

# Standing in Father's Sphere with Floor Markers

In this Family Constellation with Floor Markers, you can practice / explore moving towards your father to stand in his sphere and away from your mother's sphere.

At a certain age, children feel an instinctive movement to their father. This movement is often interrupted by hidden systemic dynamics. We often need to be able to stand in our father's sphere with its strength and protection to be successful in the world first as children and then adults.



## Directions

- Begin by setting up floor markers (paper/felt/shoes) to represent your biological mother and biological father at some distance from each other.
- Stand on (or near) the marker for your mother. What do you feel there? Where do you feel it in your body?
- Move towards your father (or wait until you feel moved by something). Go slow. You might pause somewhere between them and see how that feels.
- Feel if you are free to move to your father and if there is an opening to moving towards him. If not try saying, "please," or "dear dad," several times. What changes? Can you move into his sphere?
- When you stand in your father's sphere how does that feel? Where do you feel it in your body? How does your father feel about you standing with him?
- Perhaps while you are in your father's sphere you say to your mother, "please be friendly upon me when I stand in my father's sphere," or "thank you mother."
- It may be useful to explore your movement to your father more than once or with regularity.

If you need more help with this movement, you can schedule a private session or register for an online or live workshop – [barrykrost@mac.com](mailto:barrykrost@mac.com) – [healingbodytherapeutics.com](http://healingbodytherapeutics.com)