Biography
Work

FELD INSTITUT

Areas of Biography Work

1. Transgenerational Biography Work
2. Biography Work with the Family of Origin
3. Biography Work with the Presence Family/System

1 Transgenerational Biography Work



Transgenerational Phenomena in Constellations

- Constellations also reveal influences of previous generations on our lives – generally reaching back to our great-great-grandparents.
- Responses to significant events and trauma are passed on genetically and through social transmission.

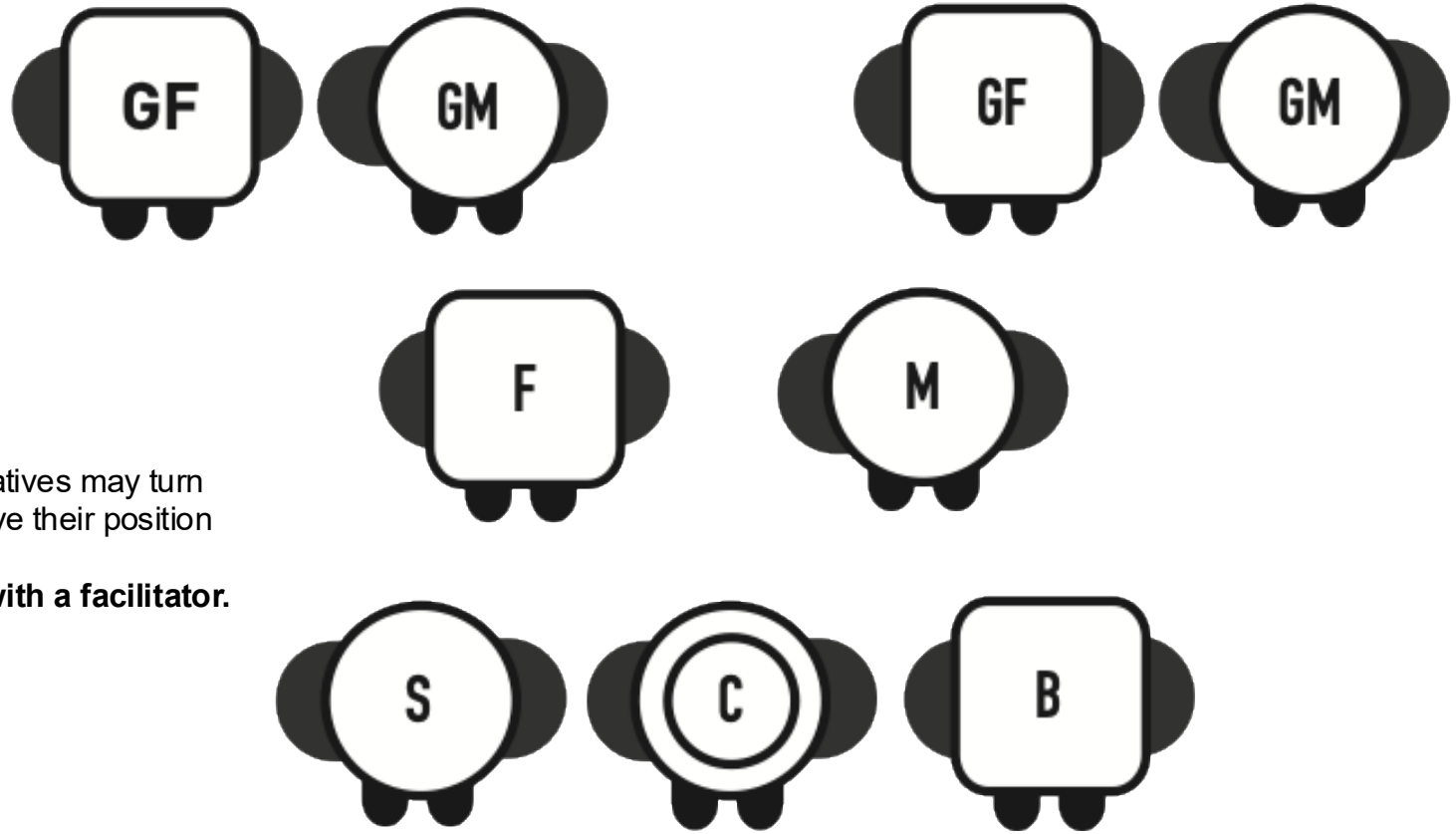


Transgenerational Constellation



Key

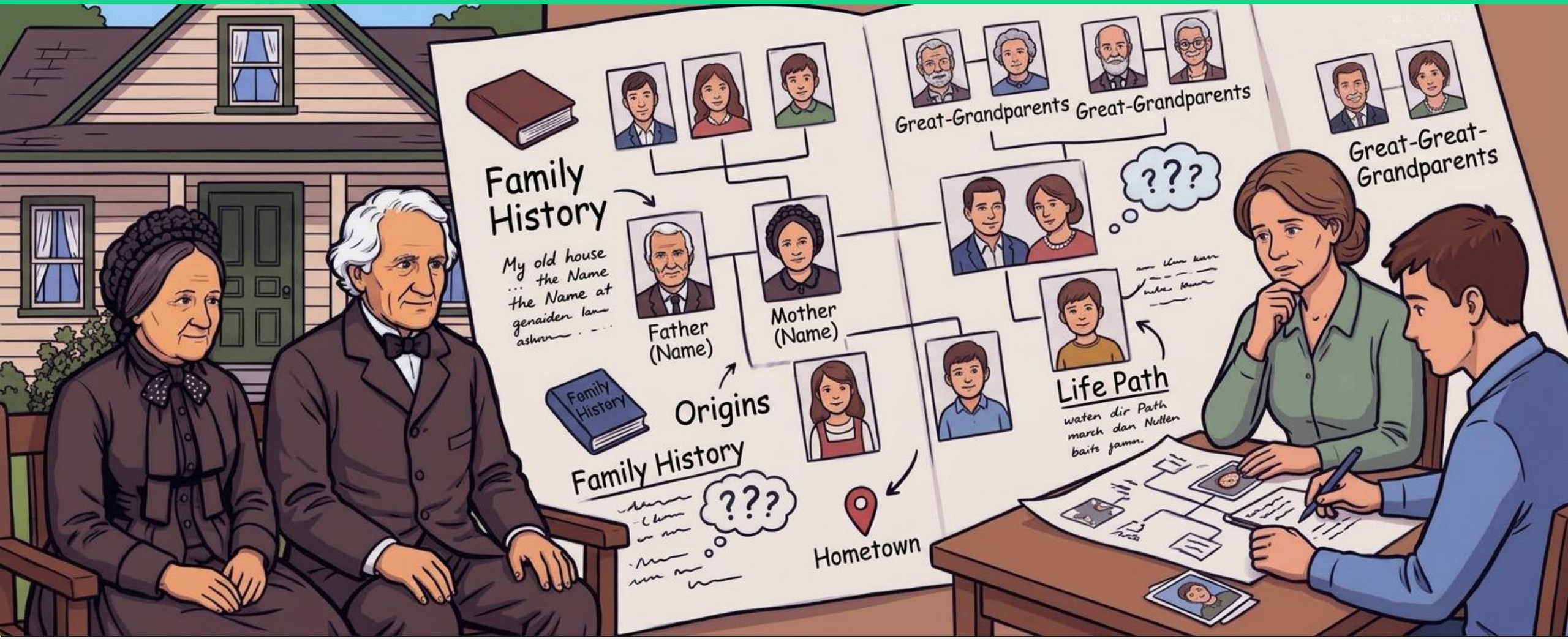
GF	Grandfather
GM	Grandmother
F	Father
M	Mother
S	Sister
B	Brother
C	Client



Representatives may turn
but not leave their position

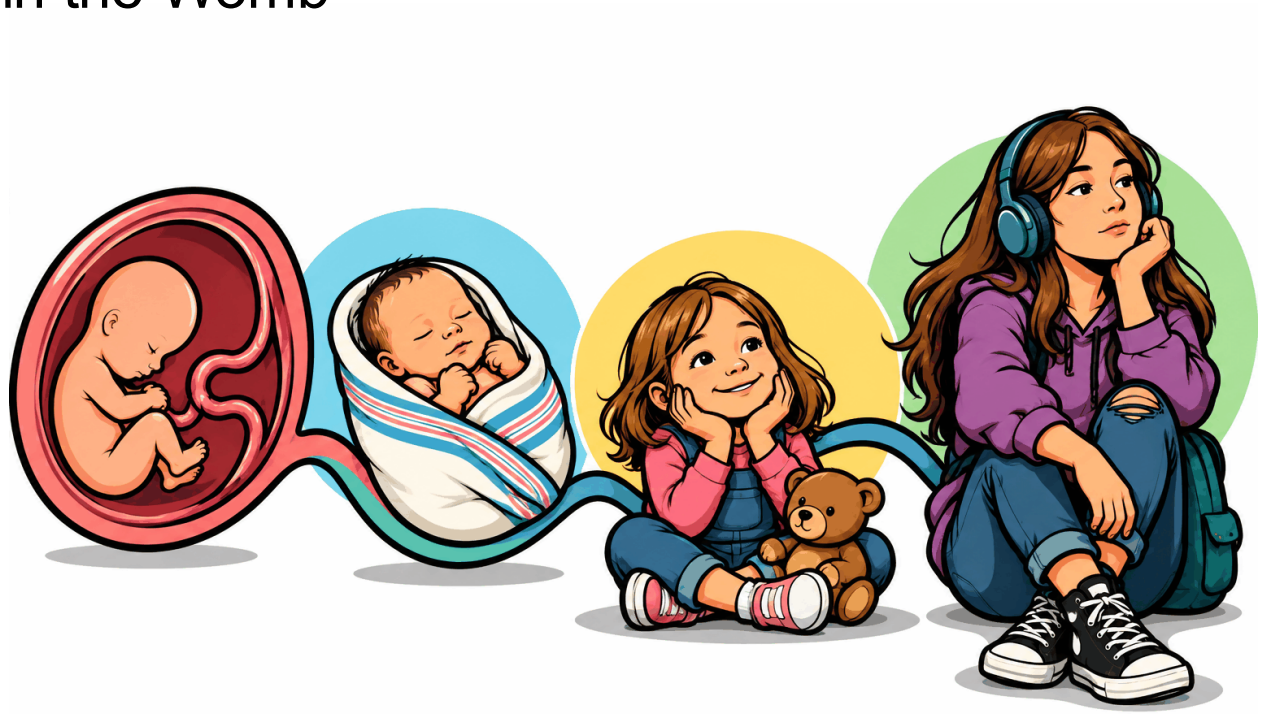
Exercise with a facilitator.

2 Biography Work with the Family of Origin



4 Themes in the Family of Origin

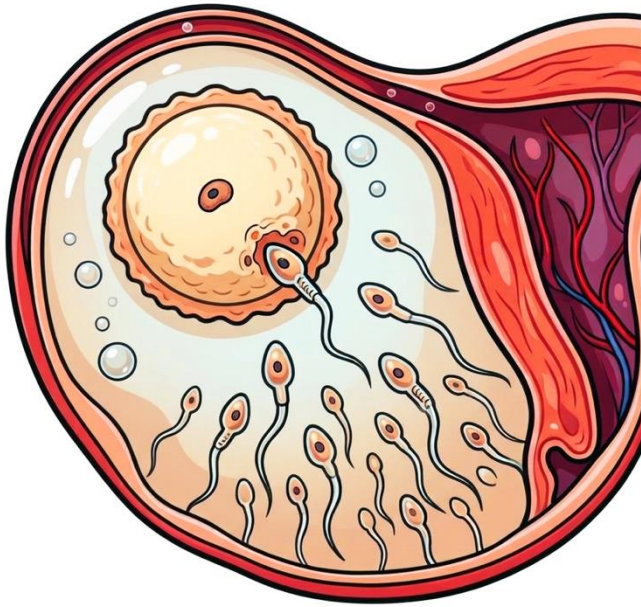
- Conception and Time in the Womb
- Birth
- Childhood
- Puberty



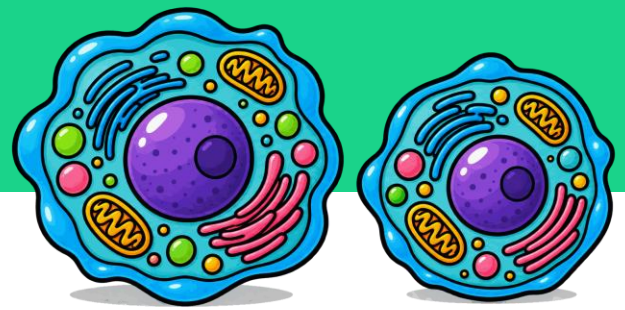
Conception

Conception forms the first invisible thread in the transgenerational fabric of our biography, often influencing us far beyond conscious memory.

The circumstances of conception – in love and connection or under the shadow of trauma and violence – may also become deeply imprinted on our psychological and physical experience, setting an often unconscious tone for the rest of life.



Mutual Care



- The cells that pass from the foetus into the mother's bloodstream are stem cells, which can develop into different types of cells as needed (muscle cells, nerve cells, etc.). Studies show that foetal chimeric cells may accumulate at injury sites in the mother, where they help repair damage, or may develop into heart muscle cells when needed.

- Microchimerism also appears to reduce the risk of breast cancer or Alzheimer's disease to some extent. Foetal cells help keep the mother healthy – which is important for the child's survival.

Twins and Multiple Births

Proportion of Multiple Pregnancies

- 30–60% (official figures)
- 70–80% (estimates by sc practitioners)



Probability of Multiple Births

- Twins 1:85
- Triplets $1:85^2$ (1:7,225)
- Quadruplets $1:85^3$ (1:614,125)

EXERCISE

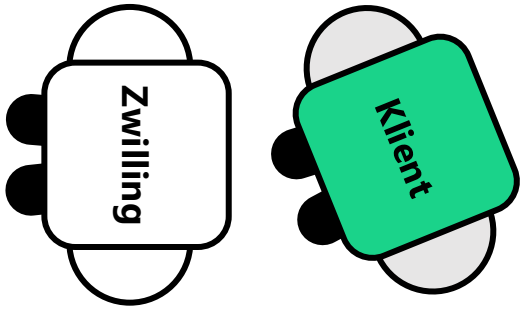
My Twin and I after E. Langlotz

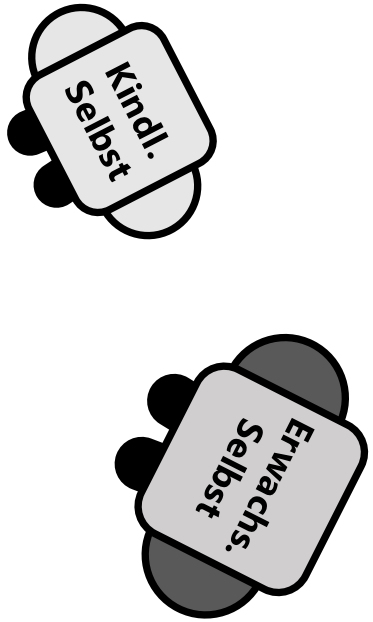


Group of 5

20 min per person

Client / Twin / Adult Self / Child Self





Task

The client chooses representatives for their child self, adult self, and twin.

The aim is to reunite with both parts of the self and to say goodbye to the twin, allowing them to move into the light – see next slide.

Exercise with a facilitator.

1

Birth Risks

- Maternal bleeding / Maternal hemorrhage
- Oxygen deprivation / Hypoxia
- Fetal distress / Weak fetal heart tones
- Breech presentation, getting stuck in the birth canal
- Forceps, Vacuum extractor
- Uterine relaxants and labor-inducing agents
- Cesarean section with anesthesia
- Epidural anesthesia



EXERCISE

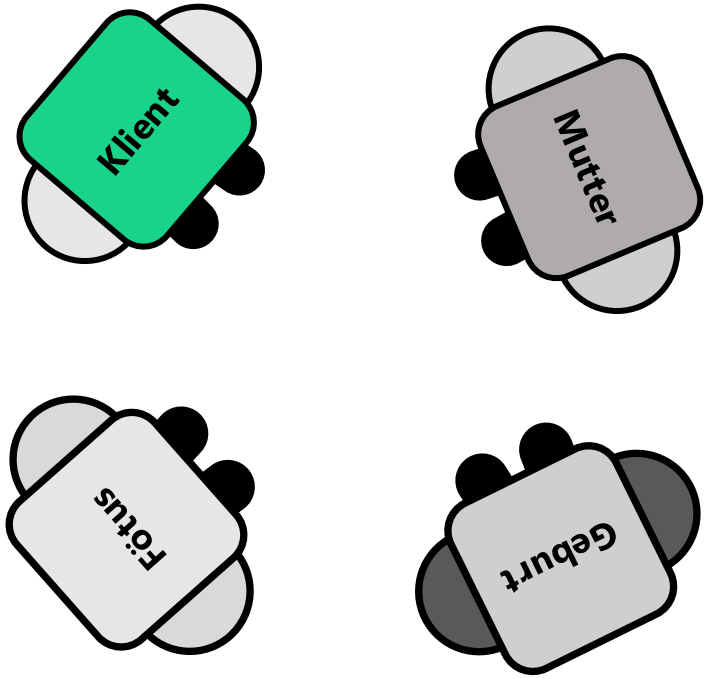
Fetus, Birth, Mother (Issue)

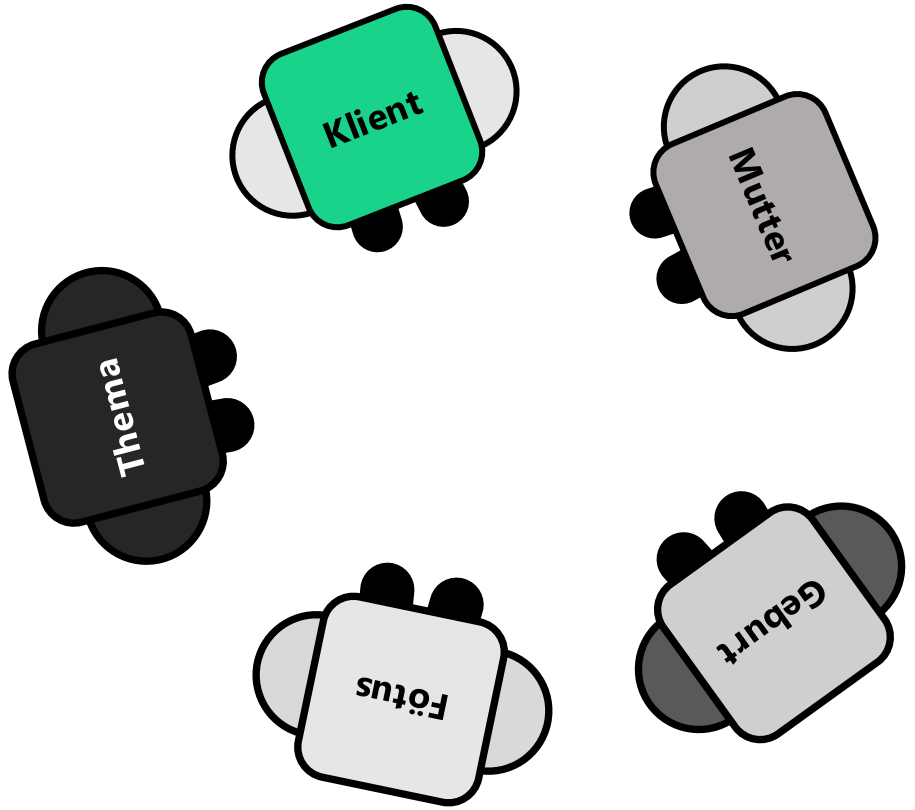


Group of 5 / 6

30 min per person

Client / Mother / Foetus / Birth – and the Issue





Task

The client chooses representatives for their foetus, birth, and mother.

If there is a particular issue they wish to explore in relation to this period, it is included in the constellation.

Exercise with a facilitator.

Interrupted Movement Towards the Mother

The movement towards contact may be interrupted.

- ***by the child***
  particularly after traumatic experiences in the womb or during birth



- ***by the mother***
  either because of traumatic experiences during conception, pregnancy or birth, or simply as a result of insufficient attention.



EXERCISE

Client, Father, World

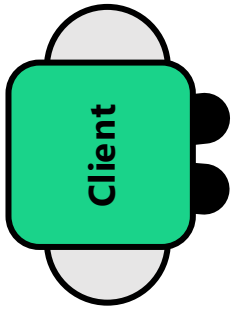


Group of 5

30 min per person

Client / Father / World







Task

In the Father – Self – World format, the client experiences their access to the world through their father.

Exercise with a facilitator.

Who am I? What is real independence?

- Who am I when I no longer define myself against / through others, but stand for myself?
- What is real independence when opposition is no longer an option?



EXERCISE

Love and Partner



Group of 4

20 min per person

Client / World / Partner

Task

In the Love and Partner format, the client experiences the quality of their relationship with their partner and with love.

Exercise with a facilitator.

