



## Francesca Mason-Boring: A Transformational Walk with the Family Soul



Francesca Mason-Boring is a bi-cultural international facilitator and trainer of Family Systems Constellation from the Western Shoshone Tribe. She includes the universal indigenous field and radical belonging in her approach to systemic philosophy. Discover Family Systems Constellation to embrace your birthright which comes from engaging with Nature and the gifts of our ancestors.

**TOP EMBODIMENT TIP:** Have gratitude for having been given life

### An Overview of Family Systems Constellation:

- A modality to **identify hidden dynamics within a family system so they can be cleared**. The work looks at **connection**. It is not about having a concept or belief, but connecting with the **truth of biology: that life is an incredible gift that we carry**.
- Developed by **Burt Hellinger, who spent 17 years with the Zulu tribe**, and found that their **gratitude for having been given life was key to their happiness**. The tribe embraced the concept of **“What we do with that life is our responsibility.”**

### How a Constellation Takes Place:

- Members stand in as representatives for different key parties, with a facilitator to address a long term or generational issue. The representatives often experience **representative perception**, as they fully embody aspects of who they are representing.
- **Identification** of the time, actual event, and person that created the ripple effect is made. Traumas can go as far back as **10 generations**. Even if the individual of the original trauma cannot be identified, the event can be. Often, a clear reverberation or that recognition of original trauma is felt, sometimes in the entire group.
- **The person who is echoing or reliving different parts of that particular trauma can honor and release what has happened.**
- The ceremony is much like a **place of prayer or meditation** that allows for the opening to something bigger.

### Doorways to Research:

- There are many aspects of pain to further explore, such as pain transference, temporary cessation of pain, symptoms of pain multi-generations later, **how to honor the ancestor who experienced pain so that descendants no longer carry it**.
- Emerging topics include Epigenetics, Field Dynamics, Family Soul, Genetic Transmission of Trauma, and Phenomenological Embodiment of Fields.

### Indigenous Paradigms and Constellation Work:

- Many elements of this work are **parallel to a lot of different indigenous traditions**.
- It recognizes **ancestors, nature, destiny, and humility** which is not seen in many Western paradigms or modalities.

### Resiliency Awareness Through Constellations:

- The **embodiment of resilience** is one of the most frequent effects of constellations, where we start to see, then embody the incredible strength of people who somehow had the honor of being able to pass life on to us. The support of nature and of our ancestors is not an illusion, but one of the things that has allowed us to survive for so many generations.

### Resources

- ❖ **Books:** [Connecting to Our Ancestral Past - Healing through Family Constellations, Ceremony, and Ritual](#)
- ❖ **Website:** <https://allmyrelationsconstellations.com/>



❖ **References:** Bert Hellinger (Family Constellation Pioneers); “The Ancestor Syndrome” by Anne Ancelin Schutzenberger

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