

Resource-Rich and Other Structural Constellations Q & A

by Beth Tener and Bruce Nayowith

- What is different about Resource Rich Constellations?
- Can I get a copy of the image that Beth created that is so lovely?
- Can you describe the process that you both used in more detail?

These questions are addressed in a post that Bruce wrote about 10 months ago [Group Collective Resourcing](#)

It includes:

- what is different in Resource Rich Constellations,
- the paradigm of “the constellation serves the evolution of the entire community”
- a link to Beth’s image, also at <http://www.serviceoflife.info/socialalchemy/virtualcomposter.JPG>
- a description of the process....

Here are a few more questions that people may have:

- Why do you put in so many different realms?

Constellations are brilliant in how they invite human representative perception to make some of the invisible, visible - and accessible.

The ancestral realm is a huge factor in influencing this realm, and it was the first ‘unseen’ realm to be represented in constellations.

When we focus primarily on problems and trauma, we can overlook and fail to access resources available to us. Resource can be spelled as re-Source, going to sources of love and life energy that were present before the trauma, and are still in our field.

Placing representatives for these resources offers us an invitation to recognize other ever-present resources and to invite a connection with them - other unseen dimensions that are ever-present can be brought in as well. This is similar to indigenous people invoking the Four Directions in ceremony, to feel an expanded sense of their place in the world/universe..... [More on this in the very last question.]

Resource-rich constellations open the door for people to come back into healthy relationship with resources that are here, for both the Issue Donor and the representatives. The felt sense of what that feels like is key and it is an invitation for them to go forward and deepen that relationship in their own ways in their life.

- Can you put in different resources from the ones in the image?

Absolutely. The facilitator or Issue Donor may have something that they want included.

We have two people representing “Some Resource”, so that the field can call them into what is needed.

And, if you choose to invite others in the outer circle to share and come in if they feel called, then that opens the constellation to even more possible resources. Maternal energy, inner child, Conscious Witness, Love, The Gardener who reanimates the deadened ones back to life - all of these have shown up in some of these constellations.

Part of what the constellation experience offers the Issue Donor, **is a way to discover which resources they resonate with, at this time**. This becomes wisdom they can take with them, in terms of their own cultivating of relationship with that resource afterwards, e.g., deepening their connection with the living earth. You can even let some resource representatives 'de-role' **and focus the constellation on the resources that the Issue Donor is most drawn to connect with**.

-What do you do if a representative morphs into other representation during the constellation?

This often happens. Someone may hold a representation for a while, and then change. Morphing happens, especially in these free-form settings.

It helps to check in at times with some reps, especially if something seems different - "What do you feel like you might be now?" or "Do you still feel like you are representing X?"

When this happens, it may be wisest to trust your own intuition, and the field as well.

Another way that morphing can occur, is that reps may feel like they are 'out' of the constellation, go sit down, and later come back in as something else.

Or, you may only have 5-7 people, and some reps may change energetically to something different from what they began as. Beth intentionally shifted between 9 different representations in a medical constellation that we did for a friend.

-It feels too crazy for me to have so many different people in the field. Any recommendations?

You can adjust the form, number of reps, and how open you are to having people come in, as you need for your own sanity and comfort.

-Do you need to blind the representatives?

No. I think that it keeps people a bit out of their heads, and can be fascinating to see what comes. But they can all know what roles they are starting with, at the beginning.

-Why do you have the Issue Donor represent themselves?

In traditional constellations, many facilitators do **not** bring the Issue Donor in, but have a representative for them. This provides an extra layer of support and distance from the trauma.

We want them out of the trauma, but into the loving...

In the Resource Rich form, off-loading the 'issue' into another representative (the Grey Cloud) that is independent and finds its own resources and place in the field, gives some space to the person and allows them to enter the field.

More importantly, we are expecting that the person is entering **into a resource rich field**, a field of love and care...

We want them to have the direct physical and/or energetic experience of being nourished by people who are representing, **and often actually transmitting**, energies. We want them **to feel these supportive resources**.

It is almost as if the constellation calls in capacities to show up in some representatives, and then they can offer those to the Issue Donor.

-What if the Issue Donor gets nothing resolved?

That is possible.

And, there is a dual focus in this process.

The Issue Donor hopefully receives some insight and energies that are supportive.

The other intention is that **some representatives may experience themselves in new and nourishing ways**.

Beth and Bruce participated in a resource-rich process, where the Issue Donor had an initially mixed experience, while half of the representatives had unique and moving experiences.... This is also a success - not an unqualified success for everyone, but at least half of the dual intention was met initially.

And, even if nothing shifts for the issue donor, **this process may illustrate which resources in a particular person's field need healing**.

In a way, this could be a type of 'diagnostic' for which resources are accessible and which ones are not as accessible - which need more attention.

For example - for some people, taking in others beaming unconditional love to them is too much. They may be drawn to other resources. This is all helpful information. It can lead to knowing where to direct attention to help them access and deepen their relationship with resources of all kinds.

-What if the resources "collapse" and are not acting as resources?

It is really good to be aware of this possibility. It can be a shock to our expectations and game plan the first few times this occurs....

We set something up, but this is larger than us.

Many of us live in a culture of scarcity or have attachment wounding where an abundant flow of love, care, and resources got blocked. So, this can occur.

Scolding the representatives for not being good-enough Resources is **not** a good idea.

Resist the temptation to force the field to our will. If it won't go where we set it up, then something else is needed.

In one constellation that Bruce facilitated for a woman with a chronic illness, 2 of the three reps in the little co-presencing circle moved away and **did not trust each other**, and 2 of the four Other Resources lay down on the floor.

It may help to say something like *“the Resources seem to be somewhat collapsed here, I want to take a minute and breathe and sense into the field”*

This is where all of your standard facilitation training, and a lot of prayer, come in very handy. Checking for order, belonging, balance of giving and receiving. Honoring, is something blocking permission.... Is anything unseen?

Luckily in that constellation, a very talented representative shared some powerful information that shifted everything...

And, we may not always get so lucky....

-Why do you time the constellation?

Personal preference, no requirement for this....

It is easy for the facilitator to get so absorbed in the constellation, that they lose track of time. A timer helps, at least to track time, even if we choose to keep going longer.

Having time boundaries can provide some safety when in the ‘dreamtime’, or when there is a tight schedule.

Sometimes we give it another few minutes, and perhaps again a few more.... That can be useful.

At the same time, it helps to be mindful of the seduction of ‘seeking just one more healing movement’ ...

Others can get exhausted after about an hour or so.

Bruce had teachers whose constellations often went for 3-4 hours.

Another teacher was very insistent on self-care, so that this work can be sustainable.

The ‘fixation with what is not working’ is one of the Four Archetypal Addictions.

<http://therealcenter.org/TheFourUniversalAddictions.php>

Just sharing nervous systems in the constellation is itself, at least a small healing movement.

It helps to remember that our soul’s journey began before the constellation, and will continue after it. ...

and, sometimes it feels right to continue the process beyond 45-60 minutes..... Just wanting to do that mindfully....

-Do we need to use Beth’s image for these?

No. You can experiment with any image that calls to you

See the next question for more details and suggestions.

-Can you explain “sacred blueprint” structural constellations?

1-We can start with ‘what is’, and work towards wholeness, trusting in the guidance of the field.

Traditional forms of Constellations usually **start with an experience of a problem** or issue, and **move towards wholeness**, seeking right order, from there.

2-We can presence "what could be".

One way to do this is **to invoke a picture of the wholeness that is present but has not yet taken form in our lives, and have that call us into itself.**

We can set up 'a field of order', bring a person into that field, and allow it to reconfigure a person towards more wholeness.

For example, 'setting up someone's family in order', and having them walk in and 'get an image of what they are moving towards', is commonly done by some facilitators when the situation is very entangled - just to give their bodies a sense of what 'rightness' will feel like....

Each has its value, each its pros and cons....

A boost into a lovely aligned nourishing field can be supportive...

And, sometimes one really needs to deal with the difficult stuff and entangle it.

We realized that Beth's image offers a kind of 'order', a way of orienting to many realms that are ever-present, and often go unnoticed.

Then, we began **wondering about other traditional alignments used in rituals.**

These were inspired forms, not selected at random. They organize energies in particular ways.

What if these were constellated?

When we looked for them, we became aware of various forms of 'sacred alignment' - a pyramid, a circle of stones such as Stonehenge, a temple, The Four Directions, World Work and Soul Nature constellations of Jamy and Peter Faust, the chakras, and more.....

These can be set up with representative or figures, and the seeker (or remainder of the group) can walk into their field, and allow the experience to shape them....

If done with human representatives, some may experience quite luminous qualities.....

That was the original intention of the sacred blueprints in the first place - to bring people into aligned connection with larger realms.