

HOW TO HEAL FROM HISTORICAL TRAUMA

Excerpt from “Profound Healing for Indigo Children & Youth...and Other Sensitive Souls”, written by Rémi Thivierge MSW RSW RMFT, published in 2011.

Indigo children and other sensitive souls are almost certainly given psychiatric labels and are medicated far more often than other people. As you may know, indigos are very intelligent, intuitive, sensitive, and strong-minded. If you would like more information, you can read articles or watch videos on this topic at dynamicharmony.com/indigos.html. You can also fill out a questionnaire there to help you determine if you or your child is an indigo or other sensitive soul.

Historical trauma relates to trauma that we carry at the cellular level from previous generations. Research with two different groups has shown this to be a very important issue.

The first relates to Jewish children who were in internment camps in Nazi Germany but survived the war. The research focused on their offspring who were born after the war. The research showed that the offspring experienced greater anxiety, depression, guilt, despair, and somatization than the rest of the population. Somatization refers to stress that affects one's body through illness. Felsen and Solomon also found that this group also had difficulty with relationships and attachment to others, as well as extreme reactivity to stress (refer to Levav or Tytell for more information). The second generation experienced these difficulties, even if the holocaust was never again discussed in the family.

The second group consisted of people of Japanese origin who were put in internment camps during WWII on the west coast of the United States and Canada. Their children, born after the war, experienced a reduced sense of security, heightened sense of shame, and lower self-esteem than the general population (refer to Nagata for more information).

No one is consciously aware of historical trauma because it predates us – we've always carried it. We've lived with these issues from the time of our birth and, as part of our everyday experience, and they have a great impact on our well-being, including our level of stress, even if we and the helping professionals we work with aren't aware of its cause.

This type of difficulty often has a greater impact on many indigos and other sensitive souls than it does on their parents or others. It can affect them in a variety of ways, such as what appears to be ADD, physical reactions to stress, acting out, wanting to consume alcohol or drugs to dull the pain, etc. I've worked with many clients who were strongly affected by this type of issue, and much more so than other family

members, because of their high degree of sensitivity. Although this is generally not addressed by professional helpers, it is quite easy to resolve once you know how.

Exercise:

Think of the two world wars, the Great Depression, and other earlier events in your cultural background. African-Americans in the United States might think of their ancestors being in slavery, and those of European stock might think of multiple invasions of their countries.

Think of other possible historical trauma in your family of origin. Break it down piece by piece. For each issue, imagine light going in through the crown of your head into the cellular level. Have the light go into the DNA in each cell and transform the old trauma from darkness to light.

Feel the difference, compared with a few minutes before doing this exercise. This does not work for everyone. If it doesn't work for you, don't worry about it.

Teach your indigo how to do this exercise themselves, or do it for them. If they're old enough, you can discuss the experience with them.

If you're curious about whether you or your child are an indigo or other sensitive soul, you can fill out a questionnaire on this at [dynamicharmony.com/indiquest/](http://dynamicharmony.com/indiquiest/). You can also read articles or watch videos at dynamicharmony.com/video.html regarding indigos and other sensitive souls. In addition, you can choose to go to this site to register for webinars or to buy my book "Profound Healing for Indigo Children & Youth...and Other Sensitive Souls" – at www.dynamicharmony.com.

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