

# How Does A Constellation Work?

You come in with a problem: something in your family, something in your workplace, something in your life. You describe the problem to the facilitator, who asks some questions and decides on the initial representatives for your constellation. The representatives can include members of your family, different presences in your life such as disease, groups of workers, or even countries.

For workshops, you are then asked to choose people from the group to be these representatives. (Individual sessions are run differently.) Then you place these representatives around the room in an arrangement, or "constellation", that FEELS right for you. Use your intuition or instinct for this, not logical thought. Then you sit down and the constellation begins.

What happens next? Somehow the representatives are able to access information about the person or presence they are representing. They can move and feel as though they ARE that person or object. They are still themselves, but they have additional information they did not have before. One analogy is that people are smart phones, and when they are in a constellation they have internet access to "the cloud" of a universal data set. Another is that we are all the tips of separate icebergs, but underneath the water level (in our unconscious mind) we are connected to one common iceberg (our collective unconscious is one term for it).

A common term for this extra knowledge is "the knowing field". We work with the representatives and the field to gain knowledge and see patterns that would not come up as easily in talking about issues. The results are often very profound at a very deep level.