

Constellation Sentence Construction Exercise.

In groups of 5 or 6.

Choose one person willing to be the 'issue holder' and another to hold a short term 'facilitator' role.

The facilitator invites the issue holder to speak about a personal issue that they are experiencing with another person... inviting the issue holder to describe the situation, their hopes and their fears, and why they feel stuck, or in need of help in relation to the dynamic they describe. This should be kept as brief as possible (5 mins max) – we simply need to generate energy for the exercise. Perhaps choose a situation with a neighbour, colleague or friend – something with 'juice' that touches you, but that isn't too painful. You won't be resolving the issue.

The facilitator then invites the issue holder to choose a representative for the other person connected with their issue and, over zoom on 'speaker view', the two make good eye contact together. The representative feels into their role and what is arising from the field. Both issue holder and rep sit in silence, taking each other in – nothing more.

The facilitator now joins the remaining group, whilst also keeping time and holding the process. The group now 'take in' the issue holder and rep, finding a centred, grounded place inside and bringing themselves to the present moment. You are sensing here, not thinking.

When you are ready (don't waste time!) the group take it in turns to offer up a sentence to either the IH or the rep, who simply repeats it - word perfect.

For example - you might say.... "to the issue holder... please say 'I wont see you' " or "to the rep... please say "It's yours to carry, not mine" or "I miss you" or "I withdraw" or "I see what this is costing you" etc etc

Briefly and quietly both IH and rep report back if the sentence touches them, stating whether your sentence was a 'hit' or a 'miss' for them – no other explanation or feedback.

Please - no chat – just experimentation. This is important, as diluting the energy with suggestions, chat, laughter or social padding makes the exercise more difficult. Feel the energy in the field and follow it. Fall in step with what is occurring.

After 10 minutes or so of suggestions (15 mins in total) choose another couple to work. Make sure you have a chance to offer the sentences – this is where the learning is.

At the end you may all like time to speak of your experience before returning to the whole group. Make time for this is you would like to.

Things to remember:

1. The form you have just learnt for sentence construction... check:
 - a. Does your sentence open or close the field?
 - b. Does it touch the soul? Do the words reverberate?
 - c. Does your sentence 'name what is'?

- b. Or reveal an underlying truth?
 - c. Does it test a hypothesis you have?
 - d. Does your sentence bring movement? Reveal the next step?
 - e. Or does it kill the energy and movement in the field?
2. The 8 Stages of a Constellation – follow the process of first investigation, then discovering or amplifying the dynamic /entanglement, and only after this move to resolution.
 3. Gather the somatic data generated by each sentence – not just the verbal feedback. Do both match?