



# Energy Constellations

*Klaus Wienert*

Energy constellations accompanied by kinesiological work are a type of systemic constellation work. Large thematic contexts are set up from a superordinate perspective.

The participants collect ideas and aspects about the topic in question and write them down on a list. Via a surrogate these ideas and aspects are tested as to which ones are to be used for a constellation. Members of the group are selected to represent the individual themes and are positioned in the room. This configuration of the constellation reveals the dynamics of the present situation. Afterwards a new order is sought by changing the positions within the constellation as well as by means of "solution sentences" and kinesiological balances. This happens step by step, until the most powerful solution has been found. The constellation work is accompanied by kinesiological tests and balances.

## **Constellation for the topic of kinesiology**

For this conference I would like to set up kinesiology. What is the position of this method at the moment? What has a hampering effect on it, what would support it? What is its relationship to doctors, the health authorities, schools, the media, clients and others? How are different streams of kinesiology positioned in relation to each other? Maybe even a question comes up as to what actually kinesiology is all about.

The participants work out the topic of the constellation together. Which associations come to your mind? Then we test which of the aspects that have been mentioned are to be part of the constellation. And then.... It will be interesting to see the connections that come to light and the steps which are necessary to solve entanglements and blockages in order to enable the energy to keep flowing.

## **Brain Constellation**

I had the opportunity to facilitate my first Energy Constellation at the Brain-Conference of the IAK in Kirchzarten in 2002. Originally we had planned to have a systemic Constellation on the topic of the brain. The idea was to do constellation work for an individual about a personal topic that had to do with thinking, learning or the brain. I was planning to do a muscle test on the client to find out which structures of the brain played an important role in improving his/her performance and which were supposed to be set up by assigning specific positions to the so-called representatives/ surrogates on the stage.

I was looking forward to this event with a lot of anticipation and excitement, and lots of thoughts were going around in my head. I also read up on some aspects of the brain in order to be well-prepared.

In the evening before the constellation was to take place I had the idea (or I was "given" the idea – who knows?) to do this constellation not only for an individual, but in relation to all of humanity.

If there is only a 3% difference between the brain of a chimpanzee and that of a human, the differences among human brains must be minimal. And since almost everyone makes too little use of the potentials and gifts of their brains, some work on this larger topic might be pretty revealing.

This is how the question and the topic of the constellation came up: Which next step is necessary in order for humanity to be able to make better use of their brains?

The Constellation work started by one person of the audience volunteering to be the surrogate as a representative of mankind in the framework of this constellation.

I had arranged for *Dr. Charles Krebs*, one of the leading brain kinesiologists, in advance to do some of his kinesiological tests in relation to the brain with her. He determined a few unlocked structures (the corpus callosum, both amygdaloid nuclei weren't communicating well, the pain & punishment structure of the amygdala, dorsal prefrontal cortex, vermis of the cerebellum, paramis - lobus 8, profound switching, the person reacts either from the brain or only from emotions – cannot think and feel at the same time).

So I tested the surrogate person as to which parts of the brain were to be positioned in the Constellation. I was surprised to find out that only six aspects were required:

- the human and humanity, resp.
- the left hemisphere
- the right hemisphere
- the body
- a structure of the amygdala associated with pain and punishment
- the extra that is required for the brain to function (the subtle parts)

Then the surrogate person intuitively positioned these six aspects on the stage. The configuration that was thus created was highly charged with emotions and very telling. Pain and punishment found itself in a confrontational position exactly opposite the right hemisphere and had a hard time controlling the anger that was coming up. The right hemisphere was amused at this. The left hemisphere felt pain and pressure. The body was standing aloof and the subtle aspects were facing the wall at a great distance and with eyes closed.

Various steps in the solution process helped to settle the conflict between pain & punishment and the right hemisphere within the next few minutes. Several additional ones led to an integration of all aspects – left hemisphere, body and subtle aspects. Pain & punishment transformed into protection. After a short time a configuration had developed that was so harmonious that it could be felt even in the very last row of the audience.

When *Dr. Charles Krebs* tested the humanity-surrogate again, he found "integrated" for all the stressors he had discovered before. The muscle test confirmed this step of integration.

On the next day some of the people from the audience reported considerable changes to the point of having chronic symptoms go away.

This very moving constellation and the experience we had had with it led me to further experiment with energy constellations. Meanwhile I make a difference and test to whether the Constellation is to be done from the perspective of the group present or of our society or of humanity as a whole.

Several different topics have been explored and "illuminated" by means of this method, such as the topics of healing, love, money & finances, old energies – new energies, the educational system, self empowerment and others. Some of these Constellations were tedious and cumbersome. Others, however, brought about insights and solution configurations which made an enormous impression on everybody present. Whatever the case may be, there are always new surprises.

"Everything is energy. Whether we deal with it in a constructive and positive or a destructive and negative way is up to each and every individual".

I wish all of you an illuminating conference.

Klaus Wienert

**Kontakt:**

Licht-Gesundheit-Energie-Zentrum  
 Klaus Wienert  
 Drosselgasse 6  
 82166 Gräfelfing  
 Tel.: +49 (0)89 85 86 77 80  
 Fax +49 (0)89 85 86 77 877  
 info@licht-gesundheit-energie.de  
 www.klaus-wienert.de