

Rapid Rewire: Psycho-Emotional Release



PEONY JOY
COACHING &
CONSULTING

Rapid Rewire: A Spiritual Technology for Healing

Welcome to a transformative process that doesn't just *talk* about healing - it helps your system actually **metabolize what life has been asking you to carry**.

Rapid Rewire is a guided, psycho-emotional modality designed for the kind of grief that doesn't always have a single name - because it isn't only personal. Many people are grieving things they didn't experience firsthand: a public tragedy, a collective rupture, a world that feels less predictable than it used to. And underneath that is an even deeper layer: grieving **safety, stability, and faith in the world**—the simple baseline feeling of “*things are okay*.” Even everyday moments can carry a new charge, like **wanting to feel safe when you go pick up your child from school**.

If you've found yourself thinking, “*Why am I so affected?*” or “*This isn't even my story - so why does it feel like it is?*” - you're not broken, and you're not overreacting. You may be sensing the collective emotional field and absorbing more than you realize. What you need isn't more analysis or forcing yourself to “be positive.”

You need a way to **process what's moving through you**, and to frame it accurately, so your nervous system can exhale again.

Rapid Rewire helps you move from grief, stuckness, chaos, or chronic stress into **grounded relief, clarity, and inner steadiness** by addressing the root emotional, mental, and energetic patterns behind what you're carrying - often in a single session. Whether you're overwhelmed by recurring emotional loops, holding a quiet heaviness you can't explain, or feeling emotionally “full” from the state of the world, this process meets you where you are and helps you come back to yourself.

This is not therapy. This is not mindset coaching. It's an **experiential clearing process** - a form of spiritual psychology that works with the subconscious mind, emotional body, and energetic field to create fast, embodied shifts. The goal isn't to numb you out or make you care less. The goal is to help you **feel again without drowning, to restore your inner orientation, and to reclaim the steadiness that lets you live your life with presence** - even in uncertain times.

WHO IS THIS FOR?

This work is for anyone ready to:

- Move beyond the negative impact of emotional overwhelm, ongoing stuckness, or trauma loops
- Heal without rehashing details of painful stories
- Access powerful inner transformation without years of traditional therapy
- Remember *who* they are - beyond the trauma, limiting identities, past narratives, or fear

WHAT YOU CAN EXPECT

- ☑ Completely shift how you experience a current issue, so it no longer has power over you
- ☑ End looping emotional patterns tied to fear, grief, shame, overwhelm, or any undesired emotion
- ☑ Rewire any subconscious beliefs that have been blocking your growth (sometimes for years)
- ☑ Reconnect with your intuition, confidence, and sense of self
- ☑ Walk away feeling free, grounded, and reconnected to your wholeness

Real Results. Real Fast. Many experience deep relief in under 60 minutes, though we may go up to 90 minutes.

This is not because the “problem” disappears, but because ***your relationship to the problem shifts***. When you truly integrate the content of the problem, the problem no longer triggers or defines you, but rather solidifies an understanding of who you were then, and who you’ve become now.

And when you’re no longer entangled in *resistance, fear, or identification*, you become **free to respond** with **clarity, ease, and power**.

Some issues may take several sessions to fully integrate, but one session can often bring you remarkable neutrality, insight, and even gratitude about what once felt impossible.

CORE PRINCIPLES of the PROCESS

Spiritual Technology: Derived from the work of psychologist and mystic [Zivorad Slavinski](#) and his protege [Vladimir Stojakovic](#), this process integrates psychological insight with spiritual awareness, with particular focus on dissolving emotional charge and integrating polarities, resulting in profound shifts into higher states of consciousness.

Emotions as Portals: Emotions are not obstacles, but messengers. When honored and fully felt, they unlock insight, clarity, and peace.

Presence as Medicine: True healing happens through contact - meeting what is with radical presence and compassion.

No Fixing Required: You don’t need to “solve” the problem. You only need to witness it fully. When something is seen without judgment, it can transform.

From Story to Essence: By moving beyond surface narratives - you will *not* need to share details of your issue or situation - we access the deeper truth of what’s asking to be healed.

WHAT HAPPENS IN A SESSION

Our session will feel like a guided meditation - but with profound **emotional, somatic, imagery, and thought movement** beneath the surface.

You'll be invited to close your eyes and ***simply feel what is present or what arises***. There will be no need to rehash old stories or explain every detail.

Instead, we identify the emotional charge or belief pattern you're ready to release, and move layer by layer - like peeling an onion or opening nested dolls - to reach the core split in your consciousness that's been creating your experience of suffering.

We will work with something called **polarities** - opposing internal elements within you, such as freedom vs. limitation, self vs. other, love vs. abandonment - and integrate them through your felt experience. When these polarities are neutralized, you shift back into alignment.

Energetically and spiritually, you will be guiding your own healing, working yourself towards the next level of higher consciousness - one that is higher than that which first created the stuckness, the challenge, the issue, the obstacle towards your goal - and from there, what felt heavy, **becomes light**. What felt triggering, **becomes neutral**. What once held you captive, **dissolves**.

You are not your trauma.
You are not your limiting beliefs.
You are not your coping mechanisms.

You are a conscious, sovereign being - embodied with presence, clarity, and choice. From this place of inner truth, permanent transformation becomes not only possible, but *inevitable*.

Through this process, you'll reconnect with your ability to live in the *now* - to move more freely, love more openly, and take aligned action toward what truly matters to you. You'll find the courage to wake up, grow up, and show up as your most integrated self - one clear decision at a time.

If you're ready to explore the path back to yourself, I'd be honored to walk with you.

For more detailed information on this process, read through some [FAQs](#) and [Testimonials](#). For further questions or to book a free consultation for 1:1 work or facilitating workshops on this, please contact me via email or text.

If you're ready to begin, full **90-minute sessions** can be booked [here](#).

In care, presence, and service to your wholeness,

Peony (Cheryl) Lee
+1-206-627-0873
peonyjoycoaching@gmail.com

FAQs



Frequently Asked Questions

What exactly is this process?

If you've ever felt stuck in emotional pain, overwhelmed by recurring patterns, or burdened by beliefs that no longer serve you, this healing process offers a revolutionary way to shift your inner state - fast. Rooted in transformational psychology, trauma-informed care, and psycho-emotional processing, this method doesn't just talk about healing - it delivers direct access to it.

At its core, this spiritual technology is about turning your problems into information. It sees every emotion, belief, and reaction not as a flaw to be fixed, but as a messenger pointing toward what needs your awareness, compassion, and release. Instead of avoiding discomfort, we meet it with radical presence—what's known as impeccable contact—allowing emotional charge to transform into clarity, insight, and freedom.

What are the core principles of this process?

Deep Contact as a Carrier of Healing: You'll learn how to hold space for yourself (and others) without judgment, projection, or the need to fix. This kind of presence—what we call contact—is the unseen force that begins healing on its own. Just by being with an emotion and saying “thank you,” you begin to transmute suffering into understanding.

From Story to Truth: Through carefully crafted language prompts like “Tell me...”, you bypass superficial narratives and access the real story underneath—the one that's been waiting to be spoken. This creates a space where your nervous system feels safe enough to be honest, unguarded, and whole.

Emotions as Portals, Not Obstacles: Most people fear emotions because they don't know how to process them. Here, emotions become your greatest allies. You learn to name them, feel them, vocalize them, and follow their trail into the beliefs and sensations they're attached to. You don't need to talk in circles—you feel your way free.

Making the Unconscious Conscious: Every emotional loop or trauma response is rooted in something hidden. The goal of healing is to bring light where there was darkness. The process uses alternating awareness, vocalization, and gentle stimulation of “insight points” (on your face) to literally rewire the brain's response to a trigger—allowing you to see more accurately, think more clearly, and choose more freely.

The Power of Duplication and Polarity Integration: Contrary to conventional belief, you don't need to “fix” an emotion to release it. You only need to duplicate it accurately—to mirror it back to yourself fully, in all its layers. When something is truly seen, it can finally dissolve. When a conflicting subconscious duality or polarity within you merges with the other, you can freely choose to meet any given moment with the right mixture of identities within you.

You Are Not Your Past: One of the greatest truths this method helps you reclaim is that you are not your trauma. You are not your identity, your past, your emotional charge, or your coping mechanisms. You are YOU—and when you process from this place, you become grounded, whole, and unshakably yourself.

Psychologically speaking, what will actually be happening during my session?

The process involves us starting with your challenge or emotional conflict, and allows you to look at them using perceptual dualities. However, you will not need to unpack the problem or issue - no narrative is needed. You simply will be asked to *feel* how the problem makes you feel.

Processing a problem with this modality is like peeling an onion layer-by-layer, or opening Russian Matryoshka dolls stacked one within another. As we go layer by layer, we reveal your core perceptual confusion that is bringing about your experience of any given problem, or relevant problems on the existential level.

Using my intuition, attention to detail, and empathy, I will guide you towards merging your Primary Polarities - the main perceptual duality of your consciousness that influences your life and often causes one's suffering.

Zivorad Slavinski created these tools to be “spiritual technology” to work through difficult, chronic emotional, spiritual and physical challenges. You will unpack your layers of subconscious content, which lies at the basis of the initial problem, and as a result, you return to your initial split of consciousness: separation from the state of wholeness and Unity.

This primary split can always be described and experienced as a pair of “polarities” - for example, “freedom and limitation,” “contraction and expansion,” “I and the other,” etc.

Once you experience this split, your polarities are neutralized and the problem either seems less of a problem, or disappears completely.

One session can last from 20 minutes to about 1.5 or 2 hours. For a complete problem resolution, it is usually recommended to have 2-4 sessions total.

What's a session like?

Short answer? The specific processing portion of our session will feel like a guided meditation.

That's it.

You'll be asked to close your eyes so that you can focus on what you're feeling, to be honest and authentic, and to just be yourself. I will not need to know details about the situation, nor will we hash out the past details of your narrative.

Long answer?

We work through the chain of repressed and unconscious conflicts within you to reach the core root and negative beliefs that generated the issue. By identifying and resolving internal, opposing identities, you can feel profound transformation for lasting change and personal growth in your life.

You will...

- ☒ Bring to consciousness what is subconscious within you
- ☒ Release the thoughts, imagery, body sensations, and emotions within you
- ☒ De-identify from the identity keeping you stuck

Instead of feeling anxiety, you can feel freedom.
Instead of feeling anger, you can feel just neutral.
Instead of feeling disempowered, you can feel confident.

Most importantly, you will feel FREE to move on to where you wish to go in life.

How is this different than therapy?

As a coach, I am not a licensed psychotherapist or counselor. I don't make judgements, assessments, or evaluations on what you bring to the table.

I'm simply here to help guide and direct you, which empowers me to approach you differently than a therapist would. The point of a coach is not to "cure" you; it is to empower you with new possibilities. I don't need to be therapeutic to be directive.

This allows any changes taking place to remain in your hands, as opposed to something that I wield and can offer to you; you get to choose it at anytime.

Through guided prompts that explore your emotions, thoughts, body sensations, and imagery, my method takes the best of all human awareness modalities and distills it into its bare essence - without all the unnecessary bits of re-hashing story details and re-living the pain or suffering.

I was trained in the works of Deep PEAT (Primordial Energy Activation and Transcendence) by Wesly Feuquay, [M.Ed.](#), who is one of a handful of people in the world trained by the psychologist Zivorad Slavinski, who spent 60+ years researching psychology as a mystic himself. He was the original pioneer of the PEAT (Primordial Energy Activation and Transcendence) method, which distills decades of psychology disciplines and methods from the world's greatest psychologists, therapists, and experts in the field of self-development.

This distillation of the world's most powerful techniques are what my method is based on - no frills, muss, or fuss. Just the very best of psycho-emotional integration and spiritual healing.

More info on the PEAT method can be found here:

<https://www.zivoradslavinski.com/peat-system/>
<https://www.vladimirstojakovic.com/deep-peat.html>

Will I instantly feel better after my session?

I've seen MIRACULOUS results and have myself experienced tremendous relief and transformation in just one session.

But ultimately, these processes work like peeling onion layers of our subconscious self - we will address our problem as it exists not so much on the earthly realm, but rather, the existential realm. Yes - within you.

After all, the real problem is never really quite the problem itself, is it?

It's always our relationship to the problem...that is the problem.

So after you've successfully processed and integrated all the content inside you - imagery, thoughts, body sensations, emotions - your problem won't be a problem anymore, or will be less of a problem -

not because it won't exist anymore, but because YOU will no longer identify yourself with the problem the way you used to.

In other words, your RELATIONSHIP to the problem will change, thereby changing how you confront, engage with, or face the problem.

I can't promise that you'll instantly "feel better." BUT I can promise that if you authentically step into your raw experiences during the process, your relationship to the problem WILL change.

Check out our [Testimonials](#) for how others have received transformation.

How many sessions will it take for me to overcome my issue?

Humans are beautifully complex - you don't necessarily have just ONE emotion tied to any given problem, situation, or circumstance.

To work through multiple layers of emotions and identities may require several sessions to complete integration.

But just ONE powerful session with me can help you make leaps and bounds, allowing you the chance to be completely at ease, neutral, or even thankful about your "problem."

You'll discover major inner revelations within yourself!

After all, the right answers always lie within yourself and Universe within you.

Real talk - how do you know if this will work for me?

I believe in what I do because I've experienced its power and efficacy in myself.

A few years ago, I lost my partner and unborn child in the same week.

This cataclysmic circumstance instantly impacted my physical, mental, and spiritual health, and sent shockwaves throughout my family, friends, and community. What happened could have left me with years of victimhood, bitterness, grief, and lots of emotional messes to clean up.

Thankfully, through Divine orchestration and protection, I happened to have access to this spiritual technology - I've not only survived what happened, but thrived through it, too.

Within days of the circumstance unfolding, and throughout the reverberations in the ensuing weeks and months, I was able to still function, laugh, smile, and partake in goodness, abundance, and grace.

What should have taken weeks or months of therapy, instead took DAYS of integrating heavy emotions, allowing me to swiftly take action towards where I wished to go. It still stuns me to this day why I am not a mess on the floor, bereft from grief and suffering!

The tools I use are truly groundbreaking, radically effective psycho-emotional and spiritual processes that access and transform blocks or emotional charges at their root. Don't wait for the powerful and sustainable transformation you're seeking! Reach out for a consultation today.

Testimonials



Client Testimonials

A kinda magic game changer! After my first session, the issue we worked on was so discharged that I almost could not remember what it was, like I could not locate it in my psyche. Of course, with the thinking mind, and with effort, I could retrace my steps and find it, but why call it back? I thanked it for its lessons and let it continue to dissolve. For my second session, I closed my eyes—which helped me step out of my personal narrative and into a delicious liminal state where images, colors, sensations could arise and unfold without interference from my thinking mind. Peony was expert, thoughtful, and compassionate in her guidance and facilitation, meeting me exactly where I was, inviting me to welcome what was present, and gently keeping me focused on the process. I felt supported by her in every moment. This modality is huge. It asks you for courage—to step out of the judging, thinking mind and trust. Peony is highly deserving of that trust. Jump in! Close your eyes! Give yourself the gift of working with her and letting her see you through whatever it is that is sticking you in place. You will feel lighter, happier, and more connected to your own dreams and goals!

- JL, Bay Area, California

WOW. I've done therapy before, but never felt such a deep dive in such a short amount of time as I felt during our session. I came away with so much clarity, knowing that these two contrasting identities within me have a place to co-exist together. I took away so much, all of which were already inside me: I feel that I can now approach scary situations or feelings of unworthiness with more calmness, rather than feeling cluttered or overwhelmed or panicky. I don't need to de-value myself any longer; I can just accept myself when talking about what I used to feel was me being "overly emotional." Those scary feelings? I can recognize and accept them now as just thoughts, and take a far more aware approach of how to put that in a place that doesn't feel hurtful to me. I feel such a change of perspective on that worthiness, or that level of just not feeling like you're capable...and now, it is a *choice* that I have.

- TM, Atlanta, Georgia

The changes I've felt since our session have been very strong...the way I view my struggles, the conflicts and issues I've had for years with a person has been flipped completely! Namely, this horrible pain I've had in my neck for at least 4 months has all but disappeared. You are truly gifted and talented in your work - thank you.

- JT, Seattle, Washington

Peony has been nothing short of wonderful to work with. I came to her with concerns about my level of self worth and after two sessions, I can feel my heart opening up to others, which is not what I would have expected. I didn't connect the dots at first, but now realize that we can only truly open our hearts to others when we begin to love ourselves exactly as we are. Since my last session, I've noticed that the emotional blockage inside me no longer seems like a byproduct of my fear around being incapable. Now, I feel less fear in general, and though I am still facing my usual issues with procrastination, this release from fear has allowed me to chip away the next layer of work I need to do. I'm really looking forward to digging deeper and doing the work! I feel lucky to have connected with her and to have her strength, wisdom and support through this very meaningful journey.

- AK, Lisbon, Portugal

I came to some very important realizations from my session - that the way I choose to be or the way I am is incredibly different from others. It opened my mind up to new ways of being which I never knew before. Afterwards, I felt I didn't need to hold on to the issue any longer - the problem just wasn't there

anymore.

- JC, Seattle, Washington

I learned to pinpoint exactly what emotion I'm feeling and take a deep dive into both the negative and positive aspects of that emotion. It was definitely a new perspective on how to approach my emotions! My biggest insight is that these emotions are necessary to get through whatever the case might be. So, I would say, yes, my sessions with Peony definitely made a difference for me - it's my decision on how to act on those emotions... basically, meditating and giving myself time to not act impulsively.

- DB, Shoreline, Washington

After dealing with my relationship ups and downs with my mom for years, in just one session, I now have so much more empathy on a feeling level for her. In the past, I'd try so hard to mentally reconcile and analyze the divide and emotional distance between us; it was so painful on an emotional level. But now, I feel more at peace than I ever have with our communication and relationship dynamic, putting my Ego to rest for a bit.

- MC, Madrid, Spain

I've been going through so many personal and professional transitions in my life lately; been feeling so much disappointment, guilt, doubts, and especially overwhelm. The thought of, "Am I doing something wrong? Why do I keep feeling this way?" kept running through my head. I walked away from my session feeling so rejuvenated, calm, and centered. I can't even fully put into words the realizations I had during the process: my awareness of myself was so deep - I am who I am, and everything is within myself...it's all simply a matter of my own free will. What a difference it is, knowing it in my heart now.

- JO, Seattle, Washington

I am so thankful for Peony. My anxiety around money significantly diminished, and I feel a newfound sense of control and confidence with my financial journey. The very next day after my first session, I tapped back into my power in recruiting, which is paving the way for a bonus. I also embraced a new opportunity as a fashion consultant on a platform, and today alone earned more money. I just finished working on my budget for the last 2 hours. I feel POSSIBILITY for my future!

- HA, Denver, Colorado

I had so much self-doubt, always putting myself down, second-guessing myself, and never really feeling like the other shoe wasn't gonna drop in my life. Well, it happened just the day after my first session with Peony - I realized that my self-doubt was almost non-existent...nearly 24 hours later was I only realizing that it had disappeared! Haha, crazy! Even though I now have other things to work on, that I can with just one session eliminate my self-doubt...that's insane.

- RB., Seattle, Washington

I have found Peony to be a highly intuitive, multi-dimensional healer who has (obviously) accepted her mission here in '3D reality' to empower others, contribute to the Greater Good, and facilitate the healing of her clients. In my session with her, she expertly positioned me to experience emotional polarities, which gifted me with indelible, easily retrievable images I can access when my thoughts and/or emotions catapult me into fear, or the old 'stories' I've been carrying on my life's journey. You're the best, Peony. Thank you.

- LH, Santa Fe, New Mexico

The next morning after my session, I was able to get up and go about my day, feeling like my choices are more manageable...it was like I could stay in equanimity for much longer. That gave me an opportunity to more easily see everything as "choices" rather than as obligations. I felt lighter. I think for me, there's so much transcendence happening and opportunities for deeper meaning here.

- TP, Seattle, Washington

I've been struggling with so much intense hurt, pain, judgement, disappointment, feeling like there's no way out of it. Even though I should be feeling free, I wasn't. On the outside, I looked fine, but inside, I felt completely imprisoned, just like I felt when I was first incarcerated. After just two sessions with Peony, all that judgement, hurt, and pain was replaced by compassion, love, peace. I felt so clearly seen and heard by the Divine within me, so clearly valued and uplifted. I was able to return to the me within that is able to choose freely. Since then, whenever those unwanted feelings come back, I can now catch myself quicker, reconciling the younger me that protected me all these years with the me now who is able to release himself from any internal prison he finds himself in. I have so many more realizations and knowingness within myself that I came away with - they were there all along, but are now unburied.

- IG, Seattle, Washington

I've been feeling a lot of despondency and having a lot of very dark thoughts as I battle my long-standing physical issues with my body in deep and persistent pain. My work with Peony made me truly see that I was beating myself up for not being perfect, that I was using combativeness as a tool. Instead of resisting the chaos, I now realize in my heart that embracing it means bringing in joyfulness, peace, and even excitement. The whole process has made me realize that I was taking away from myself a whole lot more to remain angry. Even days later after my session, I have a better attitude overall, and even when the pain comes back, I can go back into that peaceful, joyful place that this process helped bring me to.

- MW, Cleveland, OH

I had built a relationship based on misunderstanding between that of myself and my emotions, particularly when it came to being triggered by someone in my life. Unconsciously, I had been bottling up, dismissing, and/or villainizing my emotions all along. However, after my first session, I was able to walk away with a sense of true understanding of my emotions, the role they play for me, and thus, truly understand myself. I'm not perfect, but I'm now able to process situations that once left me feeling paralyzed with a greater sense of reflection and peace.

- LK, Cambridge, Massachusetts

I've been feeling a lot of relief and stillness since my session with Peony. I am going to go back into work with a renewed spirit. I'm feeling better. A little anxious still, but also feeling very rested and like I can rest and get relief, which is a feeling that I didn't or couldn't have before. Thank you so much, Peony, for leading me through this process of working through the issue I face at work.

- AN, Burien, Washington

After going through a really difficult break up several years ago, I still felt stuck. Certain thoughts about my ex or myself would trigger bad emotional responses that felt like full-blown panic attacks each time. After only one session with Peony, I have not had one single bad emotional reaction to those triggers or thoughts. I feel totally neutral! What used to send me into a downward spiral is gone. Now I feel freed from that emotional turmoil...I feel like I can truly move forward in that area of my life!

- MK, Tacoma, Washington

The most interesting and insightful aspect of the session was identifying a version of myself that only lasted for a few months, 2 years ago that was very different from who I am today, and then "stepping into" being her again. I've never thought to do that - I've always thought of that version of myself as strictly in the past and far too removed from who I was before and after "her," for me to ever consider "being" her again. Instead, she would just appear now and then to silently condemn me for how much I have departed from her and the sincere, devotional, disciplined path she was walking. Trying to "go back" "into" her felt strange and difficult, but I think it was rewarding and it's been something I've thought about often since the session. I'm grateful to Peony for allowing me the opportunity to experience my relationship to the various aspects of the many versions of myself - past, present, and future - in ways that stretch my mind to consider new possibilities.

- Anonymous, Washington

Peony really helped me through some emotional patterns I have been repeating for quite some time. My session allowed not only my intuition to speak for itself, but also let my analytical mind release what it believed it meant. The feelings begin to melt away into full integration, and I am welcoming some very positive changes in my daily life. For instance, for the first time, I didn't feel guilt while taking my time doing something I love. I didn't pressure myself or do it in any certain way; I just let it flow. That's a definitive shift from before, where I would have felt guilty for taking so much time. Peony is so clearly proficient in what she does. She works from her heart and her mind, making her sessions both effective and supportive. She sincerely cares and fully understands how to help resolve my stuck patterns.

- KNT, Denton, Texas

I felt so very happy and relaxed after my session, and my neck and shoulder pain are kinda gone...yayyy! Peony's voice takes me higher to the next level spiritually, and even physically. It's such a great way to nurture your soul! Highly recommended. Thanks so much for everything; my session was fantastic. I feel completely transformed into a new version of myself.

- AW, Bellevue, Washington

Working with Peony created an immediate shift for me. I felt lighter—more open, present, and focused—and that night I slept better. I also noticed more clarity around tasks that had always been overwhelming. Even when the overwhelm didn't disappear entirely, it felt less consuming and less daunting. I could finally approach things with more spaciousness and a 'little by little' mindset, instead of constantly feeling behind or comparing myself to people who seem ahead.

Another result was how it supported me to show up more authentically. I've not ever shared a story from my past with others. But the very next day, I was able to share my story and felt genuinely received, whereas before I had been super scared and worried to share anything. Peony's work has a huge impact. I can see how deeply healing this is, and I will absolutely continue telling my future clients about it—because everyone has something they could heal. Sometimes it's just a matter of realizing the importance and choosing to do the work.

- JMR, Long Beach, California

In my session, Peony helped me interrupt old anxiety and resentment patterns in real time. When familiar work stress started to rise while talking with former coworkers, I was able to let it pass without getting pulled in, and instead felt genuine gratitude and freedom. Since then, I've noticed a shift from looking backward to looking forward, with more clarity around what I *do* want to create next. I'm also dreaming more at night, and even my shoulder injury has been steadily improving week by week...an incredibly encouraging change.

- RC, Seattle, Washington