



## **Magdalena Weinstein: Tending the Wounds of Oppression**

Nurturing Conditions for Individual and Collective Trauma Healing



Magdalena Weinstein is a somatic experiencing practitioner and coach, a crisis counsellor and movement educator. Her research grounded in the story of colonial assimilation sheds light on the path we are on in the direction of collective healing and liberation. Find out how reorienting your nervous system lends to more agency and healthy boundaries.

**TOP EMBODIMENT TIP:** Embodiment is ongoing, emerging and developing; it is not a fixed place. You don't know yet what is coming; and so it's exciting.

### Liberation and Oppression: An Embodied Experience in Reaching for Liberation is Linked to Accountability.

- It's more helpful to talk about liberation in lieu of oppression; Liberation is about where we are headed, it is a collective experience.
- Oppression born within the individual experience, trauma is caused by energy in the nervous system not discharged after an intense experience. This is disorientating.
- It is okay to feel whatever you are feeling physically; an embodied experience is orienting us to pleasure.
- Healthy aggression and experiencing the physiological aspects of grief are important.

### Context of Indigenous and Colonial Experiences from Cultural Trauma:

- **Oppression is built out of the unsettling experience in the nervous system when you encounter the unknown.**
- Darwin's example of bringing indigenous people (Selkman tribe) from Patagonia Chile to Europe to show 'the missing link,' lifts the veil on the disorientation that characterizes the European worldview and history.
- Indigenous people had never met disembodied people before colonial contact; very disorientating for everyone.

### Liberation is Happening Through Neural Development: More Agency and Healthy Boundaries are Coming Online.

- Neural development is happening at the individual level. The development of society is being delayed, because we are disembodied; we cannot tell yet where this is leading us.
- Healthy capacity to actually do something about whatever the environment presents, is a somatic experience.

### Exploration of Lower Centers of Ourselves is Required: Liberation Comes from Moving into Lower Brain Experiences.

- Nausea is a signal of beyondness - that you are moving outside your nervous system's capacity to regulate.
- When you start tolerating more, you have less nausea.
- You need to accept it and let it be your teacher, it's a great teacher.

### Resources

- ❖ **Website:** [www.magdalenaweinstein.com](http://www.magdalenaweinstein.com)
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