



Nick Werber: The Body as a Portal to Ancestral History



Take a journey of self discovery with Focalizing Instructor and Practitioner Nick Werber as he gently guides us through a series of exercises to explore the connection between our present day experiences and the past. Through this connection to our ancestry, we are able to uncover the story behind the story.

TOP EMBODIMENT TIP: What we are unable to acknowledge and include is precisely what moves from one generation to the next. Ask, what could the family lineage not face or process? Start there, then rewrite the script you've been handed.

The Ancestral Connection: **Trauma changes DNA**

- We must include both the macro and the micro when looking at the effects of trauma.
- Studies have shown that the experience of trauma remains embedded in the DNA and can express even two generations down the line.
- One observable change was the amount of cortisol levels in the body; We have seen this in mice, Holocaust survivors and mothers who were near the world trade centre.

Moving Deeper - Finding the Root Cause

- We are a living history. By tapping into the innate intelligence of the body to work on ourselves through our families and their ancestral history, we are able to access the deeper layers of trauma that are often the root cause of many of the barriers we are experiencing in our present day experience.
- **How do we access our ancestral history?** Listen. Consider the larger context. Develop an inclusionary mindset. How can you include the people, experiences, emotions that seem hard to include? How can these be included for future generations? How can we begin to look at our lineage differently?

Using the Information for Healing Future Generations: **What is something you have healed within yourself so that the next generation won't have to experience or can be more informed by?**

- Repeat the words "You belong" to any emotions or feelings that are expressing. Sadness, neglect, anger - they can be here with you.
- Having resources is key. Allow yourself to lean into and be held by the comfort the resources bring you.

Resources

- ❖ **Website:** nicknwerber.com
- ❖ **References:** Michael Picucci, [The Focalizing Institute](#)



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Dylan Newcomb, [UZAZU Embodied Intelligence](https://uzazu.org)



Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

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UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients.

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