



## GINA CASTELLANO, M.A.

has been in private practice in the healing arts for over 20 years. Her practice is centered around therapies and healing modalities designed to help people discover and create the lives they truly desire. Her specialty is helping clients uncover and effectively clear the traumas that hold them back. She is trained in the following healing modalities: Brainspotting, New Decision Therapy, The BodyTalk System, Shamanic Healing and Advanced Feng Shui. She also holds a Master of Arts degree.

Gina has studied both eastern and western spirituality, including theological and philosophical studies and in-depth training and practice in A Course in Miracles. Her background in the eastern practices of yoga and meditation includes courses and retreats with the teaching monks at Shri Muktananda Ashram in South Fallsburg, New York. All of her studies enrich her healing arts practice and support her mission: helping people discover the joy they can find by living fulfilling and inspired lives.

To advance this mission, Gina developed the Inspired Living Series-- workshops and retreats exploring how to live an inspired life. Using guided self-inquiry, she is able to lead participants to discover the pattern and the hidden gift in their life's challenges and to create the lives they have always dreamed of living. She draws from the works of Joseph Campbell, Carl Jung, and a variety of literature on myth, poetry, and art as well as her own extensive training and life experience.

### THE JOURNEY TO YOUR DREAM: MANIFESTING THE LIFE YOU TRULY DESIRE

If you are used to living in your "Desire Comfort Zone," where you only allow yourself to want things you think you can obtain with some effort, then you are ready to create space to fully explore your life dreams, reach the borderline of your comfort zone and cross over into new territory. The Journey to Your Dream process provides the framework to recognize and change habits and beliefs that prevent you from opening up to more expansive possibilities for your life. This is an interactive workshop type experience.

### CANTILLATION: DISCOVERING WHAT MAKES OUR HEART SING

The term cantillation refers to the tradition of the cantor--one who sings from the heart. Each of us comes to this earth with a purpose to fulfill. In this class, we will explore ways to release mental and emotional blocks to living our purpose. When we are cantillating we are in sync with our soul's frequency and our hearts sing. In this state, miracles happen.

### MOVING THROUGH GRIEF WITH CONSCIOUS INTENTION

Whether we are grieving the loss of a loved one or moving through the end of one phase of life and navigating the beginnings of a new phase (retirement, divorce, empty nest), when we choose to embrace these experiences as the gift of opportunity they can be, we can transform our human suffering into deeper meaning, purpose and joy. We are no longer at the effect of circumstances. We are learning to live unconditionally.


### THE BODY KNOWS: COMMUNICATING WITH THE BODY TO UNCOVER AND HEAL TRAUMA

We will explore the nature of trauma, why it is often very difficult to access with our conscious minds and how this unconscious trauma shows up as life-negating patterns in our lives. We will discuss how to communicate with the body to discover when a trauma occurred, who was involved and what life-negating decisions we made based on the trauma. And, most important of all, we will discuss how to release the trauma and bring in new paradigms for our lives.

## GET IN TOUCH:

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