

I N T E O R

Free guide · Systemic inquiry

Mapping Invisible Loyalties

Repeating patterns and the freedom to live your own story

INTEOR Method · systemic constellations, psychology and ritual

Carolini Schmidt · INTEOR Method

CONTENTS

What you will find here

1. The unconscious pain of belonging	3
2. The three systemic laws in everyday life	4
3. Signs of an invisible loyalty	6
4. Self-inquiry workbook: a family diagnosis	7
5. The art of release: inner posture and solution phrases	9
6. The next step	10

“What is not brought to consciousness comes back to us as fate.”

— *Carl Gustav Jung (a paraphrase of an idea from Aion, 1951)*

1 · THE ROOT

The unconscious pain of belonging

I suffer like you, so that I remain one of you.

Why do we repeat choices we consciously reject? Why, even while longing for prosperity, rest and healthy relationships, do we so often catch ourselves re-enacting the same dramas, scarcities and conflicts our parents or grandparents lived through?

In Systemic Constellations and Transgenerational Psychology, we find that the deepest and most primitive wish of the human soul is not success, but belonging. For a child, being cast out of the tribe or the family system is the same as dying. That is why we develop what we call Blind Love: an unconscious pact that leads a person to take on the pain, failures, guilt or loneliness of their ancestors in order to say, in the silence of their being:

I suffer as you did, so that you do not have to suffer alone, and so that I remain one of you.

The term *invisible loyalties* comes from the psychiatrist Ivan Boszormenyi-Nagy, who in 1973 described how children carry emotional debts they never contracted. This guide is a navigation map to turn blind love into Wise Love: a love that honours the story of those who came before, while claiming the freedom to live a story of one's own.

How to use this guide

- Read slowly. The signs in part 3 are usually recognised by the body first: a tightness, a heat, an urge to close the page. Notice it.
- Write by hand. The workbook in part 4 asks for twenty quiet minutes and a pen. Writing organises what thinking alone only repeats.
- Do not force the solution. The ritual in part 5 is a beginning. Loyalties built over generations do not dissolve in one afternoon, and they do not need to.

An honest note. This guide is a tool for reflection, not diagnosis. The systemic approach offers images and hypotheses, not truths about your family. If a theme touches a deep pain, pause and seek professional support.

2 · THE ORDERS

The three systemic laws in everyday life

Life in a network answers to invisible orders.

When we break these laws, usually out of ignorance or unconscious arrogance, emotional, financial and relational blocks appear.



I. The law of belonging

Everyone who has entered a family's story has the inalienable right to belong. When someone is excluded, for a moral failing, addiction, illness, a tragic fate or an unacknowledged pregnancy loss, the system recruits a descendant to re-enact the behaviour or the suffering of the excluded one until they are seen and taken back into the heart of the family.

II. The law of hierarchy (precedence)

Those who arrived first take precedence over those who arrived later. Parents give life; children receive it. When a child tries to save, judge or teach their parents, they leave their place as a child and lose the strength to build their own life.

III. The law of balance between giving and receiving

In relationships between equals (marriage, business partnerships, friendships), there must be a living balance between giving and taking. When one gives too much and the other only receives, the relationship collapses. Between parents and children, the balance is not paid back to the parents but passed forward: to one's own children, or to one's work in the world.

2 · THE ORDERS

The three laws in other languages

The same movement seen through the sky, the tarot and science.

In the INTEOR Method, every systemic principle is crossed with other languages. Astrology and tarot offer images to remember; science offers a name for the mechanism you can observe in yourself. None of them proves the other: they are in conversation.

Law	In the house of the chart	In the tarot	What science observes
Belonging	the Emotional Root (Moon) and room 4, The Roots	The World: the circle that includes everyone	the pain of exclusion activates brain areas linked to physical pain (Eisenberger, Lieberman and Williams, 2003)
Hierarchy	the Guardian (Saturn) and room 10, The Lookout	The Hierophant: lineage and transmission	<i>parentification</i> , when a child looks after the parents, is associated with overload and anxiety in adult life
Balance	the Lover (Venus) and room 7, The Mirror	Justice: the scales of giving and receiving	the norm of reciprocity (Gouldner, 1960) and the “ledger of merits and debts” in Boszormenyi-Nagy's contextual therapy

No one escapes the orders of love. But whoever sees them can choose how to serve them.

A question for you. Which of the three laws feels most wounded in your family: someone excluded, someone out of place, or an account of giving and receiving that never closed?

3 · THE SIGNS

Signs of an invisible loyalty

It does not appear as a thought, but as a wall.

An invisible loyalty does not show itself as a clear thought, but as a symptom of stagnation. Notice in which of these areas you feel you keep hitting an invisible wall.

A · In money and work

In the INTEOR house: the Vault (2) and the Closed Room (8), Money area.

- The glass ceiling: a chronic difficulty in going beyond a financial level that would surpass your parents' standard of living.
- The guilt of prosperity: feeling anxiety, shame or fear of rejection when business is going very well.
- Self-sabotage after success: earning a significant sum and soon afterwards losing it through impulsive decisions or unexplained setbacks.

B · In love

In the INTEOR house: the Studio (5) and the Mirror (7), Love area.

- Repeating the script: choosing again and again partners who are unavailable, immature or emotionally distant, just as happened in earlier generations.
- Married to a parent: occupying the emotional place of a partner to one of your parents, and so being unable to truly give yourself to a life partner.
- Fear of betrayal or abandonment: a visceral distrust that does not match your current partner's behaviour, but mirrors the history of your mother or grandmother.

C · In health and self-expression

In the INTEOR house: the Door (1), the Kitchen (6) and the Back Room (12).

- Symptoms with no clear organic cause (always after a medical assessment): pain, fatigue or muscle tension linked to moments of decision or life transition.
- Projected invisibility: an immense difficulty in showing yourself, speaking your truth or taking the lead, for fear of breaking the family's pattern of modesty.

3 · THE SIGNS

Where the loyalty weighs

A score from 1 to 5 for each wall.

Give each sign a score from 1 (I do not recognise myself) to 5 (this is my life). The area with the highest total is where the loyalty is most active right now, and the best place to begin.

Area	Signs	Score (1 to 5)
Money & Work	glass ceiling · guilt of prosperity · sabotage after success	___ + ___ + ___
Love	repeating the script · married to a parent · fear of betrayal	___ + ___ + ___
Body & Expression	symptoms at decisions · projected invisibility	___ + ___

4 · THE WORKBOOK

Self-inquiry workbook

Twenty minutes of silence. Write without judging.

Set aside twenty quiet minutes. Write your answers by hand, without judging or over-rationalising. If your body reacts to a question, note where: that is the place where the loyalty lives.

1 · The family saying. What was the phrase or belief most often repeated in your home about money, love and work? (*"Nothing comes easy in this family", "No man is any good", "Rich people can't be trusted".*)

2 · The excluded ones. Who in your family is never mentioned at gatherings? Who was seen as the black sheep, the failure, the mad one or the one who went broke?

4 · THE WORKBOOK

Self-inquiry workbook

The rescue and the mirror.

3 · The attempt to rescue. Which pain of your father or your mother did you try hardest to fix during your childhood and youth?

4 · The mirror of patterns. In what recent situation did you catch yourself acting exactly like your mother or your father, even after promising you never would?

To close the workbook. Reread your four answers and underline one single word that repeats or weighs the most. It is often the name of the loyalty.

5 · THE RELEASE

The art of release

Releasing is not cutting. It is including, with clear boundaries.

In the systemic approach, we do not seek to break away, cut our roots or judge our ancestors. The movement of liberation is a movement of inclusion with clear boundaries.

The ritual of inner posture

- 1. Sit comfortably, keep your spine upright and close your eyes for a moment.
- 2. Breathe in deeply and imagine your mother on your left and your father on your right, one step behind you.
- 3. Behind them, picture the line of your four grandparents and, further back, the long line of ancestors your life came from.
- 4. Feel the weight and the strength of everything that came before. Life reached you at the price it cost.
- 5. Before speaking, take three long breaths, with the exhale longer than the inhale. This tells the nervous system it is safe to look.

The solution phrases

Silently or out loud, say to your parents and ancestors:

For the family's story and its pain:

I see your pain and I honour the fate of each one of you. You are the big ones; I am only the small one. I leave with you what belongs to you.

For your own choices and success:

I received from you the most precious gift: life. To honour the price you paid, I will make something good and beautiful of my existence. Please look on me kindly if I do it differently.

For your daily posture:

From today, I take my place. I move forward.

The discipline of ritual. Repeat the posture and the phrase that moved you most for seven days, in the same place and at the same hour. The body learns through repetition what the mind understood in an afternoon.

6 · THE NEXT STEP

When you want to look at your roots without being held by them

Recognising an invisible loyalty is the first movement of untying it. But a pattern built over decades and generations asks for conscious reorientation and practical integration.

In the INTEOR Method, I bring together the systemic view of your family, the reading of your personal timing through your birth chart, and psychoanalytic listening to your defence mechanisms. Everything is delivered in writing and as a recorded audio, in your own time, with no live session.

- Area Map. The area where the loyalty weighed most in this guide, opened in your chart drawer by drawer, with the systemic root, possible scenes, a recorded audio and a 63-day Transition Code. The *Family & Origin* area looks directly at parents, siblings, home and loyalties.
- Complete Map. The whole house: all six areas at the same depth, and the threads that run through your life.
- The House Guide. The dictionary of rooms, signs and characters, to learn to read your own chart.
- Questions. For one urgent question right now: a Tarot or Lenormand reading for one or three questions, with audio and a three-day exercise.

carolinischmidt.com · Consultations · Journal

If you have made it through the workbook, tell me the word you underlined. That word is already the beginning of the reading.

With care,

Carolini Schmidt
INTEOR Method

© Carolini Schmidt · INTEOR Method. All rights reserved. Free material: share freely, without altering the content.

The soul is the territory; the method is the compass.