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An intuitive quantum view of family constellation therapy: A psychologist

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Abstract

This article offers a profound theoretical exploration into the convergence of systemic family constellations and the paradigm-shifting principles of quantum physics. Drawing on nearly twenty-five years of experience as a psychologist, psychotherapist, and university educator, the author seeks to bridge the gap between the "inexplicable" phenomena observed in constellation work and the scientific framework of quantum mechanics.

The paper delves into the mystery of "attunement," where representatives—often without prior information—perceive the precise emotions and dynamics of a client's family system. By analyzing the role of consciousness as the fundamental ground of being, the author illustrates how concepts such as quantum entanglement, superposition, and the collapse of the wave function can demystify these experiences. A significant portion of the text is dedicated to the "observer effect" and the delayed-choice experiment, proposing a radical view of retrocausality: how healing the collective consciousness in the present can retrospectively transform ancestral trauma.

By integrating scientific inquiry with personal clinical evidence—including a unique experiment with archetypal fairy-tale characters—and spiritual reflections, this article invites students and scholars alike to reconsider the boundaries of time, space, and human connectivity. It is an invitation to transition from being mere observers of reality to becoming conscious participants in a unified reality where everything is interconnected beyond the boundaries of time and space..

Keywords.

Systemic constellations, Quantum psychology, Consciousness, Quantum entanglement, Superposition, Wave function collapse, Archetypes, Transgenerational trauma, Observer effect, Retrocausality.

INTRODUCTION

In this article, I want to invite you not only into the world of systemic constellations but also to enthuse you about the world of quantum physics, through which many elusive phenomena can be explained. And because we are thinking beings, we want to "get to the bottom" of phenomena, as we tend to disbelieve them. I certainly do not claim to have uncovered the secrets of constellational phenomena, but perhaps I am on an interesting detective journey.

Systemic constellations often provoke controversy and skepticism due to their intangible and inexplicable nature, as well as the fact that, in our country, anyone can become a constellation facilitator without any psychological or psychotherapeutic education. In my opinion, this is very dangerous.

The human soul is, metaphorically speaking, like a vast universe; without fundamental knowledge of "black holes," asteroids, suns, and orbiting planets, we risk becoming lost forever. To be less "poetic," the human soul is complex, and if we are not at least partially educated about it, we should not engage in constellations. I agree with Professor Ruppert, who states that when discussing the meaningfulness or senselessness of a method, there is little distinction made between the method itself, its theory, and its specific application (2008). And that's what it's about.

I will attempt to partially demystify the intangible aspects of constellations by

drawing upon contemporary insights from quantum physics, my many years of personal experience with constellations, and my lifelong pursuit of inquiry and integration. I must emphasize that I am not a quantum physicist; thus, my understanding of this field is that of a layperson, similar to many of you, informed by reading specialized literature, attending lectures by world-renowned scientists, and engaging in continuous learning. I do not position myself as an expert; therefore, this article represents my personal theory.

Let's approach all of this as students exploring a new subject of interest. This "looking" will prove to be very important, as you will see later. When we observe something, it's not just ordinary looking. It truly isn't. But I'm getting ahead of myself. So, let's together draw back the curtain of mystery surrounding systemic constellations through the lens of science.

In constellations, as many of you know, it is inexplicable how participants can sense the emotions and experiences of someone else entirely; they can perceive the client's family bonds and even embody an archetype or the symptom of an illness. Their authenticity and often incredible accuracy are confirmed by the clients for whom the constellation is conducted. What is absolutely fascinating is that participants can often attune to "someone" even when they themselves do not know whom they are supposed to represent; it is solely based on the nonverbal cue from the facilitator who merely thinks of a specific person!

Does this seem complicated to you? Don't understand? Then here's an example, perhaps a bit humorous.

Once, during a systemic constellations training, I decided to lighten the atmosphere. It was Christmas, and I "assigned" my trainees characters from fairy tales—specifically pairs known for their interactions—using only my thoughts. Without stating who they were to be, they became Harry Potter and Voldemort, Tom and Jerry, Cinderella and the Prince. To be specific, two representatives stood in the circle, and I simply said "now" after thinking that one was Tom and the other Jerry. I then observed the representatives hopping around like "Tom and Jerry," "fighting" like Harry and Voldemort, or exchanging loving glances like Cinderella and the Prince. Many of you readers may not believe this, and that's understandable. Nevertheless, it happened exactly as I describe.

Is it possible that by merely thinking, I transmit information to another person, and at the moment that person lets go of their ego (as representatives do in constellations), they become whom I intend them to be? Well, it appears so. Let's delve deeper.

Are you familiar with the famous double-slit experiment involving photons emitted from a source through a double slit, with a barrier on the opposite side where they land, and a detector that records the impact of particles? If not, I recommend watching an animation on YouTube. Photons behave either as

waves or as particles. But when are they waves, and when are they particles? What determines their behavior?

This experiment demonstrates that photons behave as both waves and particles, depending on the method of measurement. When we determine the exact path a photon takes through a slit, for instance, by placing a detector directly behind the slits, photons act like particles, and we observe discrete impacts on the detector. However, if the detector is placed behind a barrier and is not directly observable, photons pass freely and exhibit wave-like behavior. In this case, an interference pattern forms on the barrier, indicating their wave nature. When we focus our attention on individual photons—essentially observing them—they behave as particles, and the interference pattern disappears. Instead, we see only two bands on the barrier behind the slits, corresponding to the two slits. Quantum physics thus describes peculiar properties: we can be waves or particles, in layman's terms. What might this imply?

When we focus our attention on something or someone, the expected behavior occurs. In the case of emitting particles, we anticipated that they would pass through the slits as particles, and that is what happened.

Returning to constellations and fairy-tale characters, the question arises: Could my focused attention alter a person's reality, causing them to become someone they are not, but whom I intend them to be? This possibility could indeed be quite dangerous

and open to misuse. Let's continue exploring this line of thought.

This observed phenomenon, where representatives become someone "on demand," is not surprising to constellation facilitators. It is fascinating for those witnessing a constellation for the first time, and in the eyes of clients, the facilitator may appear as an all-knowing guru, leading to an esoteric adoration of the constellations themselves. I emphasize that constellations are not a supernatural method, regardless of what anyone might say. Similarly, in the realm of quantum physics, there are numerous offers on how to easily and quickly "quantum manifest" anything. It's suggested that one only needs to think about it, as I did in the constellation. However, it's not that simple.

Nobody considers that specific conditions are likely necessary for change. Otherwise, it would indeed be possible to manipulate not only constellations but also our lives. For example, one could wish for a particular person to fall in love with them, and it would happen. It would be enough to focus attention on them and say, "Love me." Or simply think that they will win the lottery in the morning, and it would happen. This is precisely what films like "The Secret" and so-called quantum therapists offer, promising instant miracles for a considerable fee. However, it doesn't work that way, and quantum physicists surely shake their heads at such claims. But back to constellations.

Nelles (2004) describes the phenomenon where representatives become someone "on demand" as a phenomenological approach, which involves exposing oneself to the phenomenon without analyzing it. The reality is what reveals itself. But what if an explanation is indeed possible?

As I have hinted, I am a curious person, and after nearly 25 years of working with systemic constellations, I have witnessed many amazing phenomena. At the same time, I enjoy engaging with new theories. Therefore, I decided not to be just a "phenomenologist" but also an explorer in the field of quantum physics, which is so much discussed today. I have read books by Amit Goswami, Richard Bartlett, Frank J. Kinslow, Gregg Braden, Albert Einstein, Rizwan Virk, John Gribbin, and many others, and various parallels with constellation work began to form in my mind.

Explaining the phenomenon of "attunement in constellations" and other constellation processes through quantum physics is solely my personal theory. Nevertheless, I would like to share it with you and encourage you to think and read about it. As you know, I am neither a quantum physicist nor someone who "knows more than others." I am a Homo sapiens on a long "journey" toward understanding. And when I think about it, do I even exist as a non-dual being?

For those of you who have no idea what constellations are, and for whom the previous lines were quite abstract, allow me

to provide a brief summary. I hope I won't bore you with theory, but without it, many of you wouldn't have a clue about what I'm actually writing.

A bit of theory never hurt anyone.

Systemic constellations are a therapeutic method developed by Bert Hellinger, which has been expanded in various directions by numerous followers, including creative individuals like myself. They are used to identify and resolve hidden dynamics in family and ancestral systems, in the client's personal dynamics, and even when working with large systems such as organizations, entire nations, or the universe itself. (Indeed, you can set up constellations involving planets.) They can also be used psychoanalytically, working with archetypes and the unconscious. I will pause unexpectedly but purposefully at the concept of archetypes.

The term "archetype" originates from Carl Gustav Jung, who describes archetypes as primordial images that emerge from our collective unconscious. They represent inherited possibilities of representation, akin to organs of the pre-rational psyche (Kalina, 2013). We all sense them; we all carry them within us, yet they remain unseen. That is, we are not consciously focused on them, but they are nonetheless part of us. And when I focus, I can become them and give them form. I become the "embodiment" of the archetype, rather than a diffuse image in my unconscious. Doesn't that remind you of something?

In a constellation, absolutely anyone can represent any archetype. However, this is only possible if they release something within themselves, namely their own ego. At that moment, they become part of the "whole." In other words, they stop observing themselves! (Similar to when we do not observe photons and the slits through which they pass.)

Here, I would like to offer an initial insight into the connection between constellations and quantum physics, drawing upon the work of a renowned scientist. Amit Goswami (2014), a quantum physicist, describes archetypes as quantum possibilities of consciousness that we experience not through the ego, but in a state where we perceive ourselves as unified with everything. In this state, we cease to be our individual selves. According to Goswami, consciousness is the foundation of all being, and everything else, including matter, is merely a possibility within consciousness. It is consciousness that selects from this set of possibilities what we experience.

Representatives in systemic constellations naturally enter this state of connection with consciousness without realizing it. Without meditation or effort, they can become anyone, including archetypes. The fact that we carry these images within us and can "evoke" them likely involves the process of letting go of ourselves, thereby becoming an infinite array of possibilities of who to be and what to feel. We focus on one, and thus we become it.

A Brief Overview of the Technique of Systemic Constellations and a Little Quantum Nudge

1. The Constellation Process:

The client brings a specific problem or issue they wish to explore. Their focus is entirely on it, and thus, like anyone who is deeply entangled in their problem, they usually cannot see a solution, because "*photons keep hitting the same spot over and over.*" One after another, they land in the same places. We fail to see other possibilities.

The therapist (sometimes the client does this themselves, but I choose the representatives personally) selects participants from the group to represent various family members or elements of the issue. And then things begin to unfold. The representatives start to feel emotions, physical sensations, and in doing so, they reveal hidden dynamics and relationships within the system.

The client is usually astonished. They stop focusing on the problem through their own limited perspective, and the constellation takes on a life of its own. Like *the interference of wave-particles*, the system's dynamics unfold in their full complexity. Everything interweaves and interconnects, until eventually, it stabilizes into a specific, observable situation.

The constellation arranges itself naturally, and only when it aligns with the entire dynamic *in the spirit of love and higher consciousness* does its image finally settle.

After a constellation, I always tell my clients *not to analyze it*, because doing so would disrupt the perfect image that has emerged. Clients often focus on irrelevant details afterward, such as wondering *how* it was even possible. And just like that, *the healing power of the constellation is gone.*

2. The Role of Representatives:

Representatives, who often have no prior information about the individuals they are representing, begin to feel emotions and physical sensations that correspond to those individuals. This phenomenon is fascinating and often surprising because representatives reveal deep and precise information about a system they *do not consciously know*. They often cry, feel cold, need to lie on the ground, or experience stomach pain. *So, do we really not know the systems of others?*

What if this is similar to the archetypes Goswami writes about? *We all have them within us;*

they are simply not "focused." Perhaps we inherently know everything about others through *a higher consciousness* that is shared among us and accessible to us. If I *let go* of myself, I become part of everything, and within this space exists any information we can attune to.

Additionally, *the client, through their initial focused attention, provides part of the information themselves.* However, this information is not necessarily relevant—it is simply their version, their possibility. That is why, in a constellation, it is crucial to *only*

perceive and feel, rather than immediately interpreting every movement.

But I am getting ahead of myself.

3. Uncovering and Resolving:

The therapist allows the process to unfold naturally so that the constellation truly takes on a life of its own, generating multiple *interference waves* and helping the client find a resolution or a new perspective on their problem. The client often experiences a deep realization and emotional relief as these hidden dynamics are revealed and begin to heal. Interestingly, the effect of the constellation continues even after the session has ended, influencing and healing entire systems, not just the client.

As a quantum layperson, I imagine how, in a constellation, during the phase where we do *not* observe and simply allow everything to flow, *the entire system oscillates*, interfering with other waves—just like when a pebble is thrown into water. The ripples of the system adjust themselves into *the best possible version* when we do not cling to a single truth, onto which we once again *relentlessly focus our attention*. The surface stabilizes, and calmness sets in.

Consciousness chooses a possibility.

Let the constellation flow, for as Heraclitus said: "*Panta Rhei*"—*everything flows*, and all of life, along with the reality we perceive, is in constant transformation.

Let us be a part of it, not merely observers.

Perhaps it is *only us* who cling to certain

things, and in doing so, we prevent ourselves from healing—both physically and spiritually.

Quantum Physics and Its Principles Through the Eyes of a Curious and Amazed Layperson

In the following lines, I will mention the most basic theses of quantum physics. However, I am a beginner in the quantum school, and understanding the entirety of quantum physics is probably beyond my capabilities. So, I try to grasp at least the basics. Quantum physics deals with the behavior of particles in situations where classical Newtonian physics ceases to apply. I will mention three concepts of quantum physics that my mind continues to marvel at: quantum entanglement, quantum superposition, and the collapse of the wave function. Let's take a closer look and connect not only with constellations. Open your mind.

Quantum entanglement refers to the phenomenon where particles that were once connected continue to influence each other regardless of the distance separating them. Pfeifer (2023) describes this phenomenon by stating that two particles with a shared quantum history remain entangled and retain common properties even after separation. Albert Einstein famously referred to this as "spooky action at a distance."

The topic of transgenerational trauma transmission, which we frequently encounter in constellations, is buzzing in

my mind. We are more connected to our ancestors than we realize, and ultimately, we are all interconnected. Trauma experienced somewhere in the past is relived repeatedly until it is healed (Tóthová, 2011). And what about our intimate relationships, especially the sexual ones? We were connected with our partners during the act of love. Bert Hellinger (2010) even says that we remain spiritually connected with all our sexual partners, which is often revealed in constellations. Wow and wow again.

Vopěnka (2019) suggests that, at first glance, quantum entanglement might imply that we can be connected to anyone and anything in the universe. However, he further explains that if we focus on a particular particle, the entanglement dissolves. Therefore, to access our consciousness, we must not measure it but rather "be" it—to connect with it.

Could this explain the phenomenon of "tuning into" someone during a constellation? If I repeatedly tell myself, "I am John Doe, I am John Doe," I certainly won't become him.

However, if I let go of my own ego and become "nobody," John Doe can enter, and I allow it to happen without fear. In a constellation, after tuning into John Doe, we can focus on him and describe our feelings and perceptions. Thus, we transition from a wave-like state to a particle state named John Doe. When we wish to return to ourselves, we simply refocus on our own identity. There's no

need for theatrics, shaking our hands, or reciting incantations.

Returning to ourselves takes just a fraction of a second. But this relates more to the next point.

Quantum Superposition: Superposition is a state in which a quantum object exists in multiple states simultaneously until it is observed, causing its state to collapse into one specific outcome. Yes, this pertains to the experiment with photons. Goswami (2014) describes superposition as waves of possibilities. They propagate continuously, like waves in the realm of potential. When we begin to observe them, they collapse, becoming discrete and transforming into a localized particle. Goswami further states that we make choices not within the ego, but in a state where we experience ourselves as unified with everything. Then the choice is correct.

This principle could explain why constellations seem to have a life of their own. At the beginning of a constellation, representatives are like quantum waves propagating in the realm of possibilities. Physically, they remain themselves, but simultaneously, they embody someone else, and if we take this thought further, they become everything—they are the entire universe. If they were to focus on what they are doing or how they appear, the constellation would lose its authenticity, and they would not accurately represent the person they are standing in for.

As you know, a constellation forms itself until a specific dynamic or problem is

revealed, leading to feelings of release, understanding, and love.

Virk (2024) describes superposition as the set of all possible states in which a particle can exist. That is, it has not yet acquired a definite value and thus holds multiple values simultaneously.

Schrödinger's Cat: A Thought Experiment in Quantum Superposition

Have you ever heard of Schrödinger and his cat? If not, let me describe his experiment to you. Animal rights activists will not be pleased, but rest assured—it is only a thought experiment.

So, physicist Schrödinger (only in his mind) placed a cat inside a sealed box along with a radiation detector, a single atom of radioactive material, and a vial of poison. After one hour, there is a 50% chance that the radioactive atom will decay, triggering the detector, which then activates a hammer that breaks the vial, releasing the poison and killing the cat.

Thus, the fate of the cat is a fifty-fifty chance—after one hour, the cat is either alive or dead. However, if no measurement or observation is made, we do not know the outcome. The cat is therefore in *superposition* of both states—both alive and dead at the same time. It is only through our observation that we force it into one state or the other.

This, of course, sounds very strange, but it is the essence of quantum superposition. Until we ourselves focus on "something,"

that something remains "nothing." (Gribbin, 2021).

Perhaps your head is spinning by now, but in constellations, it is crucial to understand this. Our minds draw conclusions about the meaningfulness of events, condemning perpetrators, but all of this becomes evident only when we focus conscious attention. When we conduct constellations involving victims and perpetrators, it is essential to remain in those superpositions, not to observe purposefully, but to let everything flow. Then we usually find, especially in deep constellations, that victims are also perpetrators and perpetrators are also victims. I know I am now treading on thin ice. But believe me, in this subject, things are more complex than they appear to the eye of worldly justice.

Collapse of the Wave Function: The term "collapse" in this context does not imply anything threatening, no death, no disaster. The collapse of the wave function occurs when measurement causes a quantum system to transition from superposition to a specific state.

Goswami (2014) describes this situation as the transformation of possibility into actuality.

In constellations, we can observe this phenomenon when, after "tuning in," the representative begins to experience specific emotional and psychological states. The representative starts to explore whom they are embodying at that moment, and the image of John Doe emerges. This

leads to a collapse from superpositions because our representative is observing themselves.

Here, I would like to emphasize the immense importance of the constellation's intention. It's evident that John Doe exists in many superpositions, but we need to relate to a specific theme. The intention of the constellation might be to explore what kind of father John Doe was, or what kind of husband, or how he behaved during the war. Therefore, we must observe the constellation with a particular intention for that collapse to make sense. If we were to conduct a constellation without intention, nothing meaningful would emerge. Metaphorically speaking, we are all in superpositions, possessing numerous roles, and at any given moment, we usually focus on just one role.

Virk (2024) contemplates whether the collapse of the wave function requires a conscious observer or if a measuring device suffices. Some theories suggest that only a conscious observer can cause the collapse, while others propose that any measurement is adequate. Another, more startling hypothesis posits that we cannot be true observers because we are part of the observed system and, simultaneously, everything as a whole. Thus, we strive to solve a mystery of which we ourselves are a part. It's mind-blowing. Whenever I study quantum physics, I am simply amazed, and then it dawns on me that I am also studying myself.

When I apply these ideas to constellations,

I, as the constellator, observe the dynamics of the constellation system. I have an intention, or rather a client's assignment; however, without consciously realizing this mechanism, I am simultaneously the observer, the observed, and a part of it all. Only in this way do I avoid manipulating the constellation, preventing wave collapses whenever I please.

Perception of the Future, the Past, and Quantum Possibilities

Now, this is going to be quite wild. Do you know what the delayed-choice experiment is? Well, it will make your head spin again, just like mine. It's a thought experiment that shows that a choice made by the observer after a particle has passed through a slit influences its behavior in the past! You read that right. In the past. I will explain it again using the double-slit experiment.

Let's take a closer look at the double-slit experiment with delayed choice. As you know, particles are sent towards a slit, and behind the slit are detectors that determine whether the particle passed through as a wave, creating an interference pattern, or as a particle, resulting in a point-like impact that mirrors the shape of the slit.

Now comes the intriguing part. In this experiment, the detectors are activated only after the particle has passed through the slit. You might think that this timing couldn't possibly influence the particle's behavior, since it has already traversed the slit. However, it turns out that when the

detectors are activated later, they retroactively affect the particle's behavior, causing it to pass as a particle. If the detectors are deactivated, the particle passes as a wave. (Virk, 2024)

For proponents of Newtonian physics, this concept is simply inconceivable, but let's try to open ourselves to it. It appears that this challenges the assumption that cause precedes effect. That is, the observer's choice in the future influences the behavior of the particle in the past.

This phenomenon is well-known in constellations. When we set up a constellation and it unfolds naturally, reaching a point where all representatives feel at ease, even those representing individuals from the past—those long deceased—describe very loving feelings. Goswami (2014) refers to this state as "unitive consciousness."

And so, our grandfather, great-grandfather, or perhaps a representative of the entire lineage looks upon us lovingly. In the constellation, I then say that we have healed something in the past, which happened now and will influence the future. Of course, our ancestors are not sitting contentedly on a cloud, thinking about how much they love us. The point is that something in the collective consciousness is healing, and here it truly does not hold that cause precedes effect, because the cause of healing occurs in the future and moves backward.

Quantum physics deals with the

phenomenon of time in a completely different way than we perceive it. Virk (2024) states that the delayed-choice experiment has dealt a fatal blow to the materialistic model of time. Some physicists in this context speak of so-called retrocausality, where the cause is in the future and the effect is in the past.

When I set up a constellation for someone who has experienced trauma related to their ancestors—meaning, from a purely materialistic perspective of time, a trauma originating in the past—a process of unitive consciousness takes place within the constellation. This process heals the ancestors retrospectively, those who carried the trauma that manifested in the future. And the healed past, through the future, then influences the present.

"Foretelling" the Future.

Can we use quantum physics to *foretell* the future? *Constellations often involve a phenomenon where representatives or clients experience feelings or perceptions related to a future that has not yet occurred.*

This phenomenon can be linked to the quantum theory of probability, where the future is not fixed but exists as a spectrum of possibilities that can be *felt* or intuitively perceived.

Representatives find themselves within this interference—existing in multiple possibilities, in an infinite number of superpositions—and through focused attention, they eventually stabilize into a certain reality that could manifest. As Virk

(2021) states: *"There are infinitely many futures."* But who selects from these possibilities? It is not us, although it may seem that way. As Goswami (2014) states, it is consciousness.

It is not about possibilities created by the ego, as that would completely miss the creative choices that serve our well-being. Even in a constellation, we wait to see which choice will ultimately emerge.

Biblical Perspective.

I often ask myself why I should relate all of this to the Bible, but the older I get, the more *the Book of Books* captivates me, and even within it, I find answers that I could, of course in a metaphorical sense, connect with quantum physics. And so, I present here a surprising passage.

The biblical text from Ecclesiastes states: *"Whatever happens has already occurred, and whatever is to come has already been. But the true God seeks what people pursue."* (Ecclesiastes 3:15, paraphrase). In this thought of King Solomon, I *read* both the idea that time is not linear but rather part of a greater whole in which the past, present, and future exist simultaneously, and a concept that seems to resonate with quantum theory, where time is not strictly linear but can be intertwined and interconnected.

And in God, I perceive that *Consciousness*, the one and only—like a particle of light in its interference with everything—and in Jesus, I see the *"material particle,"* revealed to us humans. As for quantum entanglement, the Bible states that God is the Creator and

sustainer of all things (Colossians 1:16-17) and that all people are interconnected through Christ. Is this not, in essence, a description of quantum entanglement with the Supreme Consciousness—and thus, with God?

The story of Job (Job 38:4), who, despite his suffering, connected with God, with the Supreme Consciousness, and surrendered to the 'principle of uncertainty,' for he did not know what would happen, but he knew it would be good, shows the right direction.

And what if the promise of an afterlife is about all of us connecting with the Supreme Consciousness, God, and becoming a part of everything, including Him? And then, we will live in that perfect existence, where we are in absolute unity? The constellation of the future, where representatives experience feelings of bliss and unity, then makes sense.

Well, enough of the reflections, and I thank the kind reader who has read my explanation this far for their patience. However, I hope that I have awakened curiosity and a desire for exploration in them.

Summary

"Anyone who is not shocked by quantum theory has not understood it." — Niels Bohr

I am absolutely shocked, but I certainly do not feel like one who has "understood." Everything I have written is merely an attempt to comprehend the quantum world in the context of constellations. I am aware that many scientists question whether quantum laws apply in the macroscopic world, however, new research, especially in the field of

neuroscience, suggests that the emergence of consciousness is related to quantum mechanical states in the brain.

Amit Goswami and other scientists conclude that everything arises from consciousness, not matter, meaning that consciousness is above matter, and matter arises from it.

My attempt to create a bridge between systemic constellations and quantum physics is in its infancy. It is a perspective on how human consciousness and experience can transcend traditional boundaries of time and space. Systemic constellations allow representatives to perceive emotions and experiences that

align with quantum principles of entanglement, superposition, and wave function collapse. Research by quantum physicists supports the thesis that consciousness can influence our reality.

In this way, we can see how therapeutic techniques and modern scientific knowledge intersect and enrich our understanding of reality and human experience. Let us be open, let us be curious, and let us not cling. Let us be guided by what transcends us, through the ages.

Amen."

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