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**Heart Wisdom Process
Beginner Practice Book**

3-Step HWP Technique for Repeated Patterns

1. Write all your thoughts and feelings about repeated life challenges. Rate them from 0-10. 0-peaceful, no stress. 10-most stress.

Ex: I always attract narcissistic relationships.

2. Make sure to change all thoughts into "I" -thought of following the subject and object format.

Example: "My boyfriend is narcissistic" --> (a) I am angry at narcissistic people. (b) I don't want to attract narcissistic men anymore" (c) I can't stand narcissistic people.

The Subject is = I, Object = (a) "angry at narcissistic people", (b) "don't want to attract narcissistic men anymore", (c) "can't stand narcissistic people".

3. Set an intention to connect to the right side of the (physical) heart and ask the Subject 'I' to dissolve all thoughts, feelings, negativity by repeating 'I..I..I...etc.'. The key is to repeat 'I' and hold the intention to connect to the greater universal intelligence asking for help to dissolve the thoughts, feelings, and any negativity that may arise in the process.

Another way is to imagine all the thoughts and feelings dissolving into the 'I' as you repeat in silence 'I...I...I...etc.'

As you continue to do the work, you notice different thoughts and feelings come up and arise as you repeat 'I'. Then, you repeat the steps 1-3 for all the new layers of thoughts and feelings. Repeat the steps until mind starts to quiet down and you experience peace.

It is normal to experience physical and emotional releases such as sensations and discomforts. Do steps for any sensations and discomforts.

If you would like further assistance for learning the HWP for yourself or to help your clients --> [Click Here](#)

If you are dealing with **repeated patterns in your life** and would like a plan to deal with them via HWP Strategy Session, contact us —> [Click Here](#)

How to Truly Break Repeated Patterns

Surface Programming



Deeper Programming



Deepest Programming

Do the 3-step for the surface programming such as anxiety, frustration, anger, or other stressors. You will experience symptomatic relief. As you do the work, you notice other thoughts, emotions, feelings arise with the middle-layered programming. Repeat with the next layers of old programming. Eventually, there will be the ego, our mind/body complex will be ready for processing the deepest programming. This is often forgotten experiences and traumas of early life, parents, and ancestors. Processing deepest programming can lead to a major breakthrough of wisdom gained or key life lesson learned. If your life lessons are learned, then usually the lifelong pattern is broken.

How do I know if I earned my key life lessons?

1. Do you have high love and gratitude for this miserable experience, person, etc?
2. Did I truly forgive the experience or person and feel love there?
3. Can I truly feel that I am always being loved by the universe, an invisible life force?
4. Mystics have said the physical world is an illusion or mind trick. Can you truly feel is the truth or reality of existence?
5. Can I relate to this part of the harmony?
6. Can I expressing my boundaries?

You will need to be patient and continue doing the self-inquiry work daily. Deepest programming often does not get resolved in one session. It can take days, weeks, or longer to get to the deepest programming. Each time you work through more layer of programming, you gain more insights. Think about a dam with water building up. When enough water (insights) builds up, the dam eventually breaks.

How to Truly Break Repeated Patterns

Key Life Lessons:

1. Do you have high love and gratitude for this miserable experience, person, etc?
2. Can I see this outer suffering is due unresolved earlier life, parents, ancestor experiences?
3. Can I see and truly feel that I am loved by the universe as I am going through these experiences?
4. Mystics have said the physical world is illusion or mind trick. Can you truly feel is the truth

As you peel it away, you notice the deeper layer of emotions, beliefs, and earlier life experiences will come to the surface.

At the beginning of this journey, most people will start out with the external world (partner, work, or family) causing you misery and suffering.

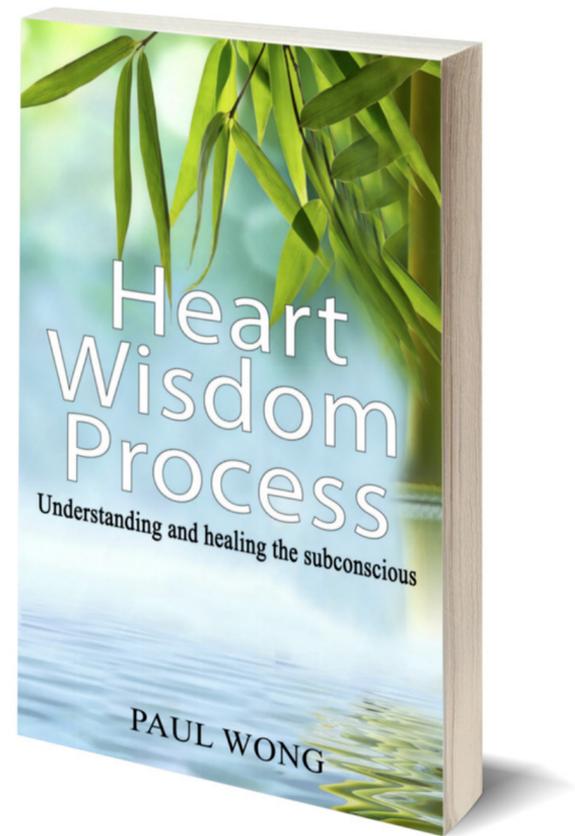
Then, as you peel and process and then the deeper you go, then you see there are highly unprocessed emotions from experiences as a child or from ancestors. When the forgotten 'deeper inner wounds' are experienced, there is a sense of gratitude, appreciation, and love of life. When the inner experiences changes, then the outer world is likely going to change. It seems from my observations with my own life and clients that as inner world changes, then we no longer attract the similar circumstances causing us suffering. Often unresolved earlier dramas and traumas your life, parents, and ancestors create unconscious vibrations in you attract those situations.

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Healing the Subconscious

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