

I am a reflection of my ancestors by Nia Ellis.
Inspired by the “pain-body” concept.

I am an American Descendant of Slavery. I am a reflection of my ancestors enduring *the pain-bodies of inherited traumas inside my DNA. Masking itself in many forms. Depression, Bipolar, Learning Disability, ADHD, Anxiety, Substance abuse, and personality disorders. I live in America the land of opportunity. Natives, settlers, free labor of slavery, and their ancestral bloodline is in the soil of America. Who can know the American Descendant of Slavery? You can know when you trace yourself back to the grandmother and the grandfather who was carried into the land of opportunity by force. Alive this day enduring the pain bodies of inherited traumas inside their DNA. Masking itself in many forms, passed on from one generation to the next. Here lies the proof from the shores to the soil. I am a reflection of my ancestors.

*The “pain body”, which is an old emotional pain living inside of you. It may have accumulated from past traumatic experiences and sticks around because these painful experiences were not fully faced and accepted the moment they arose.

The newest research in epigenetics tells us that you and I can inherit gene changes from traumas that our parents and grandparents experienced.

If you want to learn more about the “pain-body” Read Eckhart Tolle, A New Earth Awakening to Your Life’s Purpose.