



1. The essence of a family constellation

What if that challenging symptom, behavior, or pattern is rooted not in your personal history but in a silent loyalty to an unknown ancestor? What if the inner biological energy of your body and the supportive movement of other's bodies energy in a heart-centered space could unveil that loyalty and reconcile it, even if you don't fully understand? What if you then have the power to transform ancestral suffering into surprising strength for yourself and future generations?

Welcome to New Family Constellations (NFC). As a therapeutic method, life philosophy, and profound ritual, NFC offers a resounding yes to all these questions and more. NFC illuminates unconscious ancestral dynamics, hidden loyalties, and entanglements from the past impacting our present experience and keeping us stuck in pain, conflict, and struggle such that we may release and transform them.

Together we create a healing field to observe our family dynamics and address deep-rooted issues. Through the subtle and exquisite language of the body, movement, sensation, energy, and emotion, we allow reconciliation and harmony to emerge, infusing the whole system with peace, new possibilities, and an appreciation for our lineage, as well as the remarkable interconnectedness of us all. The changes observed from NFC are remarkable, at times even miraculous.

So what is the origin, influence, and purpose of this profound practice?

NFC consists of the evolution of traditional FAMILY CONSTELLATION THERAPY proposed by Brigitte Champetier de Ribes in her years of field observations, which originally arose from the integrative approach and phenomenological perceptions of German therapist Bert Hellinger (1925–2019). His discoveries and teachings evolved into a therapeutic process that recognizes a fundamental and universal truth: all people carry within them an energetic blueprint of their family that exerts a massive, and sometimes unconscious, effect on their life. When the information from this blueprint is transmitted blindly, silently, and subtly through generations, it can cause pain, conflict, disease, difficulty, and distressing, often confusing, behaviors. When this information is seen, acknowledged, and honored, on the other hand, it transforms into a healing force that reconciles the lost love not only for the present family member but also for all the ancestors behind and future generations ahead. Truly there is no individual healing: when one heals, all heal; what is good for one is good for all.

We see this quite clearly when participating in a family constellation. Participation is an extraordinary privilege with several roles, all of which must be approached from the place of the grounded adult self, who is able to take responsibility for actions and their consequences.

The first role is that of the facilitator, sometimes known as the constellator that must be humble and centered, connected with something greater; according to Brigitte Champetier de Ribes, this attitude is crucial. The facilitator may then connect with the field from a place of surrender—surrender to the field, to her guides, and to the forces of love—relinquishing hypotheses and



accepting that each constellation, just like each life and each family system and each present moment, is unique.

Her role is to guide the experience as it restores, harmonizes, and includes whatever in the past was lost, not possible, or excluded. The facilitator may do so by guiding the seeker to speak certain clarifying or healing sentences to the representatives (more about these roles soon) and may occasionally ask representatives what they're feeling to gather information and allow the movements of the spirit.

The skills of the facilitator are manifold. It must be skilled at preparing and centering the group and connect with movements while also maintaining a posture of emptiness and inaction. It knows that it is not the healer but instead serves the destiny of the seeker, the seeker's family system, and the energy, allowing other forces to enact a new reality in the seeker's life.

According to Hellinger, the facilitator's ability to be present is paramount, and presence includes strength, concentration, and action. He elucidates many valuable skills and qualities of the facilitator in *Love's Hidden Symmetry*, including a basic orientation toward resources over weaknesses, solutions over problems, and the smallest interventions necessary for change. This requires a capacity to really *see*, to look at what is truly visible, to move beyond good and evil, and to take the person as a whole, in the context of a larger order.

Some other skills include being open to surprise, refraining from help or rescue, understanding body language, identifying the essential and distilling it into simple statements, distinguishing between different kinds of feelings (primary feelings, secondary feelings, feelings adopted from others, and meta-feelings), and knowing how to anchor meta-feelings to strengthen the seeker in her future life.

The next role is that of the client, or seeker. It brings its serious intention and significant topic to the field; mere curiosity is insufficient. It may consider such questions as these:

What is essential for me today?

On the path of life I am on, what do I need?

What do I keep trying repeatedly and not achieving?

Is there a pattern of repetition in my life, my attitudes, my choices?

Are there challenges, struggles, or conflicts in relationships that I do not understand?

Do I experience intense emotions or behaviors disproportionate with the current situation?

What physical symptoms, illnesses, injuries, or accidents are manifesting?

Has something happened that I cannot integrate?

It brings its genuine desire to observe what the field has to reveal and her commitment to acting on the movement initiated by the constellation, as her collaboration with life beyond the workshop is essential to continue the transformation.

Also vitally important are the representatives. They configure the dynamic that the seeker wishes to observe. They must be centered, in their adult selves, relaxed, willing to serve the field and the seeker from an empty center, from the creative void, without agenda or intention, not from their



mind or overthinking or interpretation. Representation in a family constellation is akin to active meditation. Movements are slow, simple, and deliberate, movements of the spirit from a place of reverence, initiated by the inner biological wisdom that compels a body movement.

Representatives allow themselves to be guided by the energy to certain gazes, body language, and emotions without speaking. Only when asked by the facilitator do they report observations from their body, neutrally, without censoring and without judgment. By serving the field in this way, representatives contribute to a collective healing process that returns to them gifts from life.

In cases where other people are not present, the representatives may take the form of dolls, figurines, selected objects, or even positions in space that the seeker mindfully adopts to sense in her body the truth of that representative. The possibilities for NFC, in individual contexts, even apart from workshops and other people, are unlimited, with similarly phenomenal results.

From a practical standpoint, then, what does this look like?

As the constellation unfolds, with the guidance of the facilitator attuned to the movements of the spirit and in service of the seeker and the whole field, people are placed in space (or they place themselves) to represent members of the family system and observe their dynamic. These representatives may be known or unknown ancestors, excluded individuals, the living or the dead. They may be other energies as well, like an illness, a symptom, a body part, money, abundance, the masculine, the feminine, a belief, a business, and so forth. Slow, deliberate movements from the body guide representatives to different configurations until they find their rightful place, in healthy and respectful connection with each other. The facilitator prompts the seeker to speak clarifying or healing sentences to support these movements, helping the person to uncover the origins of her issue and resolve them.

The experience flows until the reconciliation movement is apparent, or until the seeker is invigorated with strength. The constellation may not resolve all things for all participants completely, and in fact, that is not the goal. It is not a destination per se, but a flow of energy that naturally continues to flow, creating enough of a shift that the seeker may continue the movement forward, taking the next step toward more life, presence, action, and love.

Healing sentences guide the reconciliation until the main representatives affirm a renewing shift in their bodies. The facilitator then invites each to offer a final word to summarize their peak emotion, such that the seeker's representative can test the renewed strength in her body, bringing closure to the session without interpretation.

Constellations such as this simple example serve a profound purpose. They invite us to see what was not seen, remember what was forgotten, accept what was rejected, include what was excluded, and resolve what was not resolved in the past, in order to restore the lost love and move the seeker, as well as her whole system, toward greater life.

And in fact, this is the very essence of Hellinger's contributions. He observed in the energetic field certain undeniable "orders," (Hellinger) or "forces," (Brigitte CH NFC) of love that govern all human systems. Harmony arises from respecting these forces. When they are not respected, our entire reality is impacted, as everything in the universe seeks compensation; love



cannot flow properly, and future members of the family system are tasked with repairing and restoring order.

These powerful guiding principles can be distilled into four forces, in which the first is the overarching principle that includes the subsequent three. All four can be summarized as follows:

1. Yes: Accept everything as it is, or assent to life as it is.
2. Belonging: Respect and include everyone, as everyone has a right to belong equally.
3. Hierarchy: Respect the natural hierarchy in the space-time dimension of life.
4. Balance: Balance giving and receiving, with respect for the polarities that unite to create energy and new possibilities.

The first can be summed up by the simple word YES and the powerful feeling of gratitude: in NFC, we say yes, humbly and gratefully, to all that is. We accept everything and everyone. We bow before life, respecting and appreciating everything it gives us. We are thankful for all, for existing as they are, and this thankfulness starts with our parents: by saying yes to the life we were given, we take our parents as our source of life and the other forces of love may flow from there.

The second acknowledges that everyone belongs to a family system—also to a collective, to a territory, to a culture, and more—and that everyone has an equal right to belong to that system. (This is true for everyone, even those who do not know their birth parents or family of origin.) Not only that, each system needs each member to belong. If someone is excluded, a future family member will unconsciously take their place and repeat their fate, until they can be seen and reintegrated, which is often what we do with NFC. Our responsibility, in harmony with this force of love, is to suspend judgment, to dispense with morality, to avoid labeling people or their behaviors as good or bad. Instead, we recognize that are all alike, that even our differences make us similar, that everyone has a role and right to belong. This posture of respect and inclusion is foundational to the flow of love.

The third refers to a hierarchical order in the family determined by time: parents come before children, the firstborn occupies a position before siblings, and so forth. Parents must be parents, and children must be children—that is, everyone must be in their rightful place for health, happiness, and harmony to exist within the family. Parents are greater; children are smaller. Couples are both adults, shoulder to shoulder. Successors respect their predecessors, serving them; in turn, predecessors lend their support to successors. Over time these rights and responsibilities change, as the younger generation becomes ancestors. Trying to force them before their time creates disorder, consuming energy as individuals try to seek their place. The result of honoring the natural hierarchy, or the space-time dimension of our lives, is peace.

The fourth recognizes the role of polarity: all living things are continuously compensating for opposing tendencies. We are constantly giving and taking, and there must be a balance for love to flow properly. Parents give life fully, and children take life fully. They then honor and appreciate the life they've taken from their parents and give it forward to their children and projects. In horizontal relationships like couples, each must give a little bit more to continue the flow of love and grow the relationship, yet no more than the other person can receive and



reciprocate. These polarities are essential for energy creation; this force is therefore necessary for opening new fields of possibilities.

Together these forces draw us out of unconscious, blind, compensatory love toward respect, inclusion, balance, belonging, gratitude, and conscious, adult love.

This, then, is the great power and potential and purpose of NFC: to restore the conscious love that draws us forward in ever-evolving, heart-expanding, grateful service of life. Freed from compensation and entanglement with the past, we find our rightful place in our family and live our happy, fulfilled life according to our destiny. With NFC, we hold the keys to our own individual and collective quantum leap. We embrace the responsibility, privilege, and joy of taking all that was handed down and doing something great with it.