

Paul Wong

**The Heart Wisdom Process
Beginner Practice Book**

Empaths, Sensitivities and Allergies

3-Step HWP Technique: Empaths, Sensitivities and Allergies

1. Find life context that you feel sensitive about. 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: I take on others' emotions, negativities, etc... I am sensitive to this noise, food, smell, etc....I feel unsafe and fear in this environment...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.'

With any kind of sensitivity, your body has a physical response or sensation. Dissolve the specific response or sensation with 'I...I...I...etc.' Ex: I feel heaviness, constriction. Dissolve 'heaviness' with 'I...I...I...etc'.

3. Notice next physical feeling sensation, thought, and repeat the process until physical, mental, and emotional calmness. Apply for steps for any physical 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 **sensitivity in your life** and would like a plan to deal with them via HWP Strategy Session, contact us —> [Click Here](#)

How to work with sensitivities and allergies?

From an Eastern perspective, being sensitive is not necessarily a bad thing. It is actually a very good thing. Sensitivity makes you be attuned to life and nature. Your sensitivity represents a direct doorway to a greater universal intelligence, the pure source energy through the heart. If your sensitivity is working for you, then you are deeply connected consciousness such deep inner peace, silence, bliss, and physically you are rested, rejuvenated, and have high vibrant energy.

However, sensitivity is a double-edged sword. If you have much conditioning such as traumas, negative programming, and beliefs either experienced from your own life and passed on ancestors, then your sensitivity can work against you. Your high sensitivity will cause you to experience 'internal triggers' of external environmental circumstances such as people's emotions, dramas, news, etc. The external world will cause you to feel inner feelings of anger, fear, worry, not safe, not loved, not trusting, etc. If you work through these triggers, you will be able to use your sensitivity to experience the positive benefits.

In the modern society, the vast majority of people do not process and are never taught to process their internal triggers. They default to avoiding experiencing bad feelings by using numerous coping mechanisms as described in the HWP Book: *Understanding and Healing the Subconscious*. They use food, alcohol, and other ways to temporarily distract the uncomfortable triggers. This leads to repeated cycles of suffering because the root has never been addressed.

Allergies and physical conditions are the surface symptoms of deeper unresolved issues. Dealing with sensitivities can be due to multiple reasons. In the previous tele-series, we discussed working through *Relationship Traumas* and *Expressing Boundaries*. If your past traumas are not resolved, it may turn into allergies later in life. If you are cannot express healthy boundaries, your feelings are trying to teach you to work through your triggers ie worries, fears, not safe or loved feelings, etc. Once you work through them, you can express your boundaries comfortably. Then, allergies and physical issues can improve significantly. From the teachings of East, permanent shifts and healings when your body gains wisdom and learn the key life lessons. Your body not just your mind fully experiences forgiveness, accept, and love for those traumatic or suffering experiences that hurt you, family, parents, or ancestors. When you embodied the teachings of love, the repeated suffering can end and thus, a permanent transformation occurs.

Working through the Layers

Surface Programming



Deeper Programming



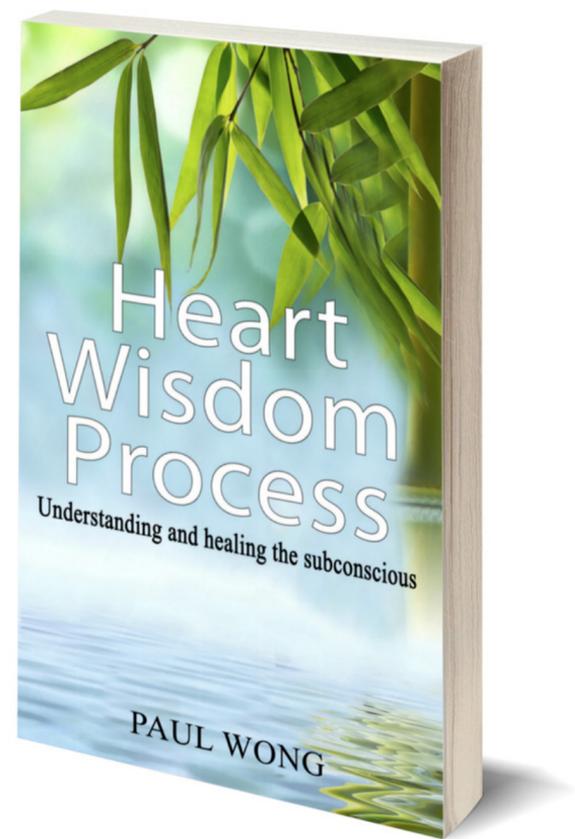
Deepest Programming

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 the earlier tele-series, *How to Break Repeated Patterns*. Review the workbook for learning the 'Key Life Lessons.' If you mastered some or all of those key lessons, then you are not likely going to attract difficulty people or they don't seem to show up in life as they used to.

Heart Wisdom Process: Understanding and
Healing the Subconscious

Read the first TEN Chapter for Free
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To learn more: www.HeartWisdomProcess.com

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