



**WELLNESS
COUNSELING
& COACHING**

EDDY M PEÑA ARANO

My name is Eddy Miguel Peña Arano. Trained as a lawyer, life guided me toward a deeper purpose: accompanying others on their journey toward holistic well-being. Through my own inner exploration, I discovered that authentic connection, compassion, and therapeutic tools can transform lives, enabling individuals to heal and flourish.

My approach is informed by years of study in diverse therapeutic methodologies, combined with rigorous research and a constant curiosity to understand the complexities of the human being. I specialize in helping my clients explore their personal stories with kindness, uncovering deeply rooted patterns to release emotions and limiting beliefs that hinder their potential.

This work has crystallized into my own system: **Somatic-Emotional Introspection (SEI)**. Through SEI, I facilitate a profound connection between mind, body, and emotions, allowing clients to listen to their inner wisdom and process unresolved experiences from a foundation of safety and presence.

Beyond my professional practice, I am deeply passionate about music, art, and physical movement. These disciplines not only enrich my life but also inspire my work: I incorporate creative and somatic resources within the ISE framework to facilitate emotional integration, always adapting to the unique needs of each individual.

My mission is to create a safe space where people can reconnect with themselves—transforming pain into wisdom and disconnection into wholeness. In every session, I seek to honor human resilience and remind each client that, even in adversity, healing is possible.

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