

**IEC 2016 – European Constellation Process**  
**Friday 6<sup>th</sup> May 2016 20-24h**

**Journaling by Bettina Geiken**

It felt called by different roles....Shame, War, and Unknown energy. UNKNOWN ENERGY was the strongest and clearest and it got the role.

From the beginning UNKNOWN ENERGY was full of appreciation, joy of life, lightness and had to move, swirl around. She entered the „Creation Europe“ at moments and went out again when her presence was no longer required in that moment.

She felt first drawn to what later revealed itself as Hungary, standing very angrily at the edge of the circle. First UNKNOWN ENERGY was pushed away, but she would come back in a later moment when Hungary was a bit more relaxed, relaxing even more when she passed by.

She was repeatedly drawn into the middle trying to cheer up what later revealed itself as „Shame“, but left again to continue swirling around and encounter an increasing amount of lighter beings.

There were a number of moments of embracing other energies/roles, one of which was what later revealed itself Ukraine and few others

The „alchemic“ moments of UNKNOWN ENERGY that I remember most were:

1) connect to what later revealed itself as Netherlands – creating a half circle of lightness around the center.

A deep connection with GERMANY towards the end who stood grounded and with lightness in front of SHAME, which started to loose power at that moment.

2) an urge to get PERPETRATOR up from the floor who was sitting on the floor next to SHAME and very clearly in disgrace/despair/resignation and bring him over to VICTIM. Then UNKNOWN ENERGY left, only to see them interacting for quite some time lateron.

3) toward the end, when it felt that its mission was almost over, it followed the urge to meet „PEACE“. They embraced each other intensely, then it gave PEACE the label UNKNOWN ENERGY. Then it left the circle, but felt incomplete and not right. After pondering up and down for a while, the knowingness that it had to go back to PEACE had become clear and strong. So it went back to PEACE+UNKNOWN ENERGY and eventually received the label PEACE and a crumbled piece of paper, which turned out to be WAR.

Then it pondered again, wondering what to do with WAR....fire, burn it? No real option. Then it saw someone do his practice in front of the altar with buddha. And suddenly it knew where the paper ball belonged. Perfectly in line with the other objects on the altar.

PEACE deposited it there with a great sense of relief and this was the moment to take off the role and hand it to others.

4) It walked back into a circle, where a group of people, including REFUGEES and EUROPEAN SOIL and another person from the general group were engaged with each other. I handed PEACE to this group and what happened then will be described by someone else whom I met on saturday night on the train station in Budapest, where she shared some of her experiences in the constellation.

I am totally in awe of the power and the beauty of this process. I have been part of constellations before, but not of this size and its healing power, while using the silence and the lack of labels (initially) to just follow what needed and wanted to emerge.

As more and more people get used to these phenomena connected to „essence moving bodies“ and the emergence of new possibilities through the web of energy streams and moved by essence, towards more wholeness and healing, there is an enourmous potential for transformation, healing and evolving collective as well as personal trauma at the same time