

Beyond Family Trauma

In Family Constellation we move into the knowing field that contains a lot of traumatic experiences for all the members of the family. These include:

- sudden death of a parent or a sibling,
- heavy, life threatening birth
- divorce or separation
- violence within the family
- physical and emotional abuse
- sexual abuse

Besides the systemic effects these tragic events in the family have, they can also be so overwhelming and traumatic for the child that he/she remains physically and emotionally in shock. In the constellation these shocks are triggered and it needs some tools to be able to support the person to stay present without getting overwhelmed and lost in the emotional drama of the past. The life energy, which is frozen in trauma, is enormous and it needs a resourceful, safe space to be felt and released.

When that is possible the body and the nervous system can relax and it is much easier to absorb the deeper connectedness into the knowing field of the family. Within the feeling sense of the body one can find their way back to the original strength of the child and from there mature into a loving adult.

Some of the tools are:

- Defining systemic trauma and personal trauma
- Understanding symptoms of trauma
- Resourcing
- Slowing down
- Staying grounded in the here and now
- Working with the felt sense
- Supporting self-regulation of the body

The movement 'beyond family' and 'beyond blind love to conscious love' is part of an inner growth process that brings the individual into deep synchronicity with life itself and into true and blissful aloneness. Only then can healthy relationships become possible.

Osho Family Constellation is based on meditation and is rooted into a deep acceptance and an honouring of what is, rather than in the effort for improvement. This is the point where therapy ends and meditation begins.