

Luisa Ocampo Debuts 'Relatos Físicos,' a Transformative Book Exploring Memory, Healing & the Wisdom of the Body

Following its successful launch at the Bogotá International Book Fair, the book arrives in Miami this September

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[/EINPresswire.com/](https://EINPresswire.com/) -- Colombian author, embodied healing guide, and Quantum Temple founder Luisa Ocampo is introducing a powerful new voice to contemporary wellness literature with the release of her debut book, "Relatos Físicos", a deeply personal and transformative work exploring the connection between memory, emotion, identity, and the human body.

After its official presentation at the Bogotá International Book Fair (FILBo), one of Latin America's most influential literary events, "Relatos Físicos" is now preparing for its United States debut in Miami this September, bringing its message of embodied awareness and emotional healing to a broader international audience.

More than a novel, "Relatos Físicos" invites readers into a profound exploration of what it means to inhabit one's own story. Through the journey of its main character, Violeta, the book examines how emotional experiences, silence, loss, love, and resilience become imprinted within the body, ultimately shaping the way we move through life.

"The body remembers what the mind often forgets," says Ocampo. "This book was born from a desire to understand how our experiences live within us and how returning to the body can become a pathway toward healing, integration, and self-discovery."

Born in Cartagena, Colombia, Ocampo has dedicated much of her life to studying emotional awareness, embodied transformation, and nervous system regulation. Her work bridges storytelling and healing, grounded in the belief that the body is not something to fix, but a source of intelligence, memory, and wisdom.



This philosophy also serves as the foundation of Quantum Temple, the pioneering Miami-based sound healing sanctuary she founded to support emotional regulation through sound, vibration, breath, and presence. Since its opening, Quantum Temple has gained recognition from major media outlets including Telemundo, 7 News Miami, Time Out Miami, Miami New Times, Resident Magazine, and Miami Living.

While her work as a wellness practitioner has touched hundreds of lives, “Relatos Físicos” marks a significant new chapter in Ocampo's journey—one that allows her to bring the themes of healing, embodiment, and transformation into the literary world.

The book arrives at a moment when conversations surrounding mental health, trauma recovery, nervous system regulation, and personal growth have become increasingly relevant. Through poetic storytelling and emotional honesty, Ocampo offers readers a perspective that transcends traditional self-help narratives, encouraging a deeper relationship with the body and the stories it carries.

At the heart of “Relatos Físicos” are themes that resonate across cultures and generations:

- The body as a living archive of emotional experiences
- The relationship between emotion, trauma, and physical expression
- Embodied spirituality and conscious self-awareness
- Healing through presence rather than performance
- The courage to inhabit one's own story fully

As anticipation builds for the book's U.S. launch, Ocampo is available for interviews, podcasts, television appearances, speaking engagements, and feature stories focused on literature, emotional wellness, sound healing, women's empowerment, personal transformation, and the intersection between storytelling and healing.



ABOUT LUISA OCAMPO

Luisa Ocampo is a Colombian author, embodied healing guide, and founder of Quantum Temple. Her work is rooted in the belief that healing begins when we learn to listen to the wisdom of the body. Through writing, sound, vibration, and presence, she creates experiences that support emotional regulation, self-discovery, and personal transformation.

Her philosophy can be summarized in a simple phrase: "From trauma to temple."

By honoring the body as sacred, Ocampo believes healing becomes natural and returning to oneself becomes inevitable.

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