

## Inner Constellation Compendium

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[www.InnerConstellation.com](http://www.InnerConstellation.com)

### Introduction:

This compendium serves three purposes: first, to offer a personal introduction so you can be familiar with who I am as a practitioner and how I've come to understand well-being and health; second, to describe the framework for my healing work—Inner Constellation; and last, this writing is offered as a guide, if you so choose, to begin the journey inside your own Inner Constellation.

Often after an Inner Constellation session, clients report feeling significant relief and alleviation of symptoms, sometimes entirely. Often they will ask, “Is this for real?”

I always reassure them with a smile, “Yes, what you are experiencing is very real.” However, after a few days, the miracle of our own depth sometimes wears off, or perhaps we don't know how to define the experience of self-generated healing on a practical level and the idea remains foreign.

I remember the first time I felt an energetic healing. It was quick and primal, not at all what I expected or was prepared for. I caught a glimpse of an inner realm far more expansive than I had ever experienced. The boundaries of my own reality were seriously stretched and what I thought possible, deeply challenged.

Inner Constellation Compendium is written for people interested in adopting an attitude of curiosity about their experience and opening to the possibility that every single symptom we experience has meaning and can be explored in a safe and conscious way. The Compendium is a precise, practical and easily implemented guide that can be used as a personal reference. My hope is that it offers support and ease on a continued path to well-being and happiness. May this writing be a reminder that within you is a brilliant, orderly universe that constantly strives toward wholeness.

## Who Am I?

To start with a personal introduction seems only natural. Sometimes, when one joins with a practitioner in doing inner work, there's an unstated demarcation between "counselor" and "client." I do not believe in such segregation and see instead the absolute necessity of partnership—one in which the reality of the client is valued and respected. I anticipate similar consideration when it comes to my own life experiences and insights.

Who am I, and how did I come to understand Inner Constellation, the framework for my private practice? My father was the catalyst for my interest in healing within the most mysterious of realms—the human psyche. To my dad, I give all due credit. He was diagnosed with Schizophrenia and Major Depression and his sister, with Bi-Polar Disorder. Both inherited their conditions from my grandpa, their father. The label of mental illness continues to be passed down to my loved ones, mercifully skipping some but continuing to affect present generations. I tell you this because disorder was, and still is, a pervasive backdrop in the life of my family and has influenced in every way how I view imbalances in the body and mind. Many times, intuiting disorder was a product of necessity as I'd witness family members experiencing extreme altered states that Western medicine could not explain nor did little to alleviate.

I always had great desire to understand mental health and began my search very traditionally, earning a Bachelor's Degree in Social Work from Florida State University. I worked as a department head of Recreational Therapy in a hospital for five years but became increasingly disillusioned with the Allopathic model of care. After earning my degree in counseling, I branched out and co-founded a business working with severely abused children. Not surprisingly, these children covered every gamut of the DSM (Diagnostic and Statistical Manual for Mental Disorders). Diagnoses were plentiful, indicative of a biological view of disease, yet I saw one underlying theme—trauma.

Eventually, I understood my personal experiences didn't fit into conventional treatments. I began pursuing training in Reiki and Herbalism, became a Certified Hypnotist and obtained my EFT (Emotional Freedom Technique) Certification. When I began applying EFT and hypnosis on my self and my clients, the changes I witnessed were frankly astounding and beyond anything previously experienced in my years of traditional talk-therapy.

The most current factor influencing the development of my holistic practice is my work as a medical translator. Since 2008, I've had the unique opportunity to be a “fly on the wall” in a plethora of health care settings, translating back and forth among the medical community and the patients I serve. These experiences have greatly impacted my personal view of healthcare provision—I value traditional healthcare while being naturally inclined toward the many options of complementary and alternative medicine. I'm extremely grateful for my life journey as it has propelled me into the field of Energy Psychology—a body-mind approach to healing. I feel I have come home, and from this wellspring of personal, traditional and alternative experience, “Inner Constellation” has emerged.

### Metaphor of Inner Constellation

For more than 5,000 years, Eastern medicine has long believed that within one's body is a circuitry or web that delivers life sustaining energy to all the organs and tissues of the body. These circuitries are called meridians, pathways that are similar to invisible lines connecting a constellation. There are twelve main meridians and several secondary ones that structure the human body; along the path of the meridians, energy collects or pools, forming acupuncture points similar to individual stars in a constellation. These points provide a portal or entryway into one's energetic anatomy, forming what I've coined “Inner Constellation.” When a person experiences distress or trauma, the Inner Constellation or meridian system can receive a jolt and become blocked or stagnated, leading to physical or emotional pain and possibly disease. When certain points on the body are consciously stimulated by pressure or tapping, blocks or stagnations are released resulting in physical and emotional relief. Inner Constellation is a metaphor I use to describe a person's internal system, designed to alert to any kind of upset or disruption. One's Inner Constellation is a natural resource that can be accessed to achieve wholeness and well-being.

### Inner Constellation Truths

Healing rarely occurs overnight. Perhaps this is because our minds take time to accept and accommodate a new identity. On the flip side, ailments also rarely begin

overnight. Gentle awareness is perhaps the best preventative medicine one can ingest on a regular basis—to tune-in and acknowledge what’s going on in the body or mind no matter how it might present. Here are a few key concepts that form the foundation of my Inner Constellation practice. They have come to me through educational training but most of all through personal experience, application and observation:

*Body and mind function as a whole* – Body-mind is synergistic, and cannot be divided. A physical discomfort experienced in the body affects one’s thoughts and visa versa. Because the body-mind is intrinsically connected, its sum is greater than any individual part. We don’t have to be quantum physicists to understand such a powerful statement. When an imbalance occurs due to disease, strife, or trauma it doesn’t mean your entire system is defunct. Quite the opposite is true—the healthy sum is automatically equipped to attend to the problem and does so brilliantly. Body and mind are naturally inclined to heal and bring order out of disorder.

*Body-mind is a transmitter and receiver* – The Law of Attraction has been popular talk lately, yet the idea has been around since the early 1900’s. The general idea is that whatever we give our attention to will increase; therefore our thoughts, feelings and actions are the most influential creators of our reality. Thoughts, emotions and activities are all forms of energy that attract opportunities for transformation and healing.

*Body-mind is a barometer* – whenever symptoms present: stop, identify and compassionately listen. *Body-mind is the primary tool for ensuring well-being and its sole purpose is to keep you alive and maintain equilibrium.* The body-mind is your guidance system and it will always present what you need to pay attention to.

### Self-Referential vs. External Remedy

As you can see, the Inner Constellation approach does not profess a biological model of care, meaning, something is defunct and must be fixed or cured. Inner Constellation uses an entirely different approach—accessing one’s body-mind as *the* key to health and emotional well-being.

## Inner Constellation Private Session Work – From Metaphor to Practice

In ancient days of star navigation, sailors found their ways in uncharted territories by first locating the North Star. Ancient peoples found destinations relying solely on observations from their environment versus complicated instrumentation that was yet to be invented. The North Star provided an internal compass—that which was unmoving amidst the ever-rotating star-field. From the North Star, the course was mapped and arrival certainly promised—as long as True North was kept ever in sight.

### Three Steps To A Bright Inner Constellation:

*Step One: Find Your North Star* – What is True North? Each of us has an internal compass or instinct that points us in the direction of equilibrium. Our inner compass warns us when we are off course and when we are on the right track. What is your North Star, that which is a priority and supreme motivator above all else in your life? Some people say their North Star is family, compassion, love, healing from disease, reaching success, living a peaceful life or losing weight. What do you want most fundamentally in life? Your deepest aspirations are your North Stars. They're very individual and when held in sight, have incredible power to direct and focus our lives. If you're unsure of your North Star, here are a few questions that often prove insightful:

#### *North Star Question 1)*

If you could chose one word to describe your ultimate state, what would it be?

#### *North Star Question 2)*

If you could transform one thing about yourself instantaneously, what would it be?

#### *North Star Question 3)*

If you could chose one person dead or alive to emulate, who would you choose and why?

North Stars are often not set in stone but are organic and ever changing as we proceed on life's path. We're happiest when we're congruent with our North Stars, keeping them in sight while heading in the right direction.

*Step Two: Chart Your Course* – Now that you’ve decided your North Star, you’re able to move toward that guiding light. You’re ready to chart your course. What will be the tools to keep you heading in the right direction and alert you if you are off course? I’ve benefited from three practices that are best described as bridges, helping me ford difficult waters:

*Chart 1) Body Practice* – exercise and good nutrition stimulate the meridian system to flow smoothly and also eliminate toxins in the body. Let me emphasize—*any* movement counts as exercise, you don’t need to run a triathlon (unless “racing” is your North Star). Body practice involves regular movement and eating foods that contribute to health. Be gentle with yourself in this department. One thing I notice quite consistently is that as a person starts working with energy therapies, the body naturally starts to crave healthier foods and increased movement. In addition, Ayurvedic practices and herbs support the Inner Constellation framework and can be learned through self-study and individual sessions.

*Chart 2) Mind Practice* – thought and intention are monumental in creating a state of happiness and well-being. EFT very consciously uses language as a vehicle for healing. You will arrive at your North Star if you’re willing to look at any limiting beliefs that might pop up and address them diligently. Mind practices might include affirmations, gratitude practice, reading inspiring works, and of course my personal favorites—EFT and self-hypnosis. Another stellar way to strengthen the mind is inspirational reading. I have written a number of offerings on the InnerConstellation.com website and blog (InnerConstellation.bloggerspot.com) that fall into this category and support you on your journey. Anything that raises your intentions and turns your thoughts toward the good is included in the Mind Practice category.

*Chart 3) Spirit Practice* – a simple definition of Spirit Practice is stillness: meditation, prayer, mantra, breath work, hypnosis, journaling, EFT, anything that provides a daily dose of peace, quiet and contemplation. This is time to connect and align to your North Star. Time spent in stillness varies according to the individual, but daily practice is

encouraged. I think of stillness as two parts, a time set aside to process and a time set aside to listen. For many people, creating is a spirit practice: writing, painting, dancing, cooking, singing—you get the point. Creating is one supreme example of harnessing life-affirming energy.

*Step Three: Arrive At Your Destination* - I don't envision arrival as years in the future. In fact, I don't see arrival as weeks or even days. I foresee arrival the moment I start working with a person. Transformation occurs suddenly as well as with each small step; it's present always. By keeping sight of the North Star and diligently charting one's course, choices for wellness are made in every moment. It's the everyday moments that hold the greatest potential. Here are some questions to ask yourself to know when you've arrived at your destination:

*Arrival 1) What excited me today?*

*Arrival 2) What did I create today?*

*Arrival 3) How can I support my North Star in this precise moment?*

An important part of arrival is what I like to call animating your North Star or making one's aspirations reality. For example, if your North Star is building solid relationships, how were strong connections to your loved ones generated today? When we experience success, we keep moving in a positive direction. Affirming one's North Star by committing to live it on a daily basis will result in incremental and lasting changes.

### InnerConstellation.com

I uphold a vision of wholeness for the people I professionally serve—one's Inner Constellation. The tools I use to assist clients in accessing their Inner Constellation to achieve health and well-being are three-fold: hypnosis, EFT and my own personal writings. These three are the framework for my professional and personal work as I record the Inner Constellation journey so others might draw inspiration. If this compendium has helped you in any way, and if you connect with the Inner Constellation ideals, consider setting up a personal coaching session with me. I would be honored to

get to know you better. I offer a no-charge 15 minute consultation to ensure that we are a comfortable fit. In addition, to support your commitment to well-being, writings are offered on my blog [www.InnerConstellation.blogspot.com](http://www.InnerConstellation.blogspot.com). The blog enhances the three Inner Constellation steps: North Star, Charted Course and Arrival. Please accept the closing poem as a small token of my appreciation for our exchange:

*Swallow the Stars*

Blue burning light,  
drawn in,  
hums ancient through my center,  
opens,  
then reveals  
stories of eternity—  
How it is I came to be  
pulsing so brilliantly.

An entire Universe  
runs silver in my veins!  
Alerts me to slightest pain,  
and I listen....  
Inner Constellation  
attends without delay,  
maps the way  
toward healing.

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