

More from Mike Berold about Family Constellations

Family Constellations can address various challenges and difficulties: relationships, divorce, separation, family conflicts, the work place, money matters, illness, depression, chronic fatigue, eating disorders, learning, sleep disorders, not finding one's place, and loneliness. These are some examples of how people can manifest a disturbance in the family balance, often affected by painful or traumatic events in the family history (often of previous generations).

Family Constellations address the causes that can disturb the family harmony and influence the lives of its individual members. During the Constellation a process is undertaken to help the family members to reconcile with their family story. This process can help lighten the charge of the past and help to find a more comfortable place within the family system and in life in general.

I'm attracted to the Constellation work for many reasons.

- * I like the fact that it is a very universal method that can touch most people.
- * I like the fact that it is not a theoretical or mental process but rather a lived experience that can have a profound influence on people, the effects of which can continue for a long time.
- * The participants don't have to undertake an ongoing process (although ongoing personal development can be very helpful) and sometimes one Constellation can have a profound effect on one's life.
- * I especially enjoy the group work in which openness and deep contact can be created between people in a short time.
- * Constellation work is essentially about opening the heart, which I'm convinced is such a central ingredient of well being.
- * Every time I participate in a Constellation (as a practitioner, a participant or doing my own Constellation) it is a deep and moving human experience and that I'm glad to be part of.

In my approach to Constellations work I take the view that everyone is master of their own evolution process and I try to respect what he or she would like to explore when they are ready to do so. I strive to take the time with each participant to find together the most appropriate direction to take in order to advance them along their path.

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Where Simple Tao meets the Sword of Zen in a Zorba Way