

Family Energetics By Deborah Donndelinger
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Discovery statement

“The cause of an ongoing issue is a block in the FAMILY’s energy system.”

Think of how you do parts work with a person. Each aspect is treated with respect; each part, no matter how dysfunctional, plays a protective role, and there can be competing parts. The goal of individual parts work is to see, heal, and integrate all the parts into one functioning whole.

Family Energetics is parts work for the ancestors, so that the current family members are at peace with a fully functioning ancestral lineage, no matter the factual history.

The Knowing Field

In Family Constellations, group representatives out-picture the dynamics of the family, finding where the energy is blocked, rearranging family members and finding healing language so love can flow again. They might not know the factual events of the family, but the tension and relief is very clearly felt by the representatives, strangers with no knowledge of the family. This is called the Knowing Field. Similarly, in one on one sessions, the practitioner or the client can feel the tension and relief, but it's more open to misinterpretation by the client.

In ancestral work, there is no blame; if you as the practitioner cannot feel or see the underlying love and motivation, please don't do the work.

You are looking for three energies or scenarios

- Unacknowledged events or people
- Unprocessed events
- Victim & perpetrator energy

Unacknowledged events or people

Hidden or secret events, people, or relationships: who or what was unacknowledged, hidden or secret.

Unprocessed events

Seeing and processing with EFT the emotional events that were too hard to process at the time. This is almost always loss and grief. Beware of anger - it's often masking a missing family part.

Victim & perpetrator energy

Events with victim/perpetrator energy that need to expand. Victim perpetrator cycles are quite common in ancestral work. The key here is to expand the view so that you can see the victimhood of the perpetrator. The victim always has strength in a constellation.

The key

Honoring the underlying motivation of any event is love for something, no matter how distorted.

When to use

- ~ A recurring issue
- ~ A stuck issue

~ An issue with no clear cause

The top four events I notice in my work

~ Missing children

~ War

~ Abuse

~ Immigration/leaving the homeland

During the demonstration

~ Look for feelings of tension and feelings of relief when events are brought into the open.

~ The aim is to include more, process unresolved feelings, and expand the field.

More resources

~ MOAL coming for the Guild - Ancestral Energetics for Relationships

~ Book on Amazon - Family Energetics by Deborah Donndelinger

~ John L. Payne's books on Family Constellations, Books 1 and 2

www.DeborahDonndelinger.com - articles and videos