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ENOLIA

May, 2021

How do you handle change? There are so many facets of life an individual has to handle; emotions, environment , relationships, self, judgements, projections...what part of you shows you how to navigate and lead through this journey called life?

Over the last couple of months, my focus has been to understand what parts of my soul navigate me through trauma, joy, fear, celebrations and relationships. If you have a



moment, sit back and listen to the many conversations that give us tips and tools to journey through the vastness of life's callings.

Enolia

In addition, there are many free resources for you to enjoy on my website [under media](#), [meditations](#), and [classes](#).

I am available for [coaching sessions](#) whether it is general change in life, sadness, anger, fear or judgement.

Don't see what you need, [contact me!](#)

Remember, as a sovereign being of light, you are all that you need!



Stefania Puleo

Episode 22: Today's Conversation with Special Guest Stefania Puleo

Topic: Signs You are Dating a Toxic Woman /How to know she is Poisonous for your Life

Friday, May 14th, 2021 at 8:30am UK, 10:30am Africa, 6:30pm Australia

Hello Gentlemen!

Have you ever entered a relationship or are in one and not quite sure whether it's toxic and poisonous for your life?

Now I know there are a lot of men out there that have struggled identifying whether they are dealing with a toxic woman.

There are many dangerous qualities of a toxic woman, but the worst one of all may be her deceptiveness.

She can be so subtle in her manipulation, you may not even realize what she is doing to you, until you're in too deep and she's completely eroded your confidence.

I'm definitely not going to let that happen to you.

In today's conversation, I take you through the signs you're dating a toxic woman so you know exactly what to watch out for...

Free Registration [Here](#)

Bio:

Stefania Puleo is The World's #1 Men's Love/ Relationship Coach and Hypnotherapist. She is also a Personal Trainer, an Author and an unstoppable optimist.

She is the Founder/CEO of The Gentlemen Square, a socially digital space that reaches thousands of men from all over the world

Stefania coaches driven men on how to attract a valued matched woman, understand her psychology, how she thinks and keep her ignited in a sexy, passionate, loving relationship. Without Going Crazy!

She is also a Personal Trainer, an Author, Speaker and an unstoppable visionary dedicated in helping men to find fulfillment by living their fullest potential in relationships.

Stefania was born and raised in the suburbs of Melbourne Australia, with nothing more than a passion for people, love and life.

Working with Stefania is an experience like no other.

Why?

“Because she simply gets real and raw with her clients and speaks from a woman’s perspective”

thegentlemensquare.com

Episode 22 of Today's Conversation

Sue Stone

Topic: We are all powerful beings. Believe it!

Wednesday May 26th, 2021 11:30am PST, 12:30pm MST, 1:30pm CST, 2:30pmEST, 7:30pm BST

Sara Jane & Enolia are joined by Personal Empowerment, Happiness and Confidence Coach Sue Stone.



Sue Stone

So many believe we are powerLESS victims in our universe, when in fact we are powerFULL co-creators.

Today's discussion will focus on how we can all best tap into our own power and create a life we love.

“Finding Yourself” is not really how it works. You aren't a \$10 bill in last winter's raincoat pocket. You are also not lost. Your true self is right there buried under cultural conditioning, other people's opinions and inaccurate conclusions you drew as a kid that became your beliefs about who you are. “Finding Yourself” is actually Returning to Yourself. An unlearning, an excavation, a remembering who you were before the world got its hands on you. ~ Emily McDowell

Join us live for what will be a powerful and enlightening conversation, supporting you to step into your Power.

Register Free "[Here](#)"

Sue's Bio:

Human Potential and Transformational Leader of the Sue Stone Foundation, Sue is recognised as the UK's happiest and most positive person... a far cry from many years ago when she had forgotten what it felt like to be happy.

From £10 left in her purse, depressed, desperate and full of fear to becoming totally at peace, happy, financially free and a TV Secret Millionaire, Sue has gone through an incredible life transformation.

Author of her latest book "The Power Within You Now!" and "Love Life, Live Life", Sue dedicates her life to helping others. She is regularly in the media, a TV presenter and thrives on helping people from all walks of life across the world to create a life they love with personal empowerment, inspirational business mentoring and motivational speaking.

The Sue Stone Foundation
Author of Love Life, Live Life
Secret Millionaire
Personal Empowerment, Happiness and Confidence Coach
Motivational Speaker
Business Mentor
www.suestone.com
www.suestonefoundation.com

Here is what you missed during the month of March and April! For your listening pleasure...



Bukeka Boseda Blackmore

Episode 18 of "Today's Conversation"

**Bukeka Boseda
Blackmore**

Topic: I Am Worthy

Play Now

BIO:

Born Gretchen Elizabeth but changed name to Bukeka Bosede when she was 6 years old with her parents' blessing! Bukeka is known for inspirational speaking and singing to audiences all around the world. For 20 years she has traveled the world creating conferences, music, workshops, and group discussions on the importance of Self worth. Bukeka is

an entrepreneur in the travel industry her company is Travel BukekaStyle and part owner in the media company FABUtainment TV on Roku, Android and Amazon Fire Stick. She describes herself as a powerful creator in the Universe!

www.bukekastyle.com

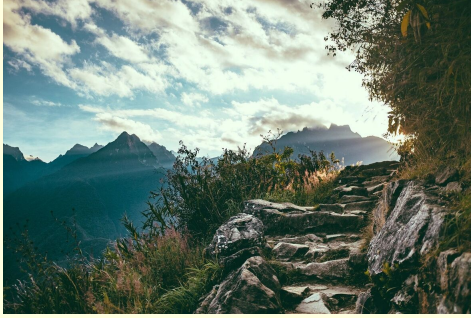


Photo by John Hain

Enjoy April's publication from Enolia's personal column in **The Magic Happens Magazine!**

The Wisdom in the Challenge

Have you ever tried to climb a mountain? There you are at the base of the trail, beautiful greenery everywhere. As you step forward, you disturb the earth with the sound of your footing, sending birds chirping away from the trees. You notice the absence of insects because it is still dusk...

Click Here

Episode 19 ~ Today's Conversation"

Enolia & Sara Jane are joined by

Dr. Birgitte Tan

Grief & Loss ~What is it & ways to support you through it?

Play Now

Bio:

Dr. Birgitte Tan is a global speaker, #1 international best-selling author, certified Grief Recovery Specialist, Certified Life Success coach, and veterinarian oncologist.



Dr. Birgitte Tan

Her passion is in empowering you and your loved ones that you THRIVE even in the face of adversities and Win with more ease and fun.

She learned to do this from her own experience as well as her training. Growing up, Dr. Tan was told she was "a stiff clumsy, ugly duckling who should never dance" & "too stupid to become a veterinarian" after failing her exams.

She defied the odds and became a successful board-certified veterinarian specialist and founder of Dance Away Sadness: Move Beyond Your Grief™ support system.

In 2011, when a multitude of grievous events destroyed the life she knew, Birgitte started her journey into grief recovery and life transformation. Upon successfully recovering from her grief and creating an even better life, Dr. Tan then pursued additional training in grief transformation to be able to help people transform their tears into treasures.

Birgitte looks forward to helping you effortlessly let go of your difficulties and become everything you are meant to be.

Website: www.fromgrievingtojoyfulliving.com

April Mahoney, host of
**"On the Edge with
April Mahoney"**

has invited Enolia as a
special Guest.

Play Now



Ben Caron

Episode 20 of Today's Conversation with Special Guest Ben Caron

**Topic: Another World Awaits: Inviting Hope,
Compassions and Possibility in Times of Conflict and
Change**

Play Now

Bio:

BEN CARON is a Los Angeles-based transformational experience creator, singer-songwriter, and spiritual practitioner/facilitator who aspires to inspire joy, invite hope, incite peace, and invoke love.

An Iowa native, Ben attributes his eclectic musical style to his diverse life experiences, blending elements of pop, New Age, soul, folk and gospel.

He has released two community-funded albums, available everywhere music is found online.

He began studying Yoga, Buddhism, ritual, mindfulness and movement in college, and over the past 15 years, these powerful spiritual practices and healing modalities have come to greatly influence his creative work.

www.bencaroncreates.com



Top: Enolia, Sara Jane, Jaki Bottom: Sarah, David, Jani

CELEBRATIONS!

A PANEL DISCUSSION:

WHAT ARE YOU CELEBRATING EVERY DAY?

Play Now

We all love a good celebration but are we celebrating everything that we can? Just think how much more fun life would be if you celebrated even more things that are going on in our lives and around us.

Sara Jane is joined by David McLeod, Enolia, Jaki, King, Junie Moon & Sara Troy for an enlightening and light-hearted conversation.

As someone once said to me “you never know when you are being lucky”

They will be taking a deep dive into life, all the things that happen and are going on around us, opening up our hearts and minds to the beauty, even in those things that can appear difficult initially.



Episode 5 of Relationship Talk

Letting Go of Trauma

Let Go of Baggage While Cultivating A New Relationship

Play Now

Women's Life Coach Enolia and men's coach from "A Gentlemen Square" Stefania Puleo discuss what it means to honor yourself in a relationship from both me's and women's points of view.



Leslie Rowans

Episode 21 of Today's Conversation with Special Guest Leslie Rowans

Topic: Trauma, What Is It? Have you been affected by it?

We are all aware that accidents, rape, abuse, witnessing atrocities can be very traumatic but it doesn't stop there.

Sara Jane, Enolia & Leslie will not only share a little of their own stories, they will talk about the different things that can be traumatic and that there are different levels/degrees of trauma.

If something has happened in your life that has affected you, you could be traumatised. Hopefully what we share will help you feel you are not alone and there are people out there who understand and can support you.

Play Now

Bio:

Leslie Rowans is a Holistic Health Practitioner who specializes in helping her clients to not only heal physical ailments of the body, but also supporting their mental and spiritual well-being while on their journey to change their lives.

The owner of Sole Healing Reflexology in Arizona, she specializes in Hypnotherapy, Reflexology, Life Coach/Online Coaching, Stress Management, Reiki, Yoga Nidra & Sound Healing.

She is the creator of a combined technique approach known as the "ReflexHypno" method using both Reflexology and Hypnotherapy to experience deeper states of complete mental, physical and emotional relaxation.

Leslie is also a Yoga Nidra practitioner and has studied with renowned Yoga Nidra expert Kamini Desai from the IAM Yoga Nidra TM at the Amrit Institute.

Leslie is a professor at Arizona State University where she teaches Health Science undergraduate courses in the College of Health Solutions.

Leslies' Website

**Kind regards,
ENOLIA**



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