



## Nir Esterman: Healing Intergenerational Trauma - An Embodied Shadow Work Journey



Nir Esterman is a trauma therapist, teacher, and facilitator with a focus on intergenerational trauma and embodied shadow work. This session will explore how the shadow is shaped, how it affects our life, and will offer a healing examination of its inter-generational roots. Discover more about his work and expertise at [www.niresterman.com](http://www.niresterman.com).

**TOP EMBODIMENT TIP:** When we are not triggered, we are in a much better position to do something about a situation.

### What is the Shadow?

- The Shadow is a **union term for the parts of self that we have disowned, denied, or repressed.**
- We have a Shadow because of our family. Our Shadow is born through traumas from past generations that were passed on and never addressed.
- Culture influences us and our Shadows.
- When we create a Shadow, we create distance inside ourselves.
- The shadow triggers us, which is a projection.
- **Quick tip:** Whenever a person triggers you or something about them annoys you, that same trigger exists within your own shadow.

### Personas

- A persona is how we present to others to maintain a good position in society.

### What happens in the body?

- Every emotion, every sensation is sensed and stored in the body.
- We create a void in our bodies and voids need to be filled. Oftentimes they are filled with addictions like food, alcohol, work, social media etc.

### 6 Common Reactions of Shadow

1. **Fight:** wanting to educate another by force or explaining.
2. **Flight:** wanting to remove yourself from a situation or relationship.
3. **Freeze:** freezing in the face of our Shadows.
4. **Faint:** becoming tired or blacking out.
5. **Friends:** wanting to befriend another because there is something you like about them.
6. **Fuck:** wanting to physically connect and combine with the shadow through another person.

### Resources

- ❖ **Courses:** Nir's 3-hour workshop [Shadows and Roles in Relationships](#)
- ❖ **Website:** [www.niresterman.com](http://www.niresterman.com).
- ❖ **Social:** Facebook: <https://www.facebook.com/nir.esterman>



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