

BODY-CENTERED EMOTIONAL RELEASE

WITH PAULINA RZECZKOWSKA, MD

Release the Past. Restore Inner Safety. Empower Your Future.

The Work

The body remembers what the mind forgets.

Sometimes we feel the effects of past experiences in ways we cannot fully explain — in physical tension or symptoms, emotional reactions, or patterns that show up in our relationships and responses to life.

This work supports the release of those emotional and relational patterns held in the body. Rather than analyzing the past, we listen for what remains unfinished — sensations, emotions, and protective responses that once supported survival and are no longer needed.

Sessions are body-led, slow, and precise, guided by what the body is ready to release. We work at the pace the nervous system can integrate, allowing the body to restore its natural capacity for regulation, resilience, and coherence.

This work promotes healing on a deep level, restoring a sense of calm, safety, and connection within the body. As emotional patterns release, many people experience greater clarity, creativity, and a renewed sense of purpose.

What a Session Is Like

Each session is approximately 75 minutes and begins with a brief check-in to connect with what is present for you. This is followed by a guided somatic deep relaxation session, fully clothed on a massage table.

You remain aware and in control throughout the session.

Through gentle dialogue and guided awareness, we bring attention to sensations and emotions that are ready to shift. At times, light touch is used at specific points on the body to support regulation, safety, and integration.

Clients often experience a quieting of the mind, emotional release, or a sense of deep calm. Physical sensations such as warmth, tingling, or subtle movement are common as the body releases held patterns.

As the nervous system settles, many people notice a restoration of inner peace, relief from emotional tension, and sometimes a reduction in stress-related physical discomfort.

There is no need to force insight, relive trauma, or “make something happen.” The work unfolds through presence, timing, and safety.

About the Method

This work is informed by somatic principles, nervous system regulation, Ayurvedic wisdom, Integrated Energy Therapy® (IET), Wild Woman Reiki, and intuitive listening. Rather than focusing on technique, sessions are guided by what the body is communicating in the present moment.

Unprocessed emotional experiences — including those shaped by early life or family systems — can live in the body outside of conscious awareness. When the body senses safety in the presence of an empathetic witness, these patterns can release without overwhelm, freeing you — and often future generations — from inherited emotional patterns.

After a Session

Integration continues after a session. You may feel calm, energized, emotional, reflective, or temporarily unsettled. This is a normal part of the body reorganizing.

Rest, hydration, and quiet attention support integration. Journaling or gentle reflection may be helpful. Personalized self-care and lifestyle practice may be suggested to support your integration, but nothing is required.

In the days following a session, you may notice increased clarity, insight, or a deeper sense of connection to yourself. Each session is different. Trust your body.

The Power of Consistency

This work is cumulative. Over time, sessions support deeper regulation and clearer access to insights and choice.

Clients often notice:

- greater stability and ease in their body
- increased emotional flexibility and resilience
- less reactivity in challenging situations
- clearer choices in relationships and life decisions

Healing unfolds in layers. Progress is not linear, but it is coherent.

Is This Work Right for You?

This work may be supportive if you find yourself:

- navigating grief, transition, or loss
- experiencing anxiety, emotional overwhelm, or persistent patterns in how you feel or respond
- working with the impact of trauma or family-of-origin experiences
- seeking embodiment, beyond insight alone

You do not need to be “fixed.”

You do need a willingness to listen to your body and participate in the process.

*Your body already has the capacity to heal.
This work creates the conditions for the process to unfold.*



PAULINA RZECZKOWSKA, MD
E: dr.paulina@gmail.com | P: 646-530-1243
IG/FB: drpaulina.rzeczkowska

