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Are You Ready To Take The First Step On Your Incredible Journey To A Better Life?

Are you ready to discover the ancient secrets to living a happy, healthy and fulfilling life, whilst attracting an abundance of wealth, love, success and contentment?

All that you desire can be yours, once you learn how to harness the awesome power that reverberates within your body, soul and mind. Eliminate stress, empower yourself, find purpose in your life and become the person you really want to be.

Make today, the first day of the rest of your life...

It all starts with a decision to take action and finally learn to understand what is really holding you back from attaining all that you truly desire from life.

What many successful people already have, and take for granted, can be yours when you simply believe you actually deserve them. Wealth, love, health and happiness can be yours in abundance when you learn how to release yourself from your self-imposed negative mind-set and limiting beliefs.

The only thing standing in your way... is you...

The path to true happiness, awareness and enlightenment is paved with good fortune, self-confidence and inner peace. However, to reach your destination and move to a higher level of consciousness, you must be prepared to let go of the negative energy, which is currently holding you firmly tethered to the place you are in right now.

I invite you to join me on a journey of self-discovery, where I will personally show you how to unlock your true potential and reap the rewards that are yours for the taking.

You will see opportunity all around... you will become awakened...

I will reveal to you the ancient techniques that will free you from fear, self-doubt and self-limiting habits that inadvertently control your actions and abilities. You'll begin to really enjoy life, you'll feel invigorated and you will easily overcome challenges that present themselves to you every day.

Your life will never be the same again as you progress towards your desires, your goals and your dreams. Let me show you how to unite body, soul and mind so that you can tap into your inner energy that will allow you to achieve and excel at all you do in life.

Your energy is key to your own success...

More accurately, the level of energetic frequency within you is responsible for your well-being. Everything has an energy level that vibrates at a specific frequency, and this can be measured on a scale. What this means is the higher the level at which your energy vibrates, the more positive things you are able to attract into your life.

This is not a new phenomenon, the ancient practice of Tai Chi, Qi Gong and Reiki are typical examples of traditional techniques used to control the levels and flow of this natural human energy.

The transformation is permanent...

Through a special program of physical, mental and spiritual exercises, including meditation, I can help you achieve the results, which will make a real difference in your life. This transformation is permanent... there is no going back to the old ways. Once you have become awakened and aware, you will have become empowered and for you the only way is forward on your journey to a better life.

Join me today... [link]

[About page –review/edit]

Evelyn Beulay

Intuitive Coach

Supporting you for your life's journey and your vision

I'm **Evelyn Beulay** and I'm going to support and guide you in your life journey.

As a child, my parents called me 'OMOSAN', which means 'different child'.

And I understood this on a deep level. I was not what you might call the 'normal' kid on the block.

The unfolding – Early teens and a profound event...

It was a scorching summer's day in Nigeria. However, just past noon I suddenly began shivering profusely with a sensation of goose pimples prickling my arms. Within an hour of this experience, I received word that a close friend of mine had passed (age 13), at a time almost perfectly in-synch with my shivering spell. As I received the message, my shivering stopped. Ever since that moment, I have experienced similar events throughout my life.

And so, my journey to Self-exploration began...

At the time, I lacked the support that could have encouraged my abilities. In its place, was a combination of my strong-willed determination and infinite curiosity, which have led me to experiences that have subsequently provided the answers I sought. Despite the overwhelming intensity of these experiences, they have been my compass and GPS to a beautiful awakening of who I AM today, and who I am yet to become.

"Beware of destination addiction; life doesn't have to stop at a destination for us to become who we want to be and are. Enjoy the ride" *Evelyn Beulay*

I am now a fully realised Intuitive Coach and Spiritual mentor. I am committed to using my unique gifts to serve, by helping to release people from their tethered past (i.e. often emotional and psychological) and past life traumas through Soul work (Soul Realignment using Akashi Records).

If you are at place in your life journey where you do not feel supported or understood, and you are constantly living undercover of fear, insecurities, limiting beliefs, recurring behavioural / situational pattern, emotional and psychological trauma, *it is no accident that you've found your way to this website.*

That's my journey so far – but this is about YOU...

My mission is to inspire YOU, and gently support you in every step towards your personal development goals.

Inspiring-developing-evolving is really about you – your inspiration, your development and your evolution.

Are you searching for less complex ways to process your emotions and be more balanced?

Are you intrigued by the thought of diving deep into your mind and soul to unlock your full potential?

We can work together and allow you to experience a healthier, happier, more joyful and more meaningful life by finding and living your true purpose.

I use techniques that are highly effective and proven to deliver results for myself and many of my previous clients.

Explore all that WE can achieve for YOU

Intuitive Coaching, Emotional Transformation (EFT & EMO) & Stress Management, and Soul Realignment (Akashic Records)

Come and discover how virtually any circumstance can be turned into an opportunity for personal growth.

Wherever we begin working together, know that YOU are in the perfect place.

Join me today and let's begin your journey together [link]

[Emotional Transformation & Modern Stress Management page copy]

Evelyn's Modern Stress Management is therapy, however this is based on EFT or other Emotional transformation techniques – using this technique improves:

Personal performance – thinking, logic, intelligence, creativity, decision-making, confidence and emotional control.

Physical performance – strength, speed, endurance, posture, coordination, accuracy, regeneration and recovery.

Social performance – social skills, emotional intelligence, communication abilities, team work, popularity, being liked/loved.

Leadership - qualities of vision, inspiration, personal power, natural authority, strategic planning and systemic thinking.

What Money Can't Buy – satisfaction, happiness, achievement, success, purpose, power, passion, luck, life and love of life.

Energy Psychology...

Based on the practice of Emotional Freedom Techniques (EFT), this treatment is concerned with Energy Psychology. Although EFT is a relatively new discovery in the field of alternative medicine the subject of Energy Psychology has been known for centuries. Practices such as Yoga, acupuncture and Qi Gong are typical therapies for stress management, which all have their roots in Energy Psychology.

Energy and electrochemistry...

As Albert Einstein confirmed back in the 1920's, we are all composed of energy, which we now know can be stimulated by specific points on the skin. This stimulation can affect the brain's electrochemistry to bring about changes to behaviour patterns. It is also used in the treatment of phobias, emotional conditions, anxiety and depression. There is some evidence to suggest it can also be successful in the treatment of some physical illnesses.

A wonderful science...

EFT can work when other traditional medical treatments might not and for this reason the subject is still under close observation by physicians, psychologists, psychiatrists and hypnotherapists along with a number of other medical professionals. The manipulation of energy flow within the human body, and its subsequent effects are proven yet the science is still not fully understood. However, there is no dispute about the relationship of the brain and the nervous system to electrical energy.

The road to psychological wellbeing...

As an EFT practitioner, my role is to help find and remove the blockages that prevent the free flow of natural energy within you. This electrical energy is responsible for behaviour and emotions, which have a direct link to physical ailments. By removing

blockages we are able to bring about positive changes in our emotional and psychological wellbeing. This in turn alleviates stress, fears and phobias and encourages positive behavioural patterns on a cognitive level.

Putting you in control...

Once understood, EFT is relatively simple to apply and is therefore an ideal self-help therapy, which can be practiced at anytime and anywhere. By taking control of your own healing and development process you effectively **empower** yourself to contribute to your own well-being. This activity is encouraged throughout your sessions with me as your EFT guide.

Why EFT?

When the mind is free of stress and you feel emotionally stable and happy, then the rest of you can function at your maximum capacity. A stress free mind also allows you to think clearly and make better judgments, quicker and more accurate decisions and a better focus on day to day matters. The opposite condition results in confusion, uncertainty and fear, which over prolonged periods can have a detrimental effect on your ability to function normally. Quite often this condition can manifest into signs of severe depression with some obvious physical symptoms.

Join me today and discover the power of EFT [link]

[Intuitive coaching page copy]

Intuitive Coaching Can Open Doors And Dramatically Change Your Life...

What will make you truly happy?

As an intuitive life coach, I can help you access your intuition. By raising your levels of awareness I can help you achieve your personal goals in life, whatever they might be. Looking for true love, more money, a career, a better job, or general happiness and contentment in every area of your life? I'll show you how to reach out and take what you need to make your life complete.

Your body, mind and soul are who you are...

Unlike a typical life coach who focuses on goal setting, I'll show you how to unite your body, mind and soul in order to acquire all that you desire. The spiritual element of intuitive coaching is an important factor in discovering how to become whole. Your spiritual self is inseparable. It is part of you, just as much as your mind is part of who you are.

Let's begin the healing process...

The use of intuition to sense your blockages and release inner pain and anguish is not a new science. It is an ancient technique used to free the body, mind and soul of all that stands in your way of realising your dreams. It is part of a healing process that will allow you to re-train your mind into thinking differently, positively and on to a new higher level of consciousness.

Exciting and dramatic changes ahead...

As you learn to adjust your thoughts and inner feelings to vibrate at a new frequency, you will experience dramatic changes to your life. You will develop an "I can" attitude, which will drive you towards achieving your ambitions with a much more positive state of mind. You'll find it easier to make new friends, develop relationships, and learn to forgive and to accept the beautiful person that is you.

Love the new you...

As you become more creative and passionate about life, your self-confidence and self-esteem will shine through, making you a more fulfilled and happier person. My intuitive coaching program will help you develop an understanding of your own and other's behaviour, allowing you to rise above all that is negative, whilst still retaining a degree of compassion. By understanding your own thoughts and actions you will realise why others react the way they do, and how you should best respond accordingly.

Self-awareness leads to enlightenment...

As I guide you on your journey you will begin to see a different picture of your life, both past and present. However, your future is in your hands. Your newly developed mind shift will allow you to shape it and make it whatever you want it to be. You will

learn how to take control of your destiny through your own awareness and enlightenment.

Join me today: [CONTACT ME](#)

[Soul Realignment (Akashic Records) page copy]

We all make mistakes...

However, some of us continue to make the same mistake over and over and never really understand why. Have you ever wondered why the same or very similar things keep happening in your life? This “repetitive pattern” is not a coincidence. It’s basically as a result of the choices we have and are currently making due to our belief system. This is a block or a restriction on our world view, which keeps us in a continuous negative groove, and it can have a really devastating effect on our lives.

Your subconscious holds the key...

From a very early age we are conditioned to do things in certain ways, believe in certain things and always expect the same results. This mind conditioning comes about as a result of subconscious programming by our parents, our teachers and peers. Of course nobody is really aware of the effect at such a tender age but this programming stays with you all your life. In some ways it acts as a built-in safety net because subconsciously you know that if you react to a certain event or problem in a certain way then you will get the same result. It may not necessarily be the best result but at least it will be one that you can deal with or cope with.

A flawed safety system...

This mechanism is just one of many that are embedded in the subconscious. They are the cause of limiting beliefs, addictive behaviour and fears and phobias. And as destructive as these traits can be for all of us, they are there to “protect” us against the unknown, therefore expressing our Divinity (True Self) in the world, against taking risks and making mistakes. They become our normal thought patterns, they are paradigms that we willingly accept because it’s better to stick to what you know, as the saying goes. However, they are the main reason why the same things keep happening over and over.

Remove all limiting factors...

The only way to break the cycle of thought patterns and get out of the groove is to break down these restrictions and blockages, which we have unwittingly allowed to control us. This process involves eliminating the negative thoughts at their core and allowing the expression of a new set of psychological patterns or subconscious code (Soul’s Blueprint) through Soul Realignment work. It’s simply a matter of reprogramming our minds and subconscious for more positive results. This change in mind-set can have a dramatic effect on your life and free you from all the limits you have placed on yourself, which has for years accounted for you getting exactly the same results.

The Akashic Records...

Our Akashic Records connect each of us to one another. This vast collection of past choices, thoughts, events and emotions can be tapped into and explored to give us insight into consciousness and reality. This universal knowledge database can be compared to a super computer, which holds an in-depth file on every one of us. We

use the information provided by the Akashic Records to realign our thoughts and emotions so that we only receive the results we actually want.

[Evelyn's comment: The core premise with soul realignment is that we are responsible for the choices that we make therefore affecting the result that we get in life. By making aware choices that align with our Soul's purpose we get the result that we want]

Join me today and let's explore the possibilities together: CONTACT ME