

# *Opening the Heart Personal Transformation*

## *INTRODUCTION*

*Activating the Divine Love & Healing within ourselves*

### *Weight Transformation through Self-Love:*

The nature of this work is about deep personal transformation work and your relationship to weight. It is the 'inside job' with the energetics behind the weight. This is a process that require up to 3 months of work or more. The work can be quite uncomfortable at times, as deep emotions are released. Beliefs and perceptions can change as we work through the underlying issues.

Some areas of focus:

- Present life wounds and traumatic experiences
- Childhood sufferings and unresolved life experiences
- Core beliefs such as 'not deserving... not worthy...' etc.
- Suffering and karmas of parents, ancestors (genetics)
- Karmas held in the spine and consciousness
- Release of suppressed emotions from resentment, grief, etc.
- Unconscious motivations and attachments to ideal weight
- Self-criticism or deep lack of self-love
- Experiences related self-image and confidence
- Relationships to food, stress, family, and overall life
- Relationship to heart and relationship to nervous system
- Overall contentment, peace, and acceptance with life



*About Paul Wong:* He is a speaker, instructor, and healer focused on consciousness work for deep personal transformations. His chronic asthma led him on a journey of learning Chinese healing arts and spending time in India ashrams of spiritual masters. Working through his personal struggles, he developed a body of work called *Opening the Heart*. It centers about the principles of working through the feelings of the heart and getting to love life as *What Is*. When this occurs, divine love is activated and natural healing occurs.

## Weight Transformation Self-Inquiry Questionnaire

1. What is the 'feeling' behind my weight?  
Find the 'feelings'
2. What am I protecting myself from? What do I not feel safe about?  
Find the 'feelings'
3. Am I holding on to hurt feelings, old wounds, resentments?  
Find the 'feelings'
4. Do I have avoidance patterns? Do I want to avoid certain people, situations, or experiences?  
Find the 'feeling'
5. Do I worry about repeating past mistakes? traumas?  
Find the 'feeling'
6. What worries do I have about life? survival? love? acceptance? others? Find the 'feelings'
7. Do I have control issues?  
Find the 'feeling'
8. What fears or insecurities do I have?  
Find the 'feelings'
9. What am I stress about in life?  
Find the 'feelings'