

Rapid Rewire: Psycho-Emotional Release



A Guided Experience for Root-Level Healing

Welcome to an experience that doesn't just talk about healing — *it helps your system finally complete what it has been carrying for far too long.*

This work is for anyone who feels weighed down by recurring emotional charges that don't fully go away, no matter how much reflection, therapy, coaching, mindset work, or self-awareness they have already tried.

It may show up as indecision, grief, anxiety, worry, anger, shame, overwhelm, dread, people-pleasing, perfectionism, self-doubt, or an emotional spike that gets triggered again and again.

The outer circumstances may vary, but the inner experience is often the same:

Something in you keeps finding yourself in that same place.

You understand why you're there intellectually.

You may even know where the issue comes from.

And yet, lasting relief, clarity, or inner peace still feels just out of reach.

These burdens can come from personal pain, old wounds, relationship stress, family dynamics, collective events, or simply holding too much for too long. You may look functional on the outside, while inwardly carrying exhaustion, heaviness, bracing, or stress.

You may have done your best to cope, reflect, talk it through, try new strategies, get advice, shift your mindset, or “work on yourself” — and yet the same patterns, triggers, or emotional charges keep returning.

This is where the deeper work begins.

Because many people are not lacking insight - they are lacking an experience that helps healing actually land in the body, the nervous system, the subconscious mind, and the deeper layers of self.

This work helps resolve things at the root — not by forcing you to relive the story, analyze it endlessly, or manage the symptom forever, but by **guiding your system into direct contact with what has remained unresolved.**

Through a deeply held, intuitive, psycho-emotional, energetic, and spiritual experience, we work beneath the surface narrative to meet the emotional charge where it lives. As the charge is witnessed, felt, integrated, and released, what once felt consuming can begin to lose its grip.

No suppression, bypassing, or trying to convince yourself to feel differently.



Genuine integration.

My gift is guiding people through this inner terrain with precision, compassion, and steadiness. I help you follow what your own system is revealing — the emotions, body sensations, images, beliefs, memories, inner conflicts, and polarities that are asking to be seen — so that what has been stuck can finally move, soften, and transform.

This is not therapy, and it is not mindset coaching.

It is a guided experience of emotional, energetic, and nervous system integration — a form of spiritual psychology that helps dissolve the deeper patterns underneath what keeps getting triggered.

The goal is not to make you numb, detached, or less caring, but to help you feel without flooding, respond without spiraling, and meet life with more steadiness, clarity, and freedom.

When healing truly reaches the root, it does more than bring temporary relief; it changes your relationship to the trigger itself. And from there, life begins to feel different.

WHO IS THIS FOR?

This experience 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

- You may find that a current issue no longer has the same power over you.
- You may feel emotional neutrality where there used to be charge.
- You may feel more grounded, clear, and connected to yourself.
- You may notice that old stories no longer define you in the same way.
- You may reconnect with peace, gratitude, or understanding around what once felt impossible.
- You may feel your body soften, your mind quiet, and your nervous system come out of bracing.

Many people experience deep relief in under 60 minutes, though some experiences may unfold over a longer arc depending on the depth and complexity of the issue.

This is not because the outer problem magically disappears; *it is because your relationship to the problem changes.*



When the emotional charge is integrated, the problem no longer has the same ability to trigger, consume, or define you. What once felt like evidence of who you were becomes part of the story of who you have survived, outgrown, and become.

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

THE PRINCIPLES BENEATH THE EXPERIENCE

Spiritual Psychology: my work is rooted in the understanding that emotional suffering is not only mental. It often lives in the body, the subconscious, the nervous system, and the deeper structures of identity. Harnessing the work of psychologist and mystic [Zivorad Slavinski](#) and his protégé [Vladimir Stojakovic](#), this experience integrates psychological insight with spiritual awareness, especially through the dissolution of emotional charge and the integration of inner polarities. When opposing parts of the self are brought into contact and integrated, consciousness shifts. What once felt split, conflicted, or trapped can return to a deeper state of wholeness.

Emotions as Portals: Emotions are not obstacles. They are messengers. When honored and fully felt, they can open the doorway to insight, clarity, release, and peace. The very emotion you have been trying to get away from may be the doorway back to yourself.

Presence as Medicine: True healing happens through contact. Not avoidance, over-analysis, or self-judgment, but pure presence. When something inside you is met with radical compassion and steady awareness, it can finally begin to transform.

No Fixing Required: You do not need to force yourself to be better. You do not need to solve yourself like a problem. You do not need to perform your healing. You only need to be willing to meet what is present. When something is seen clearly, without judgment, it often begins to change on its own.

From Story to Essence: There won't be a need to share every detail of your issue or painful history. We do not stay at the level of the story. Instead, we follow the emotional charge beneath the story — the feeling, belief, identity, wound, or inner split that is asking to be resolved. This allows us to reach the essence of what is ready to be healed.

WHAT IT FEELS LIKE TO WORK WITH ME

The experience I'll take you through often feels like a guided meditation, but with profound emotional, somatic, imaginal, energetic, and subconscious movement beneath the surface.

You will be invited to close your eyes, turn inward, and simply notice what is present. There is no need to perform, or explain everything perfectly, or relive painful details.



Together, we identify the emotional charge, belief, pattern, or inner conflict you are ready to release. Then I guide you layer by layer, helping you follow what arises naturally in your body, emotions, images, thoughts, and inner awareness - like peeling an onion, or opening nested dolls. We follow the thread through your inner world until we reach the core split that has been creating suffering.

We'll work with inner polarities — opposing forces within you such as freedom and limitation, self and other, love and abandonment, safety and expansion, power and vulnerability, control and surrender. When these polarities are brought into awareness and integrated through your direct experience, the charge begins to neutralize.

What felt heavy can become lighter, what was triggering can become neutral, and what once held you captive can dissolve.

Energetically and spiritually, you are not being “fixed” by someone outside of you. **You are being guided back into contact with your own deeper intelligence.**

My role is to hold the field, track the movement, ask the right questions, guide the integration, and help your system move toward the level of consciousness that can finally resolve what the old level of consciousness could only survive.

You are not your limiting beliefs.

You are not your coping mechanisms.

You are not the old story your nervous system learned to repeat.

You are a conscious, sovereign being — capable of presence, clarity, choice, and deep inner freedom.

From this place of inner truth, transformation is not about becoming someone else; it is about returning to the wholeness that was always underneath the wound.

Through this work, you reconnect with your ability to live in the present — to move more freely, love more openly, trust yourself more deeply, and take aligned action toward what truly matters to you.

You find the courage to wake up, grow up, and show up as your most integrated self — one clear decision at a time.

If you are ready to experience what it feels like to be guided back to yourself, I would be honored to walk with you.

For [FAQs](#), [Testimonials](#), or questions about 1:1 work or group offerings, please contact me.



If you are ready to begin, experiences can be booked [here](#).

In care, presence, and service to your wholeness,

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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.

What will actually be happening within me 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 or an energetic healing session.

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 any time.

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 Wesley Feuquay, 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 the [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 or schedule a session today.

Testimonials



Testimonials from Young People

“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

“When I closed my eyes and Peony took me through the process, I started to see myself with way more compassion. She reflected things back to me that I kind of knew deep down but couldn’t fully name yet. 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

“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

Testimonials from Parents of Youth

“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

General Testimonials

“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