

Harnessing the Power of Rituals in Constellations

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Rituals engage the brain (and the soul) in a healing way

“Where ritual is absent, the
young ones are restless or
violent, there are no real elders,
and the grown-ups are
bewildered. The future is dim.”

Malidoma Some



Rituals in religion

Christian mass

Jewish Passover seder

Muslim hajj

Hindu puja

Meditation

Prayers, mantras



Music can be a ritual.

Hymns

Concerts

Keening

Sports songs



Storytelling can be a ritual.

Campfire tales

Plays

Movies

Speeches



Cultural and national
rituals:

Sacred dances

National anthems

Citizens oaths

Courtroom oaths

Pledge of allegiance



We live in interesting times.
Lots of change and merging
Ancient indigenous wisdom
being widely disseminated
National systems also in the
mix.

There is a need for new or
revised approaches, and new
or revised rituals, to guide us
into this uncertain future.



What's been excluded
or not mentioned?

How can we
acknowledge and bring
it in?

Co-create with the field



This is a constellations conference.

One goal (at least for me) is creativity and new ideas in constellation practice.



Where is the
constellations
community going?

First let's see where it
has come, and its
strong ritual
component.



Openings are rituals.

Openings prepare the
ground for the work,
foster a sense of
belonging and
connectedness.



Closings are rituals.

Closings cement the healing into place, and provide a safe, grounding transition back to regular life.



Choosing and placing representatives is a ritual.

(Placing hands on shoulders, guiding or letting find their place, using objects, figurines, shoes, etc)



Healing statements
are rituals.

I am big you are little.
I take responsibility.
I see it all
I agree to all of it
etc....



Certain tools used by
facilitators are also rituals

Rocks for passing burdens back
to ancestors.

Scarves to separate the living
from the dead.

Shawls and caps to represent
different genders.



These components
were developed and
honed by past
facilitators.

How can we add to
the current body of
knowledge?

