



**Women** - I'm conflicted about sexuality. I want the pleasure, but I don't necessarily want men in my space. So I feel conflicted. I don't want to look at men, I feel disgust.

**Men** - wants to lift weights, feels important. I have positioned myself near a door, but it's to the side and a little bit behind me. And as soon as women started talking, I was less concerned about weights and the position of the door and I was very focused on what she was saying. And the way the screen shows up for me, she's looking down on me. She's higher than I am and looking down on me. And when she says disgusted, I feel a pain, a deep sadness, and a shame. I was like, really? Oh that hurts, I feel so sad.

An awareness of the door, right side of my body, I don't want to go out. It may be a portal to something else.

**Women** - I'm feeling a lot of disgust, when men say I'm looking down on them - yeah that's right. I don't want to look at them, I want to start feeling sexy, I want to own my sexuality, In a way that I decide

**Men** - don't use your sexuality to try to manipulate me. There was a fear that I was going to get trapped again and they were going to hurt me.

**Women** - I wasn't fully paying attention, I'm distracted by the way I look on the screen, I'm distracted by wanting to look sexy. I'm distracted by the way that I look.

**Men** - I feel some sadness that she didn't hear it, like I'm not important. I feel a little deflated.

**Women** - I feel like I don't want to look at them or listen to them. I just want to tune out. There's a tuning out, I just feel creepy, crawley and disgusted. I'm just focused on myself.

**Facilitator brings in a representative for what's behind the door.**

**What's behind the door** - I am the vulnerability of men and this is important, not only emotionally but also physically, I'm the physical vulnerability of men. Men died forever In battles that they fought , sometimes for themselves, sometimes for others. I'm looking at the screen to my side and it looks like a graveyard. It's full of men that have fallen and died. So I'm the vulnerability of a man's life and of their emotions.

**Men** - Very strongly, crying, feeling a lot of sadness and Truth And I did it willingly, because it was the right thing to do In service of something other than myself, Whether it was an elevated Consciousness or a lower consciousness, that it was an act of Duty and service for others and for women, for my family, for the children of the planet. Whether it was right or wrong, no, I did this Duty, I don't feel seen and my brothers died alongside me, and my father's and my grandfather's. And I feel very emotional and strong, proud and sad.

**What's behind the door** - I would like to show one more thing, I'm looking at this song Vida La Viva by Coldplay, The picture is a battle scene and it says Vida La Viva or Death and All His Friends. It's also the loss of the comrades, his fellow men, the brotherhood, and losing the brothers

**Men** - Yes, I have goosebumps all in my lower legs.

**Women** - Yes it has an impact, I feel a little bit softened but I still think there's a group of men missing and those are the perpetrators, those are the ones that misuse their physical power and The ones that use women, the ones that burn people at the stake Who don't agree with them. so I see there's a group there who are represented by the man represented here, but there's a group missing and I'm still disgusted by that.

### **Perpetrators, Rage, Compassion & Victim enter the Constellation**

**Perpetrators** - I actually feel rigid and Frozen. I'm numb, I'm laughing and rage stands out to me.

**Rage** - I feel very serious, like it's very deep And I feel like I'm looming over this scene. I'm standing on my couch right now because I needed to be above all of this. I'm really not aware of women and men, I'm just big and over everything. I want them to know that I'm here.

**Victims** - I just want to check out completely and I feel numb. When the perpetrator starts making jokes it triggers me immensely, you have no right to joke about it. I am feeling rage but it is masked by numbness, but I can't even listen to the perpetrator.

**Rage** - When the victim spoke about the perpetrator joking, I wanted to charge like a bull, this is not a joking matter.

**Compassion** - I feel like nobody's paying attention to me I'm extremely unstable Almost like a war is going on within myself, I'm nauseous and I'm really drawn to women and men, I really want them to see each other, the rest of it makes me nauseous

**Women-** I find myself turning inward, I want to close my eyes and be with myself. I open up my legs and I find this graceful tingliness in my sexual area, I'm starting to feel very sexy, very calm and I just want to open up that area, root it into the Earth and I'm just happy within myself. Feeling all these things that I find very pleasurable when I turn inward.

**What's behind the door** - I have a deep longing to connect with women. Deep, deep longing

**Men** - I agree with that and it almost feels impossible. I'm seeing from a meta perspective that developmentally we have to go through the stages of grief and rage and perpetrator and victim, It's like developmentally we have to go through that. From a meta perspective, I'm seeing the tunnel vision, men don't see the whole story. Nobody is seeing all the nuances of culture, religion and Society that shaped and formed all of this, all of this. Feeling the rage, victimhood and perpetrators is a necessary part of the process, and it's just beginning.

**Women** - That resonates with me, what he's saying. I'm able to look at him now, because he's respectable. And men can't just say I am vulnerable now and expect me to welcome them with open arms, there's got to be more to it. I'm wounded.

**Perpetrators** - (Laughs)

**Women** - That laughter is driving me crazy

**Compassion** - I feel like perpetrator is a coward, a bully and a distraction, that there's a huge wall between women and men, that they can't see each other, that they're the same. They're each (and it makes me want to cry), they're each not being seen, and they each need love and they can't give it and they can't receive it. It's like this huge block.

**Representative for Grief comes in**

**Perpetrator** - as perpetrator I really don't have emotions, all of this is entertaining, Maybe this is like what anti-social is, I don't have emotions, so all of this emotion, doesn't make sense to me

**Grief** - I need to wrap up (wrapping a blanket around herself), I need security. This feels very comfortable, I want to be swaddled, like a baby. And I want to keep moving back generationally. The representative I see the most is rage, rage is crystal clear, everyone else is a blur.

**Men** - I have a movement, every time perpetrator laughs I want to move between him and everyone else, put my arm around him and take him away. Like "hey brother, come with me, we need to talk, we need to do work, we gotta go do some work together." This happens every time I see and feel the laughter.

**Perpetrators** - it wouldn't work though, there's not an ability to penetrate, there's no feeling

**Men** - there's a different kind of work, I don't feel like I have to force anything, we'd be off in the woods. I feel like it would be, are you hungry? Do you want to eat? Raw and primal. It's not in the head, it's not like I have to teach you, we need to be Primal together

**Male Ancestors comes into the Field**

When **Male Ancestors** enter the field, **Perpetrators** state, yeah that feels better. **Men** State, full body chills

**Perpetrators** - I don't know if this is autism, or antisocial, human drama just doesn't compute

**A Movement** - Men take perpetrators behind the door to connect with male ancestors

**Male ancestors** - I feel really strong, and like people are lining up behind me, Let's do work, let's do man work.

**Vulnerability of men** - full body Goosebumps, welcoming them in, receiving them, allowing them to be who they are.

### **Closing shares**

**Rage** - before male ancestors came in, I was very protective of grief, I wanted to jump in front of grief and I was very preoccupied with Justice, maybe I can get behind this.

**Grief** - I feel I can engage more now, I can see more now, but I am still not sure.

**Women** - I got really sad when compassion was talking and I'm left with the feeling there's a lot of work to do.

**Victims** - I feel I was representing both boys and girls. Because it was also the boys who got victimized And there was a conflicting energy because a lot of the victims are going to become perpetrators There was a rage towards the perpetrators because the victims were being turned into perpetrators and I don't want that. From Perpetrators representation I felt it was a psychopathic perpetrator feeling no remorse. It's like that was the archetype that created all these perpetrators that were victimized and that whatever the perpetrators have to do has nothing to do with me because the perpetrators have a different process than the victims and then when they both do their process, then maybe there can be a healing movement with each other, but I have to go through rage, and I have to go through grief before I can be compassionate.

**Compassion** - What comes to my mind is that it's almost like we have to start over again.

**Perpetrators** - My hand is on my heart right now, as soon as I went in with the male ancestors I felt them all holding me and I have my hand on my heart, I feel held, I feel held, I feel contained.

**Men** - As perpetrators were talking I was on the floor and I just wanted to rest my head on my knees, like thank God, like this was the first step towards safety, this is the first step of we might be okay. It felt like a relief and I need help, like this is a big job and I'm already a little tired. I

need help. I feel ancestors more as work that needs to be done than help. Male ancestors doesn't feel supportive, like we have to go back there and do more work.

**Male Ancestors** - As men are talking I am getting pulled back, I am going way back... back, back, back

**Close**