

Book Launch Invitation

Seven holistic practices for harmonious living, now available on Amazon.com

Austin, Texas, February 14, 2018 – Ever wondered how you can remain at ease with yourself no matter what is happening around you? Texas-based professional healer and life coach Kyung Sun Yi-O'Kelly believes that heaven on earth is a lot closer than we think – we just have to release the divine spark within us.

Having developed seven practices for harmonious living that she used in her journey of self-healing she now shares them with the world. Events are being held this month to launch her new book in Texas, Washington and Utah in the US.

Called [*Seven Holistic Practices for Harmonious Living: A Self-Healing Journey to Freedom*](#), her book reveals the many insights she gained from dealing with a series of personal tragedies and hardships that, at times, threatened to tear her and her family apart. But she found hope in meditation, yoga and by learning that love is the driving force of the universe and that we have the power to create any reality that we recognize to be possible by taking action towards it.

In addition to a range of tools and resources to help readers embarking on their own healing journeys, her book also includes a proposal for co-creating heaven on earth. Part of this involves developing a mobile application accessible by all to exchange their “gifts” (talents and abilities) with others and meet their needs and desires, creating a joyful experience for more people and eventually, a world where everyone thrives. This is the goal of the [Divine Spark Allies](#) project to which the proceeds from the sale of the book will be dedicated.

To book an interview with her, attend the book launch, review her book or obtain further information, please contact her via:

Phone: (469) 878-9441

Email: kyung@holistichealingandyoga.com

About Kyung Sun Yi-O'Kelly

Kyung S. Yi-O'Kelly was born in South Korea and moved to Southern Africa when she was 15. After obtaining a degree in computer science, she went on to work as a software consultant for over a decade.

On March 1st, 2001, her mother and her brother was found brutally murdered in their home in Desoto, Texas. After enduring much pain, she decided to seek a healing path and changed her life's direction and became a yoga instructor and certified energy healer.

In 2010, she opened the [Holistic Healing & Yoga Studio](#), in Austin, Texas. She is also the founder of [Divine Spark Allies](#), an organisation which is on a mission to spread joy and compassion and to work on creating a more peaceful, loving, and spiritually abundant world.

Kyung lives in Manor, Texas, with her husband and cat. They have two grown-up children and three grandchildren so far.