

## **A little systemic help to make decisions**

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This little exercise is derived from the tool of systemic constellations - and it also works for all those, who have no idea what that is or may even reject it. Why this exercise works for most people cannot be easily explained. But that doesn't make any difference to using this tool. Everybody can try out for him or herself whether it works with for him or her. For some, it works better in the presence of others, rather than all alone. Just experiment! If it works you will have a practical amplifier for your own intuition and the strengthening of your ability to make decisions always at hand!

### **Determine, what needs to be decided upon**

The easiest way to explain this exercise is by example. Imagine, you want to decide whether your holiday is to be spent in Spain or Morocco, or whether it's better to buy or rent an apartment or whether you should invite Aunt Gladys to the family event or not for her somewhat problematic nature can ruin the mood for everyone.

### **Write each possibility on a single piece of paper and put them with the writing hidden on the floor.**

In the first example you take two pieces of paper – preferably large enough for you to stand on. On one you write “Spain” on the other “Morocco”. Then you put them on the floor with the empty side up and perhaps mix them a couple of times (or ask someone to do it for you) so you really don't know which country is on which paper. Then you step onto each paper – it often helps, to take the shoes off – and try to sense into it...

The first question is: “Can you notice a difference in sensations between the two papers?” And if so, the next question is: “On which piece of paper do you feel more comfortable? More relaxed?” Move back and forth as often as you want until the feelings are quite clear. Then you can turn the papers over and find out which country was better for your upcoming holiday. If more than one person is taking the journey, the others can also step onto the papers and if their sensations are differing – you might want to reconsider your travel plans: perhaps you can go to Morocco via Spain?

In the second example you also write both options each on a piece of paper: “Buying an apartment” and “Renting an apartment” and put them with the writing hidden on the floor and then you ask yourself again: “On which piece of paper do I feel more free, relaxed and empowered?”

In the third example you write onto the papers: “Aunt Gladys comes to the family event.” And “Aunt Gladys does not come to the family event.” Then all those involved in making the decision can step onto the papers taking turns and find out, where they feel better...

### **The key question always is: “Is it empowering or disempowering”?**

On the paper it kind of always says the final outcome of the situation and one can sense the new potential reality and test it through one's feelings. The entire body becomes the instrument of perception and measurement in this: how relaxed and calm are you? Or are you tense, angry or even scared? Those are clear and helpful signals.

And they are often different from what happens, if we try to make decision only by thinking about it or confusing feelings, for subconscious dynamics than often play into it: i.e. wanting to please others, to do what's “sensible” and a fear to perhaps make the wrong decision. But if we can physically feel what is right for us, we can make a decision consciously, authentically and with a good conscience!

**You are welcome to share this exercise with others – and it often works particularly well with children!**