

## Let Real Action begin



Let the auditorium fill up with people from your life. See some parts of them on stage and some of your parts hiding. Act as the needy, later as the full part.

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Pick a time and situation, where the needy part acts on stage also in your real life or where it actively hides because of that situation. See the people around you from that situation fill the auditorium and watch the stage. In this situation with these people, several of your parts hide in the background. All other people also have parts, and some enter the stage to interact with you. The whole constellation changes and settles again. Feel your body as the needy part, see the looks of all others and observe interactions and changes. If you as the needy part also are hiding, feel into that too. Later become the full part, find your new place and posture and let the constellation change and settle again. If as full part, your new location is inactive in the background, that is ok too. See, if other parts leave or enter the stage. Play with different situations and people, where this part is involved.

Nice Videos: [Systemic Constellations](#)