

Identity Mapping & Shifting Programme

I've done so much work on myself. Why do I still feel stuck?

Led by Renato, at the invitation of Mitsu and Vero.

16–17 November 2026

Google Meet & Leipzig area, Germany

The preparation workshop is held in English.



If you've spent time on the medicine path, you may recognise this: something becomes clear during a ceremony, but at home you find yourself living much as before. There is still the conversation you've been avoiding, the work that drains you, the decision you don't feel ready to make.

For me, integration means bringing those insights into daily life. Identity mapping helps us get specific about what needs to change.

A practical bridge between ceremonies

This gathering takes place between two other major ceremonies. I rarely have the opportunity to offer this programme in that setting: a space to gather what is emerging, prepare a clearer intention, and begin bringing it into everyday life.

In my experience, medicine can open doors into ourselves. Understanding can continue to unfold afterwards, through the changes we make. This programme gives that process a practical place to begin.

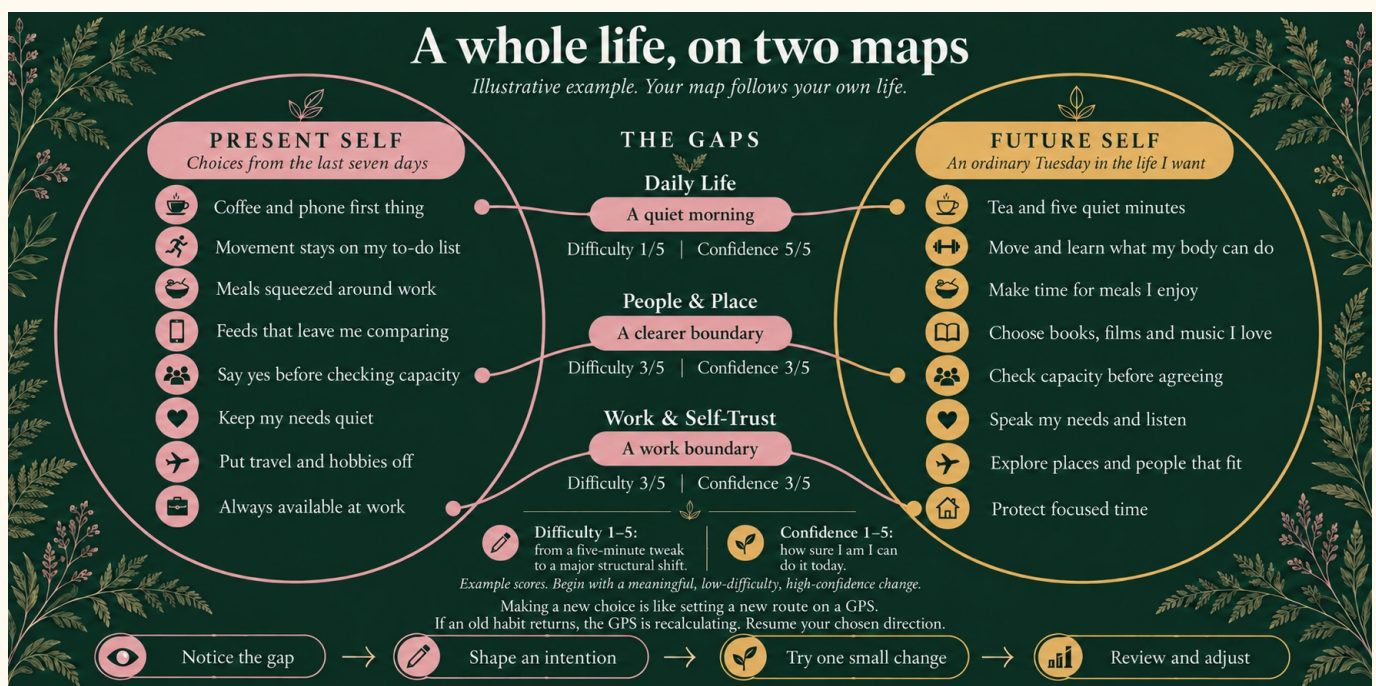
What does the life you want look like day to day?

First, describe an ordinary Tuesday in the life you want: how you treat yourself, what you value, the boundaries you protect and how you make decisions. Then map your present choices using evidence from the last seven days: your habits, relationships, self-talk and responses.

We look without shame at what a familiar pattern has been protecting. Comparing the maps reveals specific differences. We choose what matters and turn it into an open intention for the ceremony. You don't need to solve your whole life or demand an immediate answer.

After the experience and time to rest, we revisit the map. What you noticed may confirm, expand or change your initial direction. We rate difficulty and confidence, then choose one or two meaningful changes you feel ready to begin.

A whole life, on two maps



Each gap receives two ratings. Difficulty 1 is a quick five-minute adjustment; 5 is a major structural change, such as moving homes. Confidence 1-5 means how sure you are that you can carry out the change today. Start with a meaningful change that has low difficulty and high confidence. The scores shown here are examples; you rate your own situation in the workshop.

A gap may involve a habit, a skill, a belief, a relationship, your environment or a practical constraint. We look at what you need before choosing a step. Difficulty depends on your situation, not the category.

From the map to a change you can live with

1. Choose a workable beginning

After the ceremony and time to rest, choose one or two changes you feel ready to try. Start with the most manageable: for example, pause before answering one nonurgent request.

2. Make it easier to follow through

Decide when you will practise, what reminder or support would help, and what a smaller version could look like on a difficult day.

3. Notice what changes, then adjust

Ask: what did I do, what happened, and what do I need next? Recognise the satisfaction of following through. If a step is too much, make it smaller or choose another.

You can begin with something small

The aim is to make change manageable, without piling on demands or turning a difficult day into a reason for guilt. You can question familiar habits, beliefs and routines, then try a different response.

Sometimes one small change influences other parts of life: making room for rest may affect how you answer a request, protect your time or treat yourself. We look at what is already changing before adding more. Clarity and confidence can grow through the process; you don't have to feel ready for everything at the start.

What you will take into everyday life

- A first version of your present-self and future-self maps.
- A meaningful gap and an intention for the ceremony.
- One or two manageable next steps, revised after the experience.
- A simple way to observe progress and adjust, with an included integration call.

She thought she was too old.

A woman I worked with was in her forties and believed she was too old to become athletic. She had dreamed of competing as a child but no longer thought it possible. She also wanted to travel and have more freedom.

Through identity mapping and a couple of months of follow-up sessions, we explored that belief about age. It led us into self-worth, then self-love: the stories she told herself and the names she called herself. Looking back, I saw a domino effect of change.

When I saw her again, my jaw dropped. Over a little more than a year and a half, she had gone on to compete in bodybuilding, travel for competitions, and arrange part-time remote work that gave her more freedom.

Learning a different route

Neuroplasticity and habit formation

Learning changes communication between neurons. Practice helps you develop new responses; repeating an action in a recurring situation can help it become more automatic.

The GPS analogy I use

Making a new choice is like setting a new route on a GPS. When you revert to an old habit, it is not a failure; it is the GPS recalculating. You resume your chosen direction. I use this analogy to describe the pull of a familiar response. We practise the next step, notice what happens and adjust.

Listen to the resistance

Meeting resistance can be a sign that you are trying a different response. I ask what you fear losing, what you want to protect and what would make the next step workable. You may discover a boundary to practise, a need for support or a step that needs to be smaller. We learn from the resistance as well as from the result.

Let your desire become more precise

In my work, wanting can keep your attention on what is missing. I use desire to explore the excitement and texture of the life you would enjoy living. Describe an ordinary morning there. Notice who you spend time with and what you protect. As you try changes, you may discover that you want more time or freedom rather than the title you first imagined.

Use the transition to learn about yourself

You may choose to stay in a job while protecting your income or preparing another option. You can also use that time to understand what drains you, what matters to you and which boundaries you want in your next chapter. Write those things down. A bridge job, a different arrangement or asking for support can be a meaningful change while you prepare the larger one.

BrainFacts / Society for Neuroscience · Wood & R nger: Psychology of Habit

Why I work this way

I had a well-paid executive job and a mortgage. I was living in the Netherlands, a very expensive country, with my husband. My luxurious lifestyle represented success to me. Deep inside, I was miserable. The salary gave me an illusion of safety, and I kept abandoning my own needs to stay in a life that was making me sick.

Then I came to Bansko, Bulgaria. I remember sitting by a lake and sending my friends a photograph of the view. At first, it was a small desire: I wanted that peace, that nature, that view in my everyday life. I didn't yet know how much would change.

That small desire kept growing. Over the next two years, I changed my spending, my priorities, my work and where I lived. I left my executive role, paid off my debts, and bought an apartment in cash with the exact same lake view I had photographed in Bansko. One change helped me make the next. What began as a small wish grew into a complete metamorphosis. I became someone I had never imagined I could become, and began to feel safer within myself.

I began bringing the same close attention to my work with other people: what they wanted, how they were living, and what happened when they made a different choice. I have been a facilitator for ten years, and for the past four I have helped people explore and change their sense of who they are.

Recently, I spent several months with Mitsu and Vero in Peru. We became close, like family, and they officiated our marriage. We share a spiritual and shamanic path, which is why they invited me to join them here.

I am now working towards spending six months in Europe and six months in South America. Going to Peru was a step towards that life. While I support your changes, I am still making my own.

The programme

All times are Germany local time, CET. Your contribution includes the preparation workshop, this ceremony and one integration follow-up call.

Monday, November 16 · 17:00–19:00

Online identity-mapping workshop · Google Meet

This required workshop is held in English. Guided writing helps you begin your maps, identify a meaningful gap and put your intention into words. You choose what to share. Afterwards, you have time to reflect and rest before the following day.

Tuesday, November 17 · 10:00–20:00

Sacred Mushroom Ceremony

We meet in Leipzig or the surrounding area. The exact venue is yet to be confirmed and will depend on the number of registrations. Location and arrival details will be confirmed with participants.

Integration follow-up

One included small-group call

We return to what matters from your experience, revisit your maps and explore a manageable next step. The date and duration will be confirmed.

Optional eight-week support

For ongoing individual support, you can book eight weeks of mentoring separately, with eight weekly calls. Depending on your situation, a week's conversation can be split into shorter check-ins.

We begin with the changes that matter to you, review what you tried and adapt the next step. As you make progress, we can explore further changes. This support is not included in the workshop and ceremony contribution.

Contribution and payment

€250

50% deposit • €125

A 50% deposit is payable in advance. The remaining €125 is payable on the day of the ceremony, November 17. The deposit is non-refundable, including if you cancel.

Bank transfer in EUR

Contact me on Telegram first to confirm your place. Then transfer the 50% deposit in EUR. Use your full name as the payment reference so I can match the payment to your registration.

Account holder

Renato Zamagna

IBAN

BE61 9672 8355 5517

SWIFT/BIC

TRWIBEB1XXX

Wise address

Wise, Rue du Trône 100, 3rd floor, Brussels, 1050, Belgium

Registration and questions

Contact me for registration and deposit arrangements, or to ask whether the program fits what you want to work on.

Contact Renato on Telegram

Daily Life

Each gap receives two ratings. Difficulty 1 is a quick five-minute adjustment; 5 is a major structural change, such as moving homes. Confidence 1-5 means how sure you are that you can carry out the change today. Start with a meaningful change that has low difficulty and high confidence. The scores shown here are examples; you rate your own situation in the workshop.

Morning

Present self: Coffee and phone first thing. Future self: Tea and five quiet minutes.

The gap: A quieter start. Difficulty 1/5; Confidence 5/5.

A possible first step: Leave the phone aside for the first five minutes.

Movement

Present self: Keep putting movement off. Future self: Move and discover what my body can do.

The gap: Make room for movement. Difficulty 2/5; Confidence 4/5.

A possible first step: Choose a manageable walk and a time to try it.

Food

Present self: Squeeze meals around work. Future self: Make time for meals I enjoy.

The gap: Time to care for myself. Difficulty 2/5; Confidence 4/5.

A possible first step: Protect time for one meal without working through it.

Content

Present self: Scroll and compare myself. Future self: Choose books, films and music I love.

The gap: Choose what I give attention to. Difficulty 1/5; Confidence 5/5.

A possible first step: Replace one scrolling break with something I enjoy.

People & Place

Each gap receives two ratings. Difficulty 1 is a quick five-minute adjustment; 5 is a major structural change, such as moving homes. Confidence 1-5 means how sure you are that you can carry out the change today. Start with a meaningful change that has low difficulty and high confidence. The scores shown here are examples; you rate your own situation in the workshop.

People

Present self: Say yes to fit in. Future self: Pause before answering requests.

The gap: A more deliberate yes. Difficulty 3/5; Confidence 3/5.

A possible first step: Pause before answering one nonurgent request.

Relationship

Present self: Keep my needs quiet. Future self: Speak my needs and listen.

The gap: Make space for an honest request. Difficulty 3/5; Confidence 3/5.

A possible first step: Write down one need and prepare a conversation.

Home

Present self: Stay in a place out of habit. Future self: Explore a country and home that fit my life.

The gap: A supported change of place. Difficulty 5/5; Confidence 2/5.

A possible first step: Explore costs, practical needs and support in one possible location.

Travel

Present self: Keep putting holidays off. Future self: Plan travel, nature or competitions.

The gap: Make room for experiences I want. Difficulty 2/5; Confidence 4/5.

A possible first step: Compare one trip with the time and resources I have.

Work & Self-Trust

Each gap receives two ratings. Difficulty 1 is a quick five-minute adjustment; 5 is a major structural change, such as moving homes. Confidence 1-5 means how sure you are that you can carry out the change today. Start with a meaningful change that has low difficulty and high confidence. The scores shown here are examples; you rate your own situation in the workshop.

Work

Present self: Stay available all the time. Future self: Protect focused time.

The gap: A clearer work boundary. Difficulty 3/5; Confidence 3/5.

A possible first step: Identify one boundary I can discuss or test at work.

Money

Present self: Rely on my salary to feel safe. Future self: Build a buffer and define what is enough.

The gap: Prepare more choices. Difficulty 4/5; Confidence 3/5.

A possible first step: List my monthly needs and the resources I have.

Self-talk

Present self: Tell myself I am too old. Future self: Recognise what I can learn and do.

The gap: Reconsider a familiar story. Difficulty 3/5; Confidence 3/5.

A possible first step: Name one ability I already have and one small thing to explore.

Rest and hobbies

Present self: Leave pleasure for later. Future self: Make room for music, creativity and rest.

The gap: Give my own enjoyment some time. Difficulty 1/5; Confidence 5/5.

A possible first step: Protect ten minutes for a hobby I choose.