



Olakunbi (Kunbi) Korostensky, ND, is a former naturopathic doctor and psychologist with a master's in energy psychology. She now primarily works as a spiritual and intuition coach with a multifaceted enterprise.

Olakunbi is based in Switzerland, where she lives with her husband. She is the sole proprietor of the residential Awaken Women Retreat Wellness Centre, which she runs. The Centre provides women with day spa facilities, offers holistic approaches to health, life issues and wellness, and energy balance workshops. The Centre also offers, regularly, various weekend retreat programs on spirituality, developing the intuition, and inner development in both English and German. Awaken Women Retreat Wellness Centre is also the headquarters of the Awaken Women International Community (AWI™).

In February 2005, after a near-death experience that heralded many changes in her life, Olakunbi closed down her former naturopathic practice of more than twenty-three years and commenced a new life path. In October 2006, she organized and called to life her first Awaken Women International Conference (AWIC™). In 2007, she founded Awaken Women International (AWI™), an offline and online membership community for women, promoting feminine excellence for a life of dignity and sustainable success through the integration of spirituality into their lives and work.

Olakunbi perceives herself as an “Inner Flame Rekindler” and a visionary who avidly supports women in reconnecting with their spirit core by listening to and strengthening their intuition. Olakunbi is an intuitive specialist who has command of many alternative, holistic disciplines and knowledge, which she integrates into her work with her varied clients. She helps them work from the inside out to release inner blockages, align with their true selves, and achieve inner clarity and awareness for a more conscious being and a happier and more harmonious life.

Her other activities include giving presentations, workshops, and seminars on various health-related and life issues, including developing spiritual inner strength and awareness. She believes spirituality should be an essential natural path for any woman seeking happiness.

In 2008, Olakunbi developed a sequential energy training named QiEnYoBreath™, which she now teaches in seminars to help people strengthen their inner organs, balance their energy field for protection, increase their level of inner awareness, and enhance their intuition.

She is also the founder and president of the nonprofit foundation Attitudinal Healing in Switzerland.

www.intuition-involution.com

 **Long Form Bio**

“Inner Flame Rekindler” Olakunbi Korostensky ND, MA, is a Spiritual & Intuition Life Changer Coach, who avidly supports women to reconnect with their essence by listening to and developing their intuitive power for a life grounded in clarity and awareness. The former Naturopathic Doctor and Psychologist is a visionary who has been widely sought out by people from all walks of life for her direct approach to accessing inner wisdom. For 30 years she has dedicated her life to spiritual consciousness and its integration into daily activities. She is the author of the book: *Intuition Involution – Living by Intuition for a Balanced World in 2012 and Beyond*

*Short Form Bio

Intuition Involution has a pointed message: that each one can become mistress and master of his or her life when we decide to embrace our entire being and integrate all the abilities we were born with fully into our lives.

At a time when everything around us is unraveling at lightning speed, wouldn't it be better to start tuning into our reliable source for guidance? Isn't it time to live the integrated life we were meant to live, instead of a lopsided life, as most of us have been living for centuries?

INTUITION INVOLUTION is a reminder and a strong prompter to integrate intuition into everyday living for a clear, harmonious path in life. Although, the book is primarily aimed at women, the information can be applied to both genders.

The book underlines that women are primarily endowed with a stronger intuition than men, and that if they learn to apply intuition conscientiously, it will help them overcome self-doubts and easily find the answers for any situation.

INTUITION INVOLUTION brings to light several points related to intuition such as:

- Creating balance between our intellect and intuition
- The roles of the solar plexus and the hind brain in relation to intuition
- The four core values of Intuition and their significance for our existence
- What Oxytocin breathing is and how applying it can enhance intuition
- Why bonding fully with intuition is the answer to the chaos of modern daily existence and business challenges
- How living by Intuition can best guide against manipulation, suicide and struggles
- Introducing “The Art of Intuiting the Process of Being™”
- The differences between the Spirit and Divine essence

Exemplifying a number of personal and work experiences, Olakunbi Korostensky illustrates how intuition has been a constant guide in her own life. She also gives examples of other people who naturally connect to their intuitive guidance with assurance.

While the book gives practical guides to enhance women's confidence in trusting their intuitive voice by providing simple and easy intuition-building exercises, it also discusses how integrating intuition into all aspects of life such as health, relationship and business could be most beneficial for our world. Because segregating intuition from the intellect has resulted in pandemic fear in our lives.

The process of connecting with intuition is not made out to be “mystical” or “mysterious” – it is unnecessary to spend hours trying to “make a connection.” Rather, readers of the book learn how easy and natural it is to communicate with their intuition and come to think of it as an ally and friend that without fail will always lead them to a True Path.

 **About the Book**



* Media Photos for use

“Inner Flame Rekindler” Olakunbi Korostensky Releases New Book, Intuition Involution

SWITZERLAND, November 17, 2011 — Renowned Naturopathic Doctor, Psychologist turned Life Coach and author, [Olakunbi Korostensky](#), ND MA announces her new book *Intuition Involution: Living by Intuition for a Balanced World in 2012 and Beyond!*

Intuition Involution communicates about mastering your life when you [embrace](#) your entire being, **by** assimilating all the abilities you were born with for a true balance of being. Olakunbi demonstrates how intuition has been a constant guide in her own life and work; and provides examples of others who are naturally accessing their intuitive guidance with confidence. The book provides practical guides to enhance the confidence of trusting your intuitive voice with simple, easy intuition-building exercises on integrating intuition into all aspects of life. While aimed at women, the book applies to both genders. Korostensky emphasizes that connecting with intuition should not be “mystical” with hours spent trying to “make a connection”. Readers learn about creating balance between intellect and intuition, the four core values of intuition and are introduced to “The Art of Intuiting the Process of Being” among other keys to see how natural it is to access intuition and embrace it as an ally that will lead to a True Path. [Intuition Involution](#) launches worldwide November 17, 2011.

"Inner Flame Rekindler" Olakunbi Korostensky ND, MA, is a Spiritual & Intuition Life Changer Coach, who avidly supports women to reconnect with their inner essence by listening to and developing their intuitive power for a life grounded in clarity and awareness. The former Naturopathic Doctor and Psychologist is a visionary who has been widely sought out by people from all walks of life for her direct approach to accessing inner wisdom. For 30 years she has dedicated her life to spiritual consciousness and its integration into daily activities. For more information, please visit: <http://www.intuition-involution.com>.

To schedule an interview, request a copy of Intuition Involution or other publicity appearances and inquiries, please contact:

Miranda Spigener, Publicist, 832-452-6068 miranda@mirandaspigener.com

 **Press Release**

One thing I love about the content was your insight about why the elderly live in old folks homes. This always bothered me too, and when I read your insight that they are there to have a second chance to connect to their spirit after a busy life focused on the body or "outside" activities a huge burden of non-understanding was lifted from me. It made me realize that it is not awful and sad that they are there, but it is a real blessing. I thank you so much for revealing this to your reading audience, and hope that your readers will be as pleased as I was to read this information.

Rossinna Ippolito, Professional Indexer

Kunbi Korostensky has laid out a clear and empowering path home to one's all guiding Intuition. This is a highly enjoyable, readable and informative book for both women and men. I highly recommend it for anyone who feels lost and wants to be found!

Nick Arrizza M.D., CAN Creator of the Powerful Mind Resonance Process® (MRP)

Intuition Involution is destined to become a classic in its field. The insights on intuition included in this intriguing and well-written book gave me a new appreciation for the concept.

Mitchell Earl Gibson MD , USA Author of "Nine Insights For A Happy and Successful Life"

I sincerely admire Kunbi's courage and passion to help many understand something that is often ignored. Taking time to read this book helped me reflect on times past and future aspirations. Regardless of your beliefs, this book will ignite a curiosity to pursue your intuition

Ralph Schonenbach, CH CEO Trestle Group

This powerful book is an eye opener, packed with practical tips and filled with many deep insights and wisdom that come from years of experience. It is written with authority, openheartedness, love and to the point. I encourage you to read it and to use it consistently.

Dr. Erich Klopfenstein, CH

Dr. scient. nat. ETH Zürich

 **Testimonials**

Connecting with our intuition should be easy and natural and Kunbi Korostensky has done a masterful job of providing grounded information and practical tips that come from years of experience. This book will inspire you to break free of suffocating your intuitive power. It is a must read for all seekers and anyone who doubts their intuition.

Carolyn Cooper, USA Founder, The SimplyHealed Method

Kunbi not only tells us how to live better, she shows us. That is what makes INTUITION INVOLUTION so credible, intuitive and inspiring – a book well worth reading.

Dr. Carol Franklin, CH

Former Executive Director of WWF, Switzerland,

Chairman of the Board of Forests for Friends Ltd and of Forests for Friends Panama Inc

After personally benefitting from the wealth and breathe of my colleague, Olakunbi Korostensky's, empathetic spirit and enlightenment, I welcome this opportunity to read INTUITION INVOLUTION and more fully understand the masterful energy behind her simultaneously soaring spiritual and warmly practical worldview. A definite "must-read" for anyone ready to re-evaluate and embrace the power of their own intuitive nature, this book will broaden your sense of your place in the Universe, and guide you as you step boldly into your next stage of consciousness.

Trina Roach GER

Executive Coach & Trainer

Kunbi Korostensky has a special gift for guiding women to recognize and work with their strengths, including sensing and utilizing that special gift of intuition that God gives us. Her vision of changing the world for the better is a powerful one and she is already achieving it. If you ever have the opportunity to work with her, either directly or indirectly, I would highly recommend it! That she has written this masterpiece is only a natural extension of her years of fruitful work with women around the world.

Shelley Dudley, UK Speaker, Coach, and Author of *You Can Do It!- A Step by Step Guide on How to Achieve Your Dreams and Happily Ever After: Exploding the Myth of Prince Charming*

 **More Testimonials**

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