

Mindfulness coach Tom Evans helps Valentine's Day singles find love

Submitted by: Tom Evans

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As Valentine's Day approaches some may be looking forward to going out for dinner or spending time with their girlfriend or boyfriend, but others will be dreading an evening of sitting at home watching rom-coms and eating ice-cream.

For the rom-com watchers Valentine's Day can be a difficult time, and mindfulness and meditation coach Tom Evans (<http://www.tomevans.co/>) wants to help them to find someone to share it with.

He is offering his 'Activate Your Heart Ray' (<http://www.tomevans.co/2015/02/02/matters-of-the-heart/>) visualisation to the public free of charge – all he requires is for you to sign up by email address.

It has long been thought that one's chances of finding of finding a partner can be improved by improving one's attitude, confidence and calmness.

This is how Tom's 'Heart Ray' works. It puts people into a state of mind that encourages them to put themselves into new situations and thrive in them. It helps people to make a clear picture of what they want.

In Tom's words: "Our language gives so much away. What we say, and our body language as we say it, give us an insightful picture of what is really going on in our minds and our bodies.

"We say things like 'my heart's not in this' or 'I wished I'd followed my heart'.

"It's becoming clear that our neurology, and sentience of the world around us, is not just limited to our head and the five classical senses of sight, sound, smell, taste and touch.

"Our gut senses danger and also informs us if something is a good idea or not. Our heart feels too. It can be broken, it can feel lukewarm about something or positively glowing and besotted with a person, a situation or an idea.

"What neuroscientists are just discovering has been known by the ancients for thousands of years. We have active mind centres all over our body. The seven primary centres are sometimes referred to as our chakras.

"Most people are unaware of them and their function but everyone has experienced imbalances and blockages in them at some time or other.

"One of the most powerful is the heart chakra – and like all other points, it emits an energy field which can be picked up by others. The field naturally beams out in a spiral in front and behind us. It both emits and receives love.

"When we take it under conscious control, we can perform amazing feats which may seem a bit like magic.

We can heal with it, we can soften tense situations and we can also use it to both locate and attract our soul mate.”

Tom’s ‘Heart Ray’ idea doesn’t just work for love, but also with landing the perfect job or a new bit of business. You can even use it to bring calmness to tense or difficult meetings.

So whether you’d like to find a soulmate or simply switch jobs, Tom’s visualisation (<http://www.tomevans.co/2015/02/02/matters-of-the-heart/>) might just be the help you need.

Useful links

<http://www.tomevans.co/>

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Tom Evans is an author specialising in making the esoteric (or unknown and hidden) into the exoteric (known and understood). He is also the creator of Living Timefully, a mindful approach to time management. Living Timefully is a self-study programme that will change your relationship with time at a fundamental level by changing the speed and nature of your thoughts.

Living Timefully is also one of Tom’s many philanthropic initiatives. The self-study course is available free of charge to any one suffering from a terminal or life shortening condition so they can make the most of their time. It is also available for complementary preview for journalists and is especially useful for anyone working in an environment with deadlines.

‘A modern day mystic, a 21st century philosopher, a temporal alchemist and the wizard of light bulb moments’. These are just some of the many ways in which author Tom Evans has been described throughout his eclectic career.

Tom studied electrical engineering before working as a BBC television engineer for 20 years and in the Internet industry for a further ten. His career then changed direction dramatically.

In his mid-40s, he discovered meditation and began to write books on a number of subjects including self-help and personal development, philosophical futurology and metaphysical exploration.

As well as being an author, Tom is an authors’ mentor and writers’ unblocker, specialising in motivation. He hosts the popular podcast The Zone Show (<http://www.tomevans.co/zone-show-podcast/>), which explores the way in which we get into, and stay in, ‘the zone’, and has written a book on the subject: The Zone: How to Get in It and Stay in It.

For more information, visit <http://www.livingtimefully.com/>

And Tom’s main web site <http://www.tomevans.co>

Photographs, books for review or interviews are available on request.

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