



Family Systems Constellation
&
The Legacy of the Natural World
Supporting
Resilience

Francesca Mason Boring

www.allmyrelationsconstellations.com

Authors Note

Dear Reader,

My hope is that the following small essays and meditations will support you in your journey.

I claim no expertise, other than to be a fellow traveler who has found the recognition of the resilience of my ancestors, nature, the land, all of the elements, to be nourishing and a resource in a very pragmatic way.

It is keen in my awareness that all of the generations I came from have walked on the earth and as much as I cannot know their exact conversations, I can have an experiential sense of what the awe they may have experienced when they looked at a mountain, or the ocean. It occurs to me that many of them may well have enjoyed food at the end of the day in a way that honored the source as much as the nourishment.

When I am tired, or discouraged, or want clarity, I have only to step outside. There, I have a felt sense that my predecessors and the accumulation of their experiences on the land provide a ready and substantial resource for me.

Every aspect of nature: the soil, the wind, the sky, the overwhelming and underwhelming colors, the textures, the sounds; each aspect provides a source of mediation and practical instruction, or even direction for me.

In systems constellation there is the principle of having a balance between give and take. Many modern people have stopped thanking the land and thanking the food when we eat. We take in the nourishment, traverse the land, with abandon and forget to reciprocate by simply saying, "Thank you."

We are visitors on the earth. This magnificent sphere was here so long before human beings. To know that, to face the land with humility and gratitude changes the way we walk on the earth. To be grateful that our ancestors survived, and had the adaptability necessary for us to be here today creates a sense of peace and appreciation for the legacy of resilience we are heir to.

All My Relations,

Francesca Mason Boring



Remembering our family legacy of resilience is a resource.

One of the greatest gifts of Family Systems Constellation is that it has helped us remember, in a visceral way, that we belong. We are a part of the people we come from. Our blood and bones are the gifts of generations of family who came before us. And they were all survivors. They lived long enough to produce a child, and for generation after generation this was true.

Having the opportunity to resolve trans-generational trauma is a gift, and equal to that treasure is beginning to have deep respect for the remarkable endurance that has flown through our family blood-line.

Family Constellation encourages us to ‘acknowledge what is’. For some, destiny separated life’s journey from biological parents. Some were adopted by other parents who became a part of life’s destiny. Some have experienced loss at an early age, as one, or both parents died –and life found a way to provide other caretakers. Whether raised by biological parents, or life decided that the caretakers would be other than the ones through whom life came, we are each a testimony to a legacy of resilience that has preceded us by many generations.

Situations and destinies may vary. Human beings may not have every opportunity and equity evenly dispersed, but the sky is over head for all of us, and the ground is under our feet.

Our perception of belonging within our family is easier for some than others. It is a movement of the soul to agree to destiny’s path in terms of the history of our family structures and situations; and it may be new terrain to consider that you are a beneficiary of tremendous capacity.



We embody belonging when we feel the ground.

If we take full advantage of what we have learned from systems constellation, we are able to expand our sense of belonging, or perhaps for the first time find a sense of belonging, when we look at our relationship to the land. Perhaps we are able to expand that experience to include the way in which our ancestors have been held by the land as well. Place has always been a part of our family story. We would not be alive without the shelter, food and in some cases mentorship provided by the soil, the flora and fauna, and waterways. Our historic relationship with the land echoes our legacy of resilience. Through floods, droughts, fire, and all the wounding the land has endured, we have found our way together. The balance of give and take is the land's teaching for us. As we learn to respond to that lesson we become more physically, spiritually and emotionally agile, and grateful.

The earth is a constant.

Meditation

Breathe gently and begin to be aware of one of the places in nature where you have felt comfort, or quiet, or still.

Begin to be aware of the way in which you are held. Not an oppressive feeling, but a gentle touch of the air or the wind. Feel the stability of the ground under your feet. What is the texture of the soil? Is it compressed? Is the soil loose or rocky; is it sandy and dry, or is it moist? What is the color of the earth?

Imagine if you will that in this moment you are in this place that has served you and held you.

Consider that time is an illusion and imagine yourself fully in the place that has nurtured you. You have an opportunity now, with all that life has taught you, to thank the place.

“Thank you. Thank you for giving me a place where I belonged. Thank you for holding me and allowing me to rest for a moment.”

Breathe...take your time and be aware of the field of the place. Remember the smell. You may wish to close your eyes. Be fully aware of the sense of

belonging...just exactly as you are, exactly where you are. From that place speak again to the land.

“You are in my heart. I carry you with me and I remember that I belong to you as much as you are a part of me. For that, I am grateful. Thank you for welcoming me. Thank you for caring for my family, for me and for my soul. Thank you for giving me a place to restore my strength and well-being. Thank you for giving me and my family a place to lie down; a place to call home.”

The land has nurtured my family.



Family Systems Constellation is not about denial. It is not about pretending that traumatic events did not in fact happen within our family system. However, Family Systems Constellation includes the full of reality; the fact that our family endured. The truth is that even in the midst of difficulty they were sustained, and our presence is a testimony to the transcendence of traumatic events.

Some family systems have been impacted by geo-political events that threatened the flow of food, and resulted in hunger or starvation. There have been natural disasters that interrupted the gathering, or production of food. And yet for most of human kind, in a nearly un-interrupted way, the land has fed us; it has taught us and our family systems about adaptability and flexibility.

It is not difficult to become one with the legacy of recovery that the land has consistently taught.

Every meal we have eaten has been touched by the land. The land which has witnessed and born the battles and passions of man has provided the nourishment that has allowed us to flourish.

Despite moments of scarcity, the full of the story is that the generosity of the land has more often than not been enough. The ability of our forbearers to reproduce means that the land provided adequate nutrition to sustain life and to support the continuation of our family.

Meditation

Make time to bring yourself to a comfortable space. Relax and take a deep breath. Release the business and distraction of your day, week, month, and for a moment think of how you and your family have been nourished by the generosity of the land.

Food in the form of crops, livestock, many forms of life and sustenance that the earth has provided allowed life to continue. Culture and place determine which gifts have been provided by the land within our family system, but gifts they have been.

Breathe in through your nose. Be aware of your tongue and saliva. Know that your own body has been in conversation with the nourishment the land has provided you. Your senses of smell and touch have been invited to enjoyment by the land and all that it has given you.

There is enough. There is nothing to rush. There is no fear of lack; the land has enough to give.

Give yourself time to recognize the scope of generosity of nature's production. Feel the bounty in your heart.

Take a gentle breath to honor the comfortable fullness of your heart and the nourishment that the land provided for your forbearers. Everything has a place. To give space for the true stories of abundance and sufficiency in our family system is one way that we can make the world whole. We have only to look at the growth of a tree, the expanse of the sky, feel the wind, to know that our family story was contained within a spectacular whole.

The wind has supported me and my family system in moving forward.

Living in urban or rural settings, we all have access to the wind. The air within the wind has been breathed and exhaled by generations. When we breathe in, we breathe air that at a molecular level has been traveling the globe for centuries.

The wind has the capacity to cleanse the soul. When we dare to be engaged with the presence and properties of the wind, we are transformed.



Meditation

For a moment, recall the feeling of the wind on your face. Be aware of the child's memory of the wind drying tears, or the touch of a breeze cooling your sweat on a hot summer's day.

Be aware that though out the history of your family, the wind has been a constant companion.

Be comfortable where you are.

Breathe.

Stop for a moment to consider the wind.

On your in breath feel the air that has been touched by wind for centuries.

On the out breath say, "Thank you Wind. I will remember your lightness. Together with you, I remember your touch on the cheeks of many of my people who came before me.

Thank you for carrying their laughter and the sound of their voices telling stories. Thank you for refreshing them when they were warm. Thank you for the times you brought brisk energy to their lives."





Create Your Own Meditation: