

ULRIKA SULLIVAN



Author | Speaker | Intuitive Spiritual Life Coach
Energy Healer | Yoga Teacher



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ABOUT ULRIKA

Ulrika Sullivan is a former scientist turned intuitive spiritual life coach (CPC, ELI-MP), yoga teacher (RYT-200), and energy healer (Usui Reiki II).

Ulrika is passionate about helping busy women to connect with their intuition, energy, and true selves to find inner calm, self-love, and life balance so that they can live from the heart with more ease and flow.

With a calm, positive, empowering, and encouraging style, she provides a consistent online space to stay centered for healing, true-self connection, and spiritual practice in her membership community *Beyond the Mind* alongside powerful private 1:1 coaching and energy healing sessions.



Visit her website UlrikaSullivan.com and check out her podcast *New Light Living – See Your Life in a New Light*.

For more information about her book *Wisdom Beyond What You Know: How to Shift from Being Driven by the Mind to Living from the Heart and Intuition*, visit WisdomBeyondBook.com.

Fun Facts:

- * Virgo Sun, Taurus Moon, Taurus Rising
- * Human Design: Projector
- * I have 4 pets (1 dog and 3 cats)
- * I am a Mom to 3 teenage girls who keep me on my toes :-)
- * I am an Executive Contributor to *Brainz Magazine*



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KIND WORDS ABOUT ULRIKA

"I have found Ulrika to be one of the most supportive and open minded coaches. She holds non judgments and is always there for you. I started my coaching during COVID-19 and I am continuing to use her services. She has always been professional and has never let me down. I highly recommend her coaching services."

— Donna W.

"I'm so glad I found Ulrika, she is amazing. She has a kind and gentle way of pushing boundaries to help get past the blocks that kept me stuck. Thru her wisdom and guidance, accountability and mindfulness practices I now am clear on that path I want to take with my life. I couldn't have done it without her!"

— Denyne S.

"Ulrika creates a safe place to explore sensitive and challenging personal issues. Her very positive and supportive energy feeds the process of discovery for whatever life transition you are working on. She listens with an open heart that is fully present, without judgement. She helps you look beyond the surface, unearth new insights, explore alternative approaches to ultimately achieve greater clarity.

I highly recommend working with Ulrika"

— Anne R

"Before seeing Ulrika, I was feeling a little lost, disconnected, and like I was just going through the motions. I'm a mother to a one year old so finding a sense of self and a connection to something bigger, or spiritually was something I desperately wanted but didn't know where to start. Ulrika has guided me down this path of discovery and it has truly opened my mind to the metaphysical, the universe, and my inner self. I highly recommend working with her if you're looking to access your strengths, your inner wisdom, and to find a connection with the universe."

— Jeannie U.

"Ulrika helped me find peace and balance on a physical, mental, emotional, and spiritual level - creating lasting changes in my well-being that have benefited me in ways I never imagined possible!"

— Courtney C.



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See Your Life In a New Light!

*Intuitive spiritual life coach Ulrika Sullivan
is passionate about helping you to find calm
and life balance everyday.*

Imagine no more wishing for your dream life.

You get to start living it today!



WHY BOOK ULRIKA?

Ulrika is a popular guest on the media circuit. Her unique blend of humor, energy, and enthusiasm creates instant connection with audiences - both in person and virtually. Audiences report feeling empowered, inspired, and motivated after participating in her talks. While Ulrika often delivers custom content, her most popular topics include:

SHIFTING TO HEART BASED LIVING

How to shift from a mind driven life to a heart based way of living.

THE SOUL AND ITS PURPOSE

Daily Spiritual practices to help you focus on your soul purpose and energy.

THERE'S GOTTA BE MORE

How each individual should honor their unique contribution to the whole.

THE BOOK

Wisdom Beyond What You Know: How to Shift from Being Driven by the Mind to Living from the Heart and Intuition

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SUGGESTED INTERVIEW QUESTIONS

- * We were taught from a very young age to look outside of ourselves for safety, to believe in power and control, to focus on careers, to multitask, and to find success as a way of living. Why do you think there is so much disconnection between what we are told to do, and what we should search for within ourselves?
- * Please share what the no-point-of-return means?
- * How was your experience of transitioning into a completely new direction in career and life? What did you learn?
- * When did you realize you could shift from a mind driven life to a heart based way of living? How did it impact your life at that point?
- * What was the biggest challenge [with the shift from mind to heart-centered living]?" What change did you resist the most?
- * You've mentioned in your book that It's going to be VERY important for people to know how to take care of themselves energetically moving forward. Increase the awareness of energy and our interaction with energy within ourselves, with others and with our environment. Why do you think that is?
- * What if you don't actually know what you should be looking for in life? You have that feeling that "There's gotta be more" but you are not clear on where to start? What is the first step to take?
- * In *Wisdom Beyond What You Know, How to Shift from Being Driven by the Mind to Living from the Heart and Intuition*, could you walk us through the shifts.
- * How did you decide it was the right time to write the book, and who did you have in mind as your audience when writing it?
- * If you had to highlight one takeaway from the book, what would that be? OR What is your biggest wish with this book?

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New Light Living

See Your Life in a New Light!

Ulrika Sullivan

[Listen Now](#)



NOTABLE INTERVIEWS

Inner Light Project Podcast

with Gurds Hundal

Empowering Chats

with Susan Burrell

The Conscious Creator Masterclass Series

with Tonya Blakely

The Entrepreneur's Guide to the Universe

with Jools Sinclair

Trauma to Triumph

with Lien Le

Radiant You Online Retreat

with Elizabeth Foley

Sacred Success Salon

with Anna Kowalska

Remember Who You Are

with Melody Lee

Create Your Ripple

with Melissa Bauknight

Simply Happy Summit

with Nora Sulik

Living Limitless

with Andrea Luzon

Reclaim Your Feminine Radiance

with Megumi Fujita

The Language of Beauty Show

with Paola Rodriguez

Featured Speaker Guidely's online event

EMPOWERED

with keynote speaker Deepak Chopra

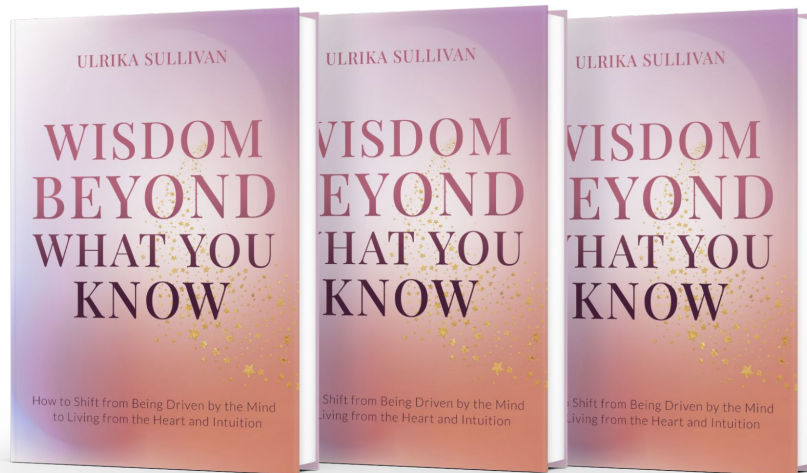
The Dr. Pat Show

with Dr. Pat

The Epic Comeback Podcast

with Nikki Bruno

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SYNOPSIS OF THE BOOK

What if there is MORE?

**What if there's more to life than feeling exhausted, overthinking your every action,
and questioning your next goal?**

What if your analytical mind took a back seat and you JUST KNEW what was right for you?

Ulrika Sullivan's multitasking, up-in-her-head, stressful corporate career left her feeling like she was living on autopilot. She didn't know who she truly was. A complete career shift was carefully orchestrated by the Universe to open her up to the deepest level of her soul and purpose. This led to a life-changing "point-of-no-return" epiphany: There is an undeniable feeling of clarity and way forward available to us when we connect with our inner voice, heart's desire, and body consciousness.

Sullivan now invites you to expand beyond the re-run patterns of your mind and shift into heart-centered living. In *Wisdom Beyond What You Know: How to Shift from Being Driven by the Mind to Living from the Heart and Intuition*, she presents seven essential, realistic, and actionable inner shifts to connect you to the universal wisdom of your true self through commitment, self-awareness, sovereignty, embodiment, manifestation, and spiritual practice to stay centered and in flow with the universe.

Discover the seven transformational shifts to help you expand beyond what your mind knows. Take action today towards multidimensional living through the heart and intuition, just in time for the new future.

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BOOK DESCRIPTION

What if there is MORE?

**What if there's more to life than feeling exhausted, overthinking your every action,
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Ulrika Sullivan's multitasking, up-in-her-head, stressful corporate career left her feeling like she was living on autopilot. She didn't know who she truly was. A complete career shift, from scientist to intuitive spiritual life coach, was carefully orchestrated by the Universe to open her up to the deepest level of her soul and purpose. This led to a life-changing "point-of-no-return" epiphany: An undeniable feeling of clarity and way forward is available to us when we connect with our inner voice, heart's desire, and body consciousness.

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- Commitment – Make your way out of the comfort zone.
- Self-Awareness – Know who you are instead of feeling disconnected.
- Sovereignty – Stand in your power instead of shrinking in codependency.
- Embodiment – *Be* and *do* instead of staying in learning mode.
- Manifestation – Align with ease and wisdom instead of struggle and logic.
- Spiritual Practice – Flow with the universe and stay centered and calm instead of feeling alone, scattered, and drained.



With engaging exercises to support your unique experience, *Wisdom Beyond What You Know* will teach you how to identify your own mind-driven patterns that may keep you disconnected from yourself. You will learn and experience the fundamental components of heart-centered living and how to align, live, and relate beyond the physical, highlighting the importance of energy awareness, creativity, intuition, the body's wisdom, connection with nature, and universal truths.

Discover and implement the seven transformational shifts to help you expand beyond what your mind knows. Take action today towards multidimensional living through the heart and intuition, just in time for the new future.

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TITLE – Wisdom Beyond What You Know

SUBTITLE – How to Shift from Being Driven by the Mind to Living from the Heart and Intuition

AUTHOR – Ulrika Sullivan

PUBLICATION DATE – 1/11/22

PUBLISHER – New Light Living Press

AMAZON | ASIN –

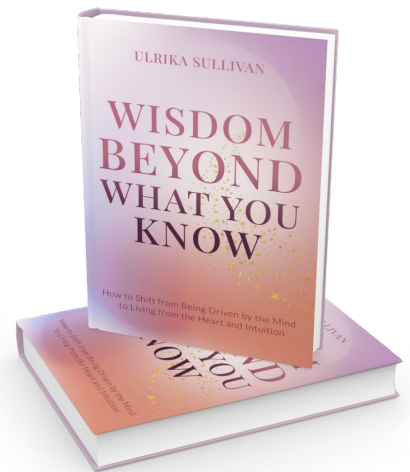
1 – Nonfiction / Body, Mind & Spirit / Inspiration & Personal Growth

2 – Nonfiction / Body, Mind & Spirit / New Thought

BISAC CODES –

1 – Body, Mind & Spirit / Inspiration & Personal Growth

2 – Body, Mind & Spirit / New Thought



SUGGESTED RETAIL PRICE FOR PAPERBACK – \$12.99 - \$16.99

SUGGESTED RETAIL PRICE FOR HARDCOVER – \$22.99 - \$26.99

SUGGESTED RETAIL PRICE FOR ELECTRONIC – \$6.99 - \$10.99

Available for purchase on [Amazon](https://www.amazon.com) globally. Retailers may purchase through Ingram globally.

BOOK SIZE – 5.5 x 8.5

OF PAGES – 192

WORD COUNT – 59,883

PAPERBACK ISBN # – 979-8-9853416-1-4

HARDCOVER ISBN # – 979-8-9853416-2-1

EBOOK ISBN # – 979-8-9853416-0-7

LIBRARY OF CONGRESS CONTROL # – 2021924378

AMAZON – [Wisdom Beyond What You Know](https://www.amazon.com/Wisdom-Beyond-What-You-Know/dp/B09XJYJYJY)

WEBSITE – www.UlrikaSullivan.com

CONTACT – Ulrika@UlrikaSullivan.com

PODCAST – [New Light Living](https://www.newlightliving.com/podcast)

FACEBOOK – [UlrikaSullivanCoach](https://www.facebook.com/UlrikaSullivanCoach)

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