

# Exploring Shared Fields and Co-sensing

Bruce Nayowith M.D. [bnayowith@yahoo.com](mailto:bnayowith@yahoo.com)

-Check in

-Sharing of Wishes/Intentions/Questions for our time together

-Brief teaching on aspects of doing Systemic Constellation Work – 10 minutes

-Questions/discussion

--**Field** Exercise in small groups You and Your Relationship to the Field followed by sharing 30-45 minutes.

**Resource** Exercises in small groups followed by sharing after each one

--Accessing an Ancestral Resource of Courage 30 minutes

--(perhaps we shall also do Envisioning Others with Their Resources here, or maybe later) 30 minutes

Introduction to Structural Constellations – 10 minutes

--Constellation of the Intention done in large group. 20-60 minutes

After lunch, possibilities include:

--Doing other types of structural constellations

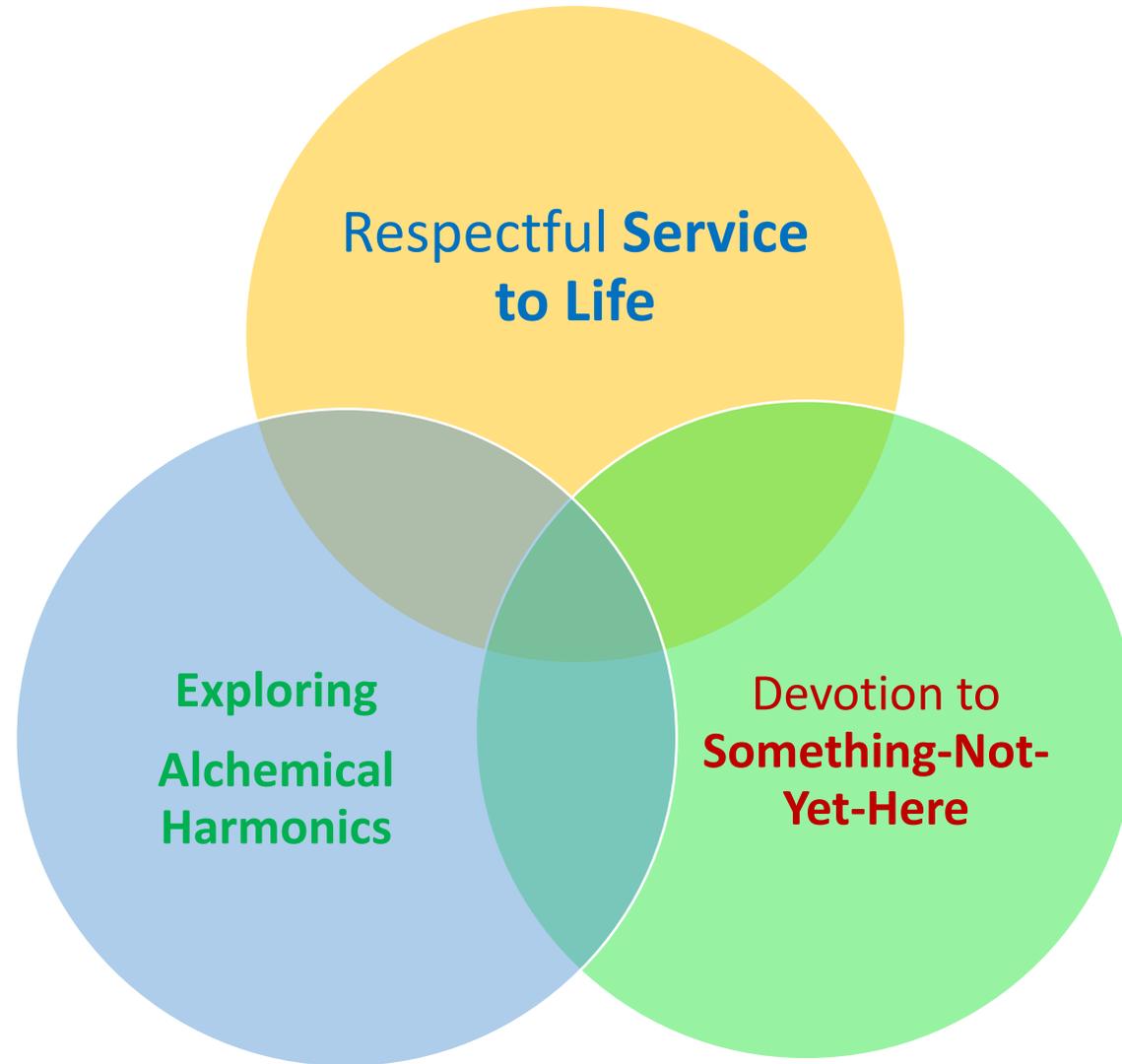
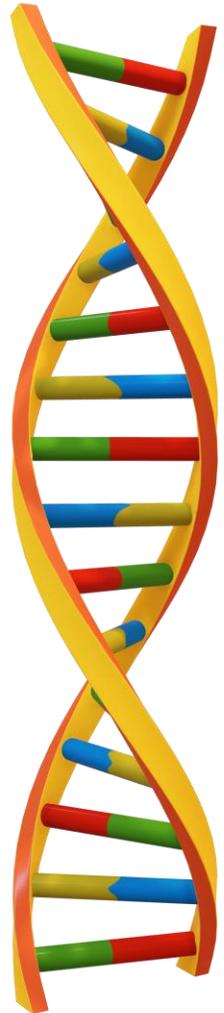
--Self as Instrument - 3 sync practice in small groups 15 minutes

--What is in your field? Exercise in small groups, sensing areas that are open and closed that may affect your availability to others who come to you for help. 30-45 minutes

--If there is interest, I could show one or several 15 minute Video Clips from the Australasian Intensive.

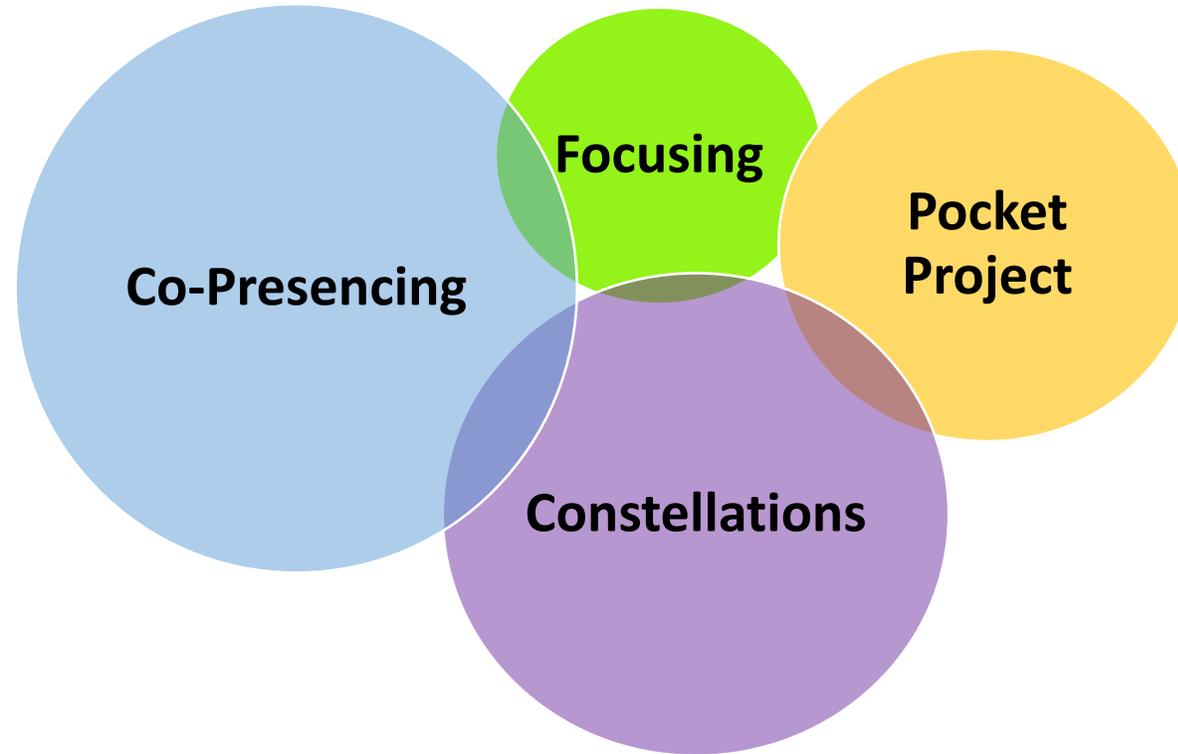
# My Leading Principles

Leading principles are a way to express “What ARE you to others? What is in your DNA?”



# Practice Communities

Various forms of sharing and creating collective nervous systems



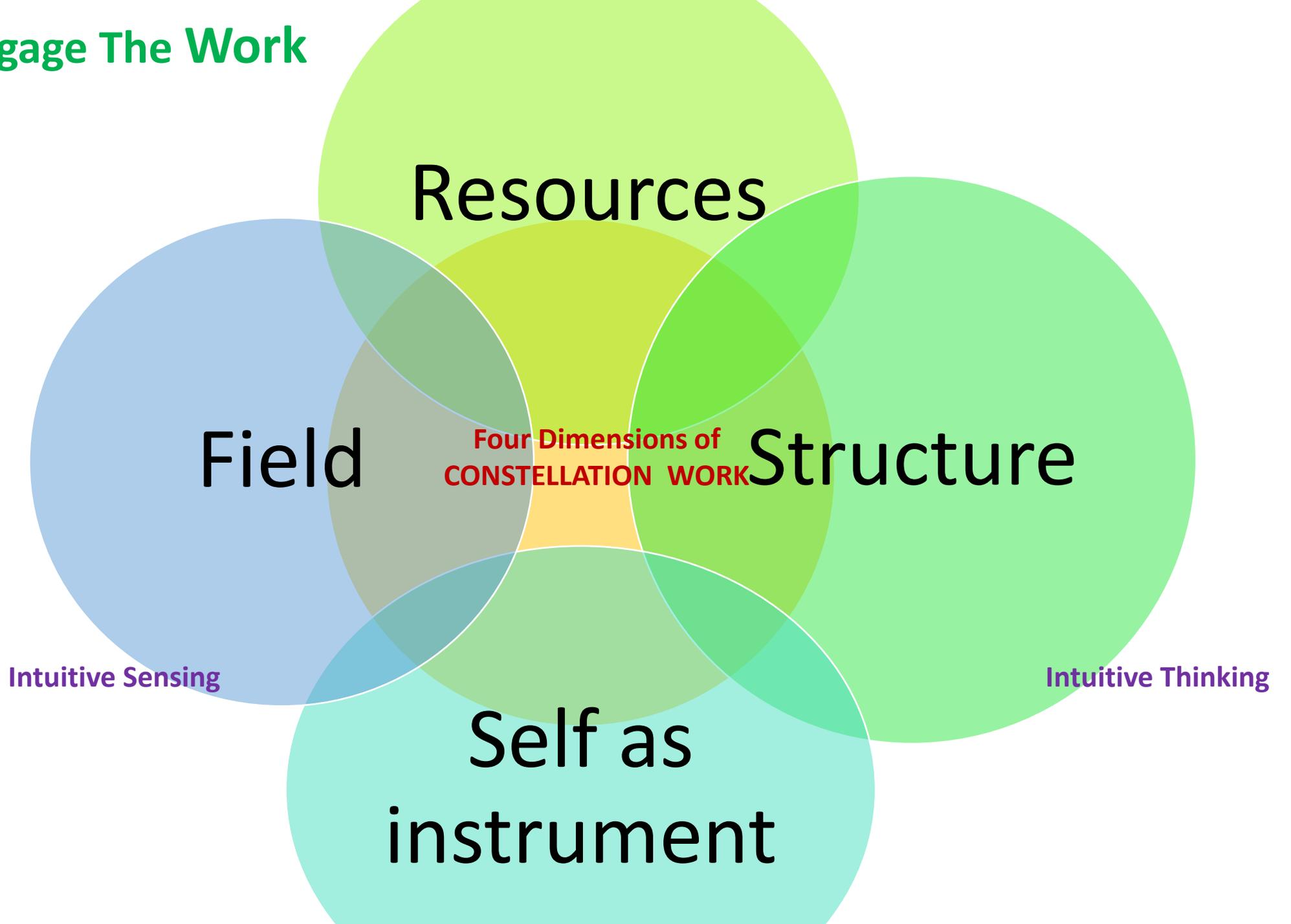
**The Pocket Project** [The Pocket Project - Collective and Intergenerational Trauma Integration](#)

**Stephen Busby's work** in [Embodying Higher Consciousness](#). Shared sensing/inquiry process.

**Focusing** <https://focusing.org/>

**Constellations** <https://www.nasconnect.org/> and many others

# Ways To Engage The Work



## For you, what is the essence of Constellations work?



## For you, what is the **essence** of Constellations work?

Dan Booth Cohen

opening our perceptive organ in the heart to access  
the consciousness of ancestors

-in order to free their descendants from entanglements  
-and, to access the soul's spiritual resources.

Making the invisible, visible.  
Illuminating the Unseen

## For you, what is the **essence** of Constellations work?

Ataibe' Fornes

The Field.....Rupert Sheldrake's understanding of morphic fields. Constellation work helps us understand the structure of these information fields.

When I think of \*family constellations\* I think more specifically about Hellinger and the Orders of Love.

This distinction allows me to honor the unique gift of Hellinger and what he described, and the more general and universal Field.

Grace Bergey

**"It is an energy, where souls come together, and remember...."**

Then they use all the steps, music, all what they have ever learned, and play together for a while. They touch each other, and shape each other ...

## For you, what is the **essence** of Constellations work?

Barbara Morgan

Constellations make **visible and experiential** the invisible ocean we swim in and are a part of.....

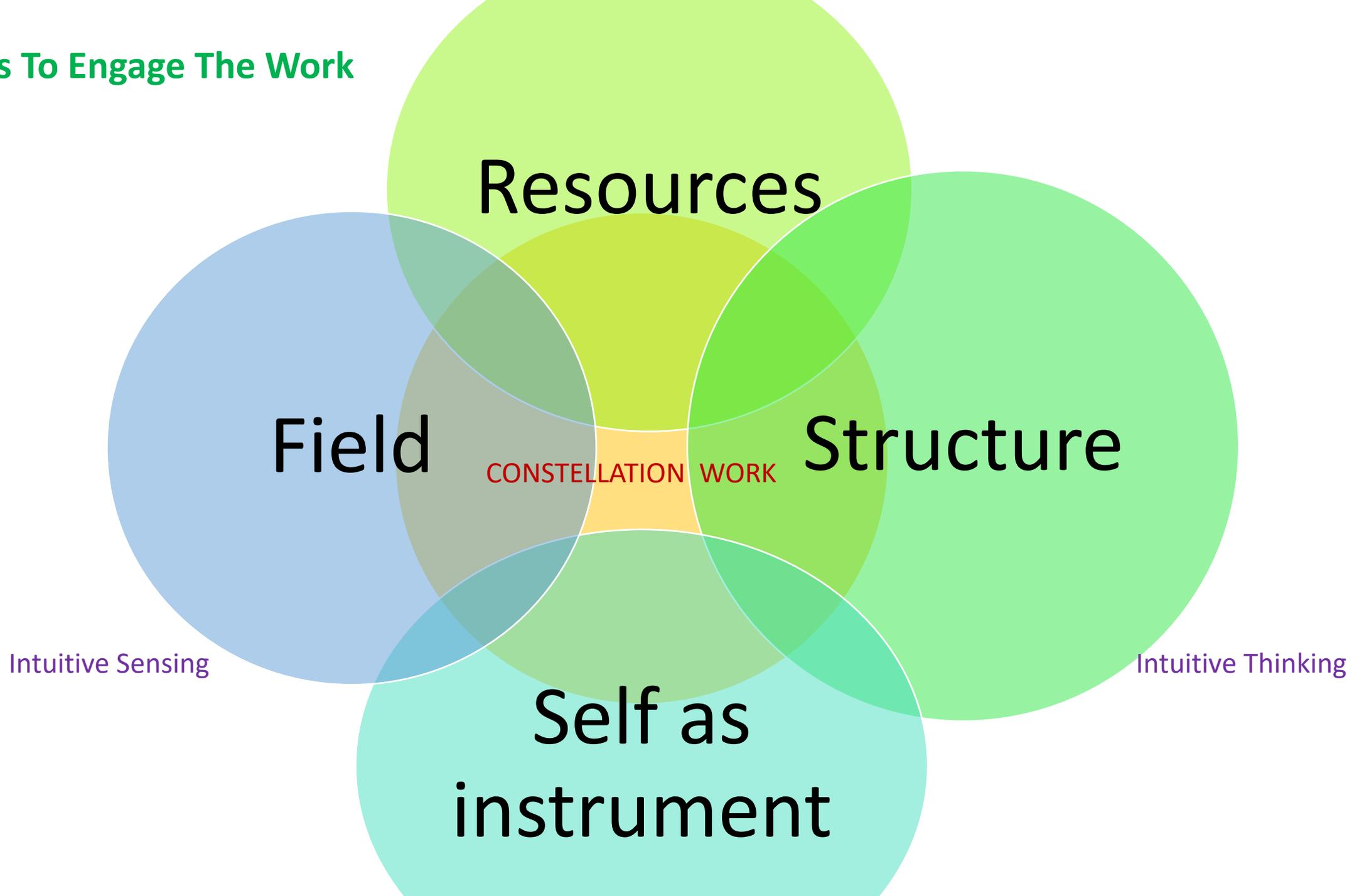
Barbara Morgan

.....In a non-threatening way, **people can have a visceral experience of that world we are blinded to by our culturally generated belief systems.** It reveals "knowing" in a world addicted to "knowing about."

Katherine Revoir

I see constellations as **an adventure** where I get to **step into the current of the universal life force energy**, while tenderly **holding the door open for others as they embrace greater possibility.**

# Ways To Engage The Work



Resources

Field

Structure

Self as  
instrument

CONSTELLATION WORK

Intuitive Sensing

Intuitive Thinking

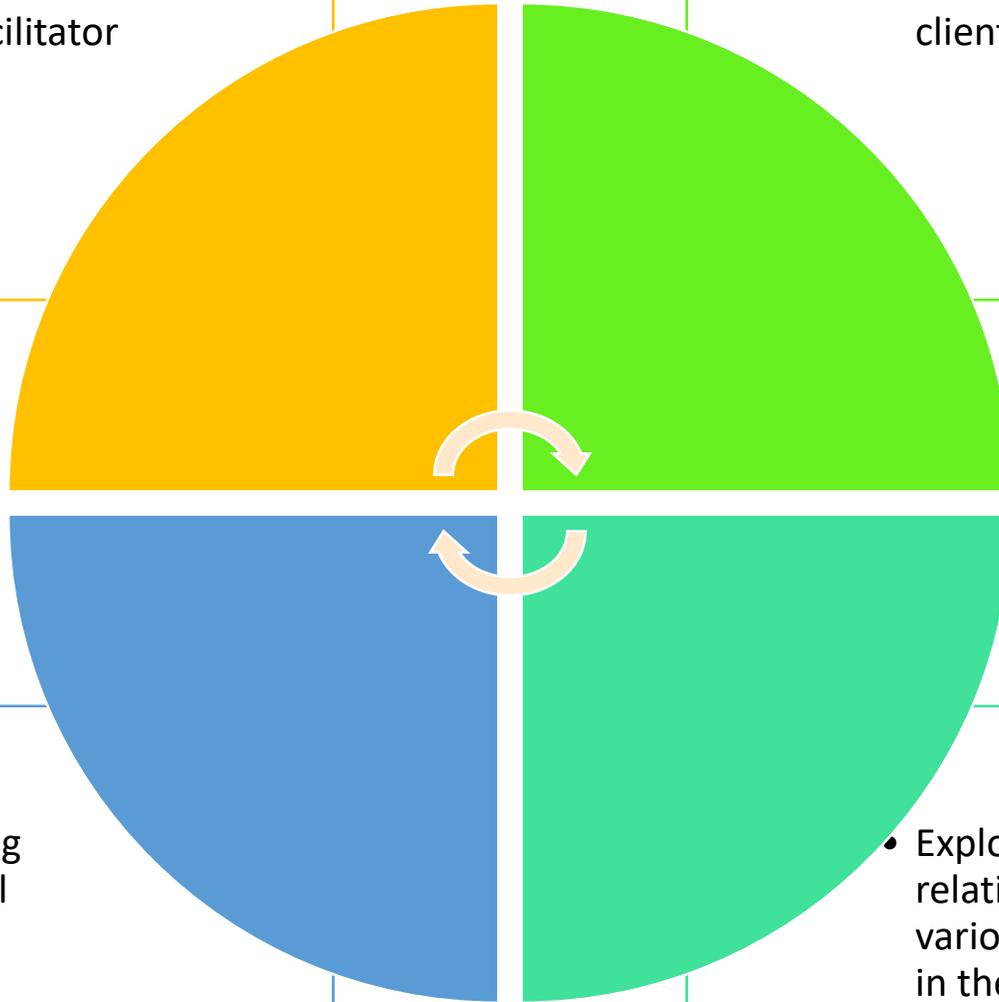
# RESOURCES

- Resources for you as facilitator

- Resources the client carries with

- Presenting additional resources

- Exploring our relationship with various resources in the field



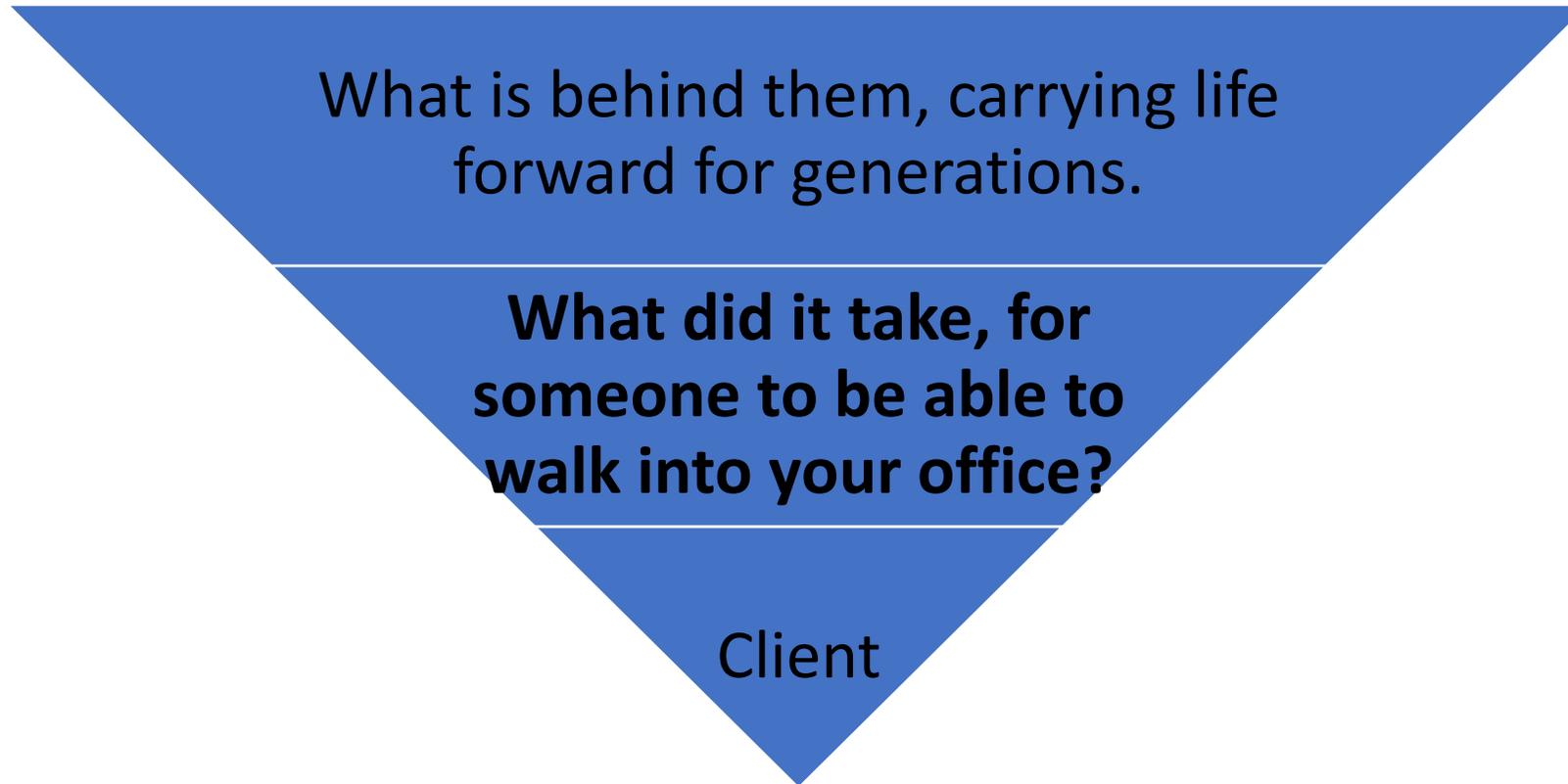
**EXERCISE** -Ancestral **Resource** of Courage

You represent yourself

Someone in your lineage who had the courage to step out of their comfort zone, and made the difference for everyone since.

Facilitator/Witness. You add energy to the space, and also be aware of what you are seeing and feeling from this position. You may feel moved to suggest words.

**EXERCISE** -Being able to envision people with their Resources

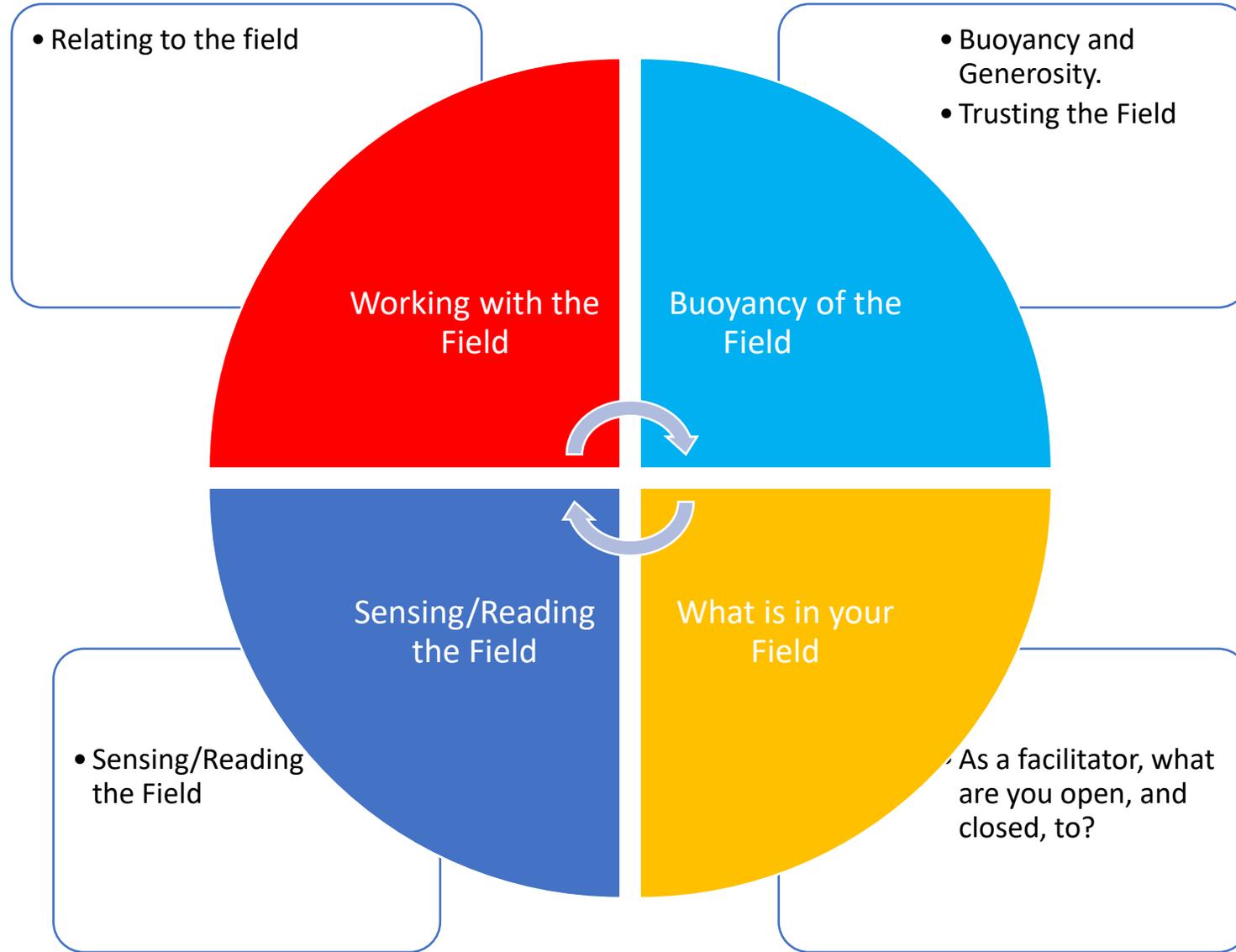


**You as Helper/Facilitator**

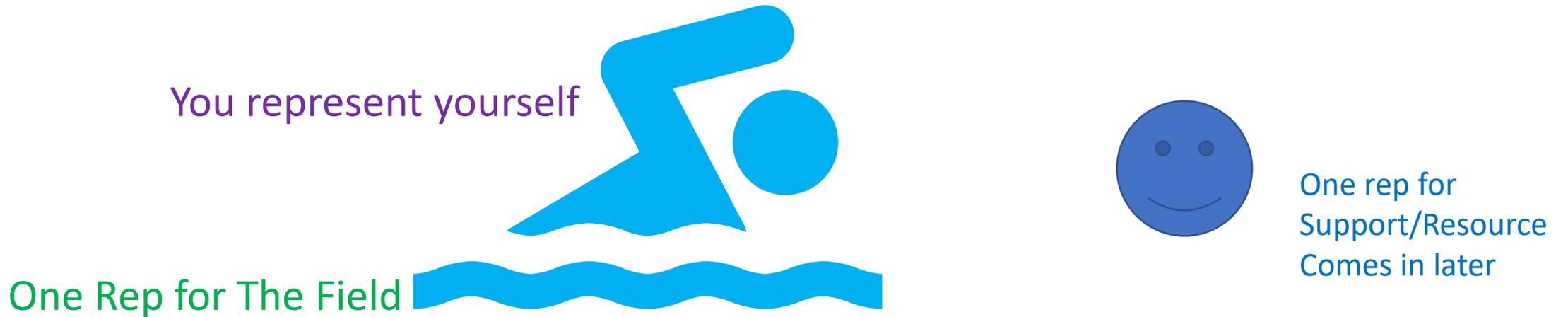
Perhaps someday, every helper will have this is a way of lightening their own load, and appreciating/respecting “what had to have been in place, for this person to be here?”

The diamond of this work, is to have this understanding in your body. from **Francesca Mason-Boring**

# The Field



**EXERCISE** You and Your Relationship to the Field  
**Exploring the Field and its Buoyancy**



You -Sense into your relationship to the field.

What is it like for you? What kind of contact/connection do you have with the Field?

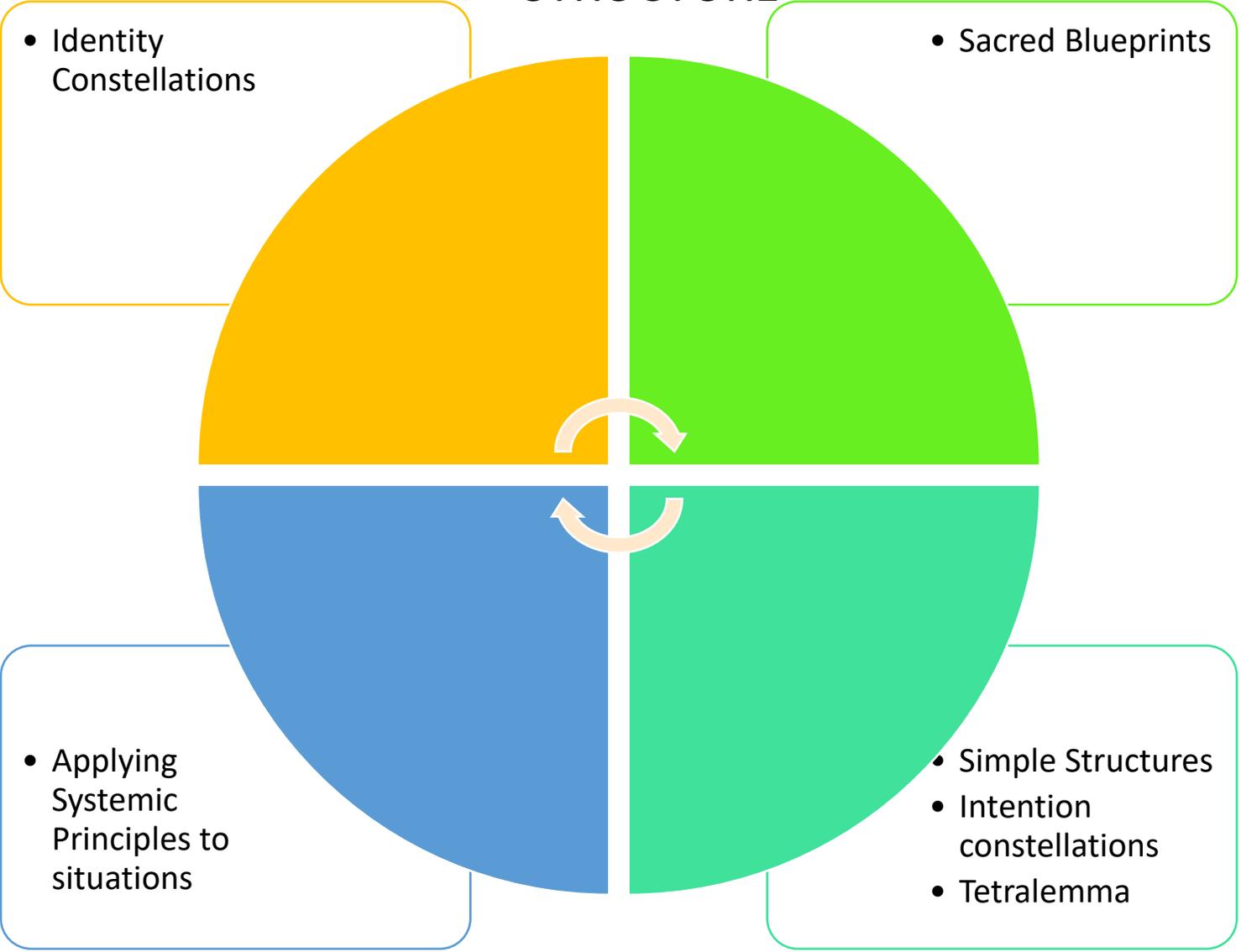
Is possible to feel its buoyancy or nourishment?

Perhaps let yourself relax into it more, with the help of your Resource.... You can let them know how you feel, what you need. You are building a relationship with the Field.....

The Field and Resource can report, and also move....

by Bruce Nayowith

# STRUCTURE



## Constellations of the Intention

I

Want

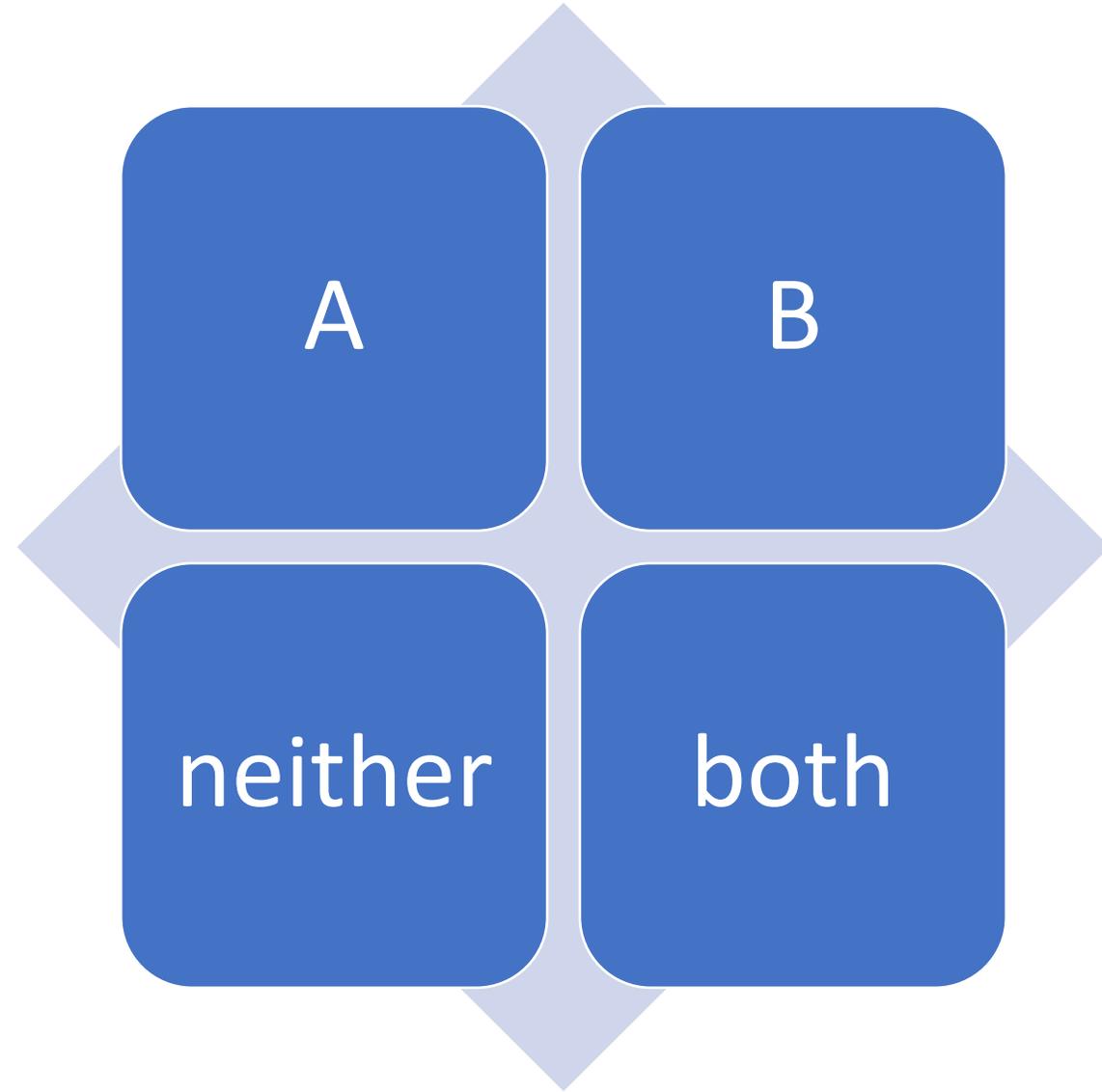
To

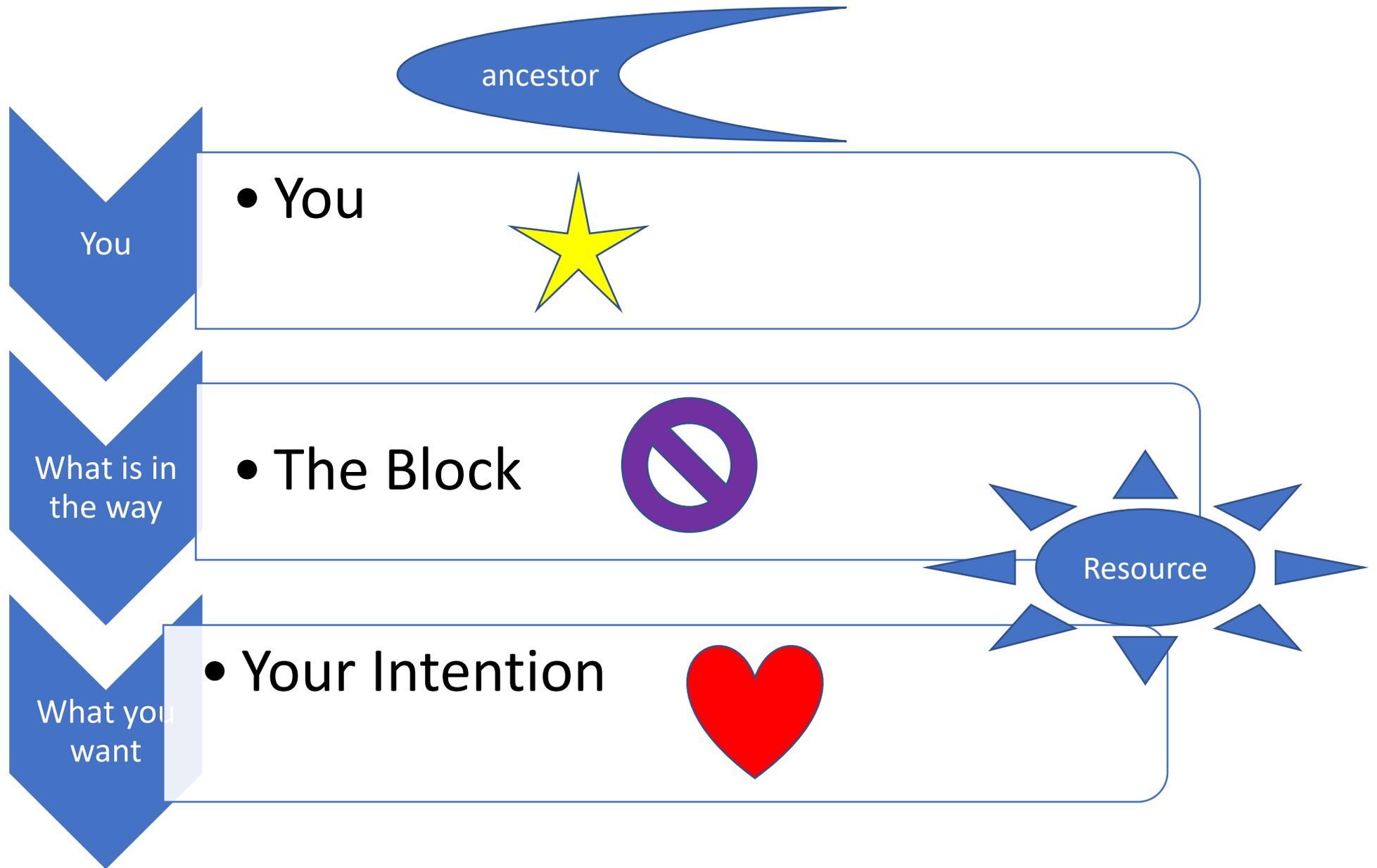
Feel

Alive

One representative for each word or two. Allow what comes, to come

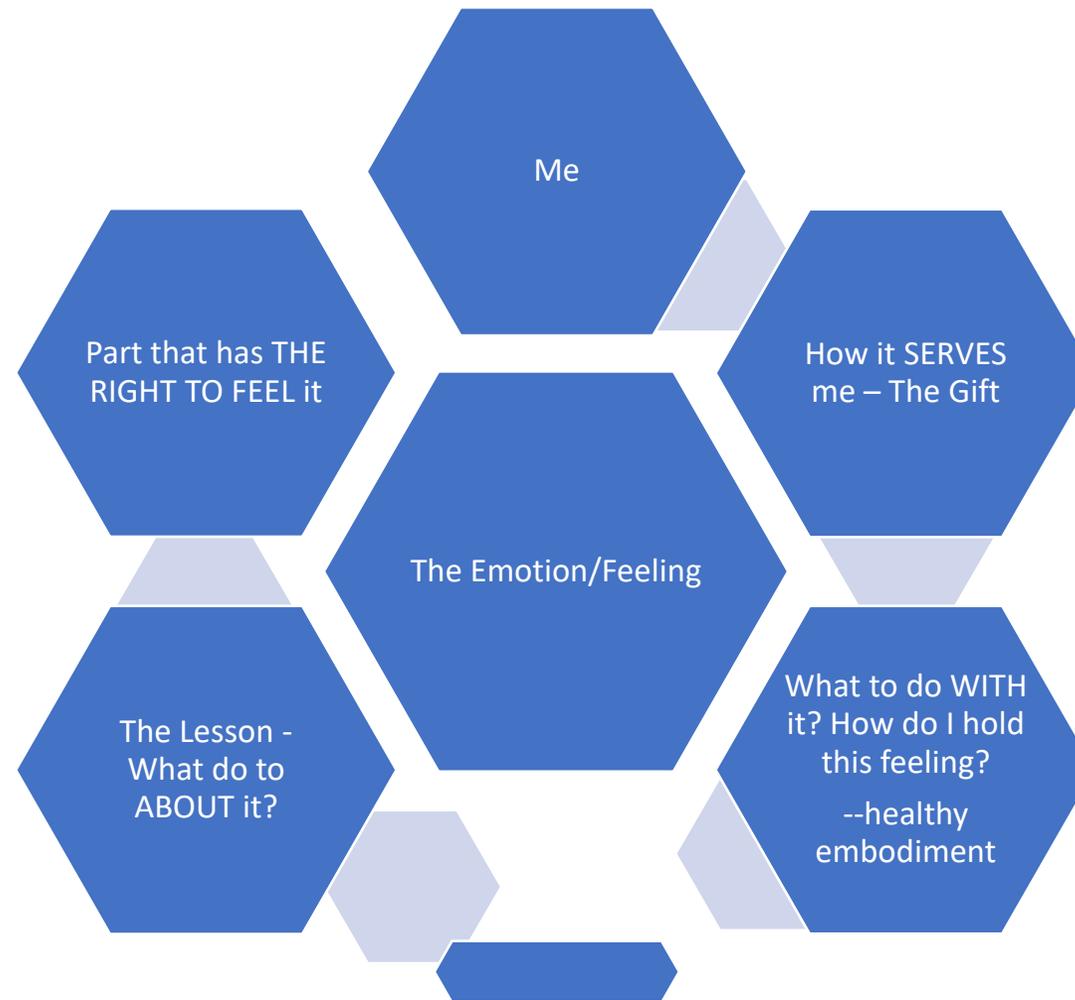
# TETRALEMMA





**Seeing With Your Heart Structural Intention Constellation**

## Constellating an Emotion – a structural constellation



We can take a sequence of processes and constellate them

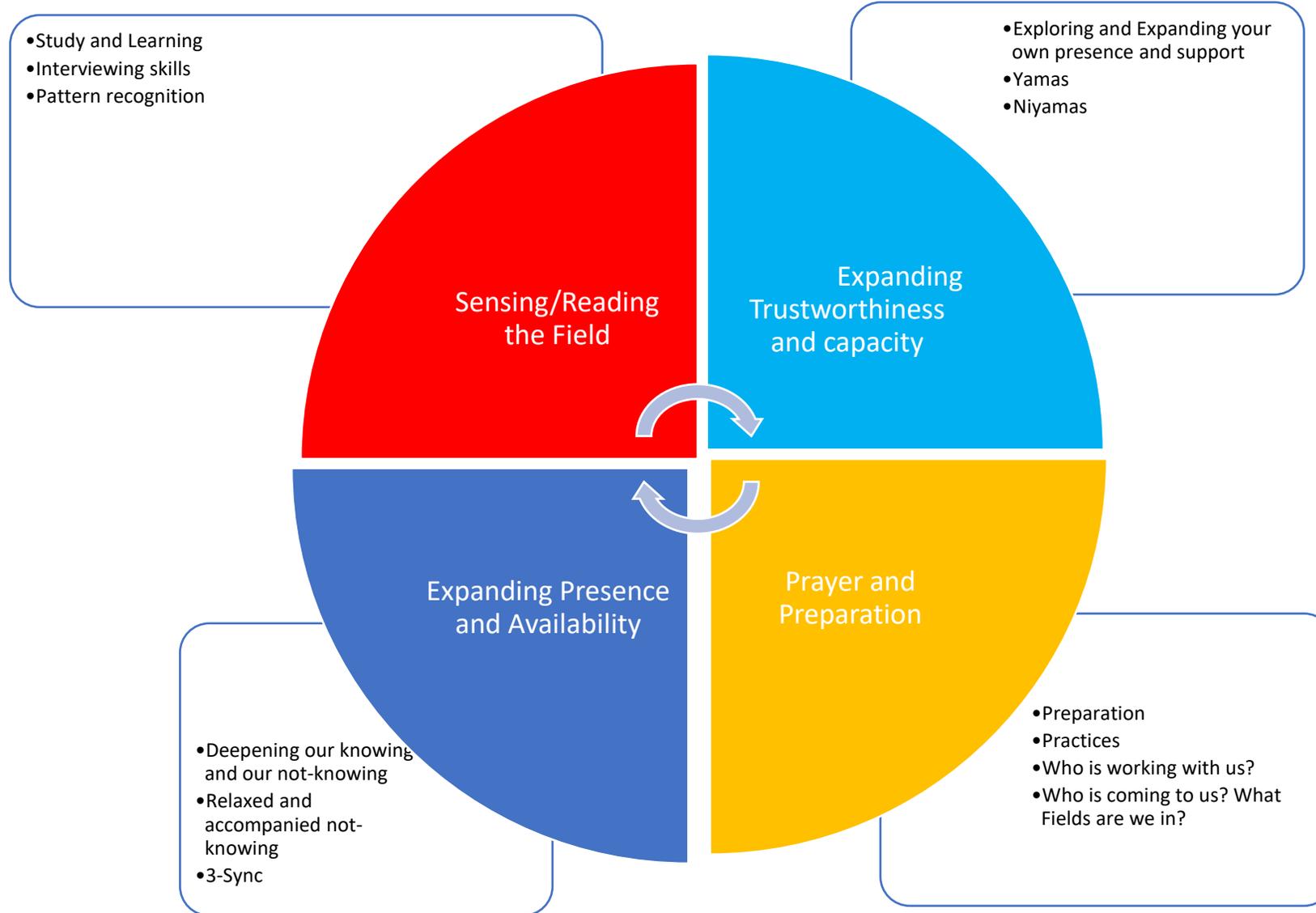
Process designed by Terra Brooke

# Jamy and Peter Faust's World Work Constellations

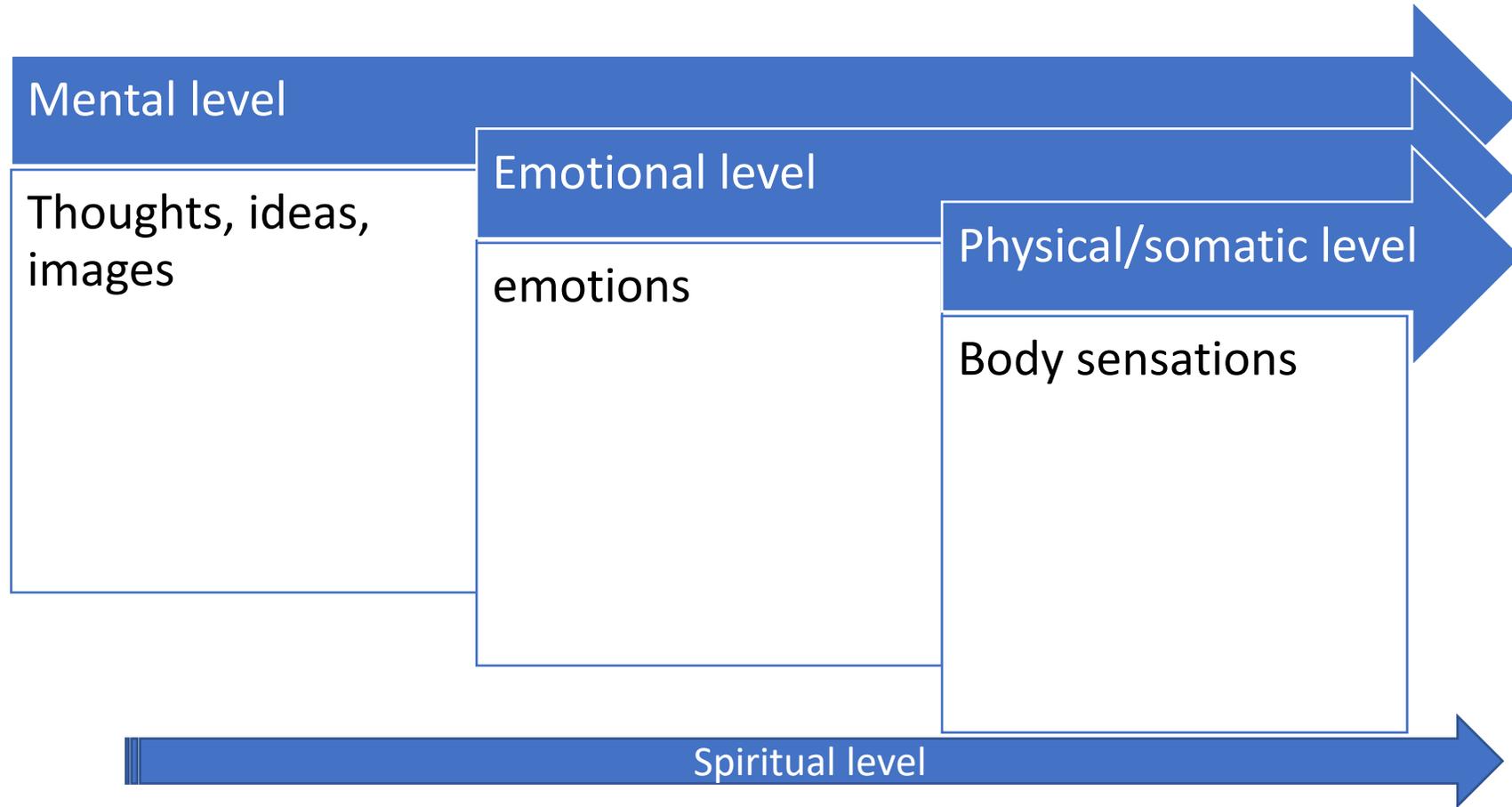


You represent yourself, and encounter the 6 World Work archetypes one at a time, allowing an exchange and understanding

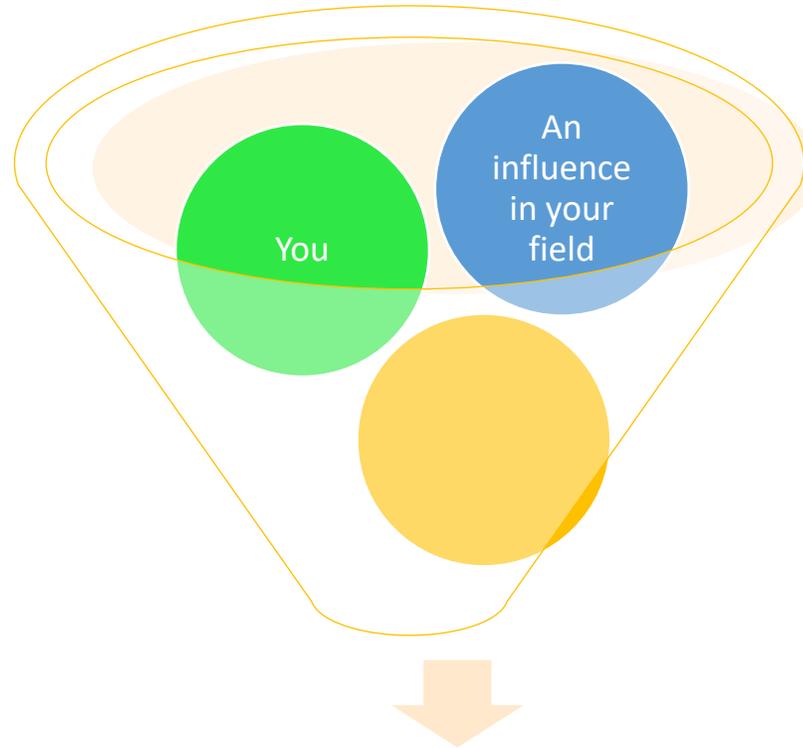
# Self as Instrument



3-Sync Tracking  
(or 4-sync)



What is in your field that influences your availability and openness as a facilitator?



CLIENT wanting a process on a particular theme.

- You pick a theme that you are interested in getting information in about your field.
- Have someone represent **A PERSON APPROACHING YOU** for your help with that theme.
- You represent **YOURSELF**
- Third person represents **FIELD INFLUENCES**, such as ancestral or karmic, that relate to your availability to this theme.

from Francesca Mason-Boring

