NLP and Family Constellation
A deep path to our essence

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Archetypal Family

You are born a unique day, in a specific place in a family, in a country, with some culture and natural condition and you are called by a specific name. You become part of the miracle of being born, thanks to the mystery of the union of a man and a woman- your parents.

From this moment, and so on, starts a path where connection with others fashion the reality and a sense of uniqueness.

A basic relationship between the person and the others is created and is surrounded by a specific field. Stephen Gilligan\(^1\) points out the notion of field in this relational space; i.e. “at the same time that a relationship coexists, there is a larger system that defines the quality of the attachment.” NLP establishes the notion of 4\(^{th}\) position by eluding the “us” implicit in the interaction bonding the person and the others.

This field holds up the attachment and assumed diverse emotional dynamics. As Gilligan\(^2\) says, a loving caring system or a fundamentalist aggressiveness that tends to exclude, cancel or deny some field of the relationship can hold it up:

“The “break in relatedness” between self and other occurs via violence or neglect and requires violence (against self and/or others) or neglect to continue... Self – relations is grounded in the realization that violence, no matter how justified is seems to be, is the surest way to create more violence”. (Page 36)

The attachment with the mother assumes a special condition. From the 6th month of gestation, cells mirrors mature - that neuronal area that tuned, excite and act that we associate. They are the base of empathy and are a way to create learning through the tune with one another. Being so small, the quality of the attachment, the emotional state of who exploits us and how she acts, leaves footprints.

In the nineties, Bert Hellinger introduces the systemic emotional field from another perspective, giving emphasis to the family as a trans-generational energetic field. A family soul is generated by the connection between the "I" and the family system. As Hellinger declared, there is diverse emotional quality on these fields. These fields will include five family generations, which means 62 people, plus their partnership and kids. A field that includes hundreds of years, several issues and hold the life and the death as a force that impact in our behaviour. So, in this domain it is important to ask:

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Who is part of our system? Grandparents, parents, uncles, siblings, spouse and children.

Is there a first, second or perhaps third spouse / partner of any of them?

Are there children of the same father or mother or of other partners?

Family tree

A field includes hundreds of years, several issues and hold the life and the death as a force that impact our behaviour.

The significant developments in this field are related to traumatic events that somehow made their mark in the system. It’s like when a stone is thrown into the pool; waves radiating in amplitude, so, a traumatic event in the history of a family can create generational waves impacting future offspring, activating some archetypical manifestations. From a systemic model level, what are highlighted are facts, not interpretations or meanings we associate with these facts. What matters are the facts and not the opinion or the rating that we have about them.

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3 Carl Jung (1912) created the concept of archetype, as an inherited psychic structure, which gives the form and not the specific content of our inner experience. Are living psychic forces that take content through us and beyond our personal history, our belonging to a family, and beyond, are part of the heritage as a species, the collective unconscious. Archetypes create a bridge between personal and collective life and living through us all, transcending cultural boundaries, language and society.
For example:

- Divorces.
- Migrations.
- Wars or acts of violence.
- Early deaths.
- Mothers who died giving birth.
- Abortions.
- Exclusions.
- Diseases.
- Recursive patterns.
- Frauds.
- Participation in criminal acts of violence/or death, either as victim or perpetrator.
- Among others.

These facts create waves, systemic implications in the family field, determining the most of the time unconsciously present and future effects of its members.

Issues in the family histories create waves, systemic implications in the family field, determining that most of the time unconsciously present and future effects of its members.

In Chile, for example, infant mortality rates in the last century were very high and the early death of parents, for pests and diseases such as tuberculosis, to which many people died suddenly. Location shared with other countries of South America. It is the experience associated with our grandparents and/or great-grandparents of the present moment. If Sweden’s infant mortality rate for 1949 was 23.3, in Chile, there were 169. And today, this experience of grief still has impact on present generations.

*My mother lost 6 siblings, three of them in fifteen days. A fever came and they had little money. Everything happened very quickly. She was 7 years old, and she...*  

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4 Mortality rate, referred to in number of deaths in children under 1 year per 1000 live births in a given year.
and her sister have had depressions, consuming and demanding their children care and protection. Many times, I feel that I’m my mother's mother more than being her daughter. And now I realize through the constellations that this issue is associated with my daughter’s anorexia.

Each country has its own history. In Europe at that time was the impact of global and Spanish civil wars and revolution. In the Family Constellation work, it has been revealed the impact of wars, which are unfortunately in the past several decades. And in the above factors (Hellinger, Gunthard Weber, Svagito Liebermeister and others).

An understanding of dynamic of the family and the social context, where the person grows up and develops, expands the conscience in its collective aspect. Approach nowadays to layers of our existence, beyond our personal story, and with a meaningful impact in the behaviour and the quality of life.

Perceptual system and creation of reality are delineated, while waves reach every single member of the system. Beyond the showed relationships in the family (what is seen), there is an unconscious dynamic of relationships, muddles and distortions in the identifications, invisible loyalties that run from the inner world stated in a family image, called unconscious family. The person will exhibit certain patterns of abilities, beliefs and behaviours held by numerous emotional fields, according the attachment of all members and acknowledging certain principles of relation. Settles beliefs, identity, strengthen, capabilities and behaviour patterns, some consciously and others unconscious, in the shadow.

Through constellations, people become aware of unconscious dynamics of his/her family and how it affects their way of being and current living conditions, fostering a process of metamorphosis into a dynamic that promote love and peace.

The constellations developments, as a phenomenological epistemology, revealed certain principles, in order to tune the field into peace, love and harmony –a good enough family, principles for expressing the soul and the potentialities among its members. Which

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9 Sin Raíces no hay alas, Bertold Ulsamer, Ediciones Luciérnaga, 2009; Enfermedad que Sana, Dra. Ilse Kutschera y Chistine Schaffler, Alma Lepik, 2006; Si supieras cuanto los amo. Jirina Prekop y Bert Hellinger, Herder, 2004; Eres uno de nosotros, Mariana Franke-Grickch, Alma Lepik,2004; La sanación viene desde fuera, Daan Van Kampenhout, Alma Lepik, 2004;
10 Familia e Inconsciente, I. Berenstein y otros, Paidós, 1996.
together creates the presence and type of family systemic consciousness that guide the
behaviour of its members.\textsuperscript{12}

These principles are:

\textbf{The family recognizes everyone’s belonging}

Parents, progenies and grandparents, sometimes great-grandparents and siblings are part
of the family field. Aunts and uncles, aborted children, all of them are part through the
blood union.

Out of the family relationship, there are former partners, and/or parent’s subsequent
children. If migration occurs, both countries deserve a special place. For example, if your
grandparents journeyed from Italy to Argentina, both nations acquire significance.
Associations of victim-victimize also found a relation. If some relative killed another one,
swindled or misused his or her influence on others, the victims are part of the family field.
Clear cases are issues of wars. In the same way, if one ancestor was victim of the
previously cases, the victimizer is a presence that must be counted and integrated in your
system. Every member has a place. If your father was involved as missing arrested in
dictatorships of South America, in the second half of the twentieth century, the presence
of military forces that led these oppressive processes is part of the system. The
perpetrator victim dynamics is a present energetic dynamic.

They will always have a position even if they are excluded. In this case, a member of the
following generations will be identified, integrating the one excluded. The exclusion is an
illusion, because “the unconscious family” doesn’t allow it, forming disorders in the
relationships and a mix of identifications to conserve the belonging. Systemic emotional
field always looks for ways to build membership with all that are a part.

\textbf{There is a hierarchy in the family}

Within the family there is a hierarchy organized according to time. A man and a woman,
the couple, constitute the family; they have a higher rank than the children, who came
after. There is equality in the couple and hierarchy between parents and children. Each
person has their own place, and insofar becomes entangled in some sort of disorder, will
be bonded to weakening and tension. As you respect the order of the family soul, you will
find peace, harmony and strength.

Your peace is only possible if there is a deep respect for your mother and your father,
taking your position of smallness and vulnerability. If prosecute, you avoid, reject, if you
do not say ‘thanks’ you are questioning this principle. You become big in relation to them.
There is no respect or gratitude and your vital energy is focused on him or her, like a child

\textsuperscript{12} Osho Therapy, compiled by Svagito Liebermeister, Perfect Publishers, Ltd, 2014.
who is still awaiting more. You do not let them. There is an attachment from an unmet need.

The order is only possible with a deep reverence in front of the mother and father, placing you as the one receiving life with openness and gratitude. If the sun or daughter assumes a rejected attitude, your conscience keeps oriented to the past, like an orphan, abused or unsatisfied child still waiting for more, there is attachment into the field. If you say yes to them, without excluding anything, receiving everything, as original conditions in your life, in the miracle of being alive, you are completed and at the same time, able to separate and start the adventure of your own life and create with more freedom.

From this perspective, there are two steps you must take to your growth:

- Lean to your parents, in gratitude honouring one's destiny and then,
- Get up and turn your own horizon.

Despite everything that ever existed, parents are the key players in our existence, meanwhile, gave you life, the greatest gift a person can give to our existence. This stresses to see the parents beyond the historical contingencies, especially if there are frustrations and unmet expectations, to tune into the life that comes through them to you, as an individual. Receive Life saying YES, accepting life in gratitude. And take this reality as a starting point for your way of life, from the role of learner and co-creator of realities and new options.

This view open new possibilities in my life, being son of my father who was involve in violence political issues make me divided; I was his son and at the same time I reject his values and behaviours. Being able to understand his behaviours in a big frame of a social system, allow settling a peaceful starting point of my own life. I am part of his lineage although I had my own path, based on my values.

For women, implies align your female lineage, being small in this history of successive lives up to the mother, grandmother, great grandmother. And in the case of man, stand in relation to their male lineage and from there, take their own lives. His parents back with their history, and as a son feeling his presence and support, his view towards his existential horizon.

Support this process will allow you put yourself in your place of origin of the family, aligned to the reality as it is: "You were tiny when they were born, and your parents were the big ones, they gave you life and you were receiving." And with that, the source of life that is associated with your existence in a genealogical tree in order, where life flows from generation to generation, looking ahead, not into or carrying the weight of the past. This is equivalent to say that in your back is the life force of your ancestors, flowing and supporting your life.
Receiving life from their own place as son/ daughter

This is equivalent to say that in your back is the life force of your ancestors, flowing and supporting your life.

There are many issues that entangles this reality, creating others dynamics that keeps you away from your original state as a son or a daughter.

Alejandra, rejects her father, she always saw her mother suffer for the fathers infidelities. She lives caring for mom and rejecting dad.

Marcelo has ambivalent feelings with Mom. Since the divorce of his parents, he moves to another city, 4 hour flight from where Dad lived. The separation implied weakens its relationship with Dad and soon, sharing space with another family man, mum’s new partner.

Entanglement

Dynamics keep you away from your essential being as a daughter/ son, and you’re placed into some other place into the system, where it will not be able to create an autonomous way and detachment from origin.

A sufficiently strong attachment means that parents can stand and maintain this status hierarchy, where they are bigger relative to their children, who give and do not demand. For a child to grow up safe, needs big parents, who hold the responsibility of the role. And as the experience of the child, parents experience is influenced by previous situations.
Maybe the story that I've heard that has impacted me most is this.

In her widowhood, mother requires to her child to take care for her, as well as her father has cared for her all her life. The mother's history is associated with childhood experience of World War II, and an early migration to South America. She has strength, and demand. In technical terms, an abusive mother. He, the child as an adult, in love, postponed and postponed his departure and life partner. "Soon Mom will die and I will be free to walk my own path." A joke of fate settled in his life. His mother lived 100 years, so when he was free, there was not his lady love, or vitality to start its own way.
Seed Images of Reception of Life

Let explore those images, and see the type of attachment

“I say YES, Thanks for life” to each parent.

“Yes, thanks, I receive life from you in gratitude”

“I reverence before you, and I am vulnerable.”
Seed Images of Separation

“I take my life path, in responsibility and autonomy”

“I take my own path, with you backing me up”

“I align myself with my feminine / masculine ancestors”
Matrix of Types of attachment

*Let explore, the type of attachments of each parent in the Family System.*

<table>
<thead>
<tr>
<th></th>
<th>Mother</th>
<th>Father</th>
<th>Both</th>
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*"There is only one corner of the universe you can be certain of improving, and it is your own self"*

*Aldous Huxley.*
Exercise: Characterization of my Ego and Shadow

Look at the way you react when you feel unsecure, distrust and / or fear of exclusion with your partnership, with the kids or with colleagues. And establish:

**BEHAVIOURS:** What kind of behaviours do you usually have based on these experiences? What are the behaviours that let you feel valued and recognized by others? Which are those reactions that predict you belonging to the system? Leave everything here, and step into the next room.

**THOUGHTS:** What do you tell yourself about how you live your life in this moment? Is it your own voice or is it someone else speaking? Let’s leave all those thoughts here, and move forward towards the third room.

**EMOTIONS:** Which are the emotions that accompany you in this life script? There may be one or more. Imagine as if you were the toothpaste tube and that you are leaving it empty, placing everything you feel in this room and being empty let’s move towards the new room, now.

**DESires:** What are the desires related with future states? Those futures which call and stress us to move forwards, let’s place all that here in the fourth room. And let’s step forwards into the room of the beliefs.

**BELIEFS:** From this fifth room, observe all the previous ones: the one of your behaviours, thoughts, emotions and desires, and pay attention to what is most deeply rooted in them: generalizations about yourself, others, life, relationships among events, laws or axioms that you set to be true. All these beliefs let’s leave them here, and move deeper.

**VALUES:** Pay attention to everything that is important to you. Why is it important for you to navigate in the way you do? What is involved? Let’s leave these values here in this sixth room and move forwards, deeper.

**WHOLENESS / ESSENCIAL BEING:** Allows yourself to feel the emptiness after you left your behaviours, emotions, desires, beliefs and values. What emerges now? Perhaps some symbols.

Take a moment and widen your perception radius beyond, what aspects have been left out of you? What is beyond? This script of being, what does it exclude from your life? What is purposefully rejected? (Shadow).
Systemic Identity Matrix

From NLP perspective the question is, what identities correlate to the Family Constellations Principles. The places where we are align with our deep sense of who we are. As I see in most of the constellations, a relational matrix of five identities is required, which allow us to perform based on the relational principles of Family Constellations. I call them “Systemic Identity Matrix”. Insofar as they get stronger, the family field will create a better location for all in the system and more peaceful and loving fields.

The identities are:

**I am small in relation to my parents** (Mother and Father): We cannot change our ancestors’ destiny, neither to judge, to penalize neither to rescue. The position is the vulnerability, openness and gratitude. They gave us life—the most precious and essential gift for our existence. We, as children, get the life from them and that ennobles them.

**I am big in relation to my children**. Complementary to be father/mother, a definition of being big regarding to the descendants arises. You as parents give and they get from you.

**I am alike in relation to my siblings**. The brother and sister participate in the equally of being daughters and sons, everyone in its destiny from his/her uniqueness. We can make a distinction of order: the oldest, the second…the younger, in a context of symmetry.

**I am equal in relation to my partner**. Men and women can be different in their roles and functions; however they are in a context of equality. The love of a couple is benefited in a context of reciprocity.

**I am in charge of my life, actions, decisions and consequences**. In the systemic net, each member assumes his/her personal responsibility and leadership by integrating the four definitions of previous identity.
Those identities act on the family fields, founding the root on the person and the consciences related to his / her family, aligning with the family constellations principles and making strong roots of their essence place into life.

Those identities act on the family fields, founding the root on the person and the consciences related to his / her family, aligning with the family constellations principles. It is a way to establish the constellations into the family field, through an individual intervention.

Some examples:

A woman feels resistance to belief “I am small in relation to my mother”, this belief create anguish and fear. Applying Reimprinting, a technology from NLP\textsuperscript{13}, we discover that the primal experience on the belief was a situation when she was 3 years old, and her mother treated her rude and with madness, as she was an adult. Her mother was not able to see her as a little girl, little one. Then, being able to free from this attachment, she was capable to take on her reality as a daughter, get free from the mother care, assuming the hierarchy and also, begin to have a better sense of responsibility on her own life.

\textsuperscript{13} The Encyclopedia of Systemic NLP and NLP New Coding, Robert Dilts and Judith DeLozier, NLP University Press, 2000.
A man wants to believe “I am equal in relations to my siblings”, he feels insecure in a competitive frame. Then, applying Belief Change Circle\textsuperscript{14}, he discovers through successive reframing by positive intentions on his doubts and resistance, the truth about the uniqueness of each. Each of the siblings has his or her personal task, challenges and gift on life. From that perspective, he grew up his personal sponsorship and respect to other- create a horizontal type of relations with siblings, and at the same time, this type of relationship is pass in to his colleagues.

Life receives us and the journey begins, where there are many conquests to achieve, difficulties to overcome, adventures to start, and the starting point is unquestionable: *Life comes through your parents, they give the essential gift: Life.* Bert Hellinger highlights these circumstances, where the connection to life is in direct relation with the acceptance to this fundamental fact of existence. Consciousness and alignment allows us to express our potential, optimize our behavior and transcend our limitations.

To be sufficiently alive we must wholly accept the life’s source. When saying “no” to the origin, we are not admitting the life’s journey; we are saying “no” to the self and, as an aftereffect, we lose the adventure. To be alive is an adventure, with an undeniable truth: you as son or daughter is the one who receives life through your parents: as the primal imprint of the being, as a member in a specific family.

We will create an inverse movement in the flow of life, when the son or daughter defines him/herself as the big one; responsible, in charge, savior of his parents; the parents small and lacking; the siblings in hierarchy, the partner in hierarchy, and where the person feels responsible for the others, abandoning the responsibility of his/her own life. Any expression of some experiences and conditioning which define the ego and ideal self.

*Leonidas is a man around 60 years old, and since he was very young he was in charge of his parent’s wellbeing and unifying the family. His decisions were what guided the family. Today, close to retirement, he realizes that his savings are meager because he had to pay a lot of the medical expenses associated with his parent’s health in their old age (his father had properties, but never got in charge of them). He also financed superior studies of his offspring, who instead of taking 5 years to receive the diploma, took between 8 and 10 years to do it.*

*He financed his ex-wife until his offspring left home been around 30 years old. He realizes that was never preoccupied for him. He did not worry about his old age.*

\textsuperscript{14} The Encyclopedia of Systemic NLP and NLP New Coding, Robert Dilts and Judith DeLozier, NLP University Press, 2000.
When saying “no” to the origin, we are not admitting the life’s journey; we are saying “no” to the self and, as an aftereffect, we lose the adventure. The inverse wheel.

The reverse wheel is created by your personal experience and make distance from your essential place into life, the one which only belongs to you. Nobody is born in your family, having your parent, being in your birthday and place into the siblings net, in your social context. Just You.

Those identities will limit the individuation process, in the context of being able to receive life from the parents in gratitude and vulnerability, and then separate from them, in detachment and free to take a new path. That reverse wheel will keep us in our ego development of our consciences.

The Spanish psychologist Joan Garriga, who is an expert in NLP and Constellations, has written a very illustrative story of this process, “¿Dónde están las monedas?” 15 – I suggest reading it. Do you receive the origin experience as a starting point with gratitude, from where you create your own path as a complete person or you are still wanting something more or different, still expecting to get other coins? – those are the choices.

From Gilligan’s 16 point of view, it is essential to sponsor the own existence, from the relational dimension:

Life moves through us as we move through it. ... The key is to find ways to respect and value each experience in its ever-changing forms. This is a difficult process, as anyone ever involved in an intimate relationship will readily admit. It requires a

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centering within one self, openness to relational field, and willingness and ability to dialogue. Even under the best conditions, imperfection reigns. (Page 64)

By saying, “yes” to life we initiate the journey, accept what is given in gratitude, openness and creating a valuable use of it. And we align to the identities that are defined by life. The Systemic Matrix of Identities. Our vital force is based on the condition of origin, with life just the way it is, with no mediation of social processes, needs of others, invisible loyalties or assigned roles, in synthesis with no conditionings that redound to the conformation of our Ego. Our vital force unifies to our being and from there, we undertake life in the liberty of creating alignment with our existential call.

Life is an adventure of enlargement of options and opportunities, incorporating now, from this view, the Systemic Identities Matrix belonging to the family system as the base of your Self: I am small in relation to my parents, equal in relation to my siblings and couple, big in relation to my descendants and responsible for my wishes, decisions, actions and consequences. Any deviation from this matrix of identities will create emotional fields with different degrees of tension, aggression and/or disconnection to life.

Explore some new examples, taking some image seed from Family Constellations, which are align with the “yes to life”. The person can explore any of this image seed, and check how it is for him/her. Identify any resistances or dysfunctional emotions.

Any resistance and dysfunctional feeling can be treated by any NLP techniques of identity and belief. As Reimprinting17, Circle of Belief18, Heroes Journey19, inter alia.

We say Yes to our destiny, as starting point of our creative path in life, and we say Yes to abundancy, receptivity, intimacy.

Exercise: “Self-focusing” from a Systemic Perspective

1. Identify the emotion that weakens you the most and describe the context where it appears. Explore through sensory sub-methods and body crucial expressions, the neurolinguistic structure associated to that experience.

2. Explore the experience and think about: What does it show about you? What is the symbol or image that reflects who you are in this situation?

Person within the emotion
3. Now, being dissociated from the primary emotion, identify any experience of full confidence, of being connected to you, to others, and to the whole. Experiences where you have felt as being part of something bigger, that occasion where you inhale and exhale confidence. Centered, affectively opened, in connection to here and now. Once you have identified this experience, merge, broaden your consciousness and presence by defining words, attitudes and symbols that you can eventually use as anchors.

![Person in Coach State](image)

**Person in Coach State**

4. Go back now to the primary emotion and identify what is the worst that can happen to you, the very worst future expectation within that context.

![Person within the emotion: What is the worse?](image)

**Person within the emotion: What is the worse?**

5. Take this future expectation to the space of full confidence, receive and experience that future from this broaden state of confidence. Breathe it here and now and continue integrating it, become aware of your experience. Always notice what takes place in your experience, you might become weaker or experience a magnification of your initial state.

The guide eases the connection to the state of confidence with the use of anchoring elements. It is all right; embrace it with confidence and love, each emotion, each experience built in from the confidence. What happens? Assimilate each emotion until you reach a state of inner strengthening.
Now, from the inner confidence state, hold that mirror, that image, and the emotions in calm and in connection with the whole.

Person living the worst in full confidence, COACH State.

6. Now picture in front of you, your family tree: mother, father and grandparents. Explore in each of the locations, the presence of the emotion that puts you off-center to see if it is present. Explore your family system and find out how present or absent is this emotion. Go back to your place and define: if the emotion becomes a whole of 100 units, how much of the emotion belongs to you? And how much to the system: father, mother, father’s grandmother and grandfather, mother’s grandmother and grandfather? Differentiate what belongs to the system from personal.

7. Once the system’s emotional map has been laid down, establish the differentiation and find the ancestor that has greater supremacy in the experience and tell him/her:
“Dear xxx, I am too young to hold all this. I honor your path and your experiences and leave with you those that belong to you. I only take what is mine, to make good use of my life, and to give a greater sense to everything.

It is very important that the communication is done “looking at each other’s eyes” within an ambiance of respect and love. The core concept is to create a relationship area free of any emotional identification.

The essence of this technology is to strengthen self-focusing, releasing troubles and/or systemic realities.

Self Constellation®

Being able to embrace these five identities, as the core of your identity is a manifestation of “yes to life”, receiving what was given in gratitude, to make a virtuous usage. Life as a journey where we create options, expansion and opportunities. The Systemic Identity Matrix permits self-accepting, from the true primal pattern in our life: I am small in relation to my parents, equal in relation to my siblings and partner, big in relation to my descendants and responsible for my call, decisions, actions and consequences.

Then, let explore the following questions:

How am I connected to life today?

How is the relational field “I and life”?

We can establish an important distinction in relation to life:

- **Channeled through our body:** We have corporal energy to stay alive and to perform functions for our adaptation. Insofar as our muscles align and take place, the movement releases energy through our body.

- **Channeled to our thoughts:** Mind has the skill of visualizing the objective, focus, creates strategies, takes resources from the past, and recreates reality and play with the choices depending on our purposes. Many times at this level of energy,
people stay impasse, unable to go to higher levels of energy; being static and they learn through instruction.

- **Channeled to our emotions**: If we paraphrase Castaneda: Has your life a heart? This energy is aligned to the values and beliefs. Gives permission and motivation to the success and purpose. A deep emotional force inspires to keep trying, constantly toward our true core.

- **The fourth domain, the spiritual energy**: Joins individuality with a greater system, considered as God, nature and life. We live from our mission and actualized vision.

Being able to adapt, relationship and success in life requires vital energy: mental, corporal, emotional and spiritual. Then:

- How does your body go with you today?
- What do your mind/thoughts say?
- Has your current life a heart?
- Is your life connected to your essential being? (Soul/spirit)

Now, let’s see:

- Which is the relation between them? Collaboration in a view of win-win? Or control-submissiveness?
- Is there hegemony of one leadership? For example: only mind, or spirit, or affection or body? Or is there a situational leadership?

Like intelligence on a team gets stronger while its members feel integrated, valorized in their competitions, and included as a criteria on the situational leadership, the vital energy gets stronger if you express a "YES, IN FOUR VOICES": spirit, affections, thoughts and body. There is an integrated field belonging to the four vital forces.

Then, settle in each location and explore: What do you listen? Do you feel? And See? Let a representation of the dynamic of these 4 energies emerge.
Exercise: The Field of Life through Family System

In groups of six,

1. The explorer and the guide connect to the COACH state, centering and present. Open and connect to the field.

2. The explorer creates four spaces for the facets of energy: soul, mind, emotion, and body. And 4 persons are placed into the spaces.

3. Explorer sets an intention and sends energetic intent for each person - not verbal. Then, each person is demarcated as a specific factor, in silence.

4. Groups settle and follow sensations; begin to move - representing a snap shot of the relationship of the part. The movements need to be slow and the guides are the body sensations.

5. Knowledge comes from the field: as each person feels.

6. Explores suggest a symbol or metaphor of present state landscape and define a new resource. You can choose if some belief align of the Systemic Identities Matrix would help or some other resources. You choose.
   a. I am open-minded and grateful to my parents, as a source of life.
   b. I see my future with trust. I feel my ancestor’s support.
   c. I give to my children; they receive freely from me.
   d. I am responsible for the family life, as a mother or father.
   e. I respect my siblings as an equal.
   f. I value the destiny of my brother and sister.
   g. I see myself in symmetry relationship with my partner.
   h. I am responsible for my life, actions, decisions and consequences.
   i. Or others.

7. Connect to center and create a symbol of or metaphor.

8. Then, the explorer connects to the new resource, and creates a symbol or metaphor.

9. Come back to the centered space and link both symbols and metaphor.

10. In silence, explorer sets the intentions and sends the symbol or metaphor, to each one.

11. Knowledge comes from field: as each person how they feel. Groups received the new resource and see what emerge.
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Psychologist and Master Trainer in NLP,
Member of the Global Community of Trainer and Consultants in NLP, NLP University, California USA.
Specialist in NLP, Hypnosis, Self-Therapy and Family Constellation.
Diploma in Qualitative Research for Psychological Sciences.
Director of the Society of Trainer and Coach in NLP, Gestor - Chile.

Psychologist with a specialization in NLP and Hypnosis, with more than twenty years of experience in applications of NLP. Initially her professional activity was oriented mainly to the field of communications and people in organizations. Advisor to large enterprises in the mining area. Especially develops consultancy in strategic communications, leadership and management modernization policies implementation. Involved fifteen years as a consultant and diploma in Management of Human Resources.

By 1998 she created an NLP center in Chile, GESTORPNL, representing Dilts Strategy Group and Delozier and Associated International. Its programs are recognized by NLP University, California (NLPU). She is Master in NLP, with a specialization in Health and Trainer in NLP in NLPU. She is member of the Global Community of Trainers and Consultancy of NLP, NLPU. Diploma in Advanced Techniques of Hypnosis with Stephen Gilligan (USA) specializes in Psychotherapy of the Self. Diploma in Techniques of Qualitative Research applied to the Psychological Sciences, University of Chile. With advanced training in Family Constellation at the Institute of Constellations - Osho, Barcelona, Spain.

In 2011, she did the Master Trainer in NLPU, training program that gathers all new developments in the area. Jessica is affiliated to NLPU and represent NLPU in Chile. She currently directs the specialization programs in NLP, Practitioner, Master Practitioner, Coach and Trainer in NLP level, facilitates skills development workshops, sponsors international workshops and works as a psychologist, providing new alternative for people in their personal and professional life. It makes individual counseling, psychotherapy, and family constellations. Director of the Society of Trainer and Coach in NLP, GESTORPNL - Chile. We assume the mission to research, spread and create communities on the basis of the NLP. www.gestorpnl.cl / jessica@gestorpnl.cl.