



## Gina Ross, MFCT: The Case for Body/Mind/Spirit Integration



Gina Ross, MFCT, is Founder/President of the International Trauma-Healing Institute in the US (ITI-US) and its Israeli branch (ITI-Israel). A specialist in individual and collective trauma, she is the author of a series of books, “Beyond the Trauma Vortex into the Healing Vortex,” targeting 10 social sectors implicated in amplifying or healing trauma. In this session we explore strengthening the body, sharpening the mind and elevating the spirit by bridging important parts of self.

**TOP EMBODIMENT TIP:** Use a grounding technique to self-regulate, and discharge trauma upon activation.

Need for Integration: **Who we are going to be depends upon integration of mind, body and spirit.**

- We may serve the “good” or the “bad”. Which one you serve, depends upon integration.
- There is only one version of each soul. You are important.

What is Trauma: **Stuck energy.**

- High stress, fear, anger, pain, caused by anything that takes us to overwhelm and the feeling of loss of control.
- If you don’t defend, energy will get stuck.
- There are symptoms of stuck energy, specific to the mind, body and soul.
- There are also early signs of trauma activation, which are specific to mind, body and soul.

Releasing Trauma: **How to recognize early signs of activation and how to release it.**

- The body is essential to releasing trauma.
- Discharge upon activation.
- Tools for release: breath, life energy, prayer or blessing. Intention is important.
- Reframing the victim role.

Pineal Gland: **Powerful & precious.**

- The third eye is our intuition center and delivers the DMT hormone.

Wrap Up: **Integration of mind, body and soul brings us into our own unique power and potential.**

- Do this so you may be the unique soul you were meant to be.

### Resources

- ❖ **Latest Book:** “*Breaking News! The Media and the Trauma Vortex: Understanding News Reporting, Journalists and Audiences*”
- ❖ **Youtube:** <https://www.youtube.com/channel/UCVYnMJCMu8QD-69gv-HmYA>
- ❖ **Website:** <http://ginaross.com/>
- ❖ **Social:** <https://www.facebook.com/GinaRossITI/>



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