



Annika Minnbergh: Touch As A Key To Health And Consciousness



Annika Minnbergh is a practitioner and senior teacher of the Rosen Method. She uses the power of gentle touch to help individuals discover hidden parts of themselves, heal traumas, and to connect to each other. Discover how you can use this simple method to connect to your true self and to improve interpersonal connection.

TOP EMBODIMENT TIP: Gentle and simple touch has the power to unlock our potential, individually and collectively.

The Rosen Method: **The Rosen Method Utilizes The Interconnection Between Body Postures and Emotional States**

- The method was created by Marion Rosen, a physical therapist who explored breath and touch as a means for personal growth.

Touch: **Touch is a Universal Method of Healing**

- Touch is a simple way to achieve relaxation. We all have access to this through our hands. Our hands are also a powerful and simple way to connect to each other.
- Touch enables our bodies to relax in forgotten ways because it creates trust and releases unconscious tension.
- Touch expands our innate curiosity, our connection with our true selves, and our ability to build social connections.
- Touch releases hormones that serve as natural pain relievers.

Trauma: **The Defense Mechanism Against Trauma Is To Hold Tension**

- Tension protects the body from danger; it is a survival mechanism.
- The tension remains in our bodies after traumas and our bodies adapt to that new standard.
- Touch can draw attention to where the tension is located and to the initial causes of the tension, even if they are unconscious.
- When we are reminded of where our tension resides, the muscles are able to relax - we are able to effortlessly let go.

How Touch Can Change Lives: **Touch Is A Bridge To Peace**

- The purpose of touch is to reach the person underneath the trauma.
- We can release the suppressed feelings that are causing the tension, and this gives us access to who we really are.
- It unlocks the barrier between who we think we are and the knowledge of our true selves.
- Once we can truly connect to ourselves, our communication to each other becomes more authentic and compassionate. Touch connects us on a deep level that goes beyond politics, religion, borders, or anything else that separates us.



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Steven Hoskinson is Founder and Chief Compassion Officer of Organic Intelligence®. For twenty-five years he has trained and mentored therapists and others at the intersection of trauma, embodiment and social responsibility. Organic Intelligence offers courses in its fully developed systems framework, including with CEs for professional post-graduate level training in trauma.

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