



Local and Remote
CONSTELLATIONS, EFT,
COACHING, SHAMANISM

The 5th US
Constellations Conference

Home Altar Constellations

Add Symbolism, Solitude, & Time for Intuitions to Sharpen

As Explained in Chapter 4 of Health, Happiness, & Family Constellations
And Taught in my Home Altar Constellations Teleclass

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Providing
BOOKS, TELECLASSES,
PROFESSIONAL TRAININGS

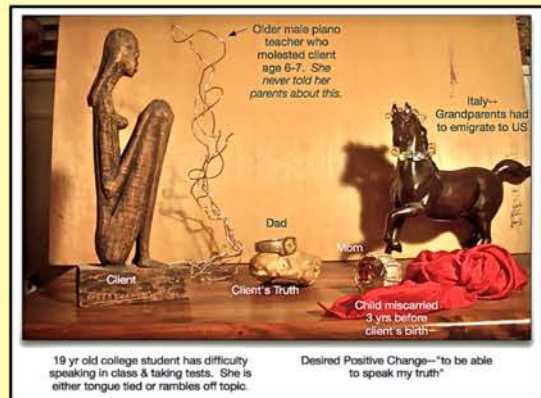


Household Objects Create Rich, Revealing Symbolic Patterns



The Stolen Inheritance--An Initial, Intuitive Setup Reveals So Much!

This client brokers international business deals. Anytime a large one is going well, it inexplicably fails. Notice Grandmother and the Client's size, distorted figures, and the direction of their glance. Neither looks at the truth of the family struggle. Mom and the Abusive Stepfather are hard, polished seashells. Dad and Grandfather are small, geometric figures. **And in the middle of it all, the fish that swam away--the stolen inheritance.** Denied to Mom, then stolen from the client. The additional layer of object symbolism makes it clear that the client's failed business deals echo the family tragedy



Childhood Sexual Abuse--Amazing Symbolism in an Initial, Intuitive Setup

The story told here could not be expressed in figurines or markers. The enlarged, naked client figure stares at the truth she cannot speak in the center of the constellation--**with her Father sitting on top of it.** Mom, Dad, and the abuser are all shiny metal but hollow. The abuser towers like a shadowy wire cobra focused on the client. A lost older sister pours around Mom in the color of blood. The strength and passion of the ancestors stand across a line of abuser, parents, and death. **Mom & Dad lost each other, daughter became a surrogate, & piano teacher acted out the suppressed desires.**

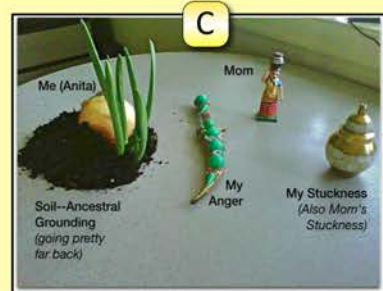
Six Stages of a Home Altar Constellation (This One Was Facilitated, Using Simple, Emailed Pictures)



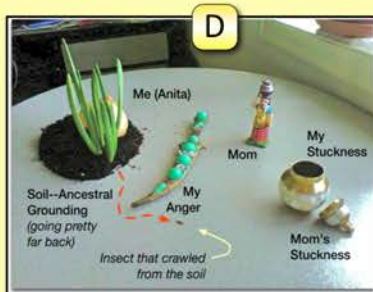
Anita's Mom took pills to abort her, and openly says "We wanted your brother, but not you." Still, Anita parented Mom. Now her life & creativity are "stuck." **Note the onion trying so hard to grow without roots.** The onion, her stuckness, & and jar on Mom's head all have the same shape & colors. Anger is jeweled, sheathed, & divides the growing part of Anita from the part carrying Mom's pain. **This blind setup is eloquent.**



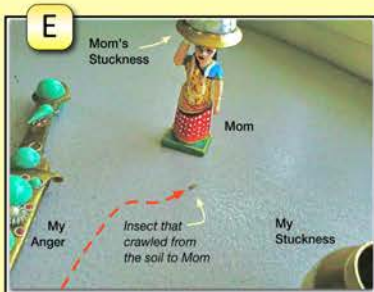
Investigating family background, I found a tangle of deaths, abortions, and immigrations. This was a first constellation with multiple, layered traumas. Working directly with the anger, or with near term ancestors themselves heavily burdened seemed risky. But here's Anita's stuckness so much like what's on Mom's head. **Is Mom willing to take any of her fate back?** So we symbolized putting her burden back where it belonged.



The experiment in B was a partial success. The stuckness stayed on Mom at first, but soon fell off spontaneously and split into lid & open container. The suggestion was **Mom was ready to take some back, but not all of it.** Looking further back for support, helpful ancestors have merged with earth. The onion needs earth. So, we resourced Anita by giving her soil for roots. This both looked and felt very good.



Even though the top & bottom of my stuckness split on falling off of Mom's head--we put them back together in C as they were before the experiment in B. But, obviously, if Mom was ready to take some of her fate back, the top of my stuckness would fit very well on her head. And the onion could use a container. So we took the lid off and distinguished Anita's part from Mom's. **That's when the bug crawled out.**



As a shaman, I see the world around me as dance of living, conscious energies. Native Americans speak of stone people, plant people, animal people, and two-leggeds. Representatives on home altars are "object-persons"--tuned in to the field. Animals & insects often play roles in constellations I do. As we separated "stuckness" into two parts, and Anita put the lid on Mom's head--the bug took the burden back to her.



Having given at least part of Mom's burden back to her, what remains is to put Anita back together. The container, now as resources formerly trapped with Mom on the far side of anger, could symbolically hold the soil for the onion to grow in. Despite its limited goals (resource Anita, reduce parenting of Mom), this constellation felt very powerful. **Remember--the initial object-persons were chosen blindly.**

Home Altar Constellations, done in several visits over days or longer, are excellent for improving your facilitation skills. They remove the pressures of time, client management, and group dynamics--and seriously deepen your intuitive skills. They also work extremely well for facilitating remote constellations, since clients don't have figurines. Check out my teleclass for more.