

# Systemic Family Constellations & Trans-Generational Healing by John L Payne

## About John Payne



John Payne is the author of *The Healing of Individuals, Families and Nations* and *The Language of the Soul*, both Findhorn Press books, carrying endorsements by Iyanla Vanzant and Debbie Ford, plus many others.

John has facilitated more than 250 workshops on 5 continents and had gained much experience working intensely in post apartheid South Africa, having given more than 100 workshops in that country.

He brings with him a depth of knowledge and experience that spans many countries, cultures, traditions and races, blending psychotherapeutic process, ancestral healing and a spiritual approach that is unwavering in its compassion and truth.

Over the past several years he has worked with both traditional African healers and energy/spiritual healers from diverse traditions. His empathic skills, keen intuitive insight and compassion provide a safe and nurturing space where you can move through the most difficult of healing challenges with ease.

## The Workshops

Family Constellations workshops take place in a group setting with between 12 and 20 individuals in attendance.

With high standards of ethical practice in place, workshop attendees are asked to commit to a code of confidentiality in terms of the personal details and issues brought to the workshop by fellow attendees. The workshops are designed for individuals and couples that can be facing their most difficult challenges. Through participating in a forum of confidentiality, we are able to create a very safe space you can feel free to dig deep and bring resolution to perhaps a life long challenge without fear of judgment. Everyone is welcome!

A Family Constellation is created where members of a group are asked to represent members of a family. Everyone is intuitively placed in a position, including an individual that takes the place of yourself whereby the family constellation comes to life. Those who represent family members begin to feel the emotions, fears and desires of the persons concerned.

Through this method disharmony comes to light. In a very remarkable and astounding way, the true story of the family is expressed and clearly seen for the first time. With participation by those who 'represent' the roles of others, the family constellation becomes a deep experience. Many people report recognizing situations they represent but are surprised at how intense the experience can be. Irrespective of your age, each of us is a child, and what a child wants more than anything else is to find harmony within the family. Family Constellations are not to be confused with role play, psychodrama, family sculpting and similar methods.

## Why you can benefit

In almost every family there are things that have happened that can disturb the harmony of the family. It is important that no one is ever forgotten or shut out of a family. On every level there is a need for balance between giving and receiving (between individuals, families & larger groups such as nations).

Children can become entwined in the emotions and trauma's of another member of the family and take them on as their own. Plus, there are certain events that have a deep residual impact on family members, such as:

- An early death of parents or grandparents
- Divorce
- Tragic accidents where a member of the family has died
- Miscarriages and abortions
- A member of the family forced into the role of "Black Sheep"
- War
- Descendants of Jewish Pogroms and Holocaust Survivors

- Adoptions
- A mother that dies during childbirth
- If you are living with Cancer, HIV/AIDS, MS and other conditions related to immune function
- Victims and families of 9/11

### Ancestral Healing

Over the past several years it has been observed that the events of the past can have a deep residual impact on us today leading to disruptive life patterns and emotional states that seem to have little or no foundation in our childhood experiences.

The traumas of the past, for example, refugees fleeing their country of origin, a murder in the family, abuse, stillbirth, war and many other situations leave a hitherto indelible mark on the soul of the family. Recent scientific study is suggesting that such events also affect our DNA and we have already witnessed that many of us feel these traumas as if they are our own, even when we are not aware of the story and the facts.

Family Constellation and Trans-Generational Healing work allow us to access our ancestors through the 'morphogenic field', or energy body of the family system. In this way, resolution can be found for a troubled ancestor and as the story is known, heard and acknowledged with dignity and respect, the once negative impact of the emotional scar on the family system, can then become a source of strength once the ancestor is at peace. Ancestral healing is particularly pertinent to the descendents of African Slaves, Pogroms and Holocaust survivors. However, ancestral trauma is present in everyone's family and is applicable to all, no matter your ethnic, racial or cultural background.

Ancestral Healing is deeply moving and many are surprised at how loyal they are to those that have suffered and often have difficulty in saying "Please bless me if I have the courage to live a happier life than you".

Ancestral healing can take place in a regular Family Constellations format or through ceremony that may involve mourning the dead, prayer or chanting.

### Original Trauma

When the original trauma within the soul of a family is resolved and healed, we often experience a new lease of life and a special freedom to live life with more freedom, knowing our place in the world more clearly.

### Couples

In today's modern world, couples can face many stresses and challenges as we work long hours, and battle to finance our technologically driven lifestyles. After a while, many couples report what could be called 'the lost paradise'.

Events that can impact a couple relationship:

- Miscarriage (especially if it is the first pregnancy)
- Abortion
- The Adoption of a child
- Unresolved previous relationships
- Lack of support for same gender and mixed heritage, ethnic, religious and race couples
- When one or both partners lost a parent at an early age
- Alcohol and substance abuse
- Chronic and terminal illness

### Miscarriages

We have often observed that miscarriages can impact strongly on a couple relationship, especially when it is the first pregnancy. The first child represents the consummation of a couple's love and holds the dream of family and the continuation of generations. When this child is lost, often, the two individuals 'turn away' from one another in their grief and 'the lost paradise' can be felt.

### First Love

The Dutch have an expression 'eerste liefde roest niet' – 'first love never tarnishes'. When the loss of our first love is not resolved with mutual respect, mourned for and given its proper place, it can often impact our current relationships. Quite often, and largely subconscious, we can become entwined in feelings of 'what could have been', therefore not being fully present with our current partner. This is particularly true when:

- The relationship ends suddenly with little or no closure

- The death of our first love through accident or illness
- Forced separation of the couple owing to social and cultural demands
- Our first love relocates owing to study, financial or cultural needs

#### Second & Subsequent Marriages and Relationships

Second marriages often falter owing to unresolved issues with a previous spouse or partner, this is especially true when children were born to the first spouse.

We have often observed that a second husband or wife will be loyal to the children of the first spouse when their partner disrespects their mother or father. Through this loyalty, he or she will sabotage their relationship. Conversely, when the new partner is unable to respect the first partner or spouse, the marriage often falters.

#### Gay & Lesbian Relationships

Gay and Lesbian relationships often face great challenges in terms of remaining as a couple over a long period of time. As many, gay, lesbian, bi-sexual and transgendered individuals have suffered rejection by family, friends and society in general, it is very difficult for the couple to know their place in the world. We often see that such individuals become either the 'black sheep' or the 'scapegoat' of a family system and these burdens alone make it difficult to remain in a stable long term relationship. Other elements that affect gay and lesbian relationships:

- Parental rejection
- Parenthood through artificial means of conception, surrogacy, or donor ship
- Gender identification issues
- Religious abuse
- Adoption

#### Childhood Trauma

Childhood trauma affects many, if not all of us to one degree or another. Typically, childhood trauma leaves a deep residual impact when:

- A sibling or parent dies when we are very young
- Premature birth or illness that leads to time spent in an incubator

- Forced separation of mother and child owing to illness or other circumstances
- Accidents
- Sexual abuse and violence
- Adoption

As children, our first experience of intimacy is with our mother. She carries us in her body, breast feeds us and nurtures us. When a mother dies when we are young, or we are separated from her owing to illness or birth trauma we can often suffer from what has been termed an 'interrupted reaching out movement'. As a child, we naturally 'reach out' to our mother for safety, caring, nurturing and for love. When this natural reaching out process is interrupted, it often leads to difficulties later on in life in attaining intimacy with our partners.

This is especially true when an individual has been placed in an orphanage or has been given up for adoption.

#### Themes, Questions, Feelings and Challenges

Quite often individuals can become a little confused by the term 'Family Constellations' believing that this cutting edge therapy is only designed for resolving relationship issues with one's family, spouse or children. This is not so. The term 'Family Constellations' simply refers to the evidence that most of our life's challenges can be attributed to patterns that can come from our family, be that parents or stemming from several generations ago.

During a family constellations workshop you can also work with themes such as:

- Feelings that seem to have no logical basis

Typically, we may work with depression, guilt, shame or addictions

- Recurrent dreams  
Nightmares, recurring themes

• Belief Systems  
Beliefs such as "I'm not allowed", "only others may have..." etc

• Business Decisions  
Which job do I take? Is this business right for me?

- Corporate Structure / Employer – Employee Relationships

Clarity on interpersonal work relationships, departmental relationships, relationships to suppliers and major clients

- Projects and New Ventures
- Major Decisions

#### Structural Constellations

Structural Constellations work with our subtle energy bodies and can identify emotions and traumas that we store in our energy field. For example:

- The chakras
- The major organs of the physical body

We have observed that specific feelings, whether our own or not, can be stored in the Liver, Kidneys, Spleen, Lungs, Heart and so on and so forth. Structural constellations can bring healing to these emotions leaving us feeling revitalised and rejuvenated.

#### Spiritual Work

An aspect of Family Constellation work is our connection to the realm of spirit – be that to our ancient ancestors or the spiritual forces that influence human life such as nature, our soul or spiritual guides.

Constellations with spiritual themes are only offered to those individuals that have already worked with their primary relationships, in other words, family of origin and partner, spouse, children.

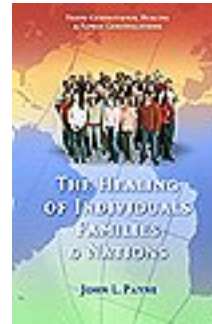
#### Animals/ Household Pets

We have often observed that the family cat or dog that is ill can be the holding the fate of the family or an issue that has not yet been dealt with. A constellation involving a family pet can be very revealing and as resolution is found, our feelings of gratitude towards our pet can grow for revealing something that we may have turned a blind eye to or simply did not know was important.

#### Recommended Reading

Books one and two of the Family Constellations and Trans-Generational series will give you a detailed guide to this profound work.

The Healing of Individuals, Families and Nations – John L Payne (Findhorn Press)



Available from  
amazon.com

The Language of the Soul – John L Payne (Findhorn Press)



Available from  
amazon.com

#### Scope and Limitations

Family Constellation and Trans-Generational healing work is not intended to either diagnose or treat mental or physical illness and is not intended to replace the professional treatment offered by your medical doctors, psychiatrist or licensed psychotherapist. If you are currently on mood altering medication, or have been placed in a mental healthcare facility currently or within the last ten years, please inform the facilitator prior to your attendance at a workshop. These conditions frequently do not disqualify you from attendance.

Similarly, if you are currently suffering from alcohol abuse, using recreational drugs or any other substance abuse, please inform the facilitator prior to the workshop.

#### All Are Welcome

Although some aspects of Family Constellation work are spiritual in nature, we welcome attendance from everyone irrespective of their creed or religious background.

Similarly we welcome you irrespective of your gender, gender orientation, sexual orientation, race or ethnicity. We welcome both victims and perpetrators of crime, violence, sexual and physical abuse.

#### Exclusions

Owing to the intensity of some workshops, individuals under the age of 21 are excluded from attendance. If you have a child in need, whether a teenager or a young adult below the age limitation, please call me directly to make special arrangements.

#### Responsibility

As Family Constellation work can be intense at times, you are responsible for informing the facilitator of any condition that may hinder your experience of the work such as: chronic illness, cancer, AIDS, heart conditions and other debilitating physical and mental conditions. Whilst every effort is made to create an atmosphere that is gentle, supportive and healing, attendance at a workshop is entirely at your own risk.

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