

Interview with Carola Castillo



Carola Castillo from Venezuela. A school teacher. Director and founder of the Bert Hellinger Institute in Venezuela and co-founder Hellinger's Institute in Western Pennsylvania in USA. A background in oriental medicine and Shamanic Work. She frequently travels around the world to teach and share her perceptions and wisdom.

How are you looking at constellations?

“Classic” constellation work has no future because people are afraid of the truth.

That’s quite a point of view to start with, so let me explain.

I worked quite a time with constellations in the classical form to gain my experiences and make my own picture. It was a challenging time in this new expanding field. I developed facilitator aids as footsteps and figurines, which proved to be an enormous help for the clients.

At one point I realized that the work was missing something very essential. When we encounter for instance incest, murder or rape, these issues are usually connected with an enormous energy. How do we, as facilitators, handle these issues and energy? Can we let the energy and emotions express themselves or do we give some interpretation to satisfy the client? From what I saw with people working in the field, there was too much fear of speaking about this ‘truth’ and letting this energy express itself.

Realizing this challenged me, so I started to work with this energy in a different level. Through these experiences slowly a change became visible, taking constellation work to another, profounder level. If we have thoughts and convictions they will create stories. These stories will create a unique language that will be having a mysterious hidden symbolic life that needs then to develop to the outside world. Thoughts and stories will generate emotions as well. As a consequence the stories will be in our body, in the family, the collective and the spirit. If these are blocked or unsolved they can lead to illnesses (body), repetitions of what we don’t want (family), not having “freedom”, race, religion (collective) and spiritual obstruction.

In my work I enable the energy express itself so that the client can *feel* the issue. By feeling the emotion something can get in-motion again. In the sometimes chaotic and archaic expression of the energy lies an enormous healing power. This is a level behind stories and thoughts because a gesture or movement says more than thousand words. It enables the client to get a new perspective, a new vision. The result is that something can be a ‘re-constructed’. For me that is healing and why I called this work ‘Reconstructive’.

To come to this essence asks for sincere honesty, to me and my clients. Working with the ‘Truth’ is not easy because truth immediately moves us and that’s what is frightening us. At the end we can say that the real magic happens when we *trust* that, what is looking inside of us in order to be revealed or exposed. Also, how much I will allow myself to be vulnerable with a surprise and a smile every time I want to see who I am.

What is helping, what not?

Our work is a path of healing. And if we want to become healers we first of all have to heal ourselves for us facilitators it is a necessary to gain as much self-experiences as possible. We can not learn this by book, we have to experience it. If we have made the experience for our own, we are able to make our own judgment and idea. And then we are able to work with our clients.

How do you look at life (and death, suffering, relations, illness, killing etc)?

From my work with the Mamos, the native people of Northern Colombia, my opinion about life and death has changed very much. In their philosophy everything is connected and alive, a balanced system of visible and invisible forces influencing another. Dead is in separately connected with life and a prerequisite for life. Death is an expression of pure and unconditional love. When we are born on earth, we have decided to leave the path of love. At the very same time we start a journey to find back to this source. On this journey we can encounter our deepest fears, sufferings, illnesses and miseries. In these occasions lies an enormous potential of transformation. The more we are able to transform, the more alive we will become. We need a master teacher for that, someone who guides and challenges us to reach another level. This is a journey, a path, never ending and ever deepening. Nothing is for free on this journey; if we want to have peace we always have to 'pay'. The 'payment' is our actions here on earth. This is about awareness and taking responsibility for me and my actions. We really need to know who we are, from where we are coming and what to do with that.

What are you for the client, when you do your work?

I am an employee and the client is the boss, telling me what to do. He gives the inputs, the framework. I am the smart employee executing the wishes of the boss. I know nothing and have no prejudice but I use all my imagination, knowledge and tools for my work to achieve the best results for my boss. This is basically a field without borders where fantasy has no limits. I use life stories, fairytales, metaphors, pictures, know about the meaning of words, names and symbols etc. etc. Anything is a tool to enable my boss to find what he is looking for. He will always correct me if things are going in a wrong direction. This is an interdependent play, with equal players on both sides, 50-50. And I know where my limits are, where I have to quit and say 'no'.

Reconstructive work will guide us inside of the wisdom that we deserve to have. The spiritual movement is the glue for the body, family and collective structure. But having the responsibility of our life is the greatest movement into the spirit.

Thank you for this interview.