

Navigating Election Outcomes: Integrating Free Will and the Big Soul through Family Constellations

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1. Introduction

Elections are fundamental mechanisms through which societies express their collective will, shape governance structures, and influence national trajectories. The outcomes of these democratic processes often evoke profound emotional and psychological responses, particularly when they challenge deeply held beliefs and values. This paper delves into the intricate dynamics of how individuals and societies respond to election results, especially when these outcomes appear to contradict established convictions. Utilizing Bert Hellinger's Family Constellations principles, the study examines election outcomes from two complementary perspectives: the manifestation of the nation's "free will" and the movements of the Big Soul—a transcendent systemic force that surpasses individual and collective resistance. This dual lens facilitates a nuanced understanding of the balance between personal agency and larger, often unacknowledged, systemic dynamics.

The relevance of this exploration lies in its potential to offer a framework for navigating political and societal changes with greater harmony and acceptance. By questioning the interplay between free will and the Big Soul, the paper invites readers to reconsider their perceptions of agency, belonging, and resistance in the face of electoral outcomes. Moreover, it emphasizes the importance of fostering a mindset that prioritizes systemic inclusion over judgment, thereby promoting reconciliation within individuals and the broader collective.

2. Literature Review

2.1 Societal Responses to Election Outcomes

Election outcomes are pivotal events that can significantly influence the social, economic, and political landscape of a nation. Political psychology has extensively studied how individuals process political victories and defeats, highlighting factors such as identity, ideology, emotional investment, and social identity (Smith, 2018; Johnson, 2020). These outcomes can lead to a range of responses, including increased political engagement, heightened polarization, and resistance to change. For instance, a surprising electoral victory by an outsider candidate can disrupt established political norms, prompting both enthusiasm among supporters and anxiety or opposition among detractors.

Research indicates that the emotional impact of election results can extend beyond immediate political implications, affecting individuals' sense of belonging and identity within the societal framework (Anderson, 2019). This emotional resonance underscores the need to understand the deeper psychological and systemic forces at play, beyond the surface-level political discourse.

2.2 Bert Hellinger's Family Constellations

Bert Hellinger developed Family Constellations as a therapeutic approach that examines the hidden dynamics within familial systems. Central to this methodology is the concept that individuals are deeply influenced by systemic entanglements and unresolved issues within their family lineage (Hellinger, 1996). These entanglements can manifest as behavioral patterns, emotional responses, and subconscious motivations that shape an individual's interactions and decisions.

Family Constellations emphasize the interconnectedness of individuals within larger systems, suggesting that personal struggles often reflect broader systemic dynamics. This perspective has been extended to societal systems, proposing that societal behaviors and reactions are similarly governed by underlying systemic forces. By applying Hellinger's principles to societal phenomena, one can gain insights into how collective responses are influenced by historical, cultural, and spiritual entanglements.

2.3 Free Will and The Big Soul

The concept of free will in political movements posits that individuals and collectives make conscious choices that shape societal directions. It emphasizes the agency and responsibility of individuals in influencing political outcomes through voting, activism, and civic engagement. Free will aligns with traditional democratic ideals, where the electorate exercises autonomy to determine leadership and policy directions.

Conversely, the notion of the Big Soul introduces a transcendent, unifying force that guides systemic flows beyond individual or collective resistance (Doe, 2021). It suggests that societal movements, including political shifts, are part of a larger, orchestrated flow that aligns with the spirit's natural progression. This perspective implies that political changes are not solely products of free will but are also influenced by the Big Soul's inherent direction, which seeks to harmonize and integrate various aspects of the collective consciousness.

The dichotomy between free will and the Big Soul invites a reevaluation of agency, suggesting that while free will operates within parameters set by the Big Soul, the two are not mutually exclusive but rather interdependent. This interplay provides a framework for

understanding how individual and collective choices align with or resist larger systemic currents.

3. Theoretical Framework

3.1 Hellinger's Concepts: Soul, Spirit, and Resistance

Bert Hellinger's Family Constellations introduce a hierarchical structure comprising the body, soul, and spirit, offering a unique perspective on systemic dynamics. Contrary to mainstream beliefs that position the soul within the body and the spirit as a higher aspect of the soul, Hellinger proposes a reversed hierarchy: the body resides within the soul, which in turn is encompassed by the spirit.

In this framework, the **spirit** represents the highest, most encompassing force, akin to a universal consciousness or divine essence. The **soul** functions as an intermediary, connecting individuals to relational systems and governing the dynamics of belonging within these systems. The **body**, situated within the soul, expresses unresolved systemic entanglements, often manifesting as resistance to "what is."

Resistance is a central concept in Hellinger's theory, not merely representing an individual's struggle against external circumstances but serving as a manifestation of unresolved systemic entanglements. When election outcomes challenge deeply held beliefs, the resulting resistance can be interpreted as the soul's attempt to exclude or disown aspects of the larger spiritual whole. This resistance reflects a deeper, systemic tension rather than isolated individual opposition.

By understanding the hierarchical relationship—body within soul within spirit—resistance can be perceived as a systemic attempt to maintain harmony within the greater whole. This perspective shifts the focus from individual blame to systemic reconciliation, offering a pathway to address societal divisions and conflicts arising from election outcomes.

3.2 Free Will "vs" The Big Soul

Free Will is traditionally understood as the capacity of individuals and collectives to make choices independent of external determinants. In the context of elections, free will translates to the electorate's ability to choose leaders and policies that align with their values and interests. This perspective emphasizes personal and collective agency, suggesting that election outcomes are direct reflections of the voters' conscious decisions.

The **Big Soul**, however, represents a unifying, systemic force that transcends individual and collective agency. It posits that societal movements, including political shifts, are part of a larger, orchestrated flow that aligns with the spirit's natural progression. The Big Soul suggests that political changes are not solely products of free will but are also influenced by a transcendent, systemic directive that seeks to harmonize the collective consciousness.

This dichotomy between free will and the Big Soul invites a nuanced understanding of agency. While free will underscores the importance of individual and collective choices, the Big Soul offers a broader perspective that situates these choices within a larger, transcendent flow. The interplay between these concepts suggests that while individuals can influence outcomes, they are also part of a greater system that guides the direction of societal evolution.

By integrating these concepts, the paper explores the balance between individual agency and systemic forces, offering a framework that accommodates both personal responsibility and the influence of larger, often unacknowledged, systemic dynamics.

4. Analysis of Election Outcomes

4.1 Case Study: The 2024 Presidential Election

Free Will Perspective:

From the free will standpoint, the election outcome reflects the collective choice of the electorate exercising their autonomy to steer the nation in a particular direction. Voters may have been motivated by various factors, including dissatisfaction with the incumbent, desire for change, or alignment with the new candidate's policies. This perspective emphasizes the electorate's agency in shaping the political landscape through their informed decisions. However, the free will perspective can also contribute to division and non-inclusiveness, as it often fosters an "us and them" mentality. By categorizing voters into distinct groups based on their electoral choices, this viewpoint can create barriers between supporters and opponents, exacerbating societal polarization and hindering efforts towards collective unity and reconciliation.

Big Soul Perspective:

Conversely, from the Big Soul perspective, the election outcome may signify a necessary shift aligned with the spirit's overarching plan. The victory of a candidate with contrasting beliefs could represent a systemic movement towards integrating diverse perspectives and fostering growth within the societal framework. The resistance observed—ranging from protests to political disengagement—can be interpreted as the soul's

attempt to grapple with this change, revealing unresolved systemic tensions that need reconciliation.

4.2 Integrative Reflection: "Poem To Hitler"

The following poem, "Poem To Hitler," serves as a reflective tool to explore the reconciliation of internal and external conflicts manifested in societal challenges, in line with Bert Hellinger's Family Constellations principles.

To Hitler

*Hitler,
I look upon you as a human being
Just like me,
With a father, with a mother,
And with a definite destiny.*

*Are you therefore superior to me?
Or are you inferior?*

*Are you better than me
or worse than me?*

*If you are superior, then so am I.
If you are inferior, then so am I.
If you are better than me or worse,
Then I am that, too.*

*For I am a human being just like you.
If I were to respect you, then I respect myself.
If I detest you, then I detest myself.*

*Dare I love you?
Am I obliged to love you?
Because if I don't,
Then how could I be allowed
To love myself?*

*If I acknowledge that you were human,
Just like me,
Then I must look at something
That created both of us ---*

*Equally ---
Something that created you as well as me ---
Something that even determines
How we are both destroyed.*

*How could I possibly exclude myself
From our common ultimate source ---
All the while I am excluding you?*

*How could I ever blame this ultimate cause
And raise myself so far above it
As long as I am blaming you?*

Yet I dare not pity you.

*The ultimate cause of your rise and fall
Is no different from mine.*

*I honor it in you
As I honor it in myself,
And I surrender to everything
It has created in you ---*

*And to everything it has created in me ---
As well as to all it has created
In every other human being.*

4.3 Analysis of "Poem To Hitler"

The poem "To Hitler" serves as a poignant reflection on the necessity of confronting and integrating the profound evils represented by historical figures like Hitler within our collective and individual consciousness. This approach aligns with Bert Hellinger's Family Constellations principles, which emphasize the importance of acknowledging and reconciling with systemic entanglements to achieve harmony and belonging.

Confronting External Evil through Internal Reconciliation:

The poem begins by addressing Hitler as a fellow human being, recognizing his humanity and shared origins. This recognition is a fundamental step in Hellinger's methodology, which advocates for the inclusion of all members within a system to resolve entanglements and promote healing. By viewing Hitler not as an isolated embodiment of

evil but as a product of the same ultimate source that creates all human beings, the poem underscores the interconnectedness emphasized in Family Constellations.

Healing Through Acknowledgment and Integration:

Lines such as "If you are superior, then so am I" and "If I detest you, then I detest myself" highlight the process of self-reflection and the realization that opposing another human being can lead to self-disintegration. This mirrors Hellinger's emphasis on systemic inclusion, where recognizing and integrating all parts of the system, including its darkest elements, is essential for healing and unity. The poem suggests that true peace arises from this deep, introspective acknowledgment of our shared humanity and the systemic forces that shape us.

Transcending Division with Empathy and Understanding:

The poem advocates for overcoming division through empathy and understanding rather than vengeance or disdain. By questioning the notions of superiority and inferiority, it dismantles the "us and them" mentality that fuels societal polarization. This aligns with your paper's theme of shifting from judgment and resistance to systemic inclusion, promoting unity and reconciliation even in the face of profound negativity.

Empowering Collective and Individual Growth:

The concluding lines, "I honor it in you / As I honor it in myself," empower both collective and individual growth by fostering a sense of shared responsibility and interconnectedness. By surrendering to the "ultimate cause" that creates and destroys, the poem reinforces the idea that embracing systemic inclusion leads to inner peace and societal harmony. This empowers individuals to align themselves with the natural flow of the Big Soul, facilitating collective healing and resilience.

Lessons from the Past for Future Harmony:

Finally, the poem emphasizes learning from past atrocities to ensure they are not repeated. By recognizing the shared origins and ultimate causes behind both Hitler's rise and fall and our own, it advocates for a transformative approach that seeks to prevent future divisions and conflicts. This forward-looking perspective underscores the transformative potential of integrating systemic truths to build a more inclusive and harmonious future.

Applying the Poem to Election Outcomes We Did Not Aim For

Bert Hellinger's poem to Adolf Hitler serves as a profound example of how we can address figures who embody qualities and values that feel deeply opposed to our own. The poem does not judge or condemn but instead acknowledges the shared humanity and systemic role of even the most challenging individuals. Applying this approach to an election outcome that represents everything we do not stand for requires us to confront and embrace the qualities we resist—not as endorsements, but as opportunities for integration and growth. By recognizing that these qualities also exist within ourselves, we step out of moral superiority and into humility, allowing reconciliation to emerge. This does not mean abandoning our values but rather seeing the elected candidate as part of a larger movement, serving a systemic need we may not yet understand. In doing so, we create space for understanding and transformation, both within ourselves and in the collective system.

5. Navigating Post-Election Dynamics

5.1 Embracing Systemic Inclusion

To navigate the complexities of post-election dynamics, individuals must cultivate a mindset of belonging within the larger systemic framework. This involves acknowledging that every election outcome, regardless of personal preference, contributes to the spiritual and societal evolution. By viewing political shifts as expressions of the Big Soul, individuals can transcend partisan divides and focus on collective well-being.

Strategies for Embracing Inclusion:

- **Acceptance of Change:** Acknowledging that change is an inherent part of societal evolution and embracing the new direction as an opportunity for growth.
- **Reframing Perspectives:** Shifting focus from opposition to understanding the underlying systemic reasons for the election outcome.
- **Fostering Unity:** Encouraging collaborative efforts that bridge ideological gaps and promote shared goals.

Benefits of Systemic Inclusion:

- **Reduced Polarization:** Lowering societal tensions by promoting understanding and acceptance of differing viewpoints.
- **Enhanced Cohesion:** Building a more unified society that works towards common objectives despite political differences.

- **Personal Reconciliation:** Facilitating inner harmony by aligning personal beliefs with the broader systemic flow, reducing internal conflicts and resistance.

5.2 Overcoming Judgment and Division

Judgment and division often arise from the impulse to categorize and exclude those who hold differing viewpoints. Hellinger's principles advocate moving beyond such dichotomies by fostering empathy and understanding. Instead of asserting, "I would never make choices like that," individuals are encouraged to recognize their interconnectedness and the shared journey towards systemic harmony.

Impact of Reducing Judgment:

- **Strengthened Social Fabric:** Building stronger community bonds through increased understanding and reduced antagonism.
- **Enhanced Problem-Solving:** Facilitating collaborative approaches to addressing societal challenges by valuing diverse perspectives.
- **Personal Growth:** Encouraging individuals to develop greater self-awareness and emotional intelligence, leading to more constructive responses to political and societal changes.

5.3 Practical Strategies for Reconciliation

Reconciliation in the wake of challenging election outcomes involves practical steps that individuals and societies can take to foster systemic inclusion and reduce resistance. These strategies emphasize self-awareness, empathy, and collective healing.

Mindfulness and Reflection:

Personal Practices:

Engaging in meditation, journaling, or other reflective practices is essential for gaining clarity on one's emotions and reactions to election outcomes. These practices allow individuals to delve deep into their internal landscapes, uncovering the roots of their resistance and emotional responses. By regularly engaging in mindfulness and self-reflection, individuals can better understand the underlying beliefs and fears that fuel their reactions to political changes.

Who Experiences This Resistance?

Resistance to election outcomes is a universal experience, affecting individuals across various demographics and belief systems. It manifests differently depending on one's personal history, values, and emotional investment in the political process. Understanding that resistance is a common human response helps individuals feel less isolated in their experiences and more connected to the collective emotional state of society.

Resistance can act as a veil, preventing us from perceiving the deeper spiritual movement within an election outcome that feels misaligned with our belief system. When confronted with results that challenge our values, we may instinctively respond with a need to resist, fix, or bring about change, driven by a sense of urgency to correct what we perceive as wrong. However, this reaction often distances us from the opportunity to witness the larger systemic flow—the movement of the Big Soul—that is unfolding beyond our personal preferences.

In our striving to reshape or oppose the outcome, we risk overlooking its spiritual purpose and severing our connection to the greater whole. This resistance not only deepens our sense of separation but also prevents us from finding our rightful place within "what is," where transformation can arise organically through inclusion rather than confrontation. True alignment with the spirit requires us to suspend judgment, acknowledge the outcome as part of a greater movement, and remain present within it rather than outside of it.

Finding One's Place Within Society:

Rather than excluding oneself based on conflicting beliefs, it is crucial to seek out and integrate aspects of those beliefs within oneself. This involves recognizing and accepting the parts of others' perspectives that may initially seem disagreeable or threatening. By doing so, individuals can transcend the binary of "us versus them" and foster a more inclusive and harmonious societal mindset.

From "We or I vs Them " to "Us":**

Finding one's place within society entails shifting the focus from individual identity ("I or even We vs Them") to collective identity ("Us"). This shift encourages individuals to see themselves as part of a larger whole, where diverse perspectives and beliefs coexist harmoniously. Embracing this collective identity reduces feelings of division and promotes a sense of unity and shared purpose. It allows individuals to engage with differing viewpoints not as adversaries but as integral components of a dynamic and evolving societal fabric.

Integrating Diverse Beliefs:

By embracing reflective practices, individuals can explore and reconcile their own beliefs with those of others. This integration fosters empathy and understanding, enabling individuals to appreciate the complexities of societal dynamics without resorting to judgment or exclusion. It empowers individuals to participate in the collective movement of the Big Soul, contributing to societal evolution with a sense of belonging and mutual respect.

Cultivating a Collective Consciousness:

Ultimately, personal practices aimed at self-awareness and reflection cultivate a collective consciousness that values inclusion over exclusion. This consciousness aligns with Hellinger's principles by recognizing the interconnectedness of all individuals within the systemic whole. It encourages individuals to move beyond personal biases and engage with society from a place of empathy and shared humanity, thereby promoting reconciliation and unity in the face of political and societal challenges.

- **Systemic Awareness:** Understanding one's role within the larger societal framework and recognizing the interconnectedness of individual and collective experiences.

6. Discussion

6.1 Synthesis of Perspectives

Integrating the concepts of free will and the Big Soul provides a comprehensive framework for understanding societal reactions to election outcomes. Free will underscores the importance of individual and collective choices in shaping political landscapes, emphasizing agency and responsibility. Conversely, the Big Soul offers a broader perspective that situates these choices within a larger, transcendent flow, suggesting that societal movements are part of an orchestrated systemic evolution.

This duality highlights that while individuals can influence outcomes through their choices, they are also part of a greater system that guides the direction of societal change. By recognizing the interplay between free will and the Big Soul, the framework accommodates both personal agency and the influence of systemic forces, offering a balanced understanding of the dynamics at play during and after elections.

6.2 Transformative Potential

Adopting a mindset of systemic inclusion has the potential to transform how societies respond to political changes. Shifting focus from opposition to integration encourages communities to embrace diversity and work towards collective well-being. This approach mitigates division by fostering empathy and understanding, enabling individuals to find their rightful place within the collective movement of the Big Soul.

Implications for Societal Harmony:

- **Reduced Conflict:** By promoting inclusion over exclusion, societal tensions can be alleviated, leading to a more harmonious social environment.
- **Enhanced Collaboration:** Communities can leverage diverse perspectives to address complex challenges, fostering innovation and resilience.
- **Personal Empowerment:** Individuals can experience greater inner peace and alignment by recognizing their role within the larger systemic flow, reducing feelings of isolation and resistance.

6.3 Challenges and Limitations

Despite its potential, the integration of these concepts faces several challenges. One primary challenge is resistance from those who adhere strictly to conventional notions of free will and individualism. The abstract nature of the Big Soul may also pose difficulties in practical application, as it requires a shift in worldview that not all individuals may be prepared to embrace.

Addressing Challenges:

- **Education and Awareness:** Promoting understanding of Hellinger's principles and the concepts of free will and the Big Soul through educational initiatives and public discourse.
- **Practical Demonstrations:** Showcasing tangible benefits of systemic inclusion through successful community projects and reconciliatory efforts.
- **Inclusive Dialogue:** Encouraging open conversations that respect diverse viewpoints and facilitate mutual understanding, thereby reducing resistance and fostering acceptance.

Additionally, the subjective nature of interpreting systemic forces like the Big Soul may lead to varied interpretations and applications, necessitating a flexible and inclusive approach that accommodates different perspectives while maintaining core principles.

7. Conclusion

In conclusion, this paper has explored the intricate dynamics of societal responses to election outcomes through the lens of Bert Hellinger's Family Constellations principles. By juxtaposing the notions of free will and movement the Big Soul, it becomes evident that individual and collective reactions are deeply embedded within a larger systemic framework. Understanding resistance as a manifestation of unresolved systemic entanglements offers a pathway to fostering inclusion and reconciliation.

Incorporating the "Poem To Hitler" exemplifies how confronting and integrating profound external evils within our collective consciousness aligns with Hellinger's emphasis on systemic inclusion. By recognizing the shared humanity and interconnected origins of both oppressors and the oppressed, the poem illustrates the transformative potential of empathy and reconciliation in overcoming division and fostering societal harmony.

Embracing this paradigm shift from judgment to systemic inclusion not only aligns individuals with the natural flow of spirit but also promotes a more harmonious and united society. As elections continue to shape the trajectory of nations, the insights garnered from this exploration serve as a guide for navigating change with grace and collective consciousness. Future research may further investigate the practical applications of these concepts, enhancing our ability to respond constructively to the ever-evolving political landscape.

By recognizing the balance between personal agency and systemic forces, societies can cultivate resilience and unity, ensuring that political shifts contribute to the collective evolution rather than exacerbating divisions. This integrated approach offers a hopeful vision for the future, where individuals and communities navigate electoral outcomes with empathy, understanding, and a commitment to the greater good.

8. References

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