

# Holistic Transformational Coach Suzan Choi Seluzte Lee of Lotus Flower Design Recently Featured on Close Up Radio

MIAMI, FL, UNITED STATES, August 26, 2026 /EINPresswire.com/ -- There are certain people who seem to carry a special energy with them—people who look at life with empathy, curiosity, compassion, and wonder. They believe the world can be better, that people can heal from life's griefs and challenges, and that within each of us lies the capacity to become more whole, empowered, and authentic.

Suzan Choi Seluzte Lee is one of those people.

Through Lotus Flower Design, Suzan is a holistic transformational coach and practitioner who helps individuals explore the relationship between their inner and outer worlds. Through coaching, sound-based practices, and an array of cross-disciplinary modalities, Suzan creates a supportive environment where individuals can explore self-knowledge, release limiting patterns, and reconnect with their authentic selves.



The name Lotus Flower Design reflects the philosophy at the heart of Suzan's work. The lotus flower emerges from muddy waters before revealing its remarkable beauty. Suzan sees a powerful parallel in the human experience: life can sometimes leave us feeling depleted, overwhelmed, or burdened by emotions such as grief, anger, shame, guilt, or disappointment. Yet those experiences do not have to define us.

Instead, they can become part of a transformative journey toward greater self-awareness, empowerment, and authenticity.

"I want to help people reclaim parts of themselves so they can live more authentically and step into their own power," says Suzan.

Suzan describes her coaching approach as a collaborative and co-creative process. Rather than telling clients what they should do, she asks meaningful questions, listens deeply, and helps them establish their own goals and direction. Her clients set the agenda for their journey, while Suzan serves as a supportive guide and accountability partner. She is particularly passionate about creating a nonjudgmental space where people feel safe enough to explore their deepest thoughts, emotions, beliefs, and experiences.



Suzan also incorporates sound therapy into her practice, viewing it as another modality that can complement the inner work of coaching. She has studied Acutonics®, a sound-based practice involving specially designed tuning forks, hand chimes, singing bowls, bells, drums, rattles and other indigenous sound tools and vibrational techniques. Suzan describes sound as a way of supporting people as they explore areas where they may feel stuck, helping create a peaceful space for reflection and relaxation.

Her curiosity extends to BioGeometry®, an environmental science that means measurement of the life energy of the Earth and all life systems within it. BioGeometry® bridges science and spirituality to produce natural harmony into the environment. Suzan is fascinated by the ways ancient wisdom and modern scientific perspectives can intersect, and she continually explores new ideas that may help people create more balanced and supportive environments.

Suzan is careful to emphasize that her work is not medical treatment or diagnosis. Rather, she offers supportive coaching and complementary practices designed to encourage self-discovery, personal growth, and a greater sense of wholeness.

Her own journey toward this work was anything but predictable.

Growing up, Suzan assumed she would become a lawyer. She had plans for her life and never questioned that path—until life's challenges encouraged her to look inward and begin asking deeper questions about who she was and what truly fulfilled her.

A lifelong learner, Suzan began taking classes and exploring different modalities, discovering along the way what resonated with her and what did not. Over time, she came to understand herself more deeply and realized that the wisdom she had gained could become something she could share with others.

For years, Suzan says, she experienced periods of feeling alone and isolated. Her own journey taught her the importance of feeling seen, heard, accepted, and deeply connected to oneself. That realization ultimately led her toward coaching. Today, Suzan encourages others to embrace that same journey.

"We are all on a journey to become more whole," she explains. "I want people to experience contentment with themselves and learn to love themselves unconditionally, without the constant voice of the inner critic."

Suzan's philosophy is also deeply influenced by her love of travel and her fascination with different cultures, ancient civilizations, sacred places, and humanity's relationship with the natural world.

Her travels have taken her to remarkable places, including Mongolia, where she explored sacred sites and learned about the country's reverence for animals and nature. She has also traveled to Peru and experienced Egypt, where she witnessed the extraordinary relationship between ancient architecture, celestial alignment, and the rising sun. Repeated visits to Egypt remain high on her travel list, particularly its temples and pyramids.

For Suzan, these experiences are more than tourism. They are opportunities for reflection, self-discovery and growth.

She sees humanity as part of an interconnected ecosystem—a vast, invisible tapestry connecting people to one another and to the Earth. Her experiences abroad continually deepen her appreciation for cultural traditions, spirituality, nature, and the importance of human connection.

In a world increasingly dominated by technology, Suzan believes that connection has never been more important.

She envisions a future in which people take greater responsibility for their inner worlds, their environments, and their relationships with one another. By examining beliefs and patterns that no longer serve us, she believes people can become more self-empowered and move through life with greater balance and awareness.

Suzan remains an optimist even during challenging times. She believes that fear and anger do not have to define our future and that meaningful change begins with the individual. Ultimately,

she knows that the greatest things we leave behind are not simply financial accomplishments or material possessions, but the relationships we build, the love we give, and the ways we serve others.

For Suzan, alignment means learning to accept ourselves deeply, becoming more compassionate, remaining curious, and continually striving toward our highest expression. And she readily acknowledges that she is still a work in progress herself. There is always something new to learn, explore, and discover—and Suzan wouldn't have it any other way.

Through Lotus Flower Design, Suzan Choi Seluzte Lee is creating a space where curiosity becomes a pathway to self-discovery, coaching becomes a partnership, and holistic practices become tools for exploring greater balance and empowerment.

Her message is ultimately one of hope: we can continue evolving, we can reclaim the parts of ourselves we may have lost, and we can choose to become more fully who we are meant to be.

We applaud Suzan Choi Seluzte Lee for her compassionate work and her unwavering commitment to helping others discover their inner treasure. In a world that desperately needs greater connection, understanding, and self-awareness, her vision reminds us that meaningful transformation begins within—and that when we do our own inner work, we have the opportunity to create a more harmonious world around us.

Close Up Radio recently featured Suzan Choi Seluzte Lee in a two-part interview with Jim Masters on Monday August 24th at 11am Eastern and with Doug Llewelyn on Wednesday September 30th at 12pm Eastern

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For more information about our guest, please visit [www.lotusflowerdesign.net](http://www.lotusflowerdesign.net)

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