

# Systemic Constellations Work – 101

## Syllabus

*“Have patience with all that is unsolved in your heart...live in the question.”*

*Rainer Maria Rilke*

*In this foundational work, the focus is on building peace in oneself and one’s family. For too long the focus has been on what has not worked. It is true that the disquiet, the unease is about something that is amiss. It is also about being a witness to resilience and inviting what is the best part of you and the best part of your family to emerge.*

### **Day 1:**

Building Awareness, Acknowledging and Accepting What is, what was; Learning to Integrate

*“Always say 'yes' to the present moment... Surrender to what is. Say 'yes' to life - and see how life starts suddenly to start working for you rather than against you.”*

*Eckhart Tolle*

- History of Systemic Constellation Work
- Learn to set up your own interactive genogram. Set up and develop your family of origin altar.
- Build awareness of what is and what was.
- Enhance your ability to accept what is and what was.
- Fine tune your ability to stay in the present moment.
- Staying grounded through your body.
- Discuss the movie, *The Book of Life*”

*“When you learn about yourself, watch yourself, watch the way you walk, how you eat, what you say, the gossip, the hate, the jealousy - if you are aware of all that in yourself, without any choice, that is part of meditation.”*

*Krishnamurti*

### **Day 2:**

Making the Unconscious Conscious

*“Who looks outside dreams; who looks inside awakes.” Carl Jung*

- How 4 unconscious themes affect your life
- 4 unconscious loyalties
- Learn the Orders of “Love” from which life flows.
- Developing and/or enhancing your felt sense.
- Review and Discuss “It Didn’t Start With You” Mark Wolynn

**December: Happy Holidays**  
**Report Due: "It Didn't Start With You" Mark Wolynn**

**August**

Opportunity to read, catch up, fine tune your felt sense.

*"What we call fate does not come into us from the outside, but emerges from us."*  
Rainer Maria Rilke

**Day 3:**

Conscious and Conscience

*"In stillness you emerge."*

- 4 stages of becoming consciously competent
- Becoming conscious of your personal and family conscience?
- How the 2 interact?
- Family patterns and loyalty to the patterns.
- What is asking to emerge in you and in your family system?
- Discuss and Review "Acknowledging What Is" Bert Hellinger

**Day 4:**

Inclusion/Exclusion:

*"What I dismiss, I attract."*

- Who do you include and who do you exclude?
- What do you include and what do you exclude?
- What is truth?  
Family Constellations is not necessarily about truth in the system, it is more about finding resolutions to what is out of alignment.

Testing the field with:

- Statements that Acknowledge
- Statements that Accept
- Statements that Appreciate

Report Due: Acknowledging What Is

## **Day 5:**

Your personal balance of giving and receiving:

*"The one who gives too much damages the relationship."*

- Opportunities to test the balance of giving and receiving with your friends, parents, partner, volunteer organizations, commerce, yourself...
- Learn where you are giving too much
- See where saying "no" makes for a stronger relationship

Discuss and Review:

Family Systems Constellations and Other Systems Constellation

Adventures: A transformational journey. Francesca Mason Boring

## **Day 6:**

Developing a Systemic Lens :

*"Today's problems were once a solution for a previous problem."*

- Revisiting your interactive genogram
  - Awareness of the systems influencing your ancestors
  - How to better understand the systems that have impacted you through your ancestors.
  - Systemic Sentences
  - Healing Sentences (Acknowledge, Accept and Appreciate)
- Report Due: Family Systems Constellations and Other Systems Constellation Adventures: A transformational journey. Francesca Mason Boring

## **Day 7:**

Bringing It All Together

*"What was separated comes together"*

- Love and Relationships
- Systemic Dynamics that ask for love to flow
- Personal Work

## **Systemic Constellation Work- 201 – Deepening &Expanding Peace in The Family Soul**

**September 2017 – June 2018**

*“Reality is merely an illusion, albeit persistent.” Albert Einstein*

- ✓ *If you want to deepen and further integrate what you have learned.*
- ✓ *If you want to be further of service to your family, friends, community and more.*

- The Phenomenological Approach & Mindfulness
- Primary, Secondary, Tertiary & Meta Feelings
- Knowing vs Not Knowing
- Self-care with Representing and Facilitating
- So you want to save your family, your organization, your world?
- Illness & Trauma
- Grief and Loss
- Immigration
- And more....likely moving into 301 & 302 as this work is expanding....

## **Systemic Constellation Work 302 – Career, Business, Organizations**

**October 2018- June 2019**

- History of Organizational Constellations
- Systemic Dynamics
- 5 Coping Styles in Community
- Family Conscience in the Workplace
- Belonging, Order and Balance at Work
- Impact of Noteworthy Events
- Identifying and Placing Elements
- Organizational Dynamics
- Unconscious Themes & their impact
- Organizational Constellations
- *And more, stay tuned*