



Finding Your Way Home

A grounded guide to nervous system regulation,
radical self-acceptance & coming home to yourself

The guide you didn't know you needed — until right now.

Rising Phoenix Intuitive Wellness

by Alyssa Vee | Psychosomatic Therapist & Intuitive Wellness Practitioner

A NOTE FROM ALYSSA

Hello, love.

If something brought you here, I want you to know — that wasn't an accident. Whether it was exhaustion, curiosity, a quiet ache for something different, or just the sense that the way things have been going isn't working anymore. That pull? It's worth listening to.

I'm Alyssa. I'm a psychosomatic therapist and the founder of Rising Phoenix Intuitive Wellness. My work sits at the intersection of body-based therapy, somatic healing, and intuitive practice — because real, lasting change doesn't live in the mind alone. It lives in the body.

The body keeps the score. It also holds the key.

This guide is not a replacement for therapy or clinical support. What it is — is a beginning. A grounded, honest introduction to the principles that underpin everything I do: nervous system regulation, somatic awareness, and the radical act of coming home to yourself.

You don't have to be in crisis to be here. You don't have to have it all figured out. You just have to be willing to get a little curious about yourself.

That's enough. That's everything. Let's start there.

Alyssa Vee

PSYCHOSOMATIC THERAPIST | RISING PHOENIX INTUITIVE WELLNESS

The Phoenix Framework

As a psychosomatic therapist, I've watched hundreds of people move through healing — and no matter how different their stories, the journey moves through the same essential cycle. Not a straight line. A spiral. Each time around, you go a little deeper.

01 THE DIFFICULTY

Something happens — or has been happening for a long time. Loss, burnout, chronic anxiety, disconnection, or the creeping sense that you're just going through the motions. This is not a detour from your path. This is the beginning of it.

02 THE TURNING INWARD

Instead of running, numbing, or pushing through — you pause. You get curious about what your body and nervous system are actually trying to communicate. Clinically and personally, this is the bravest thing a person can do.

03 THE REGULATION

You learn to create safety inside your own body. Not suppressing your feelings — processing them. Your nervous system begins to settle. You stop reacting from survival mode and start responding from a grounded, regulated place.

04 THE RISING

From that regulated, embodied place — you expand. You make different choices. You show up differently in your relationships, your work, your life. You rise — not by bypassing the hard parts, but because you moved through them.

What ‘Coming Home’ *Actually Means*

A lot of wellness spaces — and even some therapy spaces — will tell you that healing means fixing something that’s broken. That if you just find the right technique, think the right thoughts, or take the right supplements, you’ll finally arrive at a version of yourself that’s acceptable.

That’s not what we do here.

From a psychosomatic perspective, most of what we call ‘dysfunction’ is actually a brilliantly intelligent adaptation. Your nervous system learned to respond the way it does because at some point, that response kept you safe. The anxiety, the shutdown, the over-functioning — these aren’t flaws. They’re survival strategies that are no longer serving you.

Coming home to yourself means returning to your baseline — the regulated, embodied, authentic state that exists underneath all the coping. It means your nervous system learning, at a cellular level, that safety is available. That you can rest. That you don’t have to brace anymore.

Healing isn’t addition. It’s subtraction — gently releasing what was never truly yours until what remains is simply, profoundly you.

“Your nervous system is not broken. It is doing exactly what it learned to do — and with the right support, it can learn something new.”

Why Your Nervous System *Holds the Key*

Here's something I see in almost every client I work with: they've tried talking about their feelings. They've journaled. They've done the mindset work. And they still feel stuck — reactive, exhausted, disconnected — in ways they can't think their way out of.

That's not a failure of effort. That's what happens when we try to heal the body from the neck up.

Psychosomatic therapy is grounded in the understanding that the mind and body are not separate systems — they are one integrated system. Trauma, stress, and unprocessed emotion are not stored only as memories in the brain. They are stored as patterns in the body: in the breath, the muscles, the gut, the nervous system.

This is why nervous system regulation — not just talk therapy — is so central to lasting healing. When the body learns safety, the mind follows. Not the other way around.

The great news? Neuroplasticity is real. Your nervous system is not fixed. With the right somatic tools and consistent practice, it genuinely learns new patterns — new ways of experiencing safety, connection, and calm. That is what the work at Rising Phoenix is built on.

You're not stuck. You're just waiting for the right approach.

3 Signs You're Ready *to Rise*

Readiness doesn't always feel like confidence. Sometimes it feels like exhaustion with the old way. See if any of these land for you:

01 You Can See Your Patterns — and You're Tired of Them

You know you do the thing. The over-explaining, the shutting down, the people-pleasing, the anxiety spiral. You can see it happening and still can't stop it. That gap between knowing and changing? That lives in the nervous system — and it is absolutely workable.

02 Talk Therapy Alone Hasn't Been Enough

Maybe you've done therapy. Maybe you've read every self-help book. You've gained insight — real insight — but the felt sense of ease and aliveness still feels just out of reach. That's not a failure. That's your body saying it needs to be included in the healing.

03 Something in You Is Ready to Actually Feel It

Not to be consumed by your feelings — but to stop running from them. There's a growing sense that the emotions you've been managing, bypassing, or numbing are not the enemy. They're information. You're ready to turn toward them with curiosity instead of dread.

One Practice to Begin *Right Now*

I want to give you something you can actually use — not just a concept, but an experience. This is one of the simplest and most clinically supported tools in somatic therapy, and it works because it uses what you already have: your breath, your body, and this moment.

The Homecoming Breath

(Extended exhale breathing to activate the parasympathetic nervous system)

1. Find a comfortable position — seated or lying down, whatever feels most easeful in your body right now.
2. Place one hand on your chest and one hand on your belly. Feel the warmth of your own hands. Let that contact be the first signal to your nervous system: I'm paying attention.
3. Inhale slowly through your nose for a count of 4. Feel your belly rise first, then your chest.
4. Hold gently at the top for a count of 2.
5. Exhale slowly through your mouth for a count of 6. Not forced — just complete. Let it all go.
6. At the bottom of the exhale, pause for a count of 2. Notice: I'm here. I'm safe right now. This breath made it.
7. Repeat 4–6 cycles. Notice what — if anything — shifts in your body.

The extended exhale directly activates the vagus nerve and parasympathetic nervous system. This is not magic — this is physiology. And consistent practice genuinely rewires your baseline over time.

This Is Just *the Beginning*

Rising Phoenix Intuitive Wellness offers a full ecosystem of support — from self-paced digital tools you can start today, to 1:1 clinical and intuitive work, to immersive retreat experiences around the world. Here's where you can go next:

Reactivity Reset

A self-paced digital program for the moments you feel triggered, overwhelmed, or consumed by reactivity. Practical, body-based tools to interrupt the cycle and return to yourself — fast.

Reclaim Your Calm

A deeper self-paced journey into nervous system healing. For those ready to build a sustainable, embodied baseline of peace rather than just managing the spikes.

1:1 Work with Alyssa

Personalized psychosomatic therapy and intuitive wellness support. A space that is entirely yours — to be met where you are and guided toward where you want to go.

Global Retreats & Experiences

Immersive in-person healing at heart-centered spaces worldwide. Designed for those who are ready to go all in — on themselves.

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You're not starting over.

You're starting from here.

Whatever brought you to this guide — I want you to know that something in you was already moving toward this. You don't end up somewhere by accident.

As a therapist, I've sat across from a lot of people who thought they were too far gone. Too stuck. Too much of a mess to actually change. And every single time, what I saw instead was someone who had been incredibly resilient — who had kept themselves going with the tools they had — and was finally ready for better tools.

That might be you. And if it is — I'm so glad you're here.

You don't need to be fixed. You need to be met — by someone who understands the science of what's happening in your body and the full, complex humanity of what's happening in your life.

That's what Rising Phoenix is here for. And this? This is just the first breath.

See you on the inside, love.

Alyssa Vee

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