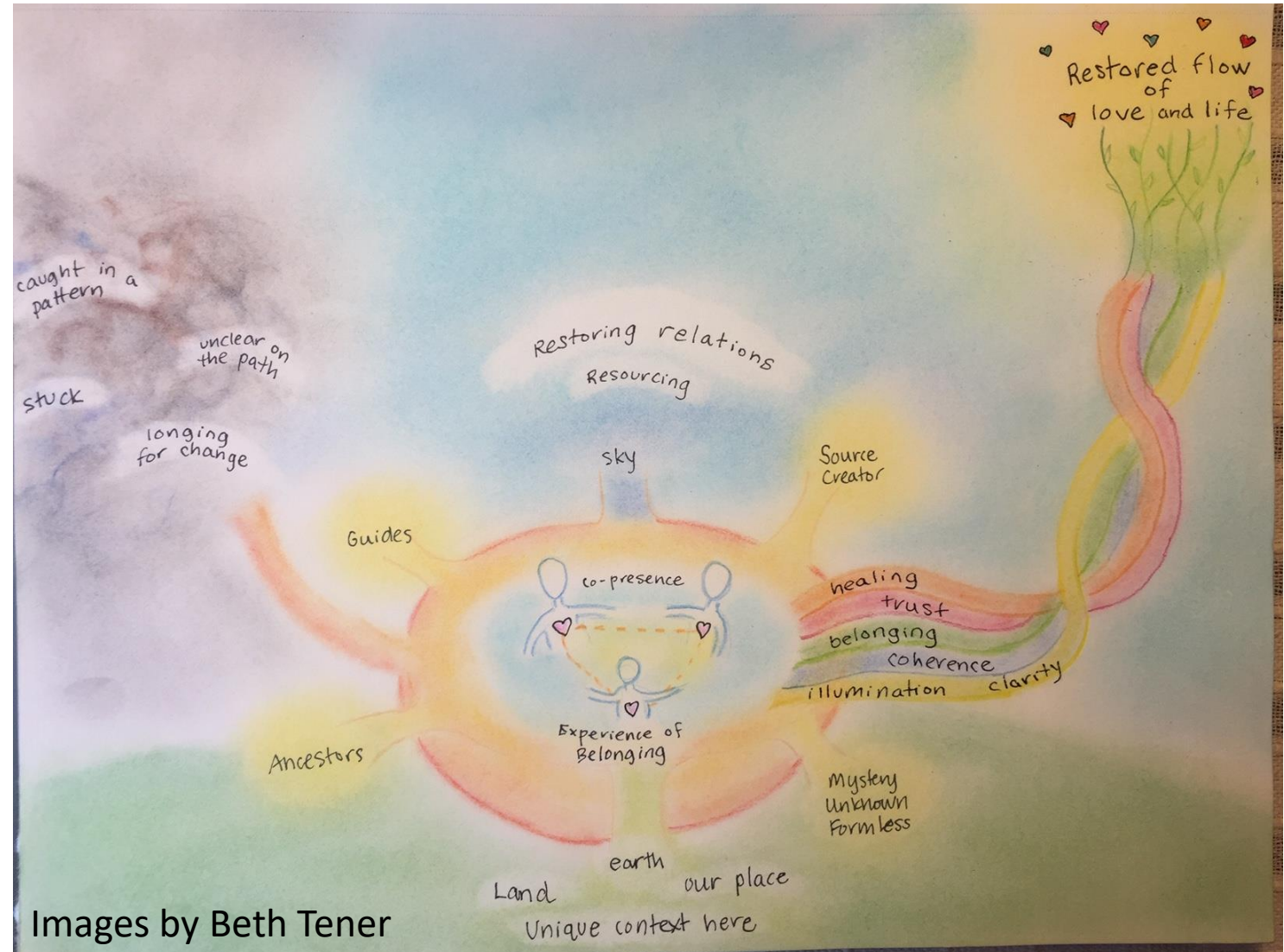# Introduction to Resource-Rich Constellations
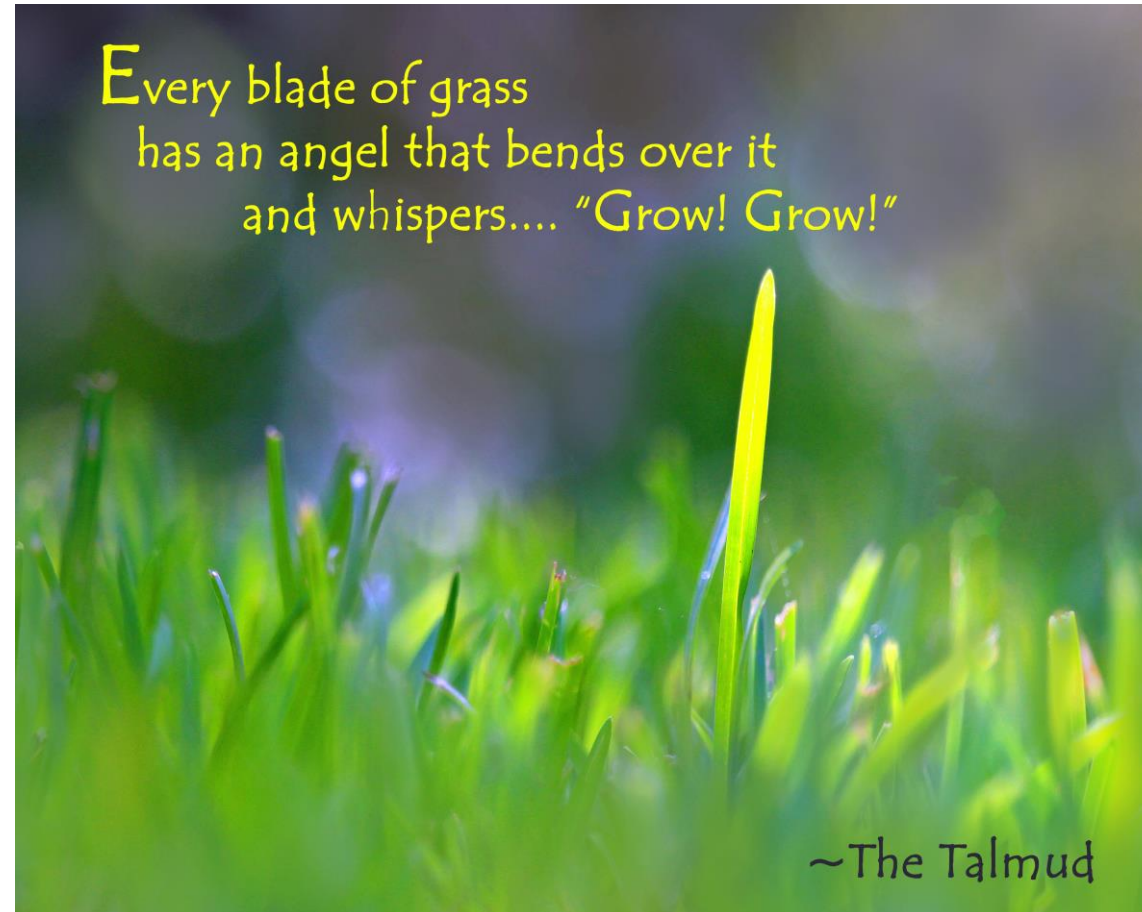

Images by Beth Tener

Constellations make the invisible, visible

-Unseen loyalty bonds

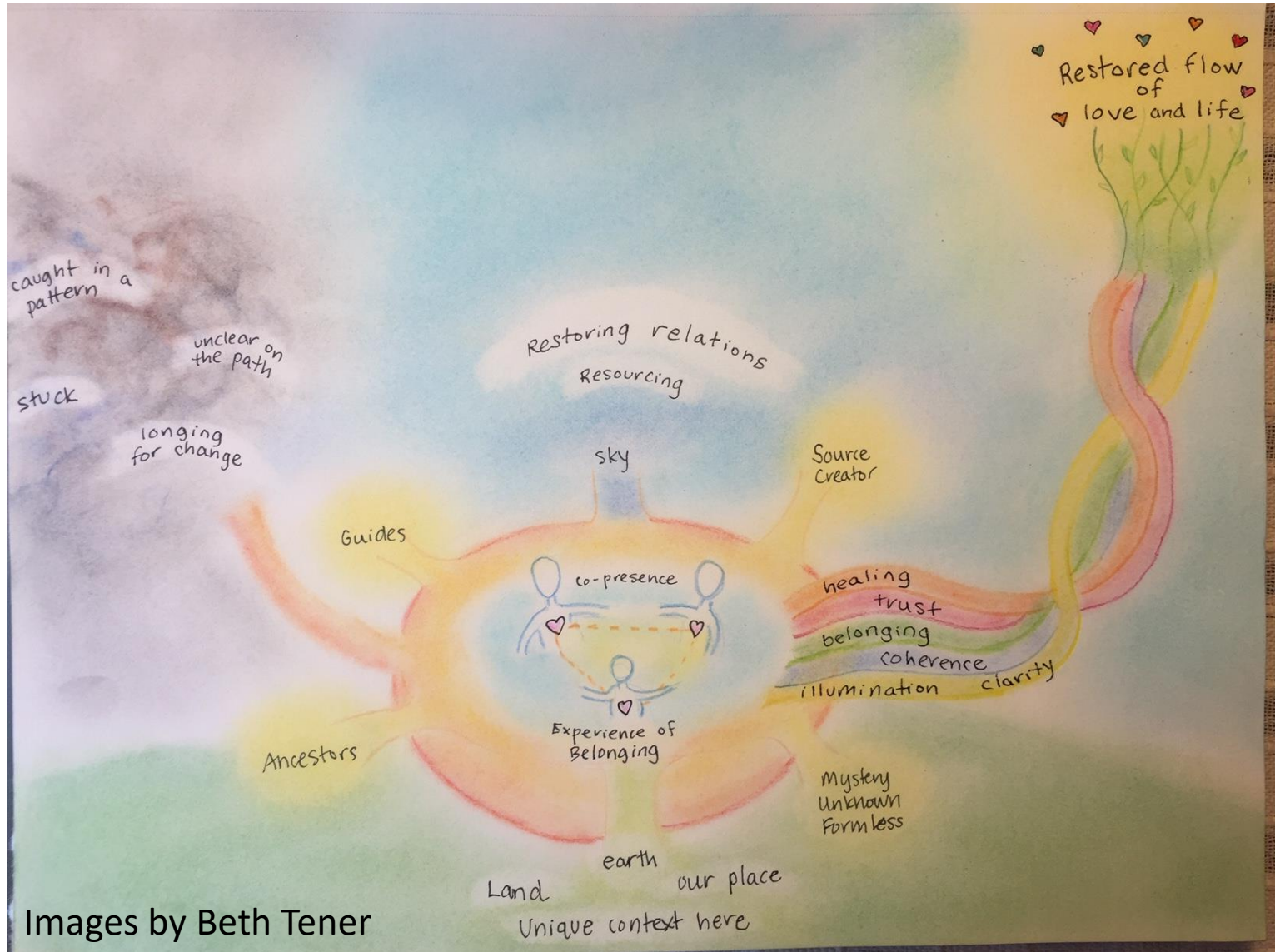-Ancestral influences

-Issues of Belonging, Order, and Exchange

These are the traditional types of invisible factors that can be seen and resolved in Constellation work

What OTHER invisible influences are there?

Every blade of grass
has an angel that bends over it
and whispers.... "Grow! Grow!"

~The Talmud

A few other powerful unseen influences

- The Land
- The Earth
- Spirit Guides
- Source
- The Mystery

- As these are also always-already-present, why not include them in the Field?

Images by Beth Tener

What is different in Resource-Rich Constellations?

- 1-The Issue Donor and their "Cloud(s)" are brought into a Resource-Rich environment. A prolonged interview is not needed.

- 2-The Resource-rich structure is set up in stages.

Then the Issue Donor and Cloud(s) each enter the constellation and find their own places

- **3-Dual focus** of the work

- --Benefit to the Issue Donor/Client/Seeker

- --Growth/Opening experiences in some of the Representatives

"Representation can 'grow' us". The constellation is an opportunity to have bodily-felt access to resourcing experiences. "What if the real Client here was actually *Evolution?"*

4. Representatives are invited to 'keep' any new frequencies or access to resources that have come to them during the constellation.
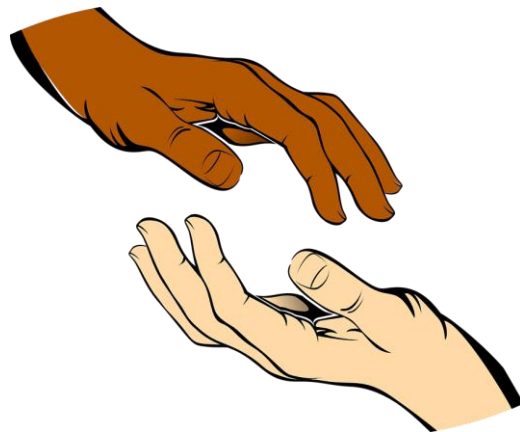
Three Ways to Solve a Problem

- 1-Wear it out

- 2- Get to the heart of the matter

- 3-Bring a higher energy to a lower energy
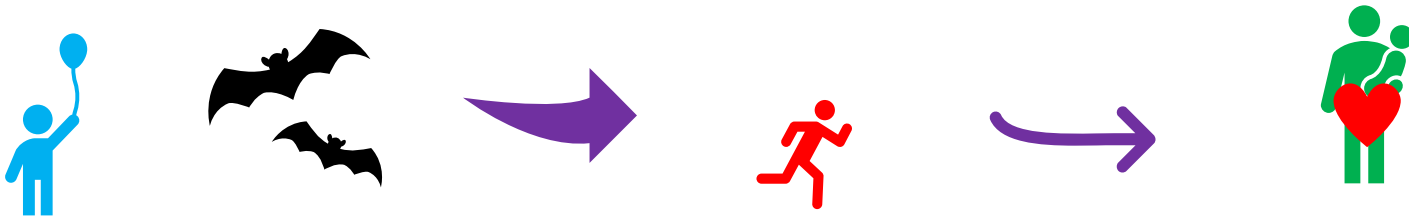
"Stone Soup Facilitation"

- Others may come in as they feel drawn to represent other elements that were not placed (parents, relatives, inner child of client, What Is Missing....)

- If the resources are 'collapsed', this is useful information, and may be addressed in this constellation, or may be the topic of future ones.

"The Greater Forces Need to be Invited
(The Lesser Forces show up uninvited!)"

Karl-Heinz Raucher

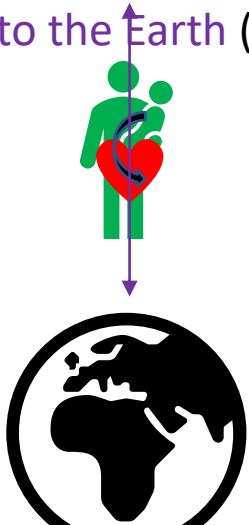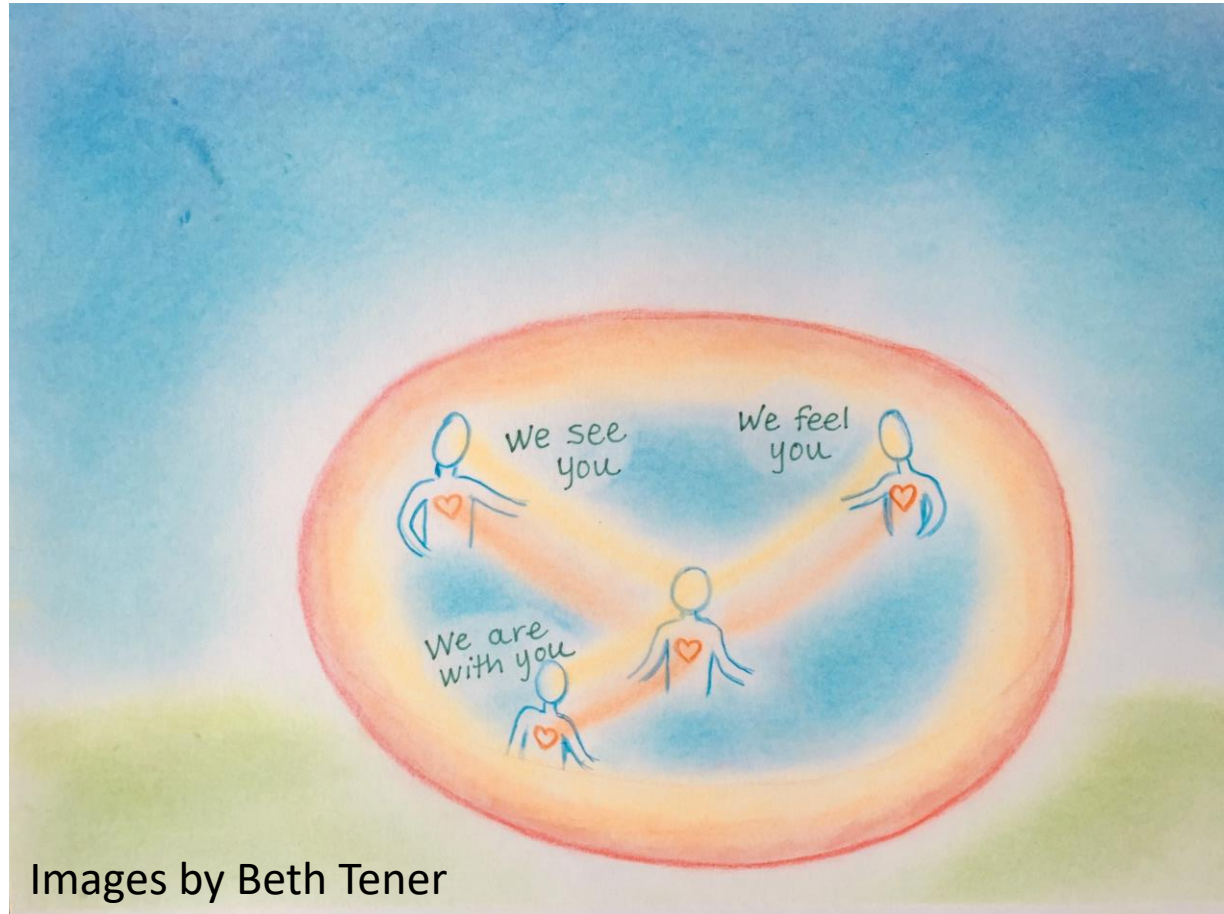# Co-Regulation

(from Thomas Hubl):
The child runs to the parent, releases their fear into the parent, and it travels through the parent and into the Earth (and perhaps Sky). If the child cannot release their fear, the child constricts their base to hold it, That   keeps them from opening and expanding fully to life.
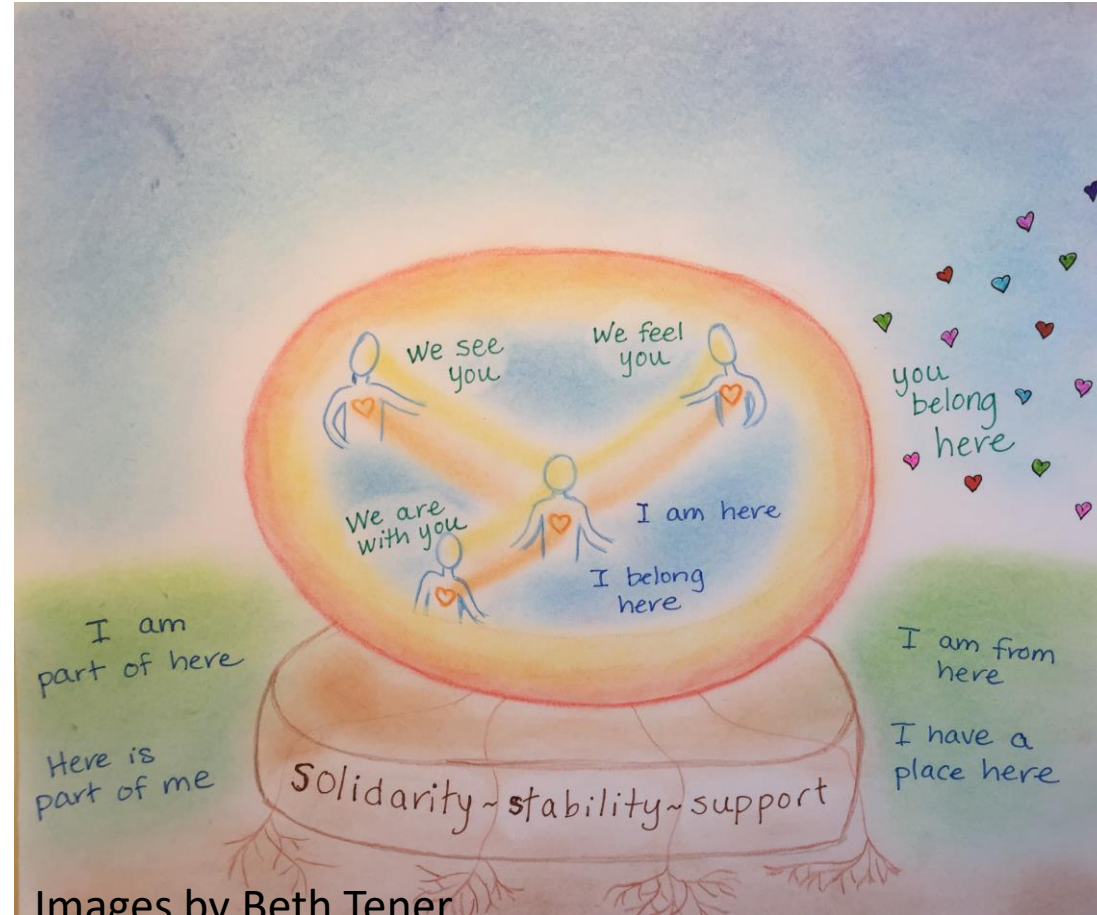
"Love Sandwich" 1

Images by Beth Tener

This is actually one way to represent Secure Attachment

Love Sandwich connected more deeply

Images by Beth Tener