

Name/Surname:

Mailing address:

Phone number:

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Payment method: Cheque

Internet banking

Money order

To secure your booking, mail this enrolment coupon together with your deposit of \$100 to Bubula, 320 Tyagarah Rd NSW 2481. Cheques should be made payable to Robert Fox Consultancy Pty Ltd.

Direct deposit to NAB Mullumbimby 082-729 Acct 48 193 1585.

For further information, family question sheet, and bookings, call 02 6684 7223 or send an email to bubula@mullum.com.au

For further information online, visit:
http://www.hellinger.com/international/english/hellinger_lectures_articles/index.shtml

or
<http://www.cwalsh.com.au/articles.html>

The cost is \$250 for ten participants who will experience their constellations, and \$100 for participating observer/representatives.

The depth of the work is such that the experience of being a representative is in itself a window into one's own soul as well as that of the particular constellation being explored.

Family Constellation

A family systems workshop with Bubula Lardi

An in-depth experience for a limited number of men and women

7th & 8th Sept. at Sangsurya, Byron Bay
Old Bangalow Road, from 9am to 5pm.

Information and bookings
02 66847223 or
bubula@mullum.com.au

How does it help to reveal the hidden dynamics of the family through the constellation method?

When the natural order of the family is not followed, for example when the children behave like parents and the parents behave like children, then love does not flow smoothly. So ignoring the orders of love can lead to consequences for family members that may last for many generations, blighting people's lives and limiting their potential in the world. For example, a family member may have died very young and have been unconsciously cast out of the family by being forgotten. This upsets the family system, which tries to restore order by having someone else in the system represent the forgotten one. If for example a girl child dies early, then a brother who follows may even become homosexual.

Or someone's life may be crippled through having to atone for the exclusion of an unacknowledged ancestor.

Trying to make things better in a family without regard for the whole family system is usually doomed to fail. An individual effort may lead to temporary improvement, but if the systemic entanglements are not dealt with they continue to make things difficult. Constellations offer us the hope that a solution that benefits everyone in the family is possible.

Families can only function harmoniously when each family member has an equally valued place and is respected.

All the ancestors must be honoured along with the present family.

Bert Hellinger, the originator of the family constellation method, has written:

"A family constellation is one method of making the hidden dynamics in a family visible. In order to avoid prejudicing the representatives, no information is revealed about the characters of the family members or about the participant's feeling about these people. Only the actual facts concerning the family are relevant in this work; for example, who has died, who was ill, who left the family or was excluded in some way. Representatives are chosen for the essential family members and are placed in physical relationship to one another. The placement is done calmly and carefully by the participant in response to an inner sense of where the representatives should stand, and without regard to any beliefs or stories about the family. It is important to place the representatives according to this inner sense of what is, rather than according to some concept of how things should be. There is no sculpting involved, such as using gestures or standing in any particular way. The representatives must be free to notice their own responses and any changes that may occur as the placements are changed. They are not asked to play a role or to participate in a psychodrama. They are only required to note carefully and precisely what they feel during the movements in the constellation.

One of the phenomena that occurs is that the representatives begin to feel movements, feelings and reactions that seem foreign to their own personal lives. These reactions may not be an objective truth about the real family members, but they allow hidden dynamics to come out into the open and provide enough information to help the therapist find movements that facilitate healing.

A constellation is carried out in two stages. The first involves revealing the dynamics that are contributing to the 'dis-ease' or suffering of the family. The second phase of the work is concerned with finding movements and statements that can bring resolution and healing."

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