**Family Constellations — The Art and Practice of Facilitating**

*By Suzi Tucker*

Family Constellations provide a way to work with the questions people bring that is different from simply offering advice. It is not an A plus B equals C paradigm; but more a philosophy or art, a set of expansive lenses and a process that work together.

Like an artist, the facilitator has learned that paints mix in certain ways; that new colors are made by combining others; that the image isn’t complete just because the brush is lifted from the canvas.

I have dedicated years of study and practice to exploring my own teacher’s observations, his vision, incorporating what is possible, makes sense, feels right, and meshes well with my own evolving way. The discipline doesn't move one's hand or heart, but if one is inspired, it helps keep the the teaching grounded and free.

In facilitating Constellation workshops or teaching, one doesn't say, I know and you don’t; this could never be accurate. It is, rather, that I have found a lens that helps me see things in a more diffuse light, within a greater context and distant from the charge of systemic entanglements. And I have learned a process, the Constellation itself, that allows people to experience this way of seeing so that it might be integrated into a new way being.

I am still learning, always. I am ignited by this work, by the endless creative energy that flows through me when I step into it.  I am not on my own and neither are you. We stand tall (or small) with what got us here.

And when someone tells me that our contact has helped, I feeI pleased. Still, I do not see myself as anything more than a conduit; I know they are getting to know themselves in the “now”, connected to the past and simultaneously freer from the echoes of its demands. As a facilitator, my interest isn’t about what people “should” do, but how much ground is under their feet when they decide.