


A woman with long, wavy blonde hair is sitting in a meditative lotus position in a field of tall grass. She is wearing a white top and a patterned shawl. Her eyes are closed, and she has a serene expression. The background is a soft-focus field of tall grass under a bright sky. A diamond-shaped graphic with a gold border and a watercolor-style background is overlaid on the top half of the image. Inside the diamond, the name 'Belinda Pearl' is written in a white, cursive font. Below the name, the words 'HEALER • MYSTIC • MUSE' are written in a white, sans-serif font. The overall color palette is warm and ethereal, with soft pinks, blues, and yellows.

Belinda Pearl

HEALER • MYSTIC • MUSE

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My story has been a lifetime of
unlearning and returning to who I am.
From a young age, a gift was evident.
I come from a lineage of powerful
And tender-hearted women.

From when I remember...
I have always listened.

Luckily I was afforded this life
to deeply tap and tune into the unknown.

Gratitude to my Ancestors
for their guidance.

B

Love the connection

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About Me.

Growing up in Africa, I was encouraged to walk the way of the Healer and open my "bag of bones" (healing tools), given to me by my Ancestors. My first initiation as a Healer was in Africa. I come from a long line of intuitive and healers who encourage me to continue exploring new forms of healing and natural modalities.

I have devoted my life to studying Esoteric healing and the Mystical Arts. For 25 years, I have been working with individuals from all walks of life, including Olympic and world-class athletes. Through individual sessions and group classes, I inspire, awaken and enlighten each Soul on their healing journey.

I am an ordained minister (Universal Light Healing Ministry), and have practiced spiritual healing and intuitive counseling for 20 years. I teach yoga classes, guided meditations and work individually with those who need private healing sessions.





Vision.

Life is an adventure, especially when you choose to live a life led by Spirit.

Spirit inspires an opportunity to view life from a fresh perspective. A perspective saturated in seeing life as a perpetual vehicle for evolution.

The gift I wish to impart to each soul I encounter is the opportunity to lead life inspired by Spirit's passion. I encourage each person to embrace life as an adventure that leads them to self-realization.

PILLARS OF MY LIFE.

AWAKEN TO LIFE'S ADVENTURE.

CELEBRATE LIFE.

EVOLVE MY CURIOSITY.

ATTITUDE OF GRATITUDE.

LIVE PASSIONATELY & PURPOSEFULLY.

Live the Dream

Studies.

BODY

AROMATHERAPY
CRANIO-SACRAL THERAPY
AYURVEDA
BREATHWORK
REFLEXOLOGY
SELF-CARE *I.S.H*
SPORTS MASSAGE THERAPY
QI GONG
YOGA *yin, restorative, alignment, somatic*
YOGA THERAPY
YOGA NIDRA

MIND

E.F.T.
GUIDED MEDITATION
MEDITATION
MINDFUL STRESS REDUCTION
NLP
SILVA METHOD
SPIRIT LED COACH & MENTOR

SPIRIT

AKASHIC RECORDS
ASTROLOGY
BODY ALIGNMENT TECHNIQUE
CHIROLOGY
CRYSTAL & COLOR THERAPY
EVOLUTIONARY LIGHT HEALING
REIKI USUI SHIKI RYOHO & TIBETAN MASTER
PAST LIFE REGRESSION
SOUND HEALING
SPECIALIZED KINESIOLOGY
SPIRITUAL & SHAMANIC HEALING



Experience.

1990 to Current.

MIND, BODY, & SPIRIT HEALING

Holistic Wellness & Well-being Private and Group sessions.

Worked closely with kinesiologists, sports scientists, physiotherapists, acupuncturists, and chiropractors on patient cases not solved by conventional or alternative medicine.

Worked with World-class athletes at the Grand Prix Athletic meetings, US Track & Field Championships, and World Championship in Greece, Athens.

Stress Management with South Africa Police Force.

2009 to Current.

YOGA & MEDITATION TEACHER

Worked in Yoga shalas throughout North County, San Diego CA teaching a fusion of vinyasa, alignment-based therapeutic, restorative, yin, and somatic yoga.

Currently, managing and curating an online breathwork, meditation, yoga nidra, and yoga subscription program.

2020.

YOGA NIDRA & SELF-CARE TEACHER

Currently, teaching yoga nidra, self-care (Integrative Sound Healing) at the Soul of Yoga.

Body.

When you take time each day for self-study, movement, meditation, and breathwork you open the door to step closer to your essential self and Soul evolution.

Belinda Pearl is a certified Hatha and Vinyasa Yoga teacher, focusing primarily on the principles of alignment-based and therapeutic Yoga creating a fusion of Anusara, Ashtanga, restorative, Yin, and Kundalini kriyas. teaches an intuitive flow blended with energy healing modalities, Qigong, and elemental movement.

Having had a strong Athletic background and understanding of the physical form, Belinda immerses her students in a potent experience to unify the mind-body-spirit connection.

Belinda has had the privilege to study with Tim Miller, Geri Portnoy, Brian Dorfman, Mas Vidal, Wah!, including top sport scientists, acupuncturists, chiropractors, and kinesiologists nationally and internationally.





Mind.

The quality of one's life improves magnificently when the energy of the mind is focused on possibility and potentiality of positivity.

Intrigued by the human mind and spirit, Belinda explores modalities which harness the mind for the greater good of Self and humanity.

Belinda became curious about the power of the mind during her youth as a competitive athlete. She first discovered the power of thought and how one could program one's mind and response to life, she continues to explore mind power since her initial initiation in her youth.

Belinda studied various forms of hypnotherapy and mind power techniques. She marvels at how humans have the ability to connect to higher levels of potentiality by positively directing the mind.

Live Curiously

Spirit.

Every day is a spiritual experience saturated with the opportunity to connect with the Creative Energy of the Universe.

Belinda's work incorporates spiritual healing, she infuses light, sound, prayer, and energy to open pathways for life.

Belinda's classes and private sessions flow with an intuitive guidance. Clients and students benefit from working in Higher Self and Soul realms, as well as receiving wisdom from Ayurveda, Shamanism and Akashic Records (life purpose).

Belinda believes when we connect with the Highest Source, we tap into Light and Lightwork, the purest form of energy. Deepening the spiritual connection is the key to living a healthy and fulfilled life.



Testimonials.



14 Mar 2012

TO WHOM IT MAY CONCERN

I met Belinda in the early 1990s. I was in a physiotherapy rehabilitation programme after spinal surgery. Someone suggested I see Belinda as part of my rehabilitation programme.

This was the starting point of a healing journey on a completely different level, and yet it dovetailed beautifully with the physical rehabilitation I was doing. I admit, I was cynical and sceptical regarding this healing potential of complementary healing practices. I came from a world of science, academics, where things were measured and tested in order to have value and meaning.

Belinda changed all of that. The work we did together helped me heal on all levels, physically, emotionally, mentally as well as spiritually.

It was however not until after she left South Africa and I began looking for someone new to continue my journey, that I came to fully understand the skill and talent she has. I tried 7 different healers practising different modalities (Cranio sacral, Reiki, psycho surgery etc) but none could live up to the experiences and results Belinda obtained.

These results were tangible and measurable as during my time with her, I was able to reduce various medications I was taking post operatively. (If you require any more information on this, you are welcome to contact me). But as I said, the results were not only physical. She was instrumental in my journey of healing on all levels and re-integrating into my work and social environment.

I never found anyone who was so naturally gifted and who had the natural ability to heal as she does.

As a direct result of my experiences with Belinda, my life took a new turn.

In desperation for not finding anyone who was able to do the same as she did, I began my own journey of studying and exploring the world of alternative healing. True to my nature, I followed the academic route at first but soon was drawn to the world of complimentary healing. Consequently, I have met and worked with many people in the field. I have yet to meet anyone as naturally able to harness healing energy as Belinda.

I have absolutely no doubt that she will be a success and continue to make a substantial contribution to this field. You are very welcome to contact me should you require any further information.

Yulinda Noortman

Energy Medicine Practitioner
Touch for Health Kinesiologist
Psychoneuroimmunology Practitioner
BA Honn.(Psychology) UNISA
BA Honn. (Languages & Literature) UNISA
BA Honn. (Development Economics) PU for CHE



Self-Care Method Yoga&Self-Healing Yoga Music
Wah! Music 990 Rainbow Crest Fallbrook, CA 92028
www.wahmusic.com

September 19, 2020

To Whom It May Concern:

I have known Belinda Pearl for 2 - 3 years. She has been an assistant at my Self-Care Trainings, both online and in-person at Soul of Yoga in Encinitas, CA.

Belinda has loads of training – biokinesiology, reiki, massage, healing techniques and more – but her stand-out quality is the way she delivers her wisdom.

Imaginative, creative and caring are the key words which come to mind in describing Belinda's professional work. She uses imaginative cues to help students navigate new awareness; she uses creative and sensory cues to help students trust their process. Students feel her underlying sense of caring and compassion.

I've observed her teaching Self-Care classes, Yoga and Yoga Nidra. She is skillful and competent. Her soothing voice and skillful use of yogic and healing tools makes her a welcome addition to any healing center.

Sincerely,
Wah Devi
Director, Self-Care Method
wah@wahmusic.com

September 20, 2020

I'm pleased to recommend Belinda Pearl as a healer, teacher and colleague. I first experienced Belinda's healing Reiki practice as I sought relief from a sternal fracture suffered during a head-on automobile accident.

My first session left me with greater peace of mind and less pain. I was relieved to find that I could sleep without waking in a panic. Over time, I came to understand that my accident was an invitation to change my life in important ways. Belinda became the core of my healing team during my year-long recovery.

Since that accident three years ago, I've continued to work with Belinda on my own consciousness journey. As I experienced profound changes, my curiosity grew, and I started studying with her. I have taken many of her courses, including Reiki training, and find her an excellent teacher. Belinda embodies deep knowledge of her subject; brings years of practical experience to her courses and has a compassionate and clear teaching style.

Belinda makes deep connections with her clients and students - understanding how to uniquely support their well being. She has a broad and deep knowledge of Reiki and many other healing modalities. Her impeccable integrity, spiritual development and commitment to growth make her an ideal healer.

I've collaborated with Belinda on a number of projects and find her a committed and encouraging colleague. I can count on her to bring her best self and encourage me to do the same!

I believe any program or establishment would be enriched by having Belinda on their staff. I'd welcome the chance to share more about this delightful healer, teacher and colleague. If I can be of further assistance please contact me at (949) 230-0918.

Sincerely,
Terri Egan.

Associate Professor of Applied Behavioral Science
Pepperdine Graziadio Business School
Co-founder Syncup Leadership Group

"I first met Belinda Pearl in the late 1990s. I was a very anxious, edgy person, always trying to control the situation around me and failing miserably. Meeting Belinda, who performed Reiki and healing massage on me, set me on a path of self-awareness, healing and compassion that, I believe, has had a profound effect on who I am striving to be today: a more serene, aware and compassionate person."

LORNA G., TEACHER - MILANO, ITALY



"Belinda Pearl has only shed a huge amount of light and understanding on my physical and spiritual condition many times in the short amount of time that I have known her. Her energy and love shows through all her words and actions. It is a true blessing to know her and have her share her natural ability to help heal whatever situation you are dealing with in your life."

NANCY S. MEDICAL CLINICIAN, - ENCINITAS, CA



"Belinda has acquired a wealth of techniques and approaches to healing, yet she does not follow a set system or an all-fits-one-program. Instead she works with your own unique energy. Every session is completely different and genuine. Whether it involves crystals, cards, touch, or words, Belinda integrates just the aspects that one needs in order to be supported through the healing process."

HEIDI H., TEACHER & YOGINI, ENCINITAS, CA



"Once you meet a person of Belinda's caliber, you want to get to know them. Knowing her well both personally and professionally, I can assuredly attest to her incredible ability to get in tune with any living being in the most gentle yet deep fashion and transform changes within their energy field and psyche almost with no effort. I highly recommend Belinda to anyone who is willing to experience positive life changes, great healings and a shift in consciousness." "

AYSUN T., CLINICAL HYPNOTHERAPY, PHD - BODRUM, TURKEY



Namaste

नमस्त

Let the beauty we love be what we do.
There are hundreds of ways to
kneel and kiss the ground.

RUMI