

Working with Family Constellations through the Orders of Love.

One day workshop. With John Shuttleworth

The day will be an experiential workshop based on the deep healing that can take place through an examination of our own personal family ancestry.

Our first and most primal connection to the life force is in relation to our family. When we experience this directly through the heart, we call it love. Like water flowing downhill, this love flows naturally in the direction of new life. Hidden secrets and entanglements disturb the natural flow of love down through the generations. These disturbances can be the cause of painful and repetitive life issues giving a sense of being caught in a family or life pattern you can't escape. In this work each family constellation brings to light the entanglements and disturbances in the flow of love within the family system. Using the inherent wisdom of the soul we can open the way to redirecting this flow towards a life enhancing solution - a process which is often deeply moving.

A constellation is a way of representing the family system. When a participant sets up their constellation using other group members to represent the relevant people in their family, we open to a "knowing field" which allows the various representatives to experience feelings and body sensations that can reveal dynamics and entanglements that are hidden to the individual. This field will often reveal a 'solution' which will allow love to flow through the system, which is in itself deeply healing, not just for the individual but for the whole family.

Participation in this workshop will offer you an opportunity to set up your own family constellation and to participate in other people's. It will not be possible on a single day for everyone to set up a constellation, and not everyone may wish to. However, participation in the work of others by being a representative of one of their family members is invaluable and often provides deep learning about your own situation.

The Orders of Love is a systemic way of working with patterns of origins, conceived, developed and formulated by the German family therapist, Bert Hellinger. Over many years of developing this form of systemic work, he rediscovered something about love in intimate relationships that grasps people and changes their lives. If you want love to flourish you need to do what it demands and to refrain from doing what harms it.

John Shuttleworth trained with Bert Hellinger, Hunter Beaumont, and Judith Hemming and has had over 10 years experience running Family Constellation workshops. John trained at the Metanoia in Person Centred Counselling and Gestalt Psychotherapy and is a UKCP registered psychotherapist. He is an experienced trainer and a founding director of Tine2relate, which offers couple therapy supervision and training in couple therapy. John's interest in the Orders of Love is part of a wider interest in the spiritual dimension of psychotherapy. He has run workshops on the Kabbalah, and has studied Healing, Tantra, and Chi Gong, which has led to a deepening understanding of the connection between the body, mind, soul, and spirit.

Reading:

Love's Hidden Symmetry Bert Hellinger. Zeig, Tucker & Co. Phoenix Arizona
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