

**In this Conversations With Healers episode, my guest is Ulrika Sullivan,** a former scientist turned author, intuitive spiritual life coach, yoga teacher, and energy healer. Ulrika is the author of *Wisdom Beyond What You Know: How to Shift from Being Driven by the Mind to Living from the Heart and Intuition*, the creator of the *New Light Living – See Your Life in a New Light* podcast and founder of the *Beyond the Mind* membership community. She 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.

**We talked about** expanding from mind-based living to heart-based and integrating both, why sovereignty and releasing co-dependent patterns matters so much, how we can learn to feel into our bodies for embodied wisdom, writing as a way to channel, and so much more.

**You can find out more about Ulrika and her work at** her website <https://ulrikasullivan.com/>. Check out her book at <https://amzn.to/3fM8L1F>  
Download the FREE My 7-Step Guide to Listen to Your Intuition at <https://ulrikasullivan.com/listen-to-your-intuition-1>

With love and light,

Damla

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