



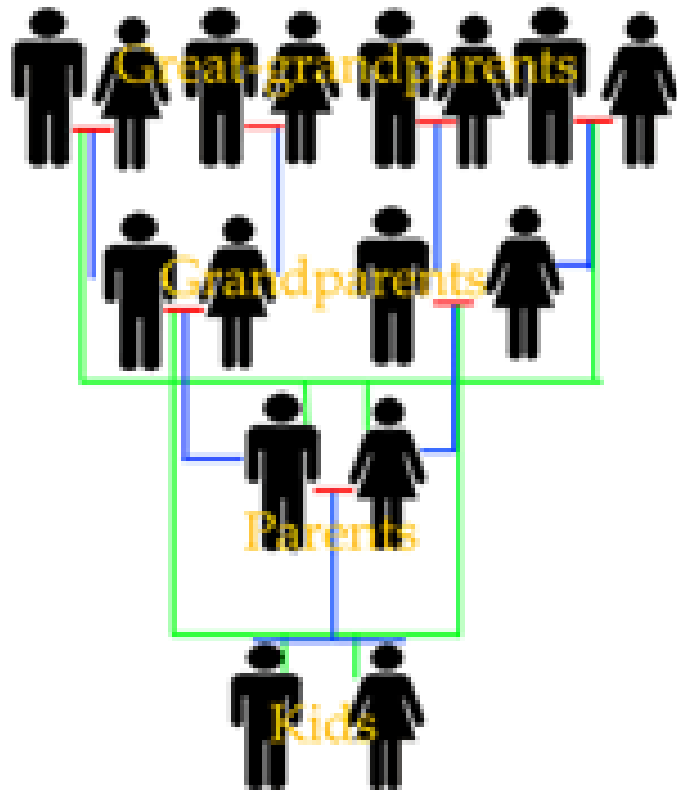
Martin Cassar

Modules 1 and 2

Human Systems Constellations

Partnership
Kids
Care

PKC Tree

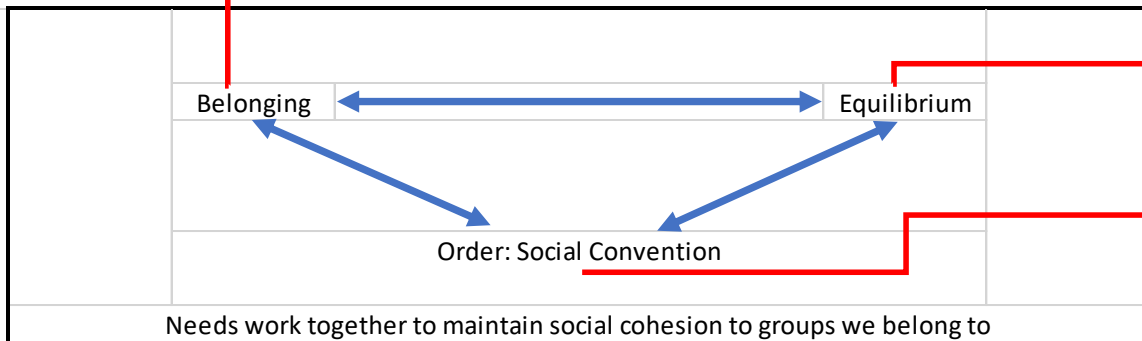


Mother/Father position is not gender but **role** towards the world: Who provides security for the family? IF the wife provides this, then position changes

Children can have two types of trauma:

1. From the disconnected parent
2. From previous generation

Destiny: in constellation, it is not mysterious, but my story: when I am born, I have my story, what I have got from my ancestors, my place in life, my place of belonging, etc. If I am back and I continue to live their story, I will keep living their story, and not live my life. So I need to honour their uniqueness while living my story. In family constellation, we seek separation from the wrong loyalty in order to give back the rightful place.



Need		State	Feels like
Belonging	Guilt	Endangered	Exclusion and alienation
	Innocence	Served	Innocence and closeness

Need		State	Feels like
Equilibrium	Guilt	Not balanced	Indebtedness and obligation
	Innocence	Balanced	Entitlement and freedom

Need		State	Feels like
Social Order	Guilt	Deviation	Transgression, fear of consequences
	Innocence	Respected	Conscientiousness: wish to do one's duty well

While needs work together, each need has its own goals with each particular feelings of guilt and innocence, which are felt differently according to the need and goal being served

Constitution of System	Classification	Definition
Blood-related	Young generation: children	Our children. Includes children who die prematurely, were lost through abortions or miscarriages, and children who are born illegitimately or are given up for adoption.
	Same generation: self, siblings	Includes brothers and sisters who died prematurely, were lost through abortions or miscarriages, as well as illegitimate or adopted brothers and sisters.
	Parents: parents and their siblings	Uncles, aunties.
	Paternal grandparents, maternal grandparents	Does not include the siblings of grandparents unless they are involved in a special destiny.
	Ancestors: Great grandparents	Sometimes one or two great grandparents whom are involved in a special destiny will be included.

Non-blood-related	Those who give up their place	An ex-partner belongs to the family system because the position is taken by the new partner because the ex-partner gave up their place in the family. Includes all parents' and grandparents' ex-partners.
	Unjust enrichment	Through inheritance, the descendant directly or indirectly inherited resentment or guilt as well.
	Entangled in life and death situation	Refers to the occurrence of murder and those killed by accidents related to life and death incidents, such as a car accident or harm/injury resulting in death.

Category of Conscience	Distinguishing definition	Working Rules
Personal Conscience	Personal conscience is whether our thoughts, feelings, or actions meet the requirements or expectations of certain people (family, company, etc.), to ensure that we belong.	<ol style="list-style-type: none"> ① Satisfy the need for belonging and meet the needs of the group we belong to ② Satisfy the sense of balance, the balance of giving and receiving ③ Satisfy the needs of order, or feeling at ease
Collective Conscience	Collective conscience ensures the wholeness of the system (including families, companies, interpersonal groups, religious organizations, society, the country, etc.) to prioritize the survival of the system, even at the expense of personal interests.	<ol style="list-style-type: none"> ① Completion ② Balance ③ Hierarchy
Spiritual Conscience	Spiritual conscience is also called the conscience of 'Tao'. It treats all things equally, without the distinction of 'good and evil', 'belonging and exclusion', and it repays the same love and kindness to all people, regardless of their destiny. It is oriented towards working harmoniously with the whole. This is the conscience of 'walking the path of Tao'.	<ol style="list-style-type: none"> ① The Law of Wholeness ② The Law of Order ③ The Law of Balance ④ The Law of Fact ⑤ The Law of Flow

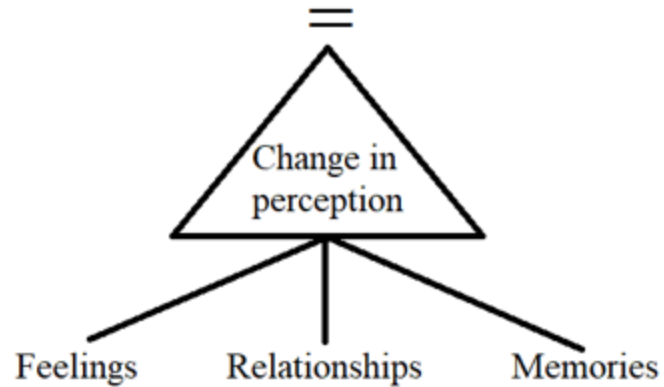


Personal conscience: Governs our sense of belonging and loyalty to the family system, ensuring we follow implicit family rules.

Collective conscience: Operates at the level of the whole family or group, unconsciously enforcing systemic balance (e.g., exclusions, entanglements).

Spiritual conscience: A broader, transpersonal level guiding individuals beyond personal and collective ties toward a deeper existential purpose

Movement of the Soul



Movement of the soul **redeems** both the parents/ancestors as well as the clients. This gives a different connection with the parent,

- More complete
- More human
- Client is no longer feeling superior to parent

The new relationship becomes no longer identified only by the entanglements but also by what the two would have experienced with one another.

- *A shift from disdain to love.*

Correct sentences when creating balance

- See dynamic
- Recall love: if love is not aligned, bring sentence to bring love back. Love flows if there is acknowledgement
 - E.g., "I hate you" – sentence:
You are my mother, you brought me life, I see the trauma you have, and I distance myself from you.

Therapist invites client in this situation



- I honour what you have given me
- I take it with gratitude what you have given me
- I take my life out of you and do something good with it.

A process of change: **Metanoia**


Classical Greek	To change one's mind on reflection
Old religious language	Confession and repentance
Jung	Mental transformation
Burchfield, 1976	A Change of the inner man, a turning about, a fundamental transformation of mind and character
Christianity	Seeing your way and changing, to situational ethics the way you have come and to change the direction you are going in the future
	Is not necessarily a religious experience, and it can be full of indecision, knowing that a choice needs to be made one way or another.
Sam Keen, 1985, existential psychotherapy	Metanoia is the opposite of paranoia, akin to 'repentance', re-owning the shadow, turning around, away from the persona towards the self.
	<ul style="list-style-type: none"> - Permanently transformed state of being (spiritual, psychological) - New inward movement
William James	<ul style="list-style-type: none"> - Long-lasting shift in the habitual centre of personal energy, - A new centre of gravity in the person, and - A new frame of reference from which s/he lives.
	Daring to be new, being able to be where the light is inside ourselves.

Commonly Occurring Features of Metanoia

1. Intensity
2. Despair
3. Surrender
4. Void
5. The importance of relationship
6. Community validation
7. Sense of mission
8. appearance of archetypal images of transformation in dreams and in art

Metanoia is associated with positive connotations, fundamental, long-lasting change for the better as defined by the person *and* significant others

Therefore, we look at the **results**, not the process in end sum.

A blue decorative graphic consisting of overlapping, semi-transparent shapes that form a triangular shape pointing to the right, located in the top left corner of the slide.

**THE PARENTS WE HAVE ARE EXACTLY THE RIGHT
PARENTS BECAUSE THEY ARE THE ONLY POSSIBLE
PARENTS FOR US.**

**OUR ONLY OPTION IS TO LIVE WITH THE PARENTS
WE HAVE, EXACTLY AS THEY ARE. BUT WE CAN
CHANGE HOW WE REMEMBER THEM.**

p. 31

To facilitate the process, we need to be ready to give up our own identity (from the past):

- **Remembering** our parents, together with their history and their unlived potential
 - **Accepting** them as the parents they had become
 - **Recognize** their essence and
 - **Acknowledge** them as the parents they might have become in different circumstances.
-
- ➔ Movement of the soul makes this possible and frees us from some of the consequences of what they did not do well.
 - ➔ Remembering their *unrealised* potential makes it possible for me to remember mine.

Patterns of feelings	Caused by	Characteristics	To resolve
Original feelings	Personally-experienced events and instinctive emotional reactions, e.g. anger when encountering invasions and sadness when relatives pass away.	<ol style="list-style-type: none"> 1. These emotions align with the nature of the incident. 2. After the event, these feelings disappear and will not repeat. 	Allow the client to express but not to say in the feelings
Secondary feelings	<ol style="list-style-type: none"> 1. Suppression of original feelings. 2. Distorted expression to ask from parents in childhood. 3. A cover-up of trauma. 	<ol style="list-style-type: none"> 1. Exaggeration 2. Can be repeated continuously and the intensity will not decrease. 	Stop it, ask the client to be aware of it. Or, when needed, express the feelings a bit and then redirect to face the original feelings.
Takeover feelings	<ol style="list-style-type: none"> 1. The child inherits the emotions of the parent (not related to personal experience). 2. The emotions of some relatives we have never met are taken over. 3. Unfinished emotions in the family system are taken over. 	<p>It is difficult to be self-aware. When it happens, even the person involved or the people around them may not know why they are feeling what they are feeling.</p>	Find the source, relieve, identify, respect, reconcile, or set a boundary.
Meta feelings	When people return to the present moment, return to their position in the system, are focused and calm, still and awakened, they generate meta feelings.	Meta emotions/feelings are a kind of transcendence, a state of feeling without feelings. Practicing this state of meta feelings will awaken our spiritual conscience.	Practice meta feelings regularly and the inner spiritual conscience will be awakened in the state of transcendence.

Five laws of life:

1. Law of Wholeness – *Everyone has the right to belong*
2. Law of Order – *Hierarchy, respecting the order*
3. Law of Balance – *Give and take*
4. Law of Fact – *Acknowledge what is*
5. Law of Flow

Techniques:

1. Bowing with Respect
2. Healing Sentences
3. Emotional Transformation
4. Confrontation Challenge
5. Return to Order
6. Face the Issue
7. Connect Ancestral Energy

The four steps are initiating, discovering, transforming, and concluding (IDTC, see Table 4-1).

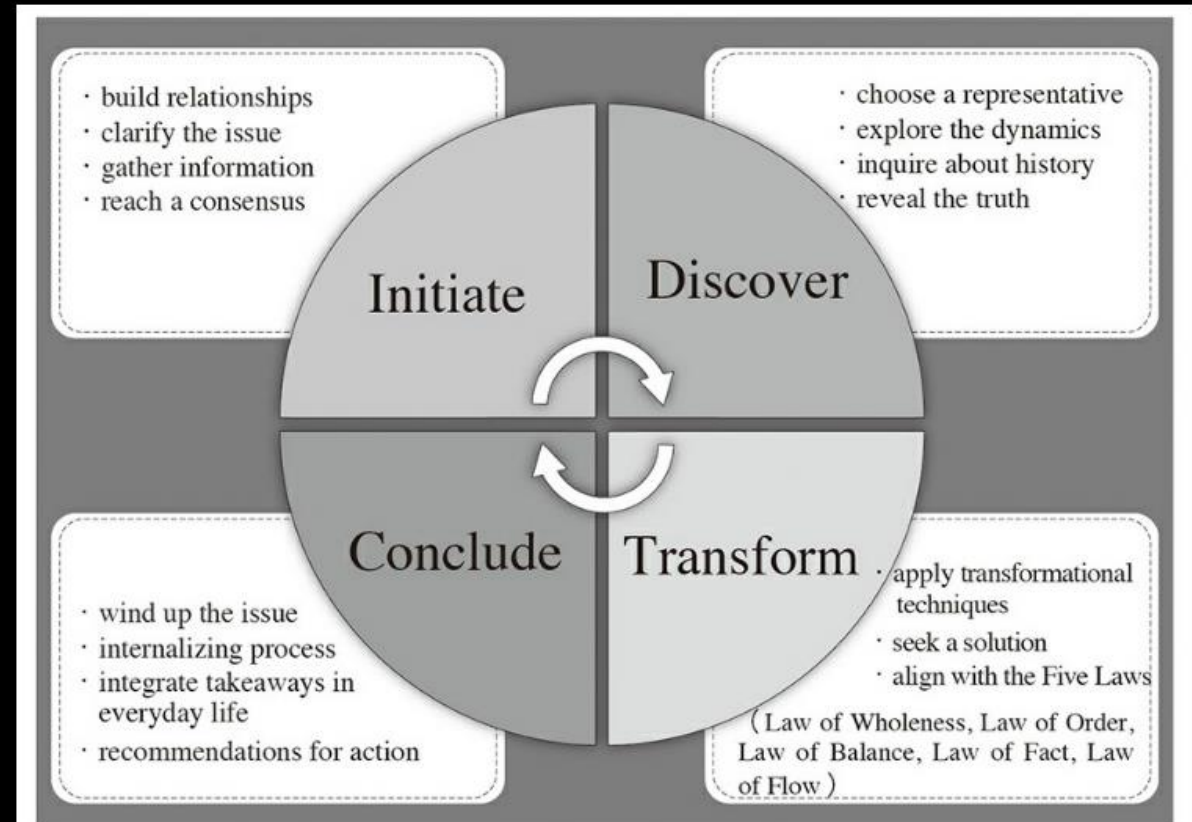


Table 4-1