

Group Collective Resourcing #2 July 2019 posted to ConstellationsTalk

Hi everyone,

I wanted to share some experiences from a 3-day residential experiment July 8th-10th, during which a structural constellation format allowed a group to access and embody some profound resourcing energies.

In my posting on this list from 27 May, "An Expanded Form of Constellations for Collective Resourcing," I suggested three ways in which we might modify the more traditional Constellations form for this purpose:

- 1) **The client is "Evolution"** (The Emerging Future), and the community gathers in service to that
- 2) **We acknowledge and place representatives for transpersonal and archetypal resources**
- 3) **Representatives are encouraged to open to and embody the energies that are running through them in representation** and keep those channels open after the Constellation is over.

Great ideas, but, when I wrote that, I did not know what it might look like in reality.

As it turned out, we found a way to build these design elements into a workable process. I hope to describe it well enough here for you to adapt it in your own creative directions.

My colleague Beth Tener has made an evocative drawing of various dimensions of the co-presencing process that came out of some of our online sessions together (inspired by Stephen Busby's work.) It is titled "[The Big Picture](#)", [posted here](#).

One of the central processes of our 3 day gathering involved "constellating" this image . I encourage you to look at it - whether or not you read the description, it carries lovely energies and is inspiring.

[Since we felt that this drawing was a schematic of an archetypal co-presencing healing process..... then whenever we stand in those elements in that diagram, we are assuming bringing intention and awareness into a sort of 'sacred alignment' with various resource frequencies.]

We made a large printed version of this image, which we placed at the front of the group, and described how we were offering an experiment, of constellating this image as a starting point for collective resourcing.

We described how we were experimenting with a shift in emphasis from what they may have experienced in other constellations - a surprising **figure-ground reversal of the intention of the constellation, and of who the 'client' was**.

Traditionally, the intention of a constellation is clearly to serve the 'client', or 'seeker'. The role of the group and representatives are to be of service to that person and family. What comes for the representatives is seen as a by-product of the constellation, sometimes a gift to that person.

But here, **the intention of this process was to equally serve the embodiment and access to resources for the community** - in particular, for the representatives. Therefore, there would be some guiding and coaching suggestions for the representatives during this process, to allow this to occur more fully and deeply. **The experience of representatives was an intended product** of the constellation.

After this was described, we asked for a volunteer to be the client who would enter into this constellated field of resources.

The client represented herself. She was asked to choose a representative for the ‘grey stuff’ in the picture.

[Once, the client described their specific issue. Another time, the client just said “that Grey Cloud in the picture” It worked both ways.]

The two of them then waited at the edge of the circle until the field was set up.

We generated the field of Beth’s drawing by bringing in the other elements.

We asked for 3 representatives for the Co-Presencing Circle in the middle (the three with hearts)

These three gathered close to each other in the center of the circle, and tuned in to themselves and to their triad for a minute or two.

Each was given a piece of paper which they put in their pocket and did not look at until partway into the constellation, when the facilitator had them read their words. They DID know that they were members of this Co Presencing Circle. Each had a few words on it, such as “I see you. I am here” or “I feel you, and I am with you”

Once they had tuned in and connected, we then asked for 4 representatives for Resources (the more luminous aspects of the image.) Each was given a piece of paper, blinded. One on paper was “Ancestral Resources”, one was “Earth”, and two were “Resource - either seen or unseen” so as to allow flexibility and emergence.

These four Resources took a minute to tune in, enter the circle, get a sense of their relationship and connection with each other, and follow their movements with respect to the Co-Presencing Circle.

[The Resources did not know which ones they were at the beginning, but they did know that they were Resources for that part of the image. They revealed their papers about halfway into the constellation, as well.]

After a few minutes, the client and Grey Cloud were invited into the constellation, to find their place.

Once this was set up, we proceeded similarly to any other Movements of the Soul constellation- a great deal of silence, slow movements, checking with different representatives, the client, the Grey Cloud..

From time to time, I would remind the representatives to presence what was happening in their mind-body system, and to allow the energy of their representation to enter into and move through their bodies as much as was welcome and comfortable for them. This was in service of the intention to welcome in these higher frequencies into their being, through the vehicle of the constellation.

At times, I would check in with those on the outside of the circle. If any began to feel that they were representing something, they were invited to raise their hand, offer what they were experiencing, and to come into the constellation and bring that energy in.

At times, someone in the circle would come in as another resource; at times as a family member or 'inner child part' of the client.....

The energies were powerful, and things seemed to move quite well, particular in such a highly resourced field. While no real effort was made to 'resolve the constellation', after 30-60 minutes, each seemed to come to a good stopping place.

As we prepared to stop, I encouraged the representatives for Resources to tune and feel what was right for them, reminding them that **they did not need to release their representation, but could invite it to continue to dwell and deepen in them, even after the constellation was over.** This was one of the intentions of the process - that they may find themselves connected with and opening to stronger or new access to luminous energies...

[Obviously the representative for 'the grey thing' was strongly encouraged to release their representation, but to keep any healing that had come for them personally, if they so desired.]

After the constellation was over, each person was invited to share "What personal medicine did I receive from this process?" This is not an analysis or interpretation, but personal gift that came for each person. It helped deepen the field of gratitude and giftedness that was present in the space.

After a break, we constellated this image again, with different people and issues each time, so that people could experience different frequencies of resourcing. If we had more time, we might

have offered for each person to have had the experience as client, to enter into that highly resourced space.... People were quite excited about the process.

Each of these took a little less than an hour; each was very different, and very powerful. Each was relatively easy to facilitate, as we “entered into a blueprint” rather than attempting to facilitate someone’s family system with all of the entanglements.

Each had a lovely energy to it, there was significant healing for each client, and several representatives were able to access and take with them some opening to an energy frequency that was not so available to them before.

With seven or more Resource representatives in the constellation, they created a lovely and deep field, and it was great to have so many people have luminous experiences at the same time. A few people had ‘spiritual experiences’ or experiences of being cherished in a way that was the first time in their life they had ever felt that.

In closing, I would like to say more about this particular image, and then about this entire genre of work.

It was quite moving how one person’s issue or trauma is able to “call a group into Presence”, or ‘into higher frequencies’ The grey trauma, in this form, is like a grain of sand, which enters the oyster, and what is generated are pearls of luminous access in much of the community (the representatives).

I liked the way that this community resourcing process allows us to bring our “shit” (the grey stuff), have it turned into “shine-ola” (the rainbow) - virtual composting - while others in the practice community (some of the representatives) light up and access ‘new energy sources’ at the same time.

As you can see, I am excited about this

With respect to this entire genre, I think that bringing constellation technology to “sacred blueprints”, such as circles of stones, the Chakra System, and other forms that have been around since long ago, may well accelerate energetic access and transmission of resources in profound ways for whole groups.

I hope that this description gives you a flavor of the power and possibilities around this process of how **constellating ‘blueprints’ , can help significant numbers of people access and embody Higher Frequencies in the same process.** It feels both lovely and efficient.

Take good care, and happy exploring!

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