PRACTICE

Setting the Right Places

A constellation practice: the “right” places of the figures of your Lineage



LIFE UNIVERSITY

You are the main project of your life!

A tabletop practice: three figures, a sheet of paper and quiet.

Getting ready

STEP 1

- Put a sheet of paper next to you for notes.
- Take any 3 figures. Any objects at hand can be figures: a phone, a jar of cream, a glass, a statuette and so on.
- Clear the space in front of you, free the table as much as you can. This is your family field for this practice.
- Ask not to be disturbed.
- Take a few deep breaths in and out, going inward.

STEP 2

- Imagine that these figures are a part of your psychic energy, your field.
- Give each object a number and write it down so you don't forget.
- One at a time, place figures 1, 2 and 3 the way you want to. The numerical order doesn't matter — what matters is that you write down how and after which one you place each of them in the field.
- Just look at them — an inner sense of how to place them will come. Trust your subconscious.
- If you have brothers or sisters, choose additional figures, number them and place them in the field, writing down which figure stands for which sibling.

Look at the field

- Which figure is the biggest in volume, in energy? Which figure is more centred?
- How do they stand, in what order: who is after whom, who is in front, who is behind?
- Which figures seem to face each other, with contact between them?
- Which figures stand opposite each other, as if in opposition?
- Which figure seems pushed out of the field: standing behind with no contact with the others, or not in the field at all?

Write down all your sensations and observations.

Figure 1

Touch figure 1

Feel how it feels, what it senses, what is inside it.

> Write down every step on your sheet so you can analyse it afterwards.

How does figure 1 relate to figure 2? What does it feel towards figure 2? How much bigger and stronger than figure 2 is figure 1 — or smaller and weaker? How do they stand in relation to each other? As equals? Or is figure 2 to the left or to the right of figure 1, if you imagine the figures are facing you? Or is one behind the other? Are they looking at each other or standing side by side? What is between them?

Keep looking from figure 1

Feel how it feels, what it senses, what is inside it in relation to figure 3.

How does figure 1 relate to figure 3? What does it feel towards figure 3? How much bigger and stronger than figure 3 is figure 1 — or smaller and weaker? How do they stand in relation to each other? As equals? Or is figure 3 to the left or to the right of figure 1, if you imagine the figures are facing you? Or is one behind the other? Are they looking at each other or standing side by side? What is between them?

Figure 2

Touch figure 2

Feel how it feels, what it senses, what is inside it.

> **Write down every step on your sheet so you can analyse it afterwards.**

How does figure 2 relate to figure 1? What does it feel towards figure 1? How much bigger and stronger than figure 1 is figure 2 — or smaller and weaker? How do they stand in relation to each other? As equals? Or is figure 1 to the left or to the right of figure 2, if you imagine the figures are facing you? Or is one behind the other? Are they looking at each other or standing side by side? What is between them?

How does figure 2 relate to figure 3? What does it feel towards figure 3? How much bigger and stronger than figure 3 is figure 2 — or smaller and weaker? How do they stand in relation to each other? As equals? Or is figure 3 to the left or to the right of figure 2, if you imagine the figures are facing you? Or is one behind the other? Who is in front, who is behind? Are they looking at each other or standing side by side? What is between them?

Figure 3

Touch figure 3

Feel how it feels, what it senses, what is inside it.

> Write down every step on your sheet so you can analyse it afterwards.

How does figure 3 relate to figure 1? What does it feel towards figure 1? How much bigger and stronger than figure 1 is figure 3 — or smaller and weaker? How do they stand in relation to each other? As equals? Or is figure 1 to the left or to the right of figure 3, if you imagine the figures are facing you? Or is one behind the other? Are they looking at each other or standing side by side? What is between them?

How does figure 3 relate to figure 2? What does it feel towards figure 2? How much bigger and stronger than figure 2 is figure 3 — or smaller and weaker? How do they stand in relation to each other? As equals? Or is figure 2 to the left or to the right of figure 3, if you imagine the figures are facing you? Or is one behind the other? Who is in front, who is behind? Are they looking at each other or standing side by side? What is between them?

Siblings

Still looking from figure 3, look at the siblings' figures and write down your sensations about each one. Which of them feels the eldest? Which one stands where, and next to whom? What feelings does it evoke? What is between you?

Decoding

Now look at all your written answers in light of what the figures stand for, and analyse them.

1	2	3
father	mother	you

It's important to label the additional sibling figures by seniority: who is first, second, third. Then analyse which numbers you gave them and what you wrote.

Check your notes: which figures did you place in the field first? This shows loyalty to one of the parents.

What to pay attention to

ESSENTIAL FOR THE ANALYSIS

- Is mother taking father's place on the right?
- Is father taking mother's place on the left?
- Are you taking the place of your parent's partner? For example, you stand level with figure 2, on her right — then you are in the place of your mother's partner. Or the other way round: you are in the place of your father's partner if you stand in the mother's place, to the left of father's figure 1.
- Are any of your siblings standing in these places?
- Are you taking a parent's place by standing behind them, as a parent to both of them or to one of them?
- Who holds the central place? At the head of the right hierarchy there is always the father. Or is it you, or one of your siblings?
- Are you standing in the middle between your parents, as their equal?

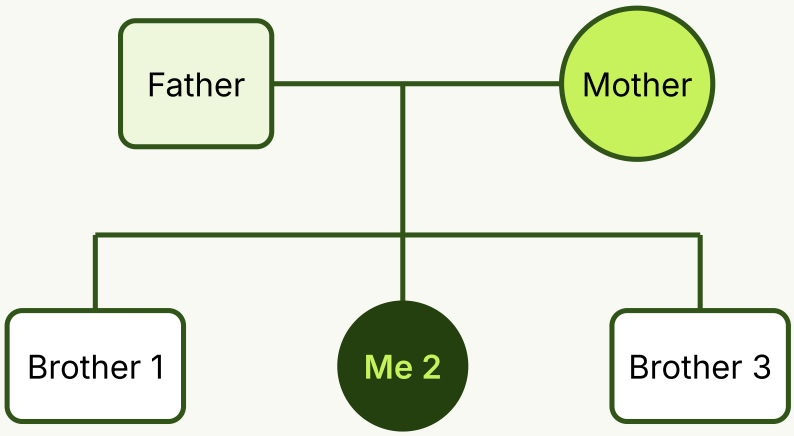
> When the parents, or anyone in the field, stand opposite each other, they are in opposition. If you are between them, this is a conflict of the parental figures in your psyche.

> A figure pushed out of the field shows exclusion: a broken bond, cut-off energy, resentment.

Put the figures in their places

After the analysis, put all the assigned figures in their right places.

- Father and mother stand at the back, behind the children. Father is to the right of mother, mother to the left: father behind your right shoulder, mother behind your left.
- You stand in front of them in one line with your siblings. All siblings are placed by seniority — in the order they came into the family system.



Then say the prayer “At the Dawn of Life”.

Prayer to mother

PRAYER “AT THE DAWN OF LIFE”

Dear mother, dear mum,

I take everything you give me, all of it, without exception.

I take it all at the full price it cost you and costs me.

I will make something of it — for your joy and in your memory.

It must not be in vain.

I honour it and keep it and, if I am allowed, I will pass it on — just as you did.

I take you as my mother and I belong to you as your child (your son / your daughter).

You are the one I need, and I am the child you need.

You are big, and I am small.

You give, and I take — and no other way!

Dear mother!

I am glad you chose father.

You are both the ones I need. Only you!

Prayer to father

PRAYER “AT THE DAWN OF LIFE”

Dear father, dear dad,

I take everything you give me, all of it, without exception.

I take it all at the full price it cost you and costs me.

I will make something of it — for your joy and in your memory.

It must not be in vain.

I honour it and keep it and, if I am allowed, I will pass it on — just as you did.

I take you as my father and I belong to you as your child (your son / your daughter).

You are the one I need, and I am the child you need.

You are big, and I am small.

You give, and I take — and no other way!

Dear father!

I am glad you chose mother.

You are both the ones I need. Only you!

Words to your parents and siblings

Dear parents! Your relationship is your relationship, and it is not my business!

You are my mother, and you are my father, and I accept and love you both equally.

You are my parents, and I am your child. You are big, and I am small. You give, I take — and no other way.

You, father, are in your place as a man; you, mother, are in your place as a woman; and I am in my own place. I no longer take other people's places — I stand in my own!

I will no longer rescue you or carry programmes that are not mine. I give your expectations back to where they belong.

You are grown-ups and will manage everything yourselves. Your life is your life, and my life is my life. Thank you for the gift of life — bless me for my destiny!

My dear brothers and sisters, each of us has our own place in the family by right of birth. You are all in your places, and our parents love us equally.

You are my brothers / sisters, and we are all equal. We have nothing to divide, and we no longer need to compete for our parents' love — there is enough love and family strength for each of us.