

Being a Representative

Just relax and try as much as possible to NOT THINK about what you are supposed to feel. Just let the field inform you. You may feel strong emotions, you may feel like moving a certain way, you may not feel much at all. Just let it happen. The facilitator will check in with you periodically and ask what is going on with you. You may have permission to move around on your own; if so, please do so slowly. Also, even if you feel strong anger, don't touch the other representatives. When the constellation is over, you may have accumulated energy from being a representative. There are various ways to help you "de-role" and shake off that energy to become fully yourself again; once the constellation is over, you don't want to hang on to that energy.