

Contents

Sensitivity Acknowledgment ix

A Note about Professional Emotional Help xi

INTRODUCTION 1

PART 1: What You Inherited

CHAPTER 1

You Are a Cycle Breaker 13

CHAPTER 2

Your Intergenerational Higher Self 26

CHAPTER 3

Your Body Remembers Your Trauma 36

CHAPTER 4

Unhealed Trauma and You 55

CHAPTER 5

A Genetic Inheritance 69

PART 2: There Are Layers to This

CHAPTER 6

Your Intergenerational Nervous System 101

CHAPTER 7

Your Intergenerational Inner Child 117

CHAPTER 8

Intergenerational Cycles of Abuse 143

CHAPTER 9

When Collective Trauma Enters Your Home 156

PART 3: Alchemizing Your Legacy

CHAPTER 10

Grieving Your Traumatic Lineage 179

CHAPTER 11

Embodying Generational Resilience 200

CHAPTER 12

Leaving a Generational Legacy 218

EPILOGUE 236

Acknowledgments 243

APPENDIX A: Mamá Tutúna's Lemongrass Healing Tea 247

APPENDIX B: Intergenerational Trauma Healing Grounding
Techniques 248

APPENDIX C: Holistic Healing Practices 249

APPENDIX D: Sound Bath Meditations 250

Bibliography 251

Index 265