

# CONSTELLATION THERAPY

In these fast moving times it has become essential to know ourselves more deeply, heal our emotional wounds of the past, and use the power of this healing to live our lives more fully. In order to accomplish this it is necessary to discover and transform repetitive behavioral patterns that are blocking us in our relations with others and our ability to achieve our desires.

**Constellation Therapy** is a powerful and amazing tool towards that objective. It is possible to discover in one evening what could take months or even years of therapy.

Introduced to the world by Dr. Bert Hellinger, a renowned psychotherapist, it brings into play methods that are not used in mundane therapy. They even could be considered mystical in nature. This procedure is based upon the fact that our genes carry within them the patterns of our ancestors. We play out these patterns and are prone to succumb to their negative characteristics if we are not aware. Repetitive replay of negative patterns are the basis of what keeps you from the highest expression of emotional, physical, and/or financial well being.

Constellation therapy accomplishes change with relative ease because you are bypassing the mind and addressing archetypal patterns and the soul. It allows you to travel through time to discover destructive hidden dynamics so they may be transformed. This is “group” therapy. For instance, a person wishing to explore the hidden dynamics of their family picks people at random from the group to represent family members. The individuals chosen are placed in spatial relationship to one another by the one wishing to do the work (forming the “constellation”). They are then asked by the mediator to express what they feel. The amazing thing is that the “surrogates” experience feelings that more often than not reflect personality traits and feelings of the person they represent. Magic happens as the individuals in question “tap in” (Bonnie and Gary believe from Divine Guidance) to the dynamics that were hidden, guiding a troubled family or relationship to an understanding of the truth of their problems. Another amazing feature is that the people you choose to work with can be living or dead, and it is possible that an ancestor may be the key to healing a pattern that was inherent within you.

The doctors who have worked with this method have come to believe that we are tapping in to the actual souls of those involved.

Newcomers to this work are often surprised at the ease and natural simplicity with which tears and love flow in the constellations. Standing in a Constellation as a “surrogate” gives convincing evidence that we are truly connected to one another. Whatever the actual phenomenon is, you will find it leads to an experience that opens you to understanding and awareness of the reasons for things and once brought to light, healing is possible. This applies to personal relationships and also your “relationship” to money, peace of mind, health, career, etc.

**Constellation Therapy** sessions are held monthly (call for dates) 3:30-9 PM at 429 Harrison Street, Port Townsend. We have a potluck and you can come for part or all of the time. Donation is \$25 for all those doing constellations and optional for those observing or playing surrogates. We would love to offer attendance to a reporter to experience this opportunity for an amazing article and learning experience. The sessions are facilitated by Gary Cranston (425-870-4058- hypnotherapist, LMT, intuitive healer) and Bonnie Masi (360-385-5111 – Health Harmony Vistas) – see [www.healthharmonyvistas.com](http://www.healthharmonyvistas.com)).

Hellinger has written many books and has conducted the research that has given this work the credibility it deserves. Love’s Hidden Symmetry, Acknowledging What Is, Touching Love, and Supporting Love are the ones that have been translated from German to English.