

After A Constellation

You're baking a souffle. You spend a lot of time preparing it, and you put it in the oven and turn it on. If you keep opening the oven door, the souffle will not rise properly and become a soufflé. Despite temptation, the best course is to leave the oven alone until the souffle is finished cooking.

Constellations are similar. There is usually a strong temptation to analyze what just happened and try to "figure it out". But analyzing a constellation right after it occurs is like opening the souffle's oven door. The work that is occurring on a deep level will not be able to properly process.

The best strategy is to leave the constellation alone on a logical level, at least for a few days, and perhaps even for a week or two. Don't think about it, don't analyze it, just go something entirely different. Don't worry if you can't remember things about it right away, that is normal. Your unconscious (your soul) remembers, and is processing while you do other things, just as the souffle will be cooking while you are doing other things.

Just remember your final, healing image from the constellation, and allow that image to work on your soul.

Also, take care of yourself physically for the rest of the day; lots of liquids, physical exercise of some form, getting out into nature, and plenty of food are all good suggestions. The constellation field tends to burn calories, so feel free to treat yourself to some comfort food if you desire it. Be good to yourself; you have worked hard and now you can enjoy a little of life's abundance.