

**Paul Wong**

**The Heart Wisdom Process  
Beginner Practice Book**

**Expressing Healthy Boundaries**

## 3-Step HWP Technique: Expressing Healthy Boundaries

1. Find relationship context that you feel stuck with expressing yourself or your boundary. Write down all your thoughts, feelings, beliefs, or any negativities

Rate each thought or feeling from 0-10. 0-peaceful, no stress. 10-most stress.  
Ex: ...It is not safe to speak up... I feel anxious about expressing my feelings...  
Telling her how I feel will hurt her feelings...I can't say No...etc.

2. 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 right side of the heart organ is the center of the body if you look at it visually. 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.

3. Repeat the steps for all the thoughts and feelings until mind and body quiets and calms down. Then, you will start to experience silence and peace.

It is normal to experience physical and emotional releases such as sensations and discomforts. Apply for 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 **relationship expression challenges in your life** and would like a plan to deal with them via HWP Strategy Session, contact us —> [Click Here](#)

# How to clear blocks to express boundaries?

Surface Programming



Deeper Programming



Deepest Programming

Your expression challenges are often the surface symptoms of deeper problems. If you continue to do this work, you will find emotions such as anxiety, frustration, anger, or stressors come to the surface. If you work through the thoughts and feelings connected, the surface issue dissolves. If you persist with this work and get to the deepest layers, you become conscious of unconscious beliefs such as 'I am not loved... I am not enough... I am not safe...etc.' They are connected to the sufferings and wounds of your own life, parents, ancestors, collective culture or nation held in the body subconsciously as unprocessed physical tension. Doing the process can permanently remove beliefs and deepest programmings. You will notice permanent changes when you experience the body releasing emotions, tears, having physical discomfort, etc. If this happens, stay present and observe. It is a very good sign that the body is letting go of old patterns. If you notice detoxing and you need further support, then contact an HWP Master Practitioner and you can guide you through the release process.

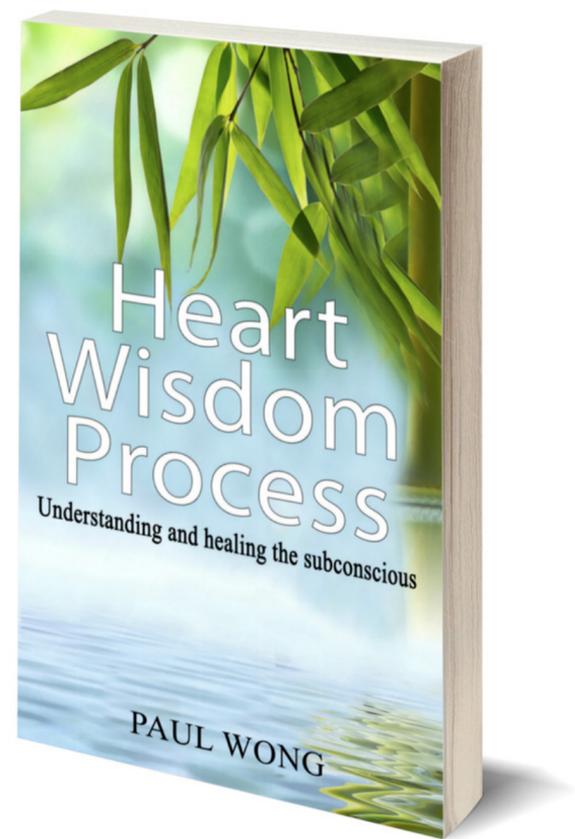
Not addressing the deepest programming of relationship problem can lead to bigger problems in life and they may be played out as breakup, low self-esteem, self-sabotage, financial losses, and even health issues such as weight gain, diabetes, chronic pain, etc. If the deepest causes are resolved, then you start to break deep-seated repeated patterns.

The nature of this work is to get you to *gently* confront your deepest programming. They may be deep forgotten resentments and unconscious insecurities. You must come to peace with them whether they are yours, parents, or ancestors. If you do resolve the old wounds permanently, you will not only help yourself and immediate family but also future generations held in the DNA.

To see if you are on-track, refer to Key Life Lessons in the HWP Workbook: How to Break a list of questions to have truly resolved the deepest programmings. It took me years to learn and have helped many other clients!

Heart Wisdom Process: Understanding and  
Healing the Subconscious

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