

In 2023 I started therapy with Isabel. At first I wanted nothing to do with somatic therapy. I just wanted somebody to listen to me, somebody I could be honest with, without being judged. Somebody who could give me advice, somebody, who could be honest with me. I trusted her instantly and my sessions with her have by far been the best, and most life chasing choice I've made.

I've always felt a little lost in who I was, who I thought I should be and who I could be. I didn't feel powerful, I didn't feel magnetic. I just existed. I existed in a world of sadness and constant conflict, with others, but mostly with myself. My mind was never a comfortable place for me to be in, but somehow, I was in there constantly. After multiple sessions with Isabel, I fell in love with her a little, not in a romantic way, but in an admirable way. She was always so calm, so feminine, always in her power. That's probably what drew me in to begin with. She once mentioned her Magnetic Woman Mastery course and the moment she mentioned it, I spat out and said that I wanted to do it. For weeks after, I constantly asked her when it is happening, when she would start it, when she would release it. I knew it was something I wanted to do. So when the time I came, I signed up, and when the course started, I bailed. Partly because of my work, but mostly because I felt like this course would be it. The thing that will show me some place new, guide me to a better place, a better, stronger version of myself, and deep down, I was scared of stepping into that version. So for months I sabotaged myself, told myself my work was too busy, that I didn't have the time, that I would catch up. One excuse after the other. All the while Isabel stayed patient.

Around October I hit another rock bottom in my life. I felt lost and sad and helpless again. Even though I loved feeling sad, I didn't want to be sad. So I finally started it. Slowly but surely I caught up on the videos and the exercises. I always loved my sessions with Isabel, but being able to watch her speak and getting to replay the videos and writing down points I would have surely forgotten later made it feel like I was actually grasping the concept. There's so much that she uncovers in the course. There are so many questions I had to reflect and answer, some comfortable, others taking you to places you always avoided going. Saying I learned so much is an understatement. Every video brings up more questions and step by step, I started feeling hopeful again. The kind of hopeful I felt when I first heard about this course. It was kind of a now or never moment. So I listened to the videos, replayed them whenever I needed to, listened to the meditations and journaled. At one specific live call, Isabel spoke about playing big. If you want big, you need to play big. If you want big, you need to dream big. Instead of dreaming of a life that is 2 times better than your life is now, and you're taking the steps to get there, why not dream of a life that is 10 times better than your life now. The steps will still be the same in the long run, but you will get there faster. Something in me clicked. I wanted to feel more confident in my body at the time, which was one of my goals, but instead of focusing on feeling more confident, why not focus on becoming the most confident, sexiest person out there. I still have to go to the gym, I still have to eat right. But why not aim to be the sexiest person ever, than just being a little sexier.

The course helped me realise that I can make unexpected things happen, if I just stay in my energy of eros, if I say what I want, if I play with the universe, with god and with myself ;) and guess what. The unexpected happened. I got my dream job which I never even thought about.

I'm just touching the surface here, there's so much more to it, but if you are thinking about doing this course and you need a reason, let it be this one.

I used to feel trapped within myself, I used to be overwhelmed with emotion, I pretended to like myself when I hated myself. I tortured my body and most of all my mind. I didn't know who I should be. I was so lost. This course gave me the tools to feel all the emotions that I feel, whilst moving them, transforming them into an emotion that serves me. Sadness can serve you, anger can serve you. It made me realise that I can be everything and nothing at once. I can be whatever I want to be and feel whatever I want to feel at any moment. It healed my relationship with my body in ways that might sound ridiculous. Through bringing pleasure into my life, I started enjoying food again, instead of seeing it as a battle. I started enjoying moments with myself. I started playing with the world and watching one thing happen after the other. But the biggest thing that this course gave me, was a kind mind. I can't pinpoint what it was or how it transformed, but little by little, I started being nicer to myself, being kinder to myself. I started trusting myself, because of course I deserve it all!

No, not all my problems are solved, life still goes up and down, but I learned to bring pleasure into the ups and into the downs. The downs don't drown me anymore. I can hold them, I find the pleasure in them. I seduce myself and I seduce life.

And I am so incredibly thankful to you Isabel, that you created this course and somehow, through all of it, gave me peace of mind, trust and hope. Thank you.