

Sensing into your soul path – an exploration through constellations

As people responsible for our long term personal development this is an exploration into deeper knowing about ourselves and our fellow human beings, individually and collectively. It spans impact on our life as part of a family, with friends and partners, and also organizations and communities we are part of.

About 5 years ago I was encouraged through a friend of mine to deepen my understanding of what really is coming through as my hearts desire. In a 2-year practice group for advanced constellation practitioners we went together on an experiential path, seeing the world „with the eyes of the soul“. Using the model originated from Varda Hasselmann and Frank Schmolke´s work (about archetypes of the soul) we explored various perspectives and aspects of our individual and collective paths – through constellating them. We all gained huge insights and „knowingness“, about our own and others´ paths in this life.

“I experienced these insights as very helpful in my day to day life, personally and professionally. It supported me in feeling „at peace with what is“ – in self and with others – and clarified intention and goal(s) in life, seeing others with the eyes of the soul. The recognition of others´ different intentions and goals created more empathy and curiosity in relationships, helped me to feel more at ease and be patient – all of us are „driven“ or „called“ by different motivations and intentions. That applies in business as much as in personal life, and may give some hints for life at this point in time.”

In an [online zoom workshop](#) within the Sadler Heath community (40 attendees) we recently explored experientially and experimentally through online constellation(s) some of the soul aspects. We worked in small groups and shared insights, what our soul (higher Self) wanted to tell us at that point in time about our development intentions in life. Through letting us come on our learning edge, including the members of their community like myself running the event, we at the end went away with expanded perspectives of our potential and the qualities we bring with us on our path through life – aligned with our soul´s desires.

From inspiration in a Sadler Heath event, about 10 years ago, a quarterly held „space for purposeful development“ (Raum für absichtsvolle Entwicklung) has been created – a community that explores bigger topics of our world through constellations.

If you are interested in finding out more about the soul aspects exploration event and/or the “space for purposeful development”, please get in touch and [contact](#) me.