

**Family Karma & Family Drama**  
**Healing from the past that might not be yours**  
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We often experience re-occurring dynamics of pain, sadness, or other burdens that prevent us from living our lives joyfully at the fullest. In our highly individualized world we are conditioned to believe that everything an individual goes through is caused by the individual themselves, thus the individual is always required to fix his own problems, like having a car fixed at the garage.

A baby perceives the world from a holistic point of view, whereby Mom and Dad and the family system are of highest importance. Mom is perceived as Mother-God and Dad as Father-God. The baby only needs to be seen and loved. Yet when the child, which is naturally coming from compassion and love senses through its holistic perception that Mom, Dad, or another close person within the family system carries unresolved pain, grief, anger or sadness, the child will want to help.

Energetically the child will "say", Mom/Dad I don't want you to suffer! I am not as important as you, and because I also love you endlessly I will "take" these burdens and resolve them for you, so that you will feel better and can see and love me full-heartedly. This way the child becomes entangled with the unresolved energetic/emotional problem of the other family member.

As such, identifications or entanglements mainly take place at an age when the child is not aware of its willingness in taking on the unresolved problems from the elders within the family. As the child then grows into maturity, the magnetism of the entanglement will create circumstances that cause this now adult person to re-experience similar dynamics, or even the same dynamics, as the family member for whom s/he is carrying the unresolved problem for. It doesn't even usually occur to the person that an unresolved dynamic, being carried through entanglement for a family member out of the unconditional love and caring, is being lived and constantly repeated! If the person becomes a parent him/herself their baby might now repeat the same process, i.e. detecting unresolved burdens in the parent's energy preventing the parent from living and loving full-heartedly, and the baby might again take it on for the parent in order to resolve it, and thus be seen and accepted. And the Family-Drama continues....

Well, how do we get out of it? Constellation Work, based on the family-therapeutic "Systemic Work", facilitates the examination of unresolved entanglements that one carries for a family member and enables them to be profoundly released. This is achieved by a group of participants gathering at the Constellation-Workshop. A participant – who we will now call client – wishing to resolve an issue sits next to the facilitator, i.e. Ulrich Bold. Ulrich asks the client for his/her intention of resolution. In other words: How do you see your life to be without this problem? This way the energy focuses on already being resolved. With the additional help of the birth horoscope, family entanglements can be easily seen – even those that the client may not even be aware of! The client is offered options of where to look for the blocked or entangled energies, be it in the family of origin, a former relationship or business matters, or perhaps even an abstract situation.

Then from among the other participants the client chooses those who should now stand for his/her family members, i.e. Mom, Dad, brother/sister and the client him/herself. The participants chosen to "stand in" for another person are called

representatives. The client places each representative somewhere in the room by touching their shoulders and leading him/her to the place the clients wants him/her to stand. In this way all representatives form a constellation that reflects the inner image of the client in regard to the area that is being worked on. The placed representatives now stand in the "knowing field" (morphogenetic field) that enables the work with the inner realities of the members of a family-system, relationship, company or inner structure of one's life.

Once the representatives have been placed in their positions by the client, they begin to experience feelings, thoughts, moods and even physical sensations from within which belong to the person they're standing in for, even though they don't know the other person at all. Magically, the client recognizes his/her Mom/Dad (or whoever) being revealed by the representative's mimics, gestures, etc, that are uniquely theirs! The facilitator, looks for the origin of the emotional dynamic, i.e. a death within the family which was not mourned over, wartime violence, a run-away husband, immigration issues, abortion, suppressed/denied homosexuality, twin conception, death of a sibling, molestation, abuse – well, the whole wide range of "shit happens" that our worldly life has to offer.

Energetic burdens can be effectively released without having to work with the real family members! Yet when these dynamics are resolved through the representation of the "knowing field" and the representatives, the real family members – whether or not they know that these issues are being dealt with also experience a shift of inner and outer energies – liberation. It happens, whether they are far away, alive or perhaps even having passed on. When the daughter in a workshop is able to release something for her mother, for instance, that she's been carrying all her life – perhaps the pain and grief over an aborted baby – the mother might suddenly feel much lighter and loving: a common dynamic, in which the mother detaches from the pain of having to make such difficult decision.

I could write a thick book on such entanglements and how they affect the "psychological" dynamics of a person and the dynamics within a family, and how the natural flow of love and acceptance is hindered from being lived joyfully. Nevertheless, here are a few brief sketches of common entanglements:

- A father's parent died during the father's early childhood and the father, as a child, feeling thus left alone and betrayed. This may lead to his own son playing the father for him, sacrificing his natural position within the family, i.e. being the little one, resulting in anger towards the father. If this child then has his own child later in life this dynamic sadly tends to be repeated.
- Mom once loved a man who she wasn't able to be together with (marry), but married "option B" instead although her heart was silently still longing for her real beloved one. Her son therefore becomes entangled with the secret longing and the silent suffering in a fake marriage by him taking on the role of substituting his mother's secret lover. Her son and her husband will become competitors and the son will not get the love and attention (called "father-juice") enabling him to become an emotionally grown up, confident man.
- Lost siblings: Mom and/or Dad have lost a child. Perhaps the result of an abortion or miscarriage. If the lost child was not mourned for deep in the heart but rather forgotten by rational reasoning, a later born child tends to "become" – or substituting - the lost child. The born child will therefore tend to be overlooked and feel invisible, while carrying the energies of the unborn

- sibling.
- Twin Conception: More often than commonly known, a pregnancy can be a twin conception, where one fetus “doesn’t make” it. The surviving child may tend to feel only as a half, instead of whole, and might suffer from “survivor’s guilt” combined with a sense of being home sick for the “other side” and/or live a life for two by substituting the lost twin. If the twin would have been the opposite gender, the living one might even take on his/her gender role.

You can imagine that there are uncountable dynamics within our family which may affect us. As long as we ignore the origin of these entanglements and don’t begin to resolve them, we can expect history to repeat itself. Constellation Work leads to breathtaking results, helping people in need to release entanglements and to fully embrace their true nature from within – simple from the heart, the entrance to the inner heavens.

Ulrich Bold’s Constellation Work helps participants to both clarify and release their energetic identifications or entanglements. With his healing insights, Ulrich guides you to a place of acceptance, forgiveness and love of what is and what has been. This is especially effective when issues of mistrust, fear or grief are the obstacles to movement. Concrete shifts in your emotional, mental and even physical bodies will result in a renewed perspective, which will allow you to make invaluable steps toward a more fulfilling life.

For more information on Ulrich Bold’s profound healing work, please, go to [www.ulrichbold.com](http://www.ulrichbold.com). Space at Constellation Workshop weekends is limited because of the demand of Ulrich’s work. Thus please, sign-up early to avoid disappointment.