

# The Crazy Wisdom Calendar

## Soul Essence Evolving (SEE): Revelations from the Universe to You

By Deb Foggio

A woman in her early '40s, Michele, walks through the door of the Center for Integrative Well Being looking for answers. Her arrival here is in response to a restlessness she feels, which has compelled her to come to the evening's Soul Essence Evolving workshop.

Soul Essence Evolving (SEE) is a Systemic Constellation Approach to healing. It was born out of the work of Bert Hellinger, a pioneer of Systemic Family Constellations. Hellinger, a German ex-priest with a diverse background in psychotherapy and family therapy, is a leader in integrating body-based experience with the therapeutic process. Constellation work helps remove emotional, mental, physical, or spiritual blocks that keep people stuck in discontent in a way that is uniquely different from other forms of healing and therapy.

Systemic Constellation work is still relatively new in the United States. Jane McLaren, a local Avatar Master and Reiki practitioner, introduced me to the process when she offered training by Dr. Ed Lynch, a student of Hellinger's. I was intrigued by its integration of sacred/intuitive energy healing with psychological principles. It is a perfect fit for my life's journey: clairvoyant from birth, degree in psychology, hands-on healer, intuitive, life coach and teacher.

Jane became my partner in Systemic Constellation work three years ago, after we trained in the process for two years. Then we began to personalize, combine, and evolve the work into our own SEE processes. SEE, Soul Essence Evolving, is the umbrella for three types of constellation processes that we use.

All three SEE processes involve a client, a facilitator, and sometimes a group of participants known as the gallery. Volunteers for the work, called "representatives," are chosen from gallery. A particular space in the room is designated as a symbolic "knowing field," which represents the energy field through which all wisdom is available to all living things.

The job of the representatives is to respond to the intuitive thoughts and feelings that come up for them as they stand in the knowing field, in response to the process being used. To participate as a representative requires no special training, just a willingness to be open and authentic in revealing what comes up during the process. People show up for Soul Essence Evolving workshops without knowing what part they will play.

All three SEE processes are "blinds," which means that various aspects of the work are kept from the participants, so they cannot project reactions based in logic. The idea is that individuals will see their challenge and resolution unfold before them through the movements, words, and reactions of the representatives. The feeling nature of all participants is where the transformation takes place.

For the session I facilitated for Michele, we talked privately about her issue and decided on which process to use. I recorded key words about her journey on individual sheets of paper. Then the representatives were brought into the room and Michele placed the papers writing-side down on the floor in the knowing field, anywhere she felt guided.

Without realizing it, Michele recreated a picture resembling the Coliseum in Rome, using approximately 75 sheets of paper to represent the seats and the stands. It was an amazing replication, probably a past-life recall. She was overwhelmed with deep emotion, not really knowing why. There was a story in the picture that Michele created that held the



Deb Foggio is the owner of the Center for Integrative Well Being in Plymouth.

Deb Foggio's *Dreaming with the Archangels* class, and her *Healthy Body, Healthy Spirit* workshop (being co-led by Jane McLaren), are listed in the 'Personal Growth' section of the Calendar. Her *Soul Wisdom Expressions Retreat* is in the 'Retreats' section. Her *Psychic Development Circle* can be found in the 'Intuitive Awareness' section.

key to her beliefs and decisions about her presenting issue. In some way, it is not important to know what the story is, but just to know it is there.

Once Michele was done, the representatives began to move the papers, still face down, following their inner urgings. Sometimes they eliminated papers, or repositioned them where they felt guided. Michele felt resistance at first, but then began to participate. Eventually, a new constellation was formed and a new path for Michele was revealed.

Together, we all came to a knowing when the new constellation was fully created. The papers were turned over one by one, unveiling the healing new truths, attitudes, feelings and possibilities that had already begun energetically to take root in Michele's life. Michele saw and felt the intricate patterns she was releasing, replacing them with the new energies that she began to embrace with her new constellation. Healing on some level was acquired by everyone in the room, whether they were the client, a representative, an observer in the gallery, or even the facilitator.

Michele later says what she received from doing Soul Essence Evolving constellation work is invaluable. She came to the workshop because of the struggle she was having pursuing the

career she wanted. "After doing a few Soul Essence Evolving constellation workshops, I discovered why. But most importantly, I felt different." This past year, Michele began working in her chosen field. Where doors were closed, they are now open. That is the gift of systemic constellations.

"Soul Essence Evolving (SEE) is a Systemic Constellation Approach to healing... It is a perfect fit for my life's journey: clairvoyant from birth, degree in psychology, hands-on healer, intuitive, life coach and teacher."

(Deb Foggio is the owner of the Center for Integrative Well Being in Plymouth, as well as an Intuitive Life Path Consultant and Systemic Constellations Facilitator. Contact Deb at 248-702-7064 or [lightworkcenter@att.net](mailto:lightworkcenter@att.net) or go to [www.lightworks-enterprises.com](http://www.lightworks-enterprises.com) or [www.integrativewellbeing.com](http://www.integrativewellbeing.com) for more information.)