



Passionate About Empowering People
to Return to Self-Love and Safety Within.

What We Do

Delightful Living creates a safe and confidential space to support, guide, and teach people how to navigate through past hurts, to find that vulnerable person inside and heal through the way of self-love and self-forgiveness

Self-Love

Self-love is a state of appreciation that grows from actions that support our physical, psychological, and spiritual growth. Self-love means having a high regard for your own well-being and happiness. Self-love means taking care of your own needs and not sacrificing your well-being to please others.

Empowerment

True personal empowerment requires you to set meaningful goals to identify what you want from life, and then take action to achieve those goals and have more impact over the world around you.

Transformation

Transforming your life involves going beyond the way you live, co-creating a better life for yourself, and changing the way you live. You do this by using your thoughts, visualization, words, faith, actions, or a combination of them.

Need Guidance?

Sheila has been there and risen from some serious harshness and lives her days helping people do the same.

Connect with me and together we can uncover the hidden power inside you that is Self-Love.

Sheila's Soul Corner

There are two basic motivating forces:

Fear and Love. When we are afraid, we pull back from life. When we are in love, we open to all that life has to offer with passion, excitement, and acceptance. We need to learn to love ourselves first, in all our glory and our imperfections.

It makes perfect sense to seek a deeper sense of self.

My Personal Self-Love Journey



I've been through challenges and have been broken yet I still had no support from my family. I kept falling and picking myself up, my health deteriorating, and my children were concerned.

I came across the magic of Louise Hay who had written several books around the power of self-love. I came to understand that negative thoughts are just thoughts, and thoughts can be changed.

From this moment, I journeyed with Heal Your Life South Africa and learnt all about the power of self-love, self-acceptance, and self-forgiveness.

I have embraced self-love into every aspect of my life, and now as a Heal Your Teacher, I guide and support others on their journey to live the most beautiful life they want to lead.

About Delightful Living

Our Story

We all have a story to tell! For some of us, it may be a suspense or thriller. It can be of a romantic or comedic nature. It can even be straight-up horror...

Someone wise once said, “owning our story and loving ourselves through that process is the bravest thing that we’ll ever do”, and there couldn’t be a better statement regarding self-love.

At the end of the day, we hold the pen and we are the authors of our own books, flaws and all, we have to continue embracing all parts of who we are in order to shape who we become.

Be a part of Heal Your Life as we take you through a journey of self-discovery. The pain of the past can be resolved, the path of forgiveness and peace can be found, and the best part is that you do not have to do this on your own!

You can’t pour from an empty cup. Take care of yourself first. People expect so much from each other that at times it becomes impossible for individuals to take care of themselves.

True healing takes the form of self-love and self-acceptance, but to find your way there may be a challenging journey.

Need guidance on this path? Let Sheila Vanmale help you navigate through past hurts to find your way to self-love.

Louise Hay Way

This course is written based on Louise Hay’s books:

You Can heal Your Life
Love Yourself Heal Your Life Workbook

Heal Your Life® Study Group is a self-empowerment course that can help you learn; what is in the way of your inner peace and self-acceptance. You will meet your inner self and learn how to truly love yourself the way you long to be loved. You can identify and dissolve barriers created by limiting ideas or beliefs, becoming aware of unhealthy thinking, internal dialogue, sabotaging language, and mental imagery.

Be a student of your own life and enjoy the marvellous changes possible in your life as a consequence of learning life-enhancing tools and skills that can help you to heal and deal, grow and build, and by your inspired example teach them forward to your loved ones.

This is light learning, and it can help you to heal lingering wounds, build self-esteem and re-connect with yourself.

The pain of the past can be resolved, the path of forgiveness and peace can be found, and the best part is that you do not have to do this on your own!

You have a teacher next to you every step of the way. Sheila Vanmale is incredibly passionate about making a difference and teaching people how to love themselves, heal their lives and achieve their dreams!

When you are in the middle of a painful storm, it is difficult to reach out for help when you do not know where to go or what to do. Get in touch with Sheila and find your way out of the storm. Sheila is a certified Heal Your Life Teacher, offering courses in self-love.

We all want to be happy, but we sometimes think of happiness as a thing that happens to us, something we have no control over.

But that's not how happiness works.

So where does most of our happiness come from?

Real happiness comes from within. It comes from making wise choices, including choosing to be happy.

Testimonials

"Having overcome her own harsh life situations, and helping many people rise from pain, makes Sheila a lighthouse for healing and empowerment." - A. Singh