, creating a severe imbalance, emit the unconscious command: "You for me, or you for us. You pay for me, or us." And you, with all your unconditional love as a little creature, replied, "Yes, me for you" or "me for you all."

Face the compensation movement in front of you, individual or collective, that traps you without knowing what it's about. Alternate between being in your place and in that movement.

When in your place, despite any discomfort, say to the compensation movement: "I see your pain, or I see your pain," depending on what you perceive. Return to the compensation movement to experience its transformation, then return to yourself. Repeat this alternation until everything is released.

The sentences can be:

- "I see your guilt, and I honor it."
- "Everything is over. The danger too. Guilt too."
- "It's all paid now."
- "You for you, me for me" (several times until you feel relief and they, or he, also change).
- "I acknowledge everything and choose to enjoy my life."

Exercise 17: Facing My Symptom

Author: Brigitte Champetier de Ribes

The symptom can be pain, confusion, obsessive state, restlessness, lack of enthusiasm, envy, etc. Use this visualization with others.

Focus, take a long, deep breath.

Connect with your family consciousness, with all your ancestors. Say, thank you.

Place the person and their symptom. When the symptom looks in a direction, place an ancestor looking from that direction. Wherever the ancestor or the symptom looks, add another ancestor.

Let yourself be guided by a movement that leads you to do or say what the ancestor – or ancestors – need from you: look at them, honor them, help them lie down and close their eyes, or say "I see you," "I take your exclusion into my heart," "I am your descendant" or "I love you."

Then move away from the ancestor to slowly go toward life. At some point, give thanks to the symptom.

Exercise 18: Changing a Life Script Decision

Author: Brigitte Champetier de Ribes

With a difficulty that arises from time to time. It may be useful to write down the various awareness; they will have more strength.

1. Identify the Difficulty:

- Imagine the difficulty in front of you, name it, and describe it until you feel a stronger sensation, indicating that you've identified the difficulty correctly.

2. Observe the Difficulty:

- Acknowledge the difficulty, thanking it for being in your life. Recognize it as part of a movement toward a qualitative leap in your life.

3. Observe Until Understanding:

- Observe the difficulty until you realize that you chose to have it for the benefits it brings. Unconsciously chosen during childhood to survive family traumas, you may have repeated this decision as an adult.

- Tell the difficulty: "I chose to have you in my life to avoid or achieve..." It will help to move back and forth between the difficulty and yourself, feeling it, returning to yourself each time you understand something new.

4. Heal the Childhood Decision:

- Look beyond the difficulty, into the distance. See what you wanted to avoid or achieve. Let yourself feel it in your body. Say to that distant thing: "This has already ended. I have grown." Then say one of these two phrases: "You are you, and I am me" or "You for you, and me for me."

5. Make a New Decision:

- Look at the difficulty again and say: "Now I release you from me." Affirm your new decision, which could be something like: "Everything is paid now, and I choose to enjoy my life," "Alone or with others, I can," or "I choose life." Use the reactions of the difficulty to find the right new decision.

Exercise 19: Purpose of My Discomfort

Author: Brigitte Champetier de Ribes

Adapted from the Essential Transformation exercise in NLP created by Andreas (1). In moments of crisis, this exercise can be done several times a day; it is very healing.

Use this exercise with persistent, repetitive, or particularly limiting discomfort, such as anxiety, guilt, or undefined fear.

Locate where the discomfort is in your body, its shape, and how far it extends. Greet it, thank it for being here because you know it serves your life.

1. Partial Objectives:

- Ask your guide: Why this discomfort? After two or three seconds, you'll have an answer. Accept it literally. It can be something concrete or a metaphor.

- Now imagine you've achieved this objective. (Three seconds.) Ask your guide again: What is the next objective this discomfort has for me? Repeat the process until you feel you have reached the ultimate goal of the discomfort.

2. Ultimate Objective: Essential

Well-being:

- Once you feel you've reached the ultimate purpose of the discomfort, which is a profoundly different sensation of well-being, joy, trust, strength, etc., expand this feeling throughout your body.

- Thank the discomfort for being in the service of this well-being. This well-being is part of your essence, your way of being and existing in the world.

- Fill the space where the discomfort was with this new sensation. Some unpleasant feelings may not disappear entirely.

3. Trauma Separating from Essential Well-being:

- Ask this well-being: How old are you? Take the smallest number that comes to mind as the age you lost this well-being.

- Without thinking, request your guide to take you to that moment in your childhood. In three seconds, you'll be facing a conflict you couldn't integrate at that time. Without knowing what it was about, say, "Please receive all the resources I need right now to overcome this challenge with my well-being intact! I am one with my well-being, and I grow with it until today."

- In a few seconds, feel that you have returned to the present.

4. Transformation of Partial Objectives:

- Gratefully look at your essential well-being and say to each partial objective: "Fill yourself now with my essential adult well-being until you transform." After a few seconds, you will feel that the partial objective has transformed.

- Repeat this process with the previous objective until you reach the original discomfort.

5. Immerse in Essential Well-being:

- Now look at what remains of the original discomfort and fill it with your essential adult well-being. Notice that now everything has transformed. If any part of the discomfort remains or new discomfort arises during the exercise, start the exercise again. The healing will be even more powerful.

- Expand this new sensation throughout your body and beyond. If possible, stay still for a few minutes in silence, deeply enjoying this new state.

Exercise 20: Perpetrators

Author: Brigitte Champetier de Ribes

You are going to work with the perpetrators who have harmed your family in some generation. It is not necessary to know what happened. There will be two spaces: one for these perpetrators and one for yourself.

Begin by representing the perpetrators, imagining yourself in front of them until you sense a change. Then place yourself in your position, deciding to see them with compassion. At some

point, say, "I am like you." There might be an embrace, an honoring, or they may lie down, and you walk towards life.

Exercise 21: Destiny

Author: Brigitte Charpentier de Ribes

Define two places: one for your destiny and another for yourself. You can repeat this exercise occasionally, switching roles: sometimes representing destiny or the Collective Destiny, other times representing yourself.

If you represent destiny, remain completely silent, feeling and seeing yourself in front. Wait until you sense an approach or embrace between the two.

If you represent yourself, imagine destiny in front. You intend to nod, and surrender. Perhaps you can say YES. Maybe you need to honor it if you feel larger than it. Continue until you can approach destiny, merge with it, or move forward in life with it.

This will be a very deep and personal experience with consequences for your life.

Exercise 22: Healing the Wound

Author: Brigitte Charpentier de Ribes (Adaptation of GUY CORNEAU's Heart Healing Exercise)

To resolve difficulties and sufferings that have arisen in the relationship with a person. Take your time to respond to each question, to experience the answers with images and sensations.

1. Remembering the Person:

- Recall a person with whom you want to heal something. It could be a current or past relationship, parents, siblings, friends, a partner, etc. Recall what attracted you to this person and the overall history of the relationship.

2. Recognizing Beneficial Aspects:

- Acknowledge the beneficial aspects of the relationship. Open yourself to the benefits you received, thinking about the needs you were able to satisfy. Without criticism, without judgment.

3. Acknowledging Shadows:

- Open yourself to the negative, unsatisfactory, and frustrating aspects of the relationship. Don't seek coherence or evaluation of your memories, just what you experienced.

4. Reactions to Dissatisfaction:

- Consider your reactions to these dissatisfactions and the feelings they provoked in you.

5. Identifying Unmet Needs:

- Analyze the feelings provoked by the dissatisfactions in the relationship and identify the unmet needs they may represent or awaken.

6. Understanding the History of Unmet Needs:

- Examine the history of these unmet needs. Since when have you carried them in your life?

7. Feeling the Unmet Needs:

- Feel your body until something communicates with you. Let these frustrated needs take shape within you. What would they look like if they had consistency, form? Connect with that form and ask it to tell you something.

8. Expressing Gratitude to the Wound:

- Acknowledge your wound. Allow it to come out of hiding, discover its mission, its beauty, and let yourself be carried by the emotion and gratitude for its beauty.

9. Accepting Responsibility:

- Accept that you have a part of responsibility for this part of yourself. What concrete things can you do to satisfy your needs? Do you want to ask for something specific from someone? What would you like to assert, express, change, or create to take care of yourself as needed and heal your wound?

10. Entering a Space of Love and Compassion:

- Turn off this scene and enter a space of love and compassion for yourself. Accept your life and difficulties, look at the light and beauty behind them, feel the expanding light within you.

- Feel how this bright light fills you, floods you, fills your entire body, your entire life, fills your needs, giving new relief to all moments of your life, and feel the confidence you have, the confidence in life as it is, in yourself, the assurance that each day you are more yourself.

Exercise 23: Cutting Dependency

Author: Brigitte Champetier de Ribes

1. Identification of the Other:

- Think of a person or something you believe you are dependent on or overly involved with. Imagine that you have them standing in front of you. Approach them and take one or two turns around them, observing them. Experience the sensations their proximity produces. Be aware of all your feelings, especially those you consider excessive.

2. Materialization of the Bond:

- Move a little away from that person and position yourself in front of them, at a distance of about two meters. Now, make your sensations of connection materialize into a physical bond. It could be a rope, a ribbon, a beam of light, or anything else that connects from one body to the other. Observe this bond, its origin, thickness, hardness, and general shape. Evaluate how your relationship would be without this bond, and how you would feel without it, but do not break it yet.

3. Positive Intention and Benefits of the Relationship:

- Consider the things that satisfy you about that person, the values that make them special to you, and the benefits you gain from their support.

4. Creating the Evolved Self, Ideal Self, or Future Self:

- Approach about a meter away from the other person and, to your right, create a three-dimensional, as clear as possible, image of yourself. Imagine how you would be if you had evolved beyond your current level of realization to where you know you can go.

- This evolved version of you has already resolved the issues you are addressing now. It is nurturing and protective, capable of giving you what you need. In addition to your existing values, add to this image the qualities you appreciate most about the other person. Feel how your Evolved Self would be with the evident values of the other.

5. Transforming the Connection with the Other into a Connection with Yourself:

- Now, focus again on the person in front of you. Imagine a cutting tool (a knife, scissors, etc.), and when I tell you, and not before, cut that material bond you created with one stroke.

- You will notice that the piece of the bond corresponding to the other person will enter their body until no material trace of it remains. Then, orient yourself towards the image of your Evolved Self and connect with it using the piece that remains with you, creating a union similar to the one you had with the other person.

- Are you ready? Take the cutting tool and cut the bond. Review the previous instructions, step by step, ensuring that they are carried out properly.

6. Approaching the Evolved Self:

- Now, gradually approach the image of your Evolved Self, allowing the bond to shrink and bring you closer until you merge with that image. Enjoy, during the approach and fusion, the achievement of being dependent on someone you can fully trust: yourself. Receive from yourself what you had desired from the other person and what all those values and qualities of your evolved being imply.

7. Observing the Other Person:

- Now, observe the other person and realize that both of you are in a better position to have a relationship where both have a greater sense of self. This new perspective allows you to be even more present and free with each other.

8. Imagining a Concrete Situation:

- Imagine a specific situation you will experience with that person and appreciate the changes you undergo.

Exercise 24: My Mirror

Author: Brigitte Champetier de Ribes

Let's recall a difficulty, conflict, or discomfort that arises with someone at work, colleagues, neighbors, group, or situation.

1. Identifying the Discomfort:

- Identify the discomfort in yourself, and feel it in your body until you can put it into words: anger, shame, powerlessness, sorrow, despair.

2. Turning Away from the Person:

- Stop looking at the person or people causing this discomfort. Realize that you have felt this before; go back and see that you felt the same sensation on several previous occasions. Perhaps, you can even remember an old situation.

3. Reflecting on Childhood:

- Go back to your childhood and realize that you told someone important to you at that time: "I am like you." Now, look at who caused that discomfort: your father, mother, grandmother, an older brother.

4. Acknowledging Growth:

- See that person important to you with that discomfort, and start understanding their past, conflicts, and pain. Tell them: "Seeking your love, I said, 'I am like you.' Now, I have grown: 'You are you, and I am me; I see your pain, thank you for being who you are, thank you for being who you are.'"

5. Letting Go:

- Now, you have grown: "You for you, me for me," "I am me, and you are you," "Thank you for being who you are," "I let you go to your life, and I go to mine." Now, return to the present moment and that person who created discomfort. Observe the profound change in both of you and say: "You for you, me for me," "I am me, and you are you," "Thank you for being who you are," "I let you go to your life, and I go to mine."

- The conflict was a mirror of myself.

Exercise 25: Healing a Part of My Unconscious that Suffers

Author: Brigitte Champetier de Ribes

Visualization to heal an emotion or a low mood.

1. Acknowledging the Unconscious:

- Greet your unconscious with respect, thanking it for what it does for you day and night, tirelessly looking out for your well-being.

2. Identifying Suffering Parts:

- Request your unconscious to identify the parts of your unconscious that are currently suffering. Ask for the yes signal (an involuntary movement or sensation) when done. Thank you.

3. Naming and Acknowledging the Parts:

- Ask your unconscious to tell you how many of these suffering parts there are and what each one is called. Thank you.

4. Expressing Love and Gratitude:

- Lovingly and gratefully greet the suffering parts of your unconscious. Assure them that you love them, listen to them, and wish for their liberation.

5. Preserving Learning:

- Request your unconscious to store in a safe and fully available place all the learnings you have gained through the suffering of these parts. Thank you.

6. Finding Healing Memories:

- Ask your unconscious to find three memories with the necessary and sufficient resources to heal these suffering parts today. When found, ask for the yes signal. Thank you.

7. Bringing Resources to the Present:

- Request your unconscious to extract these memories from the past and place them in your present moment, giving the suffering parts the time to imbibe these resources until healed. Ask for the yes signal when the process is complete. Thank you.

8. Expressing Gratitude:

- Thank your unconscious and the parts that suffered and have now been liberated.

Exercise 26: My Mission Today

Author: Brigitte Champetier de Ribes

Represent the following:

1. Representing Myself:

- Represent yourself, perceive your strength or lack of strength, and the direction of your gaze. Stay still for a few seconds until you are immobile.

2. Representing My Mission:

- Represent your mission. It desires to approach you and merge with you. But something prevents this fusion. Stay in this representation if there is movement.

3. Representing the Obstacle:

- Represent what prevents the fusion between your mission and yourself. Stay in the representation until something transforms, and the obstacle disappears. It may take a while. Accept everything that comes to you. Feel gratitude towards the obstacle: "Yes, it was necessary, thank you for showing it to me."

4. Alternating Between Self and Mission:

- Then alternate between yourself and your mission until you see both merging. If a new obstacle appears, work on it as before. While fused, yourself and your mission, let yourself feel. You can say these sentences, with silences between each: Yes, I surrender Letting go Yes to the new service Thanks for all my past, it is present in my mission Yes to the new commitment

5. Experiencing in Your Body:

- Experience expansion, amplitude, fullness, and commitment in your body.

6. Enjoying the Gift:

- Enjoy this new gift, and feel fulfilled, overflowing with gratitude.

Exercise 27: A Secret

Author: Brigitte Champetier de Ribes

For two people. It can also be done alone, and I will describe it for a single person.

With the help of your inner guide, choose which secret you are going to honor (without knowing anything about what that secret is about):

- The one that weighs most on you.
- The one that weighs most on your family.
- The one that weighs most on your partner.
- The one that weighs most on a child.
- The one that weighs most on a grandchild.

Then imagine the secret in front of you, quite far away. Don't approach it, just look at it and honor it; know that it is in service to something very significant, more precisely, in service to a future movement of love, and that your ancestors were completely taken by it.

You can place yourself in it for a few seconds to feel it from within. Then return to your place, honoring that secret.

You know that in that secret, someone harmed another person, perhaps killed another person. The perpetrator did not take responsibility. The victim was not seen or mourned by anyone.

Honor those people and feel gratitude towards them for the life that comes through them. You can say: "Thank you for being my ancestors."

To the one who harmed: "I see your responsibility, and I leave it with you. I am only your descendant."

To the victim: "I see your pain and your loneliness."

To both: "I take both of you in my heart. I take the pain of both in my heart. I respect the secret. It is too big for me. I renounce knowing. May you rest in peace."

Move away from the secret, decisively moving towards your life, experiencing changes in your body. At some point, you may realize that the secret has transformed into a great source of love and protection that expands throughout your family system and your current life.

Exercise 28: The Ego

Author: Brigitte Champetier de Ribes

Our ego has its function and needs to be appreciated. However, its tendency towards obesity harms us.

The struggle against the ego is a way to make it grow. Seeing it, accepting it as it is, and thanking its presence without yielding control places us in our adulthood. Just like everyone else.

Define three places that will progressively change:

1. The place of the ego
2. The place of the adult
3. The place of our usual self

The person now places themselves for a few seconds in each place to perceive the situation from this representation. With the received information, they will go back to the different places as many times as they judge necessary until the unification of the three is achieved.

Sentences that can help:

- I acknowledge my vanity.
- I have already grown.
- I am as I am, I surrender.
- Thank you.

Exercise 29: I Can't Stand Them

Author: Brigitte Champetier de Ribes

This exercise allows us to find peace with people we can't stand and also helps us make great use of this situation. It is for use with people who are not in our family. For example, with a TV presenter I can't stand, or with a politician who makes me nervous, or with images of people causing harm to others or animals.

- Visualize the scene where someone harms another.
- Look at the perpetrator and say: "What I reject in you is what I hide in myself."

- After a while, look at the victim and say "Thank you."
 - Visualize the person you can't stand and say: "In you, I find myself."
 - What can't you stand about this person? Define it in a single word, like their arrogance, joy, selfishness, etc. What do you do with your...? And realize that this person serves as a mirror for you, either because indeed, you also have or do the same, or because you never allow yourself to, as it was frowned upon when you were little.
- If you don't allow yourself, look at the person and say "I envy you." And tell yourself "now I decide to allow myself to be like you, for five minutes a day."

Exercise 30: Birth Constellation

Author: Brigitte Champetier de Ribes

4 or 5 representatives are needed.

You represent yourself, a representative for the mother, a representative for the father, and others who will be guided by the field: they can be a grandparent, a twin, an excluded one, an abortion, etc.

Start with a special arrangement, the mother standing facing life, and the one representing oneself behind on the floor, sitting with feet resting on the mother's heels.

Let yourself be guided by the field. Each birth will be different.

Gradually, your representative of the baby will slowly pass through the legs of the mother's representative. The mother is very centered.

After passing through, observe how the representatives of the father and mother receive the newborn.

Our birth is our first experience of significant change, autonomy, and radical transformation and becomes our pattern for future changes in our lives.

Before birth, the baby/fetus is in a very pleasant, routine, and comfortable environment, and suddenly one day contractions start coming from the outside, forcing them to change. Pain begins to indicate a new path; they must go through a very narrow tunnel, and at the end of this tunnel, there is something entirely new that could not be imagined. It is a change without return; the baby has taken a quantum leap, opening to a radically new world.

Birth is recorded as the pattern to follow when life begins to give us contractions and kicks...

For many of us, birth is a very tough experience that turns into trauma. Thus, much of our energy remains trapped in that trauma, and every time life begins to move us, kick us, or give us contractions, we panic in the face of all the suffering we remember having gone through and start developing resistance to changes instead of joyfully opening up to them.

The constellation of one's birth allows releasing a lot of energy and many unresolved situations.

Exercise 31: Integration of Polarities. Integration of Conflicting Parts

Author: Brigitte Champetier de Ribes

A very powerful ritual that could be done very often with great benefit. The reconciliation of polarities is what creates the greatest energy and the greatest force for change in our lives.

1. Identifying Unintegrated Polarities:

- Identify the unintegrated polarities: Masculine/Feminine, Logic/Emotion, Rational/Intuitive, Childish Beliefs/Adult Beliefs, Past/Future, Dependency/Autonomy, Trust/Distrust, Left/Right, Submission/Authority, Aggression/Tenderness, etc.

2. Feeling Both Polarities:

- Place one polarity in the palm of each hand. Looking at the left palm, find out how this polarity is:

- Its shape, size, color, material, temperature.

- Then do the same with the other polarity in the right hand. Imagine being in one of the polarities, transforming into it, and answering these questions:

- What do I see, hear, feel? Being this part, what do I associate with?

- What is my function, what is my purpose? Why this function? Leading to a higher goal.

- What are my intrinsic qualities?

- Is there any opposition, difference, between me and the other polarity?

- What is the situation from my point of view?

- Now do the same with the other polarity.

3. Dialogue Between Polarities:

- Imagine the dialogue between the two polarities. Reproach...

- If you didn't exist...

- If you were different, a bit more of this, a bit less of that..., I would like you more because...

4. Identifying the Common Mission of Both Parts:

- Without looking at either of the polarities, identify this common mission and communicate it to each part, explaining it until both recognize and accept the positive intention of the other.

5. Accepting the Other Polarity:

- Again, let the two polarities speak to each other:

- In you, I value..., I realize that I need you because...

- Obtain a congruent agreement from both parts to combine their resources and achieve the goals of each of them and the common mission. Usually, the parts will have doubted or become indisposed against each other for not having those resources. For this reason, they seem strange and uncontrollable.

6. Integration:

- The person slowly brings the two hands together until the two polarities merge, and you observe what the two parts have transformed into.

- Now bring your two hands to your chest, integrating this new reality into your body, aware of the transformation of each of your cells, and allowing yourself to be invaded by the new energy that overwhelms you.

Exercise 32: The Excluded

Author: Brigitte Champetier de Ribes

With the help of your inner guide, you will decide whether you will represent the excluded to whom you are faithful or the excluded weighing on your family, a child, or a grandchild.

Regardless of which excluded you choose to work with, imagine two places: the place of the excluded and your own (you will not represent any other person from your family, even if it is the excluded weighing on another family member). First, place yourself in the excluded's position to perceive what they feel. Then place yourself in your position and feel how your body reacts. Gradually, let go of your fear or reproach, deciding to look at the excluded with love. Slowly say to them:

- I see you
- I see your pain
- I look at your parents
- You belong

After each phrase, you can place yourself in the excluded's position to feel their reaction. Then, you may need to add some of these phrases:

- Everything is over
- Thank you for being our ancestor
- Rest in peace
- Now, I choose life

Continue until the excluded can lie down and close their eyes, and you can go on with your life.

Exercise 33: Increase My Resources

Author: Brigitte Champetier de Ribes

Visualization for a moment of exhaustion, not knowing what to do or how to act.

1. Greet your unconscious with respect, thanking it for what it does for you day and night, tirelessly, looking out for your well-being.
2. Request your unconscious to find three memories that will help you feel better here and now. Ask for a signal (involuntary movement or sensation) when it has found them. Thank you.
3. Ask all parts of your unconscious to observe these memories and learn from them. When each part has learned something from these three memories, ask the unconscious to give the signal. Thank you.
4. Ask your unconscious to extract from the past the resources and learning contained in these memories and bring them into the present. When done, ask for the signal. Thank you.
5. Request your unconscious to let these resources and learning accompany you for the rest of your life. Thank you.

Exercise 34: Create an Anchor

Author: Brigitte Champetier de Ribes

Easily put yourself in the mood you need, such as calmness, joy, feeling strong and creative, etc.

1. Define the mood you want to experience.
2. Choose a gesture to serve as an anchor, discreet, new to you, with some muscular force.
3. Find three memories of the chosen mood. The first can be a childhood experience, each from a different context. Avoid associating it with an unpleasant scene.
4. Follow a sequence for each memory:
 - Close your eyes, and immerse yourself in the memory, focusing on what you see, hear, and feel.
 - At the peak of positive sensation, perform the anchor gesture briefly (1-2 seconds).

- Immediately open your eyes and focus on something else to distract your brain.
 - Check the anchor with eyes open, repeating it briefly. You should feel the desired mood.
5. Bridge to the future: Imagine needing the anchored mood in a few days, use the anchor, and wait to perceive a change.
6. Recharge the anchor by using it frequently in the early days for increased potency.

Exercise 35: A Dead Person Holds on to You

Author: Brigitte Champetier de Ribes

If, during an exercise, you feel or see that a dead person is grabbing you, clinging to one of your legs, perform this exercise.

Visualize the dead person at your feet, holding onto you. Instead of trying to escape, tell them, "I'll stay with you for as long as you need." Wait with love for the dead person to detach. They may need to hear this several times before accepting death. When you are free, leave slowly and silently, with gratitude for the dead person.

Exercise 36: The Economic Crisis

Author: Brigitte Champetier de Ribes

To be done in a group or through visualization.

1. After centering and tuning into the world, appoint a representative for money, a group representing those who possess money, and another group representing those who need money or work, facing each other.
2. They look at each other in pairs until those in need can say, "please."
3. After what transpires, they say, "thank you."
4. Allow the evolution until everyone can honor money.

Exercise 37: Interpretation of Dreams or Incidents

Author: Brigitte Champetier de Ribes

To understand a dream or receive information from any incident (lost keys, breakdown, accident):

1. Only recall what you remember from your dream or incident for identification and listening.
2. Use a pendulum or another method to test permission or the appropriateness of working on the dream.
3. Identify dream symbols, selecting a maximum of 2 or 3 symbols using the pendulum.
4. Write the name of each symbol on a sheet, arranging them in a semicircle to your right, with the first sheet on the left for you.
5. Represent each symbol, feeling your body, mind, and emotions transformed into that symbol. Ask and record automatic answers without reasoning:
 - What do I see, hear, feel? What do I associate with being this symbol?
 - What is my function, purpose? What is happening now? Ask repeatedly for a higher goal.
 - What are my intrinsic qualities?
 - Is there any opposition, difference, conflict between me and another symbol?
 - What is the situation in this dream from my symbol's perspective?
6. Dialog with each symbol:

- What do I reproach each symbol for? What do I need from each of them?

- If you didn't exist, I would feel, be...

- If you were different, a bit more... I would like you more because...

7. The gift: Each symbol gives a gift to all others. Receive and integrate each gift into a part of your body.

8. Dream a last episode where all symbols love, coexist, and are happy together.

9. Integration: Collect all symbols between your open hands, observe and feel each one. Bring your hands together, merging the symbols into one. Observe and enjoy this new symbol. Surround your hands with your aura, wrap them in your favorite color, or send energy from your forehead to your hands. Observe, listen to the message, and slowly integrate it into your chest, every cell, breathing deeply with an open mouth.

Exercise 38: People Who Don't Change

Author: Brigitte Champetier de Ribes

We do not have permission to move forward if we do not respect people who do not change, if we desire and insist that they change. When someone does not change, it is due to their loyalty to the past. They cannot change. It is always out of love, even if it is archaic love. Each person is as they should be, exactly as they should be. I am not the one to decide how others should be. Ironically, they should be like me or as I need them to be...

This exercise is profoundly effective. It can be done with anyone you wish were different: your partner, your mother, the neighbor, the boss, those who are politically opposed to you...

For two people. If you are alone, alternate between each role.

One person represents the one who cannot change. And you stand in front. Accept the ones who cannot change as they are, and relinquish your desire to change them. Become aware that they are as they should be. It cannot be otherwise. And they are loved and intended to be that way by something greater. You stand in front of them until you can deeply honor them and say, "Thank you for being as you are."

Exercise 39: Integrating the Masculine and Feminine

Author: Brigitte Champetier de Ribes

One reaches maximum strength in life when integrating and merging their masculine and feminine aspects within themselves.

In groups of three people. The person represents itself, the other two represent, one, the person's masculine side, and the other, the feminine side. Allow the constellation to unfold in silence.

Exercise 40: Dealing with Aggression

Author: Brigitte Champetier de Ribes

Visualization for two or three people:

1. When someone aggresses us:

- Confront the person who harmed you, saying slowly and without emotion, "You have hurt me a lot. It was terrible."

- Look at your feelings towards that person and realize your desire for revenge, your wish to inflict the same or more harm: "I am just like you. I leave you with your loyalties and your responsibility. You are loved as such by something greater."

- Reflect on your life: "I realize the harm I have done to others. I acknowledge it."

- Look beyond the person who aggressed you, realizing you are part of a larger compensation movement: "Now I see what my ancestors did to yours."

- Return your gaze to that person and observe the change in both. You can then say, "Thank you for being as you are."

2. When someone harms others:

- Confront the person whose aggressiveness hurts or upsets you. Also, place the victim there.

- Look into the eyes of the aggressive person and acknowledge what you feel. Express your desire for revenge on their victim. Acknowledge your anger: "In you, I find myself."

- Look at the victim and empathize with their pain: "I see your pain." You may also say, "I am a victim like you."

- Step back from both and, looking at them, say, "I take you both into my heart. I honor your destinies."

Exercise 41: Repetitive Dramas or Tragedies

Author: Brigitte Champetier de Ribes

One may observe repetitive patterns in their family, such as suicides in multiple generations, financial ruin of family heads, violent accidents, premature deaths, recurring misfortunes among siblings, etc. This exercise is beneficial if you sense involvement in a significant ancestral drama.

Imagine the ancestral drama, even if you don't know its details, positioned in the past in front of you. The person is standing in front.

Alternate between representing the drama and representing yourself until you can feel it. From your position, honor the suffering that occurred with all your heart, expressing love and profound respect. When you sense this, slowly say phrases like:

- "I see you. I see the pain."

- "Now it's all over. Everything is settled. You can rest in peace. Thank you for being our ancestors."

When you feel that the drama has dissipated, turn around and move forward towards life.

Exercise 42: Dealing with Aggressiveness

Author: Brigitte Champetier de Ribes

If others' aggression, directed at others, destabilizes, frightens, or paralyzes you, it indicates a reflection of your suppressed aggression. It suggests difficulty managing your aggression.

If your aggression overwhelms you, or you enjoy it without limits, it indicates being trapped in childhood trauma or living out unexpressed aggression from others. After aggressing someone, self-aggression follows in the form of guilt, depression, failure, physical symptoms, etc.

This exercise allows you to give your aggression the space it needs. Our survival owes a great debt to the aggression of our ancestors. Aggression is a survival reaction to life's abuse. Behind every aggression lies immense blocked pain, waiting to be recognized.

Therapy does not involve reliving the trauma or expressing aggression. This would only retraumatize and increase the emotional burden of anger and guilt. Begin by loving and honoring your aggression with this exercise. Later, you may need exercises like "Integrating Trauma," "When an Emotion Overwhelms Us," or "Pure Movement" to represent aggression, and "Ordering Our Life" to leave aggression in the past.

After centering, imagine two places, one in front of the other. In one, imagine your aggression; in the other, you are there. First, find out what both feel; alternately immerse yourself in your aggression and then in yourself, for a minute, allowing movement, not emotion. Focus deeply on achieving this.

Return to your aggression for a longer time. When you sense the movement is stuck, go back to representing yourself. Say, "I see the pain behind you," and let yourself be carried by the movement. If, after ten minutes, the embrace has not occurred, stop and resume the exercise in a week. In the meantime,

do one or two of the mentioned systemic exercises. If you have embraced your aggression, enjoy its strength and love. Notice that its anger has transformed into love.

Exercise 43: Integrating Traumas and Conflicts

Author: Brigitte Champetier de Ribes

The primary traumas occur in childhood. This exercise gradually approaches these severe traumas, releasing them from excessive burden. It leads from recent conflicts to older ones.

On the floor, imagine the line of your life, placing something to mark the present moment, your birth, your conception. Stand in the present, facing the future, centered, feeling your body, breath, and heart.

Start walking backward very slowly, focused on your sensations. There will be a moment when you feel bad, lose strength, or experience pain. Stop there. A conflict that you couldn't integrate is manifesting, draining a lot of your energy.

Stay in that place, feeling. You may get images, information, memories, or nothing. It doesn't matter.

Now, ask for the strength to resolve this event: "Dear unconscious or guide, give me all the resources I need to overcome this challenge in total harmony. Thank you." If the strength is still insufficient, repeat the request with great respect and humility.

Notice the transformation within you and let yourself be pushed back to the present. When you've reached the present, observe how you feel. Return to the conflict location, experience the strength settling in you, go back to the present, and again, feel the difference from before.

Repeat this movement two or three times until you feel your best self. Wait a few days and repeat the exercise, going further back each time.

Exercise 44: The Healing Gaze

Author: Brigitte Champetier de Ribes

In pairs:

1. Identify a topic that causes you pain or concern.
2. Visualize and feel it in front of you.
3. Place yourself within the issue until you sense its impact on you.
4. Step out of the problem and return to yourself.
5. Gaze into the distance, opening to something larger and beyond comprehension—open to the Unreachable, the Void.
6. Wait and allow yourself to be filled, with eyes open.
7. Direct your gaze to your body.

Become aware that you are made of energy; your cells are energy. You are more emptiness than matter. You are Void, you are energy. You are a creative void of new possibilities. Feel without thoughts or intention.

Stand in front of your partner.

- Together, say, "I am me; you are you."
- Gaze at each other without intention, judgment, or the desire to do anything—simply eye contact if possible.
- Let your body guide you.
- You can look at the other as if your eyes were in your heart.
- Feel gratitude for the other, saying, "Thank you for being as you are."
- Accept everything that arises without questioning. Do nothing. Even if one initiates a movement to the ground, allow each other to be led by the movement without interpreting anything.
- Experience a profound interaction. Your energies mutually amplify, and from the field created by your resonance, significant healing will emerge.
- After some time, move together towards life without speaking. Return to your initial positions and reflect on the transformation of your issue in silence.

Helping or consoling diminishes the other person's strength. Touching without their suggestion is an invasive act that diminishes their strength. Wanting the other to change is to despise them as they are, essentially wishing for them to disappear. Sending energy to another person assumes an "I have, and they don't" mindset, undermining their dignity and strength. By accepting the other person as they are, we take them out of polarity, offering a pure attitude of love for everything as it is, and recognizing our responsibility.

Exercise 45: Distant Healing

Author: Brigitte Champetier de Ribes

Imagine or think of the parents of the person in front of you or in your mind. Think of them until you feel a pleasant emotion. From this moment, the person will experience a positive change without knowing why. To ensure a significant change in their life, focus on their parents for about 3 minutes.

Connect with the parents of any person, as everyone has permission to do so. For instance, when dealing with professionals like dentists, mechanics, or legal authorities, connecting with their parents can bring out their best skills.

When you feel that someone disrespects you, whether they are present or not, personally known or not, connecting with their parents will change their attitude. This can be done with an individual, a group, or even all of humanity. The more people involved, the longer it takes to feel the connection, and healing begins when the compassionate connection with the parents is perceived.

Connecting with the parents is the fundamental connection for all human beings, immediately placing us in our place in service of life. It is the connection with something greater par excellence, and whether we connect ourselves or another person does it, the created resonance is the same.

Gradually, this connection with others' parents becomes an attitude toward life, a connection with something greater materialized in our daily lives. It transforms into a compassionate opening towards life itself, a pure attitude of love for everything as it is, where we feel our part of responsibility.

Exercise 46: Telomeres

Author: Brigitte Champetier de Ribes

Telomeres are DNA segments at the ends of chromosomes crucial for maintaining health.

This exercise is individual.

1. Stand facing life and say, "I am my telomeres."
2. Without intention, let your telomeres be represented while staying centered and attentive to your movements and bodily sensations.
3. The first time, do this for two minutes.
4. Choose one of these options:
 - Repeat this representation every day for a week, for about 2 or 3 minutes.
 - Repeat this representation every ten days for 5 minutes.

5. During the day, take a minute several times to repeat aloud if possible, "My telomeres return to their original state."

Exercise 47: One is Three

Author: Brigitte Champetier de Ribes

To assist someone in difficulty or someone who needs to be well, to help the doctor or professional attending them to be at their maximum capacity. One achieves fulfillment when merging with their parents. Through them, the strength of countless previous generations flows. When one is three, they connect with the flow of life, with growing love, and allow themselves to be guided by something greater.

With the person in front of you or in your imagination:

1. Think, feel, or imagine their parents behind them. The father behind the right shoulder and the mother behind the left shoulder. Allow the image to move as it wishes.
2. Wait with respect and gratitude while looking at the three.
3. Wait until you notice a change, around two minutes.

Exercise 48: Talking to a Symptom

Author: Brigitte Champetier de Ribes

1. Locate the symptom, greet it, feel it, and describe it (shape, size, color, weight, consistency, material, etc.).
2. With your light hand, take the symptom out of your body. Observe and describe it.
3. The symptom may change shape; continue observing.

4. Dialogue with your symptom:

- Thank it for notifying you of something.
- Ask its name when it first came into your life, why, and what happened.
- Observe its color and shape; it might change. Without judgment, observe; it may be associated with memories or symbols.
- Explain that you are on the path to liberation, want to respond to its call, and understand it.
- Ask what it needs to disappear, what resources it requires from you, and what you should leave behind.
- Ask what gift it wants from you and give it from the heart.
- Listen to it.
- Thank it and give what it needs.
- Carry it respectfully and affectionately towards your past, to the left, in a pleasant environment that you will close, promising to see it again occasionally, every time it manifests, every time it needs something more, and you will comment on your transformation.
- It will need frequent reminders of your new security.

5. Now, visualize a spring, drink, soak, clean yourself, wash. Fill yourself with the energies of water, sun, and earth. Project yourself into your near future, seeing yourself in your transformation.

Exercise 49: Ordering Life

A powerful tool that frees us from past patterns and energizes the present moment. It can be repeated after experiencing something significant that takes time to become past.

Choose a routine behavior

First, choose a simple, "neutral" action that you repeat every day of your life, such as brushing your teeth, taking a shower, etc.

Observe the location of the images

Present

- Remember or imagine yourself today doing this action.
- Where is the image, even if it's vague?
- Point with your hand where you see the image: in front of you, close, far away, to the right, to the left, behind you, inside your body, etc.

Past

- Now imagine that you remember a week ago, you with this action. Where is the image of the memory?
- Point to it in space with your hand.
- Now imagine a year ago, doing this. Where is the image?
- Now imagine 10 years ago, then 20 years ago, then in your adolescence, then in your childhood. Where is each image?
- Adapt these time frames to your life to cover each important stage.

Future

- Now imagine yourself a week from now with this action. Where do you see it?
- Do the same for a year from now and five years from now.

Change the order of your life

Changing this temporal organization of your life, done by your brain, means a profound modification that disrupts all the stability achieved through our adaptations, protections, and loyalties.

We will do it with extreme care. And the result will be a great liberation that we will observe in the medium and long term, sometimes in the short term.

We will be attentive to any discomfort that arises; it will be a sign that we cannot leave it as it is, and we will follow the proposed suggestions to improve the sensation.

Respect what is there

I say the following:

- I honor the current organization of my life.
- I thank it for being as it is.

I respectfully ask my unconscious (or guide, or higher energy, or...) to keep all the learning I have gained thanks to the current order of my life in a safe and fully available place so that I can use these learnings whenever I need them, thank you.

Wait for about 4 or 5 seconds.

The process

Imagine all these images as photos on a single reel, starting where your birth is in the past and ending where your death is in the future.

Observe all the turns the reel makes.

Now, if you are right-handed, raise your left arm horizontally to the left and say to your unconscious:

Dear unconscious, organize all my life most comfortably and productively for me, for my greater good and development.

For example, put all my past along my left arm and beyond, and my future, in front and to the right.

Look (without seeing any special image) at your past on the left, your future in front, for a few seconds, to see how you feel. You must be completely comfortable with the change.

If you feel discomfort, ask your unconscious the following:

Dear unconscious, adapt this reorganization with the greatest flexibility and creativity for my greater good.

If necessary, ask it to put unpleasant memories in black and white and very small, and good memories, with color, light, large, and if necessary, more visible.

Improve the perception of our life

Rate the past, present, and future on a scale of 0 to 10.

Now we will make perception changes so that the rating reaches the maximum you can achieve today.

The past: look at it with deep respect and gratitude, even if you don't understand everything today.

Fill it with a salmon color, or another color if you find it more pleasant. And evaluate the sensation that your past now produces, from 0 to 10.

The future: you will see that it has changed on its own. It is advisable to be in the right visual field. Its representation is more imprecise than the past; it may contain obstacles that will be respected. Introduce everything that can make it more attractive: depth, light, colors, warmth, sound or music, smell or perfume, and landscapes.

And evaluate the sensation that your future now produces, from 0 to 10.

The present: finally, return to the image of the present in front of you. Modify it if necessary to make it as big, bright, and attractive as possible: change the colors, perhaps blur the image a bit, or conversely, make it very clear, introduce warmth, air, something in motion, sound, smell, also objects, landscapes, people, like in a patchwork.

Until it becomes as attractive, stimulating, or hopeful as possible.

Notice that your past is no longer in front of you as before; it no longer imposes itself. Your present can now be entirely creative. And when you need a resource, you decide to look at that past and what it taught you.

As for your future, it has also been liberated. And when you look at your present, you see your future out of the corner of your eye, like a stimulus, like what pulls you forward.

And evaluate the sensation that your present now produces, from 0 to 10. And stick with that feeling.

The exercise is complete.

Observations about the disorder

Often, a tough moment from the past stayed in front of us, in the present, because there was much to learn from that moment. But this made us tend to repeat that moment.

For others, adapting to something difficult was done by burying the memory or corresponding stage in the ground. Or hiding it behind us. It was a way to protect ourselves, but it prevented us from learning anything from that stage.

Other moments were experienced so intensely that the memory was still inside the body: impossible to distance ourselves from them, impossible to open up to something new, we were full of that past.

Instead of being on the right, the future was on the left, like something that had already happened. In other words, having no future.

Or the past was in the right zone, invading the future: our future was to repeat the past.

Adaptation of the tool discussed in "Change your mind to change your life... and keep the change. New submodalities in neuro-linguistic programming," by Steve & Connirae Andreas, 1987, Gaia Ediciones 1997 3rd edition.