The Family Rewire

A rapid energetic healing process for families ready to change what keeps repeating.

When a young person is struggling, families often mobilize every resource they can.

Therapy. Coaching. School support. Tutoring. Evaluations. Accommodations. Parenting strategies. Medication. More structure. More conversations.

These supports can be deeply valuable.

And yet sometimes, even with excellent support in place, **the underlying pattern remains.**

The young person may understand why they are anxious, overwhelmed, perfectionistic, reactive, withdrawn, socially stressed, self-critical, or shut down — and still experience the same internal response.

Parents may understand what they are supposed to do differently — and still find themselves worrying, over-functioning, bracing, rescuing, controlling, or becoming emotionally pulled into the same cycle.

Everyone may have insight.

But insight alone does not always create freedom.

Family Rewire works at a different level.

This Is Not Coaching or Therapy

I do not primarily teach families how to cope better with an existing pattern.

I help them work with the deeper psycho-emotional and energetic material **generating the pattern in the first place.**

My work draws upon nervous-system awareness, psycho-emotional processing, polarity integration, subconscious pattern work, intuitive healing, and energetic integration to help uncover and resolve the internal conflicts and emotional charges that can keep a person reacting in ways they consciously no longer want.

These are often patterns that exist beneath language.

A person may already know:

“I don’t need to be afraid.”

“I know my child is capable.”

“I know I shouldn’t take this personally.”

“I understand where this comes from.”

“I know what my therapist or coach would tell me to do.”

And yet their body, emotions, and nervous system continue responding as though something else is true.

That gap between what a person knows and what their system still believes is where I work.

Why the Work Can Move Quickly

Traditional approaches often begin with the story, behavior, thought pattern, or strategy.

My work goes directly toward the emotional charge and internal polarity beneath it.

Fear and control, love and resentment.

Wanting closeness and wanting distance.

Needing approval and wanting freedom.

Protecting a child and trusting a child.

Wanting change, while another part of the system is terrified of what change might mean.

When these deeper internal conflicts are brought into awareness and integrated, people can experience significant shifts surprisingly quickly — sometimes around patterns they have understood intellectually for years.

The purpose is not temporary relief or a momentary breakthrough.

The aim is to create change deep enough that a person no longer has to continually fight, manage, suppress, or outthink the same internal response.

That is what makes this work fundamentally different from conventional coaching.

Why I Work With the Family System

A young person never exists in isolation; their nervous system is continually interacting with the people around them.

A child's fear affects a parent. A parent's fear affects the child.

One person's shutdown can create another person's pursuit.

One person's anxiety can create another person's over-functioning.

Without anyone intending it, an entire household can gradually begin organizing itself around one recurring source of stress.

This does **not** mean the parents caused the problem.

It means families are *relational systems*.

And sometimes the most powerful way to help one person is to shift what is happening within several parts of that system.

Family Rewire therefore does not identify one person as the patient or problem. Instead, I look for the deeper emotional loops operating **within each person and between family members** — and work where the greatest leverage for change exists.

What the Work May Involve

Every family is different, and the work is highly personalized.

It may include:

- A deep family assessment to understand the emotional landscape beneath the presenting concern
- Psycho-emotional and energetic healing work with the young person, parent, or another family member
- Identifying subconscious emotional loops and protective patterns that continue to generate distress
- Integrating internal conflicts that keep someone caught between opposing emotional states
- Nervous-system and body-based work that moves beyond intellectual understanding
- Consultation to illuminate how family members may unconsciously reinforce another's stress responses
- Helping each person distinguish what belongs to them from what they may be carrying for someone else
- Translating profound internal shifts into everyday relationships, boundaries, decisions, and family life

The work can complement therapy, school-based services, medical care, or other professional support already in place.

It simply serves a different function.

The Transformation

The goal is not to make a young person less sensitive.

It is not to eliminate difficult emotions.

And it is not to create a family that never experiences stress.

The deeper goal is **freedom from the recurring internal charge that keeps turning ordinary stress into the same familiar cycle.**

Over time, that can look like:

A young person who can feel deeply without becoming consumed by what they feel.

A parent who can remain loving without carrying their child's emotional life for them.

Less bracing, less rescuing.

Less anxiety, worry, and fear.

Less repetition of the same argument, fear, shutdown, or emotional spiral.

More self-trust.

More emotional spaciousness.

More capacity to repair.

More freedom to respond to what is actually happening now rather than unconsciously reacting from what happened before.

Ultimately, **the nervous system baseline of the family begins to change.**

And when the baseline changes, everything built upon it has a more stable place to land.

When a Family May Be Ready for This Work

This work is especially suited for families who find themselves saying:

"My child is functioning, but I can feel how much effort it takes."

"We don't need more advice. We need something to actually shift."

"I want something in my family to change - but I'm not sure where or how."

"We understand the problem. We just can't seem to get underneath it."

"We've tried therapy and other support, and something still keeps repeating."

"Everyone in our family is impacted by this now."

A family does not need to be in crisis.

In fact, many of the families best suited for this work are thoughtful, loving, highly resourced families who have already done a great deal.

They are simply ready to stop endlessly managing the pebble in the shoe. **They want to remove it.**

About Peony

I bring nearly two decades of experience working intimately with young people and families as a secondary educator, higher-ed faculty, trauma-informed facilitator, intuitive healer, and integration practitioner.

My years inside the classroom taught me to see young people within the entire ecology of their lives - family, identity, peers, expectations, achievement, belonging, relationships, and the invisible emotional pressures they may not yet know how to articulate.

My work today goes considerably deeper than conventional coaching, mentoring, or teaching.

I guide people through rapid, experiential psycho-emotional and energetic processes that help uncover and integrate the deeper material beneath recurring emotional patterns.

The intention is not simply to help someone understand themselves better.

It is to help something inside them genuinely change - permanently.

Because when the internal pattern changes, the person no longer has to work so hard to behave differently.

And when enough individuals within a family become freer internally, the emotional architecture of the entire home can begin to reorganize.

Read client testimonials here: The Family Rewire

Schedule your complimentary consult here: https://calendly.com/guidepeonylee/complimentaryconsult

The Family Rewire

Not another strategy for managing the pattern, but a deeper, radical process for changing what keeps creating it.

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Helping young people and families create lasting inner freedom.

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Testimonials

“Sorting out my identities was a really big thing for me. It helped me with just finding out more about myself and helped me get better friends, or stop being friends with people who aren’t good friends for me. I can now say yes to stuff that I actually want, and no to what I don’t.”

-S.H., 13-year old, Seattle Public Schools

“When I closed my eyes and Peony took me through the process, I started to see myself with way more compassion. She helped me experience myself in a place where I knew what I knew deep down, but couldn’t fully name yet before. I left feeling clearer, more grounded, and less ashamed of where I was in life.”

— C.M., 20-year-old college sophomore, former Seattle Public Schools graduate

“Peony helped me understand the different parts of myself without making me feel like something was wrong with me. I could finally see why I would go to extremes or overthink everything. After one session, I felt like I had more space inside. I could pause, check in with my body, and choose what actually felt right instead of just reacting.”

— R.M., 19-year-old college freshman, former Seattle Public Schools graduate

“The biggest thing I got from working with Peony was learning to trust my own choices. Before, I would get really caught up in other people’s energy or drama. Now I can step back and ask, ‘Is this mine?’ I feel calmer in my friendships and more confident leaving situations that don’t feel good for me.”

— T.H., 17-year-old Bellevue School District high school student

“Peony doesn’t talk to you like you’re broken or like you need to be fixed. She helps you understand yourself in a way that actually makes sense. I left feeling lighter, but also stronger — like I could hear my own voice again.”

— J.Y., 12-year-old Issaquah School District middle school student

“What I appreciate about working with Peony is that she doesn’t just give advice. She helped me feel what was actually underneath everything. That made the whole situation feel less confusing. I left with more clarity about my patterns, my choices, and the kind of person I want to become.”

— J.B., 22-year-old college senior, former Seattle Public Schools graduate

“Peony has a way of making you feel really seen without making the conversation feel heavy. She helped me connect the dots between what I was feeling, what I was avoiding, and what I actually wanted. I still feel like myself — just more clear and more steady.”

— F.M., 20-year-old college sophomore, former Dallas School District graduate

“I didn’t feel judged at all. Peony made me feel like all the messy parts of me made sense. She helped me understand myself without spiraling into shame. I left feeling like, okay, maybe I can handle my life differently now.”

— Anonymous, Age 17, Bellevue, WA

“After working with Peony, I could finally talk about things I had carried for a long time. It wasn’t about being told what to do. It was about understanding what was happening inside me and realizing I had a choice again.”

— Anonymous, Age 18, Bellevue, WA

“Peony helped me see that the issue in our family was not just one person’s problem. It was the emotional pattern underneath everything that tied us together. Her work brought more breathing room into our family system. Now there is more compassion, less blame, and a clearer path forward for supporting my child and co-parenting with my husband.”

— C.J., parent of a 13-year-old middle schooler in the Swiss school system

“What makes Peony’s work special is that she understands young people so deeply — not just as a coach or healer, but as a former educator who has spent years truly listening to them. She brings warmth, intuition, and emotional precision. My child felt safe with her, and I could see the difference afterward.”

— K.B., parent of a 15-year-old Bellevue School District middle schooler

“My child is bright, sensitive, and self-aware, but sometimes that awareness turns into overthinking and doubt. Peony helped them move from analyzing everything to actually listening to themselves. That shift alone was huge.”

— C.S., parent of a 16-year-old Bellevue School District high schooler

“Working with Peony gave my child something I had been hoping for but didn’t know how to give them: a way to pause, listen to themselves, and make choices from a calmer place. I noticed they were not just talking about growth — they were practicing it in real life. They began leaving situations that overwhelmed them, communicating more clearly, and making decisions about college with more clarity.”

— B.K., parent of an 18-year-old Bellevue School District high schooler

“After working with Peony, my 13-year-old daughter seemed more grounded in who she was. She became better at recognizing what was hers to carry and what wasn’t. I saw her make



decisions with more maturity, especially in friendships and relationships. She was more aware, more steady, and more herself. It was incredible to witness."

— S.H., parent of a 13-year-old Seattle Public Schools middle schooler

"I've watched my child do therapy, tutoring, school support, and many different interventions. Peony's work felt different. It helped my child integrate what they already understood intellectually and actually live it with more calm, confidence, and self-trust. My child feels happier and lighter."

— C.R., parent of a 17-year-old Bellevue School District high schooler

"Working with Peony created a deep and immediate shift for me. I've done therapy before, but I had never experienced such a clear, focused deep dive in such a short amount of time. I came away understanding that two contrasting parts of me could coexist, and that I no longer needed to devalue myself for being emotional. I now feel more calm, more aware, and more able to meet feelings of unworthiness without becoming overwhelmed by them."

— TM, Atlanta, Georgia

"After my first session, the issue we worked on felt so discharged that I could barely locate it anymore. Peony guided the process with such expertise, thoughtfulness, and compassion. I felt supported every step of the way. Her work asks you to step out of the judging mind and trust what is unfolding — and Peony is deeply worthy of that trust."

— JL, Bay Area, California

"The changes I felt after my session were powerful. The way I viewed long-standing conflicts and struggles completely shifted. I felt lighter, clearer, and more at ease. Peony is truly gifted in this work."

— JT, Seattle, Washington

"Peony has been wonderful to work with. I came to her with concerns about self-worth, and after two sessions, I could feel my heart opening in ways I did not expect. I now understand that opening to others begins with accepting myself more fully. I feel less fear, more inner space, and more willingness to continue the deeper work."

— AK, Lisbon, Portugal

"I came to some very important realizations in my session. It opened my mind to new ways of seeing myself and being in the world. Afterward, I felt like I no longer needed to hold on to the issue. The problem simply wasn't there in the same way anymore."

— JC, Seattle, Washington

“Peony helped me understand my emotions in a completely new way. I learned how to identify what I was feeling, explore both the difficult and useful parts of those emotions, and give myself time before reacting. My sessions helped me feel more grounded and less impulsive.”

— DB, Shoreline, Washington

“After years of painful ups and downs in my relationship with my mom, one session with Peony helped me access a deeper level of empathy. In the past, I tried to mentally analyze the divide between us. Now I feel more peace in my body and more softness in how I relate to the dynamic.”

— MC, Madrid, Spain

“I had been moving through so many personal and professional transitions with disappointment, guilt, doubt, and overwhelm. After my session, I felt rejuvenated, calm, and centered. The realizations were hard to put into words, but I felt them deeply: I am who I am, and so much of what I need is already within me.”

— JO, Seattle, Washington

“Peony helped me shift my anxiety around money into a greater sense of possibility, control, and confidence. After our session, I felt more connected to my power, more motivated to take practical action, and more open to what my future could become.”

— HA, Denver, Colorado

“I had carried so much self-doubt — always second-guessing myself and waiting for the other shoe to drop. The day after my first session with Peony, I realized that my self-doubt felt almost nonexistent. It was incredible to notice such a clear shift so quickly.”

— RB, Seattle, Washington

“Peony is a highly intuitive, multidimensional healer. She guided me into an experience of emotional polarities that gave me powerful inner images I can return to when old stories or fears arise. Her work is deeply empowering.”

— LH, Santa Fe, New Mexico

“The morning after my session, I was able to move through my day feeling like my choices were more manageable. I could stay in equanimity longer and see more clearly that many things were choices rather than obligations. I felt lighter, steadier, and more open to deeper meaning.”

— TP, Seattle, Washington

“I came in carrying intense hurt, judgment, and pain. After two sessions with Peony, so much of that was replaced by compassion, peace, and a sense of inner freedom. I felt seen, valued, and

reconnected to the part of me that can choose freely. The realizations were already within me, but Peony helped uncover them."

— IG, Seattle, Washington

"I had been struggling with dark thoughts, physical pain, and a lot of self-judgment. Peony's work helped me see how much I was fighting myself. Instead of resisting what felt chaotic, I began to access more peace, joy, and even excitement. Even when pain returns, I now have a place inside myself I can return to."

— MW, Cleveland, Ohio

"Before working with Peony, I had a difficult relationship with my emotions. I often bottled them up, dismissed them, or judged them. After one session, I left with a deeper understanding of what my emotions were trying to show me. I now process situations that once left me paralyzed with more reflection and peace."

— LK, Cambridge, Massachusetts

"I felt relief and stillness after my session with Peony. I returned to work with a renewed spirit, feeling more rested and more able to access calm. It gave me a kind of relief I had not been able to reach before."

— AN, Burien, Washington

"After a difficult breakup years ago, certain thoughts about my ex still triggered intense emotional reactions. After one session with Peony, those triggers no longer carried the same charge. I felt neutral, free, and finally able to move forward."

— MK, Tacoma, Washington

"One of the most meaningful parts of my session was reconnecting with a past version of myself I had separated from. Peony helped me experience my relationship to different parts of myself — past, present, and future — in a way that opened new possibilities. I am grateful for the depth and spaciousness of her work."

— Anonymous, Woodinville, Washington

"Peony helped me move through emotional patterns I had been repeating for a long time. My intuition could finally speak, while my analytical mind released what it thought everything meant. I've noticed real changes in my daily life, including being able to enjoy something I love without guilt or pressure. Peony works from both heart and mind, and her sessions feel both effective and deeply supportive."

— KNT, Denton, Texas

“I felt happy, relaxed, and transformed after my session. Peony’s voice and guidance helped me feel nurtured spiritually, emotionally, and even physically. It was such a beautiful way to care for my soul.”

— AW, Bellevue, Washington

“Working with Peony created an immediate shift. I felt lighter, more open, more present, and more focused. That night, I slept better. I also found more clarity around tasks that usually overwhelmed me. Even when the overwhelm did not disappear completely, it felt less consuming, and I could approach things little by little instead of feeling constantly behind.”

— JMR, Long Beach, California

“Peony helped me interrupt old anxiety and resentment patterns in real time. When familiar work stress began to rise, I could let it pass without getting pulled back in. Since then, I’ve felt more oriented toward the future, with greater clarity about what I want to create next.”

— RC, Seattle, Washington

“Peony guided me back to my core issue through somatic exploration and visual imagery, which helped me process in a way that felt natural to me. Afterward, she sent a thoughtful summary and follow-up exercise, which felt empowering. I already feel less emotional charge around what we worked on, because my relationship to the experience has changed.”

— LT, Seattle, Washington

“Peony helped me find the gold underneath all the mud. I came in feeling confused, overwhelmed, and disconnected from myself when it came to my life. I left feeling clearer, more honest, and more able to trust my own inner knowing.”

— Anonymous, Long Beach, California

“Working with Peony helped me stop overanalyzing myself and start trusting what was already true underneath the noise. I realized the goal was not to become a completely different person. It was to return to myself with more honesty, more steadiness, and more access to my own clarity.”

— Anonymous, Edmonds, Washington

“I was finally able to see that I was not lacking empathy or tools. I was carrying a lot of inner debate and pressure around how to handle things perfectly. Our work helped me soften that pressure. I felt more grounded, more present, and more able to meet difficult moments without abandoning myself.”

— Anonymous, Des Moines, Washington

“Peony’s work is hard to describe because it is not just coaching, and it is not just emotional processing. It feels like she helps you get underneath the pattern and shift it from the inside. I left feeling less tangled in my own head and more connected to my actual truth.”

— Anonymous, Portland, Oregon