

POWER OF SOMATIC INTELLIGENCE



Dana's Case Study

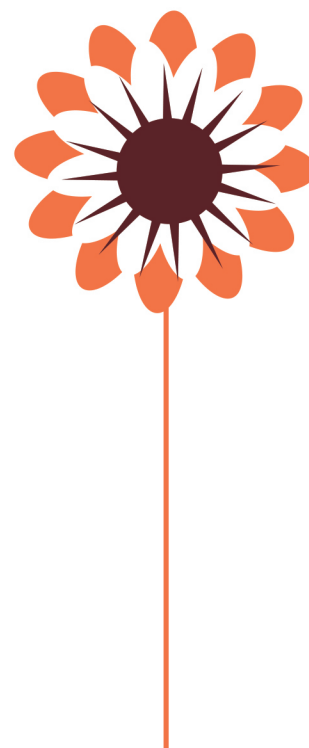


From Fear to Freedom:
Dana's Healing Journey with Ayahuasca

Dana's Story



Dana (*not her real name due to the nature of this information*) struggled with the lingering effects of past sexual trauma, which impacted her intimate relationship and personal well-being. By participating in the Ayahuasca retreat in Peru and engaging in 1:1 coaching with Chen, she faced her deepest fears and emerged stronger, more present, and less afraid of her own power. She reclaimed her narrative and voice and faced her abuser. Dana's journey of healing and self-discovery allowed her to set strong healthy boundaries, stand up to the one who hurt her (and not back out), communicate powerfully, and transform her intimate life with her boyfriend in just 1 year.



The Problem



Before the Transformation: A Life Shadowed by Trauma and Fear

Dana was struggling with deep-seated sexual trauma that affected her intimate relationship with her supportive boyfriend. Despite his understanding nature, Dana found herself freezing during intimate moments, a lingering effect of the sexual abuse she suffered at the hands of her stepfather. This emotional block left her feeling disconnected and yearning for healing and clarity.

“I have this really amazing, supportive boyfriend, and I just couldn't enjoy our intimate life. When I saw information about the Ayahuasca retreat, my body just felt like, ‘Okay, say yes.’ I was scared, but it was a yes. I really wanted to get some clarity and some healing around that part of my life.”

Why Dana Chose Chen?

Dana Before



The Solution



Dana's journey toward deeper healing continued when she learned about an Ayahuasca retreat led and facilitated by Chen, after months of coaching with her. Although the idea of Ayahuasca was intimidating, Dana felt a strong pull in her body to say yes. She had already done so much healing, but nothing could shift the deep-rooted sexual trauma she had been dealing with her entire life. The promise of comprehensive and personalized support before, during, and after the retreat was crucial to her decision. Dana had longed for a safe, supportive presence in her life, and Chen's approach offered exactly that—a trusted anchor in her healing journey.

When Dana was so overwhelmed by fear that she nearly canceled her Ayahuasca trip, Chen guided her back into her body, helping her move past it and recognize how her fear was merely a smoke screen for deeper trauma. Through this profound support—rooted in trust, presence, and connection—Dana was able to embark on her journey and experience deep healing in Peru.

“I really didn’t have supportive people around me growing up. I know they all loved me, but I couldn’t lean on them. Having someone that knows me, that I can trust, that is an anchor for me—that is important to me. That is Chen.”

Chen Lizra



The Transfromation



Despite her initial fear (and request for a refund), Dana found the courage to proceed, supported by Chen's unwavering presence and an 'emergency' call where Chen walked her through her fear. The retreat was intense, but it was also profoundly healing. Chen stayed by her side all night, giving her courage and love to help her meet her trauma as she convulsed on the ground for hours releasing her trauma from the body. Dana emerged from the experience feeling more grounded, present, and less afraid of her own power and shadow inside her.

The integration sessions with Chen were pivotal. They helped Dana translate the insights from the retreat into actionable steps, leading to significant changes in her life. She took courageous actions, such as writing letters to her family about her abuse, setting boundaries, and honouring her own experiences. When the letter she wrote her mother was shared (without her permission) to her stepfather, he threatened to sue her. She did not back down and used her power to stand her ground. These steps were monumental in her journey toward claiming her voice and narrative back.

"I came back from the retreat stronger. I came back bigger, more in my body, more present. I'm not so scared anymore of my power of the darkness inside of me. I've been to my darkness; it was so scary, but I got out of it. Because of the integration sessions, I took action on what I experienced. My life just completely changed."

Dana After

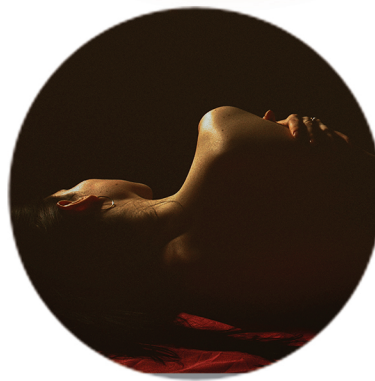


The Results



The one-on-one somatic coaching sessions allowed Dana to process emotions that had previously left her frozen. Dana learned to navigate her feelings, moving through discomfort and numbness with Chen's guidance. This was the foundation of the trust she needed during the Ayahuasca ceremonies to let Chen be her anchor. She physically held on to Chen during ceremonies for support and comfort so that she could walk through her fear and come out on the other side stronger. The process helped her release the darkness of intense childhood trauma and feel lighter and more joyful.

“Chen made me feel fully seen. She met me in my pain, causing it to lose all of its power. She was able to heal where there's darkness and I realized there can be light in the dark. To have someone be there with you when you're experiencing all these difficult emotions is so important. Chen was my anchor, and now I can feel that anchor inside of me.”



The Impact on Her Intimate Relationship

Dana's intimate life with her boyfriend transformed significantly. After the retreat, their connection felt renewed, as if they were experiencing intimacy for the first time. Dana communicated openly with her boyfriend about her journey, and over time, she found herself more at ease with touch and able to enjoy their intimate moments without feeling pressured.

“I'm more at home in my body, more able to enjoy intimacy without feeling pressured all the time to do something. Our intimate life is better, and now there's room for exploring more.”

Want Results Like These ?



Is the Ayahuasca Retreat in Peru right for you?

Dana's story is a testament to the power of facing one's deepest fears and embracing healing with courage. Her journey from fear to freedom illustrates the profound impact of having a supportive guide like Chen.

For anyone feeling trapped by past trauma, Dana's experience shows that transformation is possible. With courage and the right support (someone being your anchor) and guidance, you can meet your darkest parts, reclaim your life, and move forward with confidence, courage, truth, and clarity.

**Book a Discovery Call to see if the
Aya retreat with Chen is right for you.**

