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The great thing, then, in all education, is to make our nervous system our ally instead of our enemy. --William James

Finding Treasure in the Ruins of Trauma

"An early pioneer in mind-body medicine, Dr. James Gordon says we are all affected by trauma. But all of us also "have a great and largely untapped capacity to help and heal ourselves and one another." Dr. Gordon founded the Center for Mind-Body Medicine in Washington, DC, initially to transform health care by training health professionals with the tools of stress- and trauma relief. But he soon hit the limits of the medical establishment and so extended his offerings beyond traditional health care, going directly to communities and creating a version of medicine for the people, by the people. Dr. Gordon has created training programs of mind-body healing not just for health professionals, but for traumatized populations in the worlds hot spots, embracing a model of creating healing communities by training the trainers, or "Teaching Thousands to Heal Millions." Learn more about his remarkable life journey and work here.

Be The Change:

For more inspiration, check out the RESET conference replay this weekend -- an in-depth offering and exploration featuring dozens of speakers (including Dr. Gordon) on how to regulate and balance the nervous system in safe and effective ways.