

Erleb
Nils



SYSTEMIC
EMBRACE

SYSTEMIC EMBRACE



Participants stand facing each other at a distance of a few meters and initially just observe each other.

The individuals facing each other slowly approach and mutually perceive how they enter the "space" of the other and engage in an exchange, which is simply observed.

2

If both agree, they embrace each other and perceive the physical processes involved.

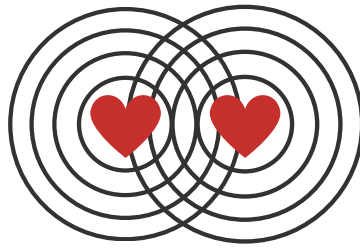
3

When the embrace feels "rounded" and a sort of "exchange" has taken place, both individuals move back-to-back and slowly separate - each in different directions - until they feel **"completely back with themselves"** again.

This can be combined with the **"hypnotic self-embrace"**. The participants, as well as ideally the whole group, exchange their perceptions later on.



SYSTEMISCHE UMARMUNG



The "**Systemic Embrace**" was developed to clarify the processes in a systemic constellation in a way that the consequences of accidental triggering and re-traumatization (which has internationally led to suicides) can be addressed and largely prevented.

This description pertains to a **group process**. However, the Systemic Embrace fundamentally **requires only two individuals**, although with more, additional "forms" can certainly be experienced.

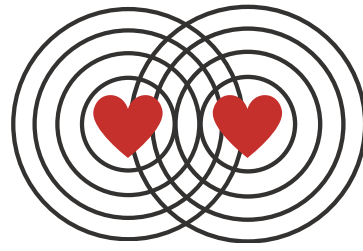
The participants initially move **freely around the room**, simply observing themselves and all other participants. This is meaningful for an initial before-and-after comparison.

Two individuals stand facing each other at a distance of 2-3 meters and simply observe each other. This selection is initially best done somewhat randomly by dividing the group into two halves. Then the individuals facing each other **slowly approach each other - with a focus on perception**.

At what distance do we begin to perceive the aura of the other person and what effect does it have on us?

At this point, participants **only proceed if they mutually and explicitly allow each other to come closer**, thus allowing themselves to enter the aura / field / mental space of the other person.

SYSTEMIC EMBRACE



It's okay if this permission is not initially granted.

The participants then remain stationary and only come closer spatially if it's okay for both parties.

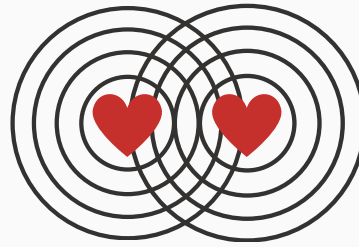
If necessary, participants can also switch within the group. Until then, pairs who do not wish to proceed can observe the rest of the group and processes.

Finally, both individuals approach each other more slowly and embrace each other - with a focus on all ongoing bodily sensations.

If the embrace feels "rounded" and a sort of exchange has taken place, both individuals slowly move apart back-to-back, each walking in different directions, until they feel completely back with themselves again.

This can be made more evident and intensified through the **"hypnotic self-embrace"** as well - especially if someone is struggling with the process of returning to themselves.

SYSTEMIC EMBRACE



The "**Systemic Embrace**" was created to clarify the processes in a systemic constellation in a way that the consequences of accidental triggering and re-traumatization (which has internationally led to suicides) can be **intercepted and largely avoided**.

1. The participants move **freely around the space, simply observing themselves** and all other participants. This is meaningful for an initial before-and-after comparison.
2. **Two individuals stand facing each other** at a distance of 2-3 meters and simply observe each other. Initially, it's best for this selection to be somewhat random by dividing the group into halves.
3. Then the individuals facing each other **slowly approach each other** - with a focus on perception.
4. At what distance do we begin to perceive the aura of the other person, and what effect does this have on us? At this point, participants only proceed if they mutually and explicitly allow each other to come closer, thus allowing themselves to enter the aura/field/mental space of the other person. **It's okay if this permission is not initially granted**. In that case, the participants remain standing and only move closer spatially when it's okay for both parties. Optionally, participants can also swap.
5. Finally, both individuals approach each other more slowly and embrace each other - with a **focus on all ongoing bodily sensations**.
6. If the embrace feels "rounded" and a sort of exchange has taken place, both individuals slowly move apart back-to-back - each in different directions slowly walking, until they feel **completely back with themselves again**. This can be enhanced through the "**hypnotic self-embrace**".
7. The exercise can also be conducted in groups of three, with one person acting as a **rotating observer**. Positioned at a distance of 2-3 meters, the observer watches the systemic embrace between the other two individuals and pays attention to the own bodily sensations.
8. When everyone stands in a circle and one person moves into the center to perform the systemic embrace with another individual from the circle, the entire group has the opportunity to embrace each participant at least once. This often culminates in a sort of "group hug."
9. **The participants exchange their perceptions, and later, the entire group shares their experiences.**

