

# Heart Wisdom Process™



**Our three month program is designed to rebuild your energetic foundations via weekly energetic transmissions. During each session, the energetics in the transmissions pulls out old conditioning. We can then learn from the conditioning, which turns into insight and wisdom — and hence rebuilding the foundations of life. Essentially, we are retraining people how to process unconscious conditioning. Throughout the three months, participants will be learning, healing, and processing unconscious conditioning.**

**Use the link below for the private consultation:**  
<https://heartwisdomprocess.com/private-consultation/>

## **PREPARATION BEFORE AND AFTER SESSION GUIDE**

### ***1. What will happen during the session?***

We will work through some layers of conditioning, energies that are often unconscious. Conditioning and suffering come from these typical categories:

- a. Suffering from pre birth to current age
- b. Suffering from other lifetimes *i.e.* , traumas
- c. Suffering of parents and ancestors *i.e.*, traumasd. Suffering of collective, ethnicity, nationality, culture

In the sample session, we will attempt work through some layers like an onion.

### ***2. What do I need to do or be aware of in the beginning of session?***

Because this is not traditional psychotherapy, we are not licensed to serve in that way. As such, it is best that you are concise following step 1. Describe your issues in the initial 5 mins. Then, the practitioner can start working on the energetics. Since the total session length is 45 mins, if you talk for 15 mins, then there is only 30 mins available for energy work. It is best that you are concise and then allow practitioner ask you only details related to the issue. Sometimes, for an issue, there are many layers. Thus, if you jump around to different topics or have too many conversation threads, you will not likely able to get a deep session. If you feel you have any key information, please email before each session to inform the practitioner.

At the beginning, the practitioner will ask you again, as in step 1, 'Where do you feel it?' and then will proceed with the energy session. Do your best to stay 'present' to the sensations you are experiencing during the session.

### ***3. What does the session experience actually feel like?***

During the session, most clients can experience releasing in many ways sometimes through tears, physical sensations such as pain, vibrations, yawning, energy movements, *etc.* Also, unconscious conditioning in the form of forgotten memories and feelings are likely to arise. As the conditioning comes to the surface, it may be very uncomfortable. Sometimes people may feel nauseous, heaviness, not being able to breathe, sharp pain, and other sensations. When such sensations come up, it is best to stay present and allow the practitioner to guide you through them.

As unconscious conditioning surfaces, you are likely going to become conscious of issues related to safety, control, and approval (not being loved). When there is a letting go of these issues, you will likely experience some sadness, then relief, and then the process repeats itself. After multiple layers get worked through, key life insights can come in one or more sessions. Small insights build up to larger insights for a much better picture of yourself, and then your divine plan becomes revealed in this journey.

### ***4. Can you do healing work for children, family member, or friend?***

When we get inquiries about helping children, no matter what age they are and especially for young children, we recommend that the people asking for help do a few sessions for themselves first. The children are the product of the DNA of both parents. They will feel everything the parents are going through psychically and empathically. The DNA is like invisible antennae. Whenever parents are stressed, worried, fearful, or experiencing other life issues; children will feel and will likely experience anxiety issues. In today's world, most parents are not trained in holistic means to address the energies behind their stressors. They actually have been conditioned to cope with them through distractions such as alcohol, smoking, food, shopping, *etc.* If these are default ways of coping, then children will model after them unconsciously.

As for children of divorced parents, they are most likely to be struggling. In most cases, there is much resentment and bitterness toward each party. Children will feel parts of themselves energetically being at war with each other, which will cause lots of confusion, anxiety or other behavioral issues. If parents are holding negative thoughts (vibrations), even if not verbalized, children will absorb the negativity. The focus of our sessions is to help parents come to peace through releasing the energetics behind the

wounds. If the wounds fully heal and the grievances are forgiven, then the parents can hold a space of love, acceptance, and positive thoughts toward the other.

Adult children, parent, spouse, other The best way to help your loved one is work through your own worries and fears. Work through your triggers relating to the situation and come to a deep acceptance and peace for the situation and the person. When you get to space of not needing to fix or 'save' anyone, then your love ones will most likely come to you for advice and healing.

Many people report the techniques work for themselves, friends, or clients but working on family doesn't work as effectively. Trying to help loved ones can be the most difficult, because there are so many attachments, as opposed to helping someone that is not as close.

Whenever we get requests for healing a family member, I usually recommend that the person asking do some sessions on themselves first. After doing so, that person shifts and often reports that the family member has changed as well – even though we never worked on the family member with the issue. What happens is that person shifted and his or her vibrations changed and then the family member shifts as well.

## ***5. What should I be aware of after a session?***

Immediately after the session, it is best not to do too many activities. It is best to rest, integrate, or reflect on the experience. Some people may feel exhausted, lightheaded, or somewhat disoriented after the sessions. Some people need to rest or sleep. It is best that you take it easy afterwards.

Either immediately, or even several days afterwards, you may still feel the effects of the session. Often times, when you released a good amount of unconscious energies, it creates a space for deeper unconscious layers to arise. More unconscious layers such as anger, sadness, regret, or other issues are likely to surface. Also, the nature of the work is trained and in tune with the feelings of the heart because it is always giving guidance, while sufferings caused by the mind block intuitive guidance. Also, it will take time to get use to the newer self and the changes that come with this work.

## **Claire M's Transformation over 4 month period.**

I am a sales representative for a medical devices company and also a keen yogini with a strong physical daily asana practice. I had an injury during yoga 3 years ago and it just wouldn't heal, so I was experiencing lots of pain and stiffness in my whole right side, along with anger and depression. I had tried so many different modalities from physical stuff, energetic to psychological work, but nothing really helped me longterm. I met Paul when he spoke at The Yes Group in London, and I volunteered to go on stage to experience his work. After 5 mins of working with him, I felt much calmer about an issue that was causing me much anxiety – finding a place to live in less than 2 weeks! I had an introductory Skype chat with him to explain about the chronic pain issue and to see if he could help me heal. I decided to sign up for 12 sessions with him, as he had gone through a chronic physical issue and had healed himself.

He was very upfront about how long it might take to work through a chronic issue, so I knew it wasn't going to be a one session magic fix (sob)! The sessions were done over Skype and luckily for me, Paul was very flexible with his diary as my work can be unpredictable.

I was in a very depressed and anxious state when I started working with Paul, and was in a lot of physical pain. Though working with Paul I came to understand that I had used yoga as a way of moving emotions through me. Now that I couldn't do a strong practice, I had to deal with all my suppressed and unresolved issues. I wasn't prepared for the amount of stuff that came up – I think I have pretty much cried my way through all the sessions. I have my moon in Leo so I want to do something with my emotions. Paul helped me to sit with my emotions and deal with them rather than running away or distracting myself. My emotions were so overwhelming that I used to get myself into such a state and have a massive meltdown with so much drama and resistance (well my sun is in Leo too)! Over time and working with Paul, I have found I am dealing with my emotions much better and I have more ability to sit with them and feel them.

Working with a chronic issue is a process of pattern identification. They are complex with physical, emotional, somatic and also psychological components, all of which are intertwined. This process isn't linear either and I have found it can be two steps forward and one step backward. Paul has a very humble, gentle and compassionate way of working which

allowed me to open up and be vulnerable. We have dealt with some really deep core issues and after our sessions I feel lighter and happier.

I have had periods of no pain at all for weeks at a time (which is amazing as it was 3 years of constant pain before) and I believe this is due to a combination of working with

a great physio to help manage the physical symptoms and Paul to deal with the underlying emotions and thought forms that are keeping this pattern in place. The pain and contraction pattern still triggers to some degree if I have a moment of unconsciousness and push myself too much physically, although it feels like the pattern is slowly unwinding. As a bonus I am able to be more present in my body and so I can feel more energy flow and pleasure in my system. I have more periods of happiness and joy than I have experienced in the past.

Paul has also helped me to have a different perspective on the chronic pain – although I would much prefer not to have it, I do appreciate it is calling me into more, to wake up. I feel like I am making so much progress that I have decided to continue working with Paul and I am open to the possibility of writing another testimonial in 3 months saying I am pain free.

### **Sara going through a tough divorce – Wisconsin**

My mother met Paul at a hypnosis conference and bought me a 4 session package as I am going through some major life events and honestly wasn't coping well. I am a stay at home mom of three whose husband deployed for the first time last spring. Shortly after he left I had back surgery, which I am still having complications with. As if that wasn't enough, once he was gone he decided he would like a divorce as he is in love with a young girl from his unit. Insisting that proceedings begin

immediately I was forced to find a lawyer and filing the paperwork, all without having any say in the process. I was completely overwhelmed and it was affecting my kids as they started acting out, which only compounded my stress. I was very hesitant at first, I see a therapist weekly for anxiety and depression and a physical therapist to help with my residual back issues, but I was having increasing physical manifestations of my stress and I figured it couldn't hurt to try.

Our first phone session consisted of me sobbing for an hour, which was frustrating because I felt as though all I had been doing was crying and it wasn't helping anything. I was wrong. When the call was over I felt more energized and optimistic than I had in months. That night I slept through the night for the first time in a month and the jaw pain I had been nursing for weeks finally let up.

Over the next few weeks I was able to let go of a lot of pain and anger I had for my ex and really refocus on my relationships with my kids. I am already seeing a difference in the way I react to them and in how they now react to me. I feel calmer and more at peace, I am no longer fighting the tide and instead floating on it. I had made myself so

tense and closed off that every part of me ached and I felt numb to my friends and family, even my kids. Now when my kids tell me they miss him or a song comes on the radio I don't shut down, I work through it.

My divorce is only one small piece of much deeper issues and I'm definitely planning on doing more sessions with Paul to try and release some deeper traumas. I was surprised at how well his sessions worked with my therapy sessions, as though they were working off each other. I am very much looking forward to being even lighter and more open in the future.

Thank You

### **J.Guadalupe's 4 Month Period Healing Experience France.**

Since I began the sessions with Sevinc, a new dimension to myself was discovered. She has taught me how to understand and know myself better, and it begins to be possible for me to live through my heart.

I had always lived with my mind, and harboring much sadness and anger in me. I think today, she helped me find a very deeply rooted anger. This anger has shown itself in many other aspects that you have helped uncover layer by layer.

Among the experiences that you have guided me to process are: living my truth, expressing my feelings, existing, feeling and acting with my heart, trusting a divine plan. The tensions in my relationships have dissolved as the layers have been unfolding.

The areas of my life in which I have seen changes are: family relationships, the tension that used to exist in my divorce is much less. I have released much hatred and anger released sadness and fears. I have become more confident in being myself. I live with happiness with much more ease. It begins to be evident that I am acting from anger, and with the tools you have provided it is possible to ask that whom I really am, to manifesting place of the anger I have been so used to living by.

I thank you from my heart, for the tools you teach, and the openness and love from your sessions. I look forward to growing more, and deeper into my layers so that living from the root of my heart becomes my normal way of life.

With Gratitude.

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