

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 who's 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 into 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

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 a 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 and nothing really helped me long term.

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 a 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 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 in a lot of physical pain. Though working with Paul I came to understand that I has used yoga as a way of moving emotions through me and 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 though 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 in to such a state and have a massive melt down 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.

Deeper Transformation from a Therapist

I work as a body therapist from Sweden and I help people connect with their body and emotions. I do personal development both for myself and also to help my clients to go deeper into themselves.

I heard of Paul through a friend, also working with people in a similar way. I felt a good vibe and joined a workshop. I liked how Paul in a very soft and humble way guided the

group to go in to what was there. Nothing more nothing less. To just learn a way to relax into the feeling was new, although this was what I had been searching for intuitively and new was right. Things started to shift immediately but I felt it was more layers to dive deeper into. So I joined an individual process of 12 sessions over 4 month period. Its been a very intense process and thats also what I think is unique.

I have earlier been working a lot with my self in different groups, courses and with coaching. But this helped me to go even deeper and to really understand the importance and the way to embrace my feelings.

Paul has a knowing of what is there and guides me in and through the feeling. He guides though physical symptoms, like pain and ecksema and feelings. Whatever what is there can be a way in. I had to meet a lot of fears and feelings I didn't want to accept. I have expressed a lot of things during the sessions, expression I normally hold inside and are afraid of showing, which has given me a bigger freedom in expression and also relaxation in relationships. Now I feel a lot lighter in my body, lighter physical and psychological. And also more freedom in my relationships.

When I started the process I was triggered and irritated a lot by friends and family. I didn't know how to handle these reactions. I had a pattern of getting angry inside and then feeling bad about my self for getting angry. I also analyzed what I said a lot and apologized a lot if I was expressing anger. I felt I didn't have the right to be angry and suppressed that feeling and often had to defend my anger in all kinds of situations. After the process I feel relaxed with expressing what I feel without apologizing for my feelings and then the triggering isn't much of a problem any more. And this has been a BIG issue before.

I've been working a lot with my throt and my breathing has been expanding and the space in the throt as well. I have noticed that the process has accelerated my development and now its like a process going on to itself, even though I'm not taking any more sessions at the moment. The most apparent changes that I'm experiencing now, is that my body has expanded by the help of the sessions. Both in feelings and physical. I

feel more empty and also free in my movements. My upper body has for a long time been feeling very restricted but this part has been opening up a lot. I feel both softer, taller and more flexible. People around me give me compliments, they say I look great and that I shine and I also noticed that people are nicer to me, listens and respect me more. And thats also because I have been coming in contact with self-respect, my sensitivity and compassion.

I have also noticed that its not longer so important for me to do things perfect or pushing myself to do things. I'm more into doing what feels natural and comes from within. I recommend this process to everyone who wants to relax more into what is, who wants more contact with feelings and let go of anxiety and get more compassion towards yourself. With just a few words or just your presence, Paul can help you to translate whats within and accept yourself and what is through the heart.

Caroline Edgren, bodytherapist.

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Improving Relationship with Aging Mother and her Physical Health

I am a natural intuitive a spiritual researcher and lay healer. I was researching for some healing support when I came across Paul at Chinese energetics. I was interested, and so I signed up for his free monthly healing videos, felt energy movement and shifts and realized that this was a powerful process and that Paul had learned a number of different modalities and wondered if Paul could help. I was looking for help for my mother who has mild to moderate Alzheimer's and Osteoarthritis and in considerable pain. I had become exhausted, at a loss as what to do next, she refused any outside support had stopped eating and it was hard to stop her falling asleep-she was also depressed and moaned all the time everything was wrong.

I emailed the website and explained some detail about mum, Paul's secretary liaised with Paul and he called me to discuss.

Paul carefully explained that he would be working with me and how connecting and working this way through my own energetic connection to her may support shifts of

energy and improvement. After filling out the form that asked for specific details, I arranged a block of sessions.

The sessions were conducted over the phone, Paul was patient and we conducted a series of question and answers and I was drawn to the feelings that came up, we went into and worked with the energy; the thoughts, feelings and concepts. The questions were about my mum- and her issues/ background of her life, this of course linked to me. I did not realize how much of those issues was still unprocessed and held within me-I thought I had processed much of it. As we carefully went through the stories in this way I noticed changes in my energy- Paul helped me to go into those changes: I felt energy moving, I felt resistance, I felt turbulence, tingling. I felt energy move in different parts of my body. I also felt the energy transmission Paul was carefully supporting me with during the process.

Although I have a deep spiritual understanding, I realized how we think we are so separate, but this truly made me feel and confront the reality of who we are and how we affect each other without even realizing.

During the first session my mother fell deeply asleep in the chair nearby, after the session she got up unaware of what had been happening, she decided to eat a banana!

We had two sessions directed about mums issues and then we began work on me. I didn't send any info we just worked intuitively together. I am still work in progress and taking this new information in. This work doesn't stop, I am becoming more aware, old habits die hard and it is another step on my journey. I asked Paul to give me homework, so when I check in with him at the next session, I can evaluate how I am doing.

Mum is more stable, less depressed and is not quite so centered in her pain, as I progress I will be interested to see what happens next. Mum's life is her journey and her Karma is part of the suffering she chooses, it's up to her what happens next, nothing is set in stone.

It's a complimentary journey of discovery; one that will add to my skill set as well and enables me to pass on to others as I learn.

Thank you Paul for your gentleness and kindness and sharing this journey with me, I look forward to our next session.

With gratitude and love

JACKQUI H UK

Abuse Trauma from 45 years ago...

I was hanging on to an abuse of power issue from 45 years ago. I was an 11 year old who was left in my sister care with a trusted neighbor to check on us. This neighbor whom I had know since childhood and loved and trusted got me alone and touched me inappropriately. This incident caused me to mix up fear as love. This had a huge impact on my relationships. I had social anxiety and suppressed emotions which I was not even aware I was doing. Until I started energy work I thought my state of being was normal. I came to the realization I was in a co-dependent marriage that was not healthy, however, I was so use to relying on my mind I doubted my intuition when it told me to leave. I ended up being stuck with suppressed anger making it impossible for me to stay and feelings of guilt about leaving. This took a toll on my physical health, with me ending up weighting less than 100 lbs. and spending time in the mental health system. Paul support in opening my heart to release the huge childhood anger is a huge step in taking back my power. Using Pau's method and support to sense and clear the effect my thoughts of guilt, anger, and frustration has shown me a path out of stockiness and renewed optimism for the future. Thanks you!

MAUREEN M, CANADA

4 Week Transformation...

Thanks again for working with me. Some really nice changes have happened in my life just over our 4 weeks of sessions. Here's a few examples, Yesterday, I easily let go of the fear and anger that was triggered from my daughters behavior. Last year, the same issues threw me into a tailspin of trying to fix and control her every which way. Now, I let go of the judgement and she's recovered quickly. Next, after 2 years of nasty threatening notes, my ex emailed something coherent. This was a huge change and more than a coincidence. The other really great thing was that I had the best visit with my mom – ever. She has dementia. I was able to be very clear and sense what she wanted. We took a short trip to see her friend, and she was able to

converse with several others that I called on the phone. I believe that she could sense the peace and clarity in me. Maybe this allowed her to be less stressed and to express herself better.

It was really a big deal for me to imagine that you could help me energetically over the phone. I have a solid business background and it was a stretch for me to sign up. I've spent years in Al-Anon and gone through a gazillion other self help methods. You've really helped me have more clarity. Things are just easier now. I am able to notice and take advantage of some of the many gifts in front of me.

I look forward to our next session.

PEACE, SUZANNE

Dealing with Trauma

Hi everyone, I'd like to start by saying that I have been a licensed psychotherapist for over 15 years. Approximately 6 months ago we had a bad traumatic experience at home when we found an intruder inside our apartment at 3:00am. I woke up and saw him in front of me. As I screamed the delinquent started looking for his knife but thanks God he didn't find it. From there, the story is that we are traumatized and if it weren't for my husband I believe my daughter and I would be dead. So that experience left a significant trauma.

Even though we move to another house I kept on having vivid dreams that all that happened had actually happened where we live now. The place we moved at is very spacious so I was also having trouble letting my daughter sleeping in her own room which is far from ours. I was constantly waking up in the middle of the night hearing sounds (which happened to be the sounds of our new home) and I was not in peace. Neither was my family.

I looked for other holistic therapies and they kind of help because I was not feeling as bad as the first few days but I continued struggling to feel finally normal and happy again.

I did one session with Mr Paul, the session was easy I did not have to do much effort just be there and pay attention. Is not like I had to cry and tell every part of the experience (I liked that) and once the session was over I was feeling much better.

The next two days I felt better and better, we finally move our daughter to her room and we all are sleeping much better now even with the sounds of the house and the fact that my daughter is not sleeping "Close". After the session we were awoken by cats fighting on the roof (if you have heard those you know those are not nice to listen in the middle of the night) and even a small earthquake and I haven't felt that thing inside my chest anymore.

I felt like something bad is just gone, and it was something I didn't now before in my life and it was getting heavier in my chest, I was feeling that even my heart was doing something different and by different I don't mean it was good different and that one session took that bad weight away, is just not with me anymore. Is like a cloud that went finally away.

I just wonder how far the sense of freedom in everything would be with more sessions.

Well that's what happened, I hope my story can help others.

GINA, COSTA RICA

Personal Transformation over 5 Month Period

One of the best decisions I ever made was to study self healing work with Paul Wong. Paul is a truly gifted healer and teacher, a caring person, and his methods are groundbreaking and innovative.

I began studying this program with Paul last March. A number of health issues had led me to studying and practicing different healing modalities over the past 4 years and I was not looking for a new one, but when Paul sent me his first free energetic transmission on video I found the effects to be so profound that I decided I would have to learn one more modality. The work immediately left me with a deep sense of release and an inner peace that I had been searching for. I had struggled with a constricted feeling in my solar plexus area since I was a child and none of my energy work had relieved it, but after 3 sessions it was GONE never to return and replaced by a feeling of openness in my chest area that is always with me. I also found it difficult to cry since I was a child. I was able to cry vicariously or in grief but when it came to releasing tears from my own personal pain, I was severely blocked. Again, after the 3rd session I began releasing tears and since then I cry easily anytime I

need to. By this time I had begun doing sessions on myself, especially when I took my daily long walks. I was in London at the time and I remember walking around with tears streaming down my face as I dug up many painful memories and finally released the long buried emotional blocks that I had been carrying around for years. It was such a feeling of relief and I have to add that in the past I would have been far too inhibited to shed tears around strangers,(I probably looked insane), but it never even crossed my mind. I felt free enough to let it go and since then I haven't experienced that feeling of being blocked!

After 6 weeks Paul presented me with a new method that he called Is-ness and that has been my focus for the past 3 1/2 months. After two sessions I noticed I was feeling more tolerant and less worried. Then we began focusing on people in my past that triggered negative feelings. Since childhood I always wanted to do things perfectly and nothing I did ever seemed good enough. Criticism was crushing to me and I experienced guilt and shame whenever I even thought about people from my past that had criticized me. Paul and I began working extensively on the most recent of these people in our 3rd session. This person came into my thoughts frequently and always triggered negative feelings. After the third and fourth session I found I could clear the thoughts and feelings, but in a day or two they would come back. After a few more sessions I found that thoughts of this person rarely came into my mind at all and if they did, I had almost no emotional reaction. Another great result of this was that I noticed when I traced my history and thought about all the many different people that have criticized or judged me in my life, I felt better. By addressing one person, I was really addressing the larger underlying issue. When I spoke to my parents I noticed how good I felt and how easily we communicated where in the past I often felt anxious, guilty, and even angry after these frequent calls. Since then I have had many relaxed interactions with people that used to trigger difficult feelings and I feel much more able to forgive them and to forgive myself.

I also have much less social anxiety. I used to get introverted in public and feel alienated, but now I'm enjoying people more.

Along with my weekly sessions with Paul I also did daily sessions on myself. At Paul's suggestion I developed the habit of trying to grab every negative thought or memory and immediately doing my practices until these negative feelings subsided. For example there was a specific painful memory that had haunted me often since I

was 4 years old. I had discussed this at length with therapists and worked on it energetically, but it still caused me to feel sick, tight feeling in my stomach. It was a combination of deep shame and guilt. After a few weeks of practicing the work on this memory on a daily basis I found that I was able to replay the incident in my mind and suffer no noticeable negative repercussions at all. I was finally able to forgive myself. This kind of daily practice was not a new habit for me because in the past I had done the same thing using my other modalities, but because of the intense emotionally confrontational nature of this work I seemed to experience a deeper kind of healing. I found that when using other modalities I would often feel better for a period of time and then later find myself back in the the same emotional battles that I thought I had resolved. This work lasted! I felt different, lighter, grounded, and more comfortable with who I am. My friends began remarking on how I'd changed and how good my vibe was and I felt much more confident when I practiced all of my healing work on clients or friends. The practices was giving me what I had always wanted from traditional therapy, but I had never experienced. I was not only confronting my "inner demons", but releasing them.

Recently Paul suggested that I trace my entire life and work on every single person or incident that triggers bad feelings and after only 2 weeks of doing this process I've experienced an incredible sense of relief and acceptance. I'm letting go of the past and living more in the present!

After 5 months work I experience less negativity, less obsessive thinking, less worry, less defensiveness and generally a more enjoyable life. This work goes really deep and has allowed me to release very old and rooted habits and patterns. As far as the health issues go, I rarely think about them or focus on them the way I used to. There is an acceptance and a forgiveness that I believe will only lead to greater healing. I have also begun using Paul's practices in my own healing work with clients and friends and the results have been overwhelmingly positive. One client who was in a difficult period with her boyfriend experienced a lot of emotion surfacing during our first session and later reported that she felt less anger and more willingness to accept him. One musician client experienced great calm during the session and reported later that after the session he played with a very unprofessional band and felt OK about it where in the past an bad musical performance would have depressed him. Another client reported after a couple of sessions that she was able to attend a family

function without becoming stressed out. Another client reported that she felt more irritable at first, but as we went deeper in the work she was able to move through it and let go of some of her anger. It was amazing for me to see these people experiencing emotional shifts the way that I did and extremely gratifying to be able to help. All of the clients who have experienced this work have loved it and been grateful for the opportunity to free themselves of some of their conditioned emotional behavior. It has been a great feeling to share this work with others after experiencing such great results myself. If you are looking for energy work that will help you to let go of your conditioned habits and patterns and truly transform yourself, I highly recommend Paul Wong's work. Thank you Paul!

BRUCE A, CALIFORNIA

Personal Transformation over 10 Month Period

Hiya Paul,

Thanks again for yesterday's session.

Hope it does justice to your work.

Of all the healing work I have done in the last 10 or more years, my self-transformation and growth working with Paul Wong has been the most amazing and significant. I am truly grateful that I found Paul when I was on the verge of giving up trying to get out of feeling stuck and deeply depressed. I was also very privileged to work with Paul.

By the second or third session, I felt so much better about my self, having cleared a lot of conditioning. I cleared so many limiting beliefs that new possibilities opened up for me. My confidence grew by leaps and bounds. Other people's judgments no longer troubled me as much. I dropped a lot of my life-long pretenses and became more authentic. I even lost my fear of flying even though we did not specifically work on it. My family and friends acknowledged the huge transformation in me.

One life-changing aspect I gained was a new consciousness within that saw and recognized the greater truths. When challenges came up, I knew it was fine. Deep down, I was no longer as afraid of unpleasant feelings and accepted them with more ease. Paul's more recent work with Isness, helped me cultivate this to a greater

extent. Even with challenges and difficult changes, I am now able to get through them with more peace and success – having greater self-compassion and being more present. More recently, I had a session with Paul and I am surprised how much more profound and faster, Paul's work has become to bring you out of your busy mind and back into deep connection with your Heart.

In the past, I understood that life flowed better if I let go of control but it was near impossible to put this into practice. Through my sessions with Paul, I am now able to do this. Acceptance and trust comes more easily. I can feel a deeper connection to the Divine. I feel more 'alive' than I have been for a long time. I cannot express enough how much I love this work and my gratitude to Paul Wong.

ADRIAN, MELBOURNE

Llewellyn's Personal Transformation after 2 Months

I have had 6 sessions with Paul. When I started with these sessions I felt down as I was in a constant conflict with myself, low on energy and disinterested in my job, friends, family and relationships. I had been working on some of these issues with some success, but it was slow going until I started working with Paul. In these session I notice myself dis-identifying with my mind and its story and releasing a lot of emotions. Also, there were rather surprisingly large energy shifts within me, "deep stuff" that came up to the surface for release. I have found the more I release, the more happier I am and the happier people around me are. My relationships, working situation and energy levels have improved significantly. I am glad I got involved with this work and will be continuing with it.

Thank you Paul.

LLEWELLYN

Having spent so many years in "head quarters" listening to the inner dialogue of my issues, it is Paul's workshop that has enable me to experience an aspect and now spend time in "heart quarters" to release my coping mechanism which was long past its usefulness.

MARY CHASE HOPKINS

As someone who was well trained in suppressing feelings, Paul's workshop has come as a blessed relief. I would highly commend his approach in finding yourself and beginning to put right a toxic past. I wish I had found him years ago.

SIMEON HOPKINS

Over the past few months, Ana and Paul have been helping me to open my heart with excellent results. However, my progress was far slower than most in the group. This is not what happens to me usually.

Last night, I was doing a session with Ana. No specific reason in mind. No agenda other than opening the heart and releasing more programming. Within seconds an unrelated incident happened at my home that set off a trigger. With Ana's guidance, we dug up one of the biggest childhood traumas that, without me realizing, had been the cause of a lot of deep suffering for the past 30 years. I cried like a baby and did not know if I could stop. I did stop.

I have been working with spiritual masters and high level transformation specialists for many years. Not one single one of them has had the impact that Ana has had with me. Last night, I died. And, I was reborn. I have never felt so much lightness in my heart before. There is no elation. No over-excitement. No upset. No regrets. Finally, I am at peace.

Ana, I am grateful from the depth of my soul and my entire being. I can never express enough gratitude, for your support and guidance.

Love, light and eternal gratitude,

HARUN, UK

I would like to give a heartfelt thank you to Paul. After a couple of months of clearing my heart from a painful divorce, core blockages like fear of being rejected and ancestral and family clearings, today I feel clear inside, like a breathing channel filled with serenity and centeredness. Thank you with all my heart!!!

HECTOR, MEXICO

Thank you Paul and Ana for another lovely heart opening evening. Always a

fascinating and healing experience! The new developments on adding in a focus on removing conditioning that limits being/expressing one's authentic self made great sense. The ability to live and speak one's truth, with grace, and without fear is a major challenge yet, as beautifully explained, affects our access to our inherent energy.

As I mentioned this factor is recognized by some modalities as critical to recovery from conditions such as M.E./CFS and Fibromyalgia and is definitely something I have always struggled with...being a (formerly) incurable people pleaser and avoider of potential confrontation at all cost. And with superb synchronicity I was provided with a 'speaking my truth' challenge yesterday evening, and rising to it apparently doubled my 'authenticity index' (? hope that's the right term') so I will continue to be aware and work on this. I even caught myself 'people pleasing' in a dream last night, so my awareness is now on appropriately high alert

Oh and my foot/ankle has been far more comfortable today, thank you for the help with that. I realized I was walking around Waitrose with only the slightest hint of a limp!

JULIE, UK

Recently, I had my last booked session with Paul. In the last few sessions, we worked on my parents and ancestors, clearing limiting beliefs, experiences and balancing the feminine/masculine chakra energies. It was amazing to experience the effect on me and my family. I could feel more 'lightness' and optimism. Everyone looked happier too.

I have always felt that my "foundation" was quite unstable. It was like my life was built upon twigs. Any self-improvement that I achieved did not seem to last. Since my sessions with Paul, I felt as if my "foundation" was dismantled and rebuilt. It now feels so much stronger. I am surprised at the steadiness of my own voice and the calmness in my mind during challenging situations.

Thanks Paul for your facilitations and teachings. This year is a new phase of my life.

ADRIAN, AUSTRALIA

I have benefited from working with Paul since the beginning of the year and have achieved incredible heart healing and transformation. It's amazing how opening the

heart by even small percentages, can have a HUGE impact on the lives of your loved ones, your parents, your family and yourself.

Thank you Paul for all of your incredible work!

TARA, USA

I wanted to say thanks for a great session yesterday! I feel like things are changing beautifully! I'm not only getting rid of any extra body and emotional weight, but also the extra weight that I have been carrying for lifetimes!! Whether that weight is physical, emotional or spiritual, if it begins to weigh you down and is just too much to carry or interferes with the positive production and receiving in your life, it's gotta go!! Thank you for helping me to let it go!!!

KATHY, USA

I am profoundly grateful to have had the opportunity to work with Paul. He is a master healer with a keen, clairvoyant sense that is literally awe inspiring. When I met Paul I had been suffering from chronic digestive illnesses for over a decade – no longer. I had become a slave to my illness following extremely regimented diets and complex supplemental protocols. I had seen a few of specialists (some of whom told me my condition was irreversible). Although there was no denying that my condition was anatomical. I also had the sense that the root of the matter was energetic and tied up in issues surrounding control. Paul worked to correct this. Today my body is much like the “high performance vehicle” Paul refers to in an analogy: no matter what grade of fuel the vehicle remains strong and running optimally. I no longer follow a diet. I enjoy wine, food, friends, and most of all freedom.

LIBBY J., NY

I want to start by saying that I have had several sessions with other practitioners in several other modalities over the years...EFT, Theta Healing, Access Consciousness, and many others. When I first heard about Paul Wong and The Art of Neutrality, I watched all of his videos on Youtube. I was so drawn to him and his energetic processes, so much so that I made an appointment immediately. Which is huge because I generally come up with all these reasons why I should wait or put it off, sometimes indefinitely. I had my first session with Paul, and it was so impactful and far beyond anything else I had ever experienced before. Within the first few

minutes, I was sobbing and releasing so much energy and blocks...blocks that I thought I had already released (guess not). I could feel the energy flowing in my body. I felt intense pressure in my temples; my knee and back pain released; but most importantly, my emotional state changed to a sense of calm or neutral as Paul puts it. I just could not believe what I was feeling and releasing after only a one hour session. It was just so amazing how fast the work was and how much he just kept "clearing". I was a different person after that first session. After a few weeks, I had my second session in order to address some new issues that had surfaced. Paul reminded me that sometimes when large issues energy is cleared, other layers are revealed. This second session could not come soon enough for me. I was very upset, and as soon as I started speaking with Paul, the energy released and I started crying. I was at a point where I had had enough and I could not shake the negativity on my own. I was sure nothing was going to change how I felt, even Paul's gifts, but I was desperate enough to keep going with the session. Well to my surprise and great gratitude, by the end of the session, I was not only neutral to all of these new so-called issues, I went from basically a feeling of despair to a positive outlook and could once again feel hopeful about my life. I truly believe that any one who has a session with Paul Wong will be just as amazed as I am of his abilities.

KARLA L., MICHIGAN

Paul helped me improve my health issues with energetic techniques. After working with him, my knees felt more fluid and have less pain. Also, I went camping and was really itching from the mosquito bites. He worked on the bites and the itch lessened within minutes.

ERIC TRIPP It consultant

I began working with Paul in November. At that time, I was experiencing deep physical and emotional pain His work helped me fully heal the physical challenges as well as restore my sense of balance, confidence, well-being and happiness.

T.W. SHIATSU-THAI THERAPIST Facilitator and Author

Paul Wong has helped me advance in several areas of my life. The first area is improving my sales skills. Before working with Paul in person, I was especially terrified making cold calls.. I would immediately panic and unable to communicate effectively. Now, after receiving several coaching sessions with him, talking to people

is effortless and very easy. I am now contacting complete strangers on a daily basis for my career and got my first sale last week worth about \$21,000 in commissions! Also, he applies holistic techniques to help me find inner peace by reducing present day stress related to my childhood traumas which was responsible for me to feeling uncomfortable around people. After working with Paul, I now love being around people and my social life has grown infinitely! Working with Paul has been one of the best experiences of my life. He works purely on an unconditional basis and wants to see everybody expand into complete liberation of the ego. Thank you Paul!

ANDREW AXELROD E-commerce Consultant

In recent months, Paul has worked with me to help resolve emotional turmoil and physical discomfort. As a past suffer of depression, apathy and sadness often ensue. As I work with Paul, life seems lighter and more bearable; a shift instantly occurs, being neutral and feeling better becomes attainable. His desire to help and ability to do so make him a gem in energy healing and the Yuen Method.

JENNIFER Z. Sales Director

We met on Sat. night and you did a session on me there. I want to thank you and tell you that I could feel effects, seems like you used some EFT too, since I didn't experience any cravings and I felt so emotionally stable, great. I will recommend your services to anybody who might benefit from it. My meditation practice seem to have strong effects and some of impressions have been purified. I mean they come up to the surface and they affect my biology strongly. Your methods may help me to get through this process. Besides I'd like to learn to heal too, someday. I appreciate You so much. Your webpage is great too. Best wishes to you and your family.

ROBERT BUZEK Web Designer

Paul has been helping me move through some distressing emotional issues. In the past I had been diagnosed with PTSD and had experienced a recent flare up of these symptoms. Working with Paul has completely alleviated these symptoms. In addition, he has helped me free up physical pain in multiple areas of my spine and neck. Thank you Paul! I may not completely understand the process, but it has definitely helped me.

LAURA S. Guidance Counselor

I have herniated disc and have been having back pain for the past few years due to physical labor at work. Paul worked on for only a few minutes using energetic techniques and I noticed a big difference. It was quick and easy. As he was doing this I felt the chills a few times while he was working with me. It was a relaxing and calming session.

KEVIN K. Contractor

Paul helped me with the fear of speaking especially in the area of speaking and articulating my thoughts. It is challenging communicating and speaking openly to my family. Previously, I felt a lot of stress and tension especially in the throat area. After working with Paul, I felt the constriction in my throat cleared and I am able to communicate with friends, family, and business associates much more freely.

WALT I. Nutrition Specialist

Paul Wong was able to detect my energy imbalances and blockages and clear them for me. In particular, I had muscular shoulder pain and discomfort which he was able to alleviate within 10 minutes. My shoulder returned to full mobility by the next morning. I woke up without any discomfort and was able to sleep through the night without interruption from pain. He also was able to detect problems with my left leg and knee. I never told him about my accident and major surgery that I had. He cleared other imbalances and blocks that I was unaware of but once pointed out, I did feel the difference in energy flow in my body and mind.

HARRISON FRIED Jewelry Designer

I have been smoking for 29 years and I tried a number of techniques to help me quit and I was still smoking about 1 pack a day. I believe my smoking was attributed to my upbringing and some childhood related traumas still bothered me. Paul worked on me using EFT and energetic techniques to eliminate stress and triggers in multiple areas of my life. After first session, I was only smoking 10 cigarettes per day. After second session, I was down to 5 cigarettes per day. After the third session, I quit completely and have been smoke free for the last 2 months. Thank you Paul.

REV. RICH LIPCOMB Teacher & Author

I had fairly intense pain in my left neck and shoulder at the start of my session and Paul was able to release it in moments. Also, I've had an achiness in my foot for the

last 3 weeks that dissipated very quickly. He helped me understand the different levels of energy in my body and how my life issues influence my energy pain.

LINDSEY WHITING Physical Therapy Office Manager

Two weeks ago I had a molar pulled, and have been in varying degrees of pain ever since. The pain meds didn't really work but made me dizzy edgy. Paul "waved his magic hand" and cleared the lingering ache in my jaw in a matter of seconds. Similarly he cleared the ache in my left shoulder rotator cuff that I've been doing PT for nearly a year. Feeling is believing! Second – you can add this bunny rabbit story to your recommendations: My bunny rabbit is always nervous and shakes the entire time when she goes to the vet every 8 weeks to get her tooth spurs trimmed. Today's visit was stressful due to an especially long spur behind a molar. She was shaking and very tense when they brought her back out in her carrier. Paul offered to see what he could do, and after just a minute or so the rabbit visibly relaxed and calmed down. Instead of cowering in her carrier on the way home, she enthusiastically rearranged the towel she sits on. Usually she hides all day and doesn't come out for her evening greens until very late at night after a visit to the vet; it's not even 5PM and she's already out looking for treats.

DONNA R. Management Consultant

I had some pain in my right eye and some emotional clearing that needed to be done that I felt in the pit of my stomach just before I had a session with Paul. It took less than half an hour of his Chinese Energetics to clear away much of the pain and set me on the right track again. During the session, we talked through the issues to identify what needed to be done energetically, and Paul focused on energetic adjustments on the mental and other non-physical levels-no physical touch is needed for his work. Immediately following the session, I had no pain in my eye and I felt the ache in my stomach diminishing. The next day was when I felt the effects of the emotional clearing strongly. I had a better grasp of the next steps I needed to take to further my own healing.

JODIE A. Researcher

Thank you so very much for your amazingly helpful energy work after my auto accident. As you know, I was rear-ended (twice!) by a Semi-truck. Within an hour and a half, I was already feeling my entire back was in spasm, and my spine and

essentially all my major joints except my wrists and ankles were either significantly or seriously jammed by the effect of the double impact and the body's natural bracing response after the first hit. With the kind of pain I was in, I was able to experience how powerful and immediate your work is. It was truly remarkable! I felt immediate recovery in almost every area of my body that we worked with. We worked together for just an hour, and in that short amount of time, I can easily say that I received an 80-85% reduction in pain! There was some return of pain later that night, that I treated with ice and Ibuprofen. However, I understand that this cyclical return of pain is a common part of the process, and is often experienced over many months as the body recovers. I want you to know though that the intensity of the pain was much less, and it went away quickly. Unlike the "typical pattern" it has not returned in the past week since the accident. The other notable thing was that on my first visit, the body worker that I am seeing, commented on how quickly my tissues are recovering by saying: "your muscles feel like someone who has received about two weeks worth of treatment (massage and chiropractic) for the kind of injuries you sustained-what are you doing?" I told her that I totally attribute that all to your work! With that, she asked for your contact information to give to other clients. And that is a 'happy thing' for everyone! I can't thank you enough Paul. It was wonderful working with you that night, as always, and the results have saved me a great deal of pain! I look forward to working with you again, I wish you all the very best in your life and your work with others. Also, I will continue to share my experience and pass your name on to anyone who wants a truly miraculous experience of healing and transformation. With Great Appreciation and Warm Regards.

KATE ABBOTT Counselor

I met Paul at a Mind, Body and Spirit Expo. My friend and I experienced a demonstration that he offered at no charge. I have been suffering from jaw pain due to stress which causes me to clench and grind my teeth. After a few seconds of telling him this, he asked me to check my jaw. The pain was completely gone! He offered to demo something non-physical. I told him the topic was on relationships, the emotion was disappointment and where I felt it most was at the bottom of my sternum, in between my heart and my stomach. I felt the energy shift inside of me and my body got suddenly hot. I understood this reaction as a release of that disappointment and I sincerely and instantly felt more at peace! The disappointment was gone and I could breath easier and deeper. I decided that I would sit in a full

session with him and I am so glad that I did! As a result of the full session, I am a more balanced person! I no longer have a fear of going down stairs, I am confident and have no inhibitions when it comes dating and relationships and past emotional baggage from relationships are out the window too! I am truly thankful! I am also very excited to hear how he will be helping my parents with vertigo and insomnia! I understand a little better now the power within to heal myself and others. Frequencies changed. Debts repaid. And now I can focus on the moment and tomorrow!

LORENA G. College Advisor

I am a very busy mom, I have a six year old daughter and I am helping a relative taking care of three more children under the age of five. I also have an eighteen year old who is going through a tough time being a young adult. I needed a balance in my life. I was at the Theosophical Society in America where Paul held a demonstration and lecture regarding Chinese Energetics. One by one people came to the front of the room and Paul asked them about their issues (emotional and physical). When it was my turn, my heart was beating so fast, I had a phobia of speaking in front of many people. When Paul said “so your heart is beating fast”, I felt this energy and became calm and I was able to tell him the rest of my issues with ease. I told him that I have this compulsion, everything is always has to be in-order, I have this notion of -“if you are not going to do it right don’t do it at all”. He said “so it’s about control, let’s delete that”, as soon as he said that I felt a stronger energy and I came to realization that it is all about the outline, life is meaningful, I felt this profound shift in consciousness that no one is really able to explain but certainly everyone can experience it. I also told him about my physical problem, my knees have been bothering me especially when I exercise. Paul has this way of conveying words that makes you realize that it is not who you are it’s our thoughts. I felt the energy balance and right away I was able to stay in the present moment with no difficulty, then I shift my attention to my knees and the soreness went away. I would like to thank Paul for his wonderful work and he made many people reflect on the power of using holistic alternative.

JEN PALERACIO MOM

Schedule a phone session for WHATEVER ails ya, coz this worked for me – back & shoulder pain, lightheadedness, poor relationship with eating, procrastination, severe

physiological reaction to blood and guts, and occasional despondency – all wiped from my slate over the phone in 60mins. I am a little shocked and a lot happy!! Oh and most definitely NO BELIEF OR WHACKADOODLE PRACTICE is required – just a healthy & skeptical openness to communicate how you truly feel within. If this is where energy healing is headed, we're all in for a very bright future free of needless pain and self-inflicted suffering. I have a feeling this one's going viral and will soon affect the 100th monkey. Thanks so much Paul and Andrew!!

CHRISTOPHER LEBLANC

I just wanted to check in with you about an unexpected result from our last healing session. As you know, I have been living with the aftermath of a neuro-toxic illness that has included paralysis and other major mobility issues. After our last session (when you sent corrections to me for flu virus) I went outside for some fresh air and to stretch. I noticed right away that my range of motion was substantially improved. Prior to our appointment my range of motion in my right arm was close to 45-55% of normal and after the appointment, my range of motion has dramatically increased to about 85-90%. As an energetic practitioner myself, I am well aware that these results are possible, even probable, but I am no less impressed by your skills and very appreciative of the work you are doing for me. Thank you!

NIKKI MARK Quantum Therapist

It wasn't too long before I came across a series of highly interesting videos called "Chinese Energetics" with Paul Wong on You Tube. I watched one, then another and another until I had watched the entire series. I was absolutely fascinated with this form of healing, as I had never seen anything that had such a quick and immediate healing effect on the people attending his classes.

BRUCE ROBERTSON

Over the years I've learnt many fantastic tools to assist myself in healing, and others. All have their specific strengths in greatly assisting the life experience, however when I watched Paul Wong's demonstration videos illustrating Chinese Energetics, I was amazed at the speed and effectiveness of the results for a multitude of differing issues. Issues of the soul, the heart, the mind and body were all seemingly neutralized to a balanced perspective, and symptom free body.. in moments. The other exciting factor perceived was that there was no need for the recipient to believe

in the technique, or the practitioner, in order to achieve these near-instant results. I believe the “power of belief” is an important factor in most healing modalities, and seems to be a key reason why most healing modalities are rarely universally effective, or consistently so. Chinese Energetics, which incorporates the Yuen Method, appears to be an exciting exception.

FELIX C - UK TESTIMONIAL FOR THE HOME STUDY COURSE

It was a great experience of being coached by Paul. Paul’s in-depth knowledge of various healing methods and his sincerity towards his work makes the coaching experience extremely enriching. I spent over three months with Paul. During this period, I learnt various approaches to healing self and others. His coaching and healing has helped me become a better healer myself. Number of people coming to me for healing and guidance has increased many fold over the last few months. Even my office work has shown tremendous improvement. I myself experienced instant changes and healings during sessions with him. Paul’s coaching making it easier for me to apply it in my day to day life. has helped me understand in a better way

AMIT KOHLI

I had injured my knee bad wrestling in high school about two years ago, it was pretty severe and I was sure I had to have surgery, which I delayed due to military training. However, I discovered Paul’s work on YouTube and had to experience it for myself. I contacted Paul to see if he can actually “fix” what I thought required surgery. Paul was nice enough to do a free session due to my military service. At the time I was experiencing a constant knee pain, about a 3-4 on a scale of 1-10, 10 being the worst. Paul was scheduled to call me but I fell asleep and missed the call. Nonetheless Paul notified me via e-mail that he had done his thing and sure enough, zero pain. I attend college full time so I’m constantly walking all week, and it seemed as if I never got injured. Even the following weekend, on my monthly reserve duty, I walked for miles in my combat boots, paying special attention for any pain whatsoever, but nothing. I was amazed.

JIMMY

After a session with Paul I felt immediately better. It was strange at first as I went into the pain , which was attached to a specific emotion...There was resentment, anger, need to control and so much hate towards my ex husband who was very abusive

towards me and my children too. So much fear as well... I felt so strange at first, because there was none of this left in my body. It was like I got attached to all this negative emotions and without them (although I didn't want them) there was an empty space inside me. Replacing them with gratitude and love was the best thing ever!!!

DANA

OTH-ISness for Dealing with Trauma

Hi everyone, I'd like to start by saying that I have been a licensed psychotherapist for over 15 years. Approximately 6 months ago we had a bad traumatic experience at home when we found an intruder inside our apartment at 3:00am. I woke up and saw him in front of me. As I screamed the delinquent started looking for his knife but thanks God he didn't find it. From there, the story is that we are traumatized and if it weren't for my husband I believe my daughter and I would be dead. So that experience left a significant trauma.

Even though we move to another house I kept on having vivid dreams that all that happened had actually happened where we live now. The place we moved at is very spacious so I was also having trouble letting my daughter sleeping in her own room which is far from ours. I was constantly waking up in the middle of the night hearing sounds (which happened to be the sounds of our new home) and I was not in peace. Neither was my family.

I looked for other holistic therapies and they kind of help because I was not feeling as bad as the first few days but I continued struggling to feel finally normal and happy again.

I did one session with Mr Paul, the session was easy I did not have to do much effort just be there and pay attention. Is not like I had to cry and tell every part of the experience (I liked that) and once the session was over I was feeling much better. The next two days I felt better and better, we finally move our daughter to her room and we all are sleeping much better now even with the sounds of the house and the fact that my daughter is not sleeping "Close". After the session we were awoken by cats fighting on the roof (if you have heard those you know those are not nice to

listen in the middle of the night) and even a small earthquake and I haven't felt that thing inside my chest anymore.

I felt like something bad is just gone, and it was something I didn't now before in my life and it was getting heavier in my chest, I was feeling that even my heart was doing something different and by different I don't mean it was good different and that one session took that bad weight away, is just not with me anymore. Is like a cloud that went finally away.

I just wonder how far the sense of freedom in everything would be with more sessions.

Well that's what happened, I hope my story can help others.

Gina, Costa Rica

OTH-ISness for Personal Transformation over 5 Month Period

One of the best decisions I ever made was to study OTH/Isness work with Paul Wong. Paul is a truly gifted healer and teacher, a caring person, and his methods are groundbreaking and innovative.

I began studying OTH/Is-ness work with Paul last March. A number of health issues had led me to studying and practicing different healing modalities over the past 4 years and I was not looking for a new one, but when Paul sent me his first free energetic transmission on video I found the effects to be so profound that I decided I would have to learn one more modality. The work immediately left me with a deep sense of release and an inner peace that I had been searching for. I had struggled with a constricted feeling in my solar plexus area since I was a child and none of my energy work had relieved it, but after 3 OTH sessions it was GONE never to return and replaced by a feeling of openness in my chest area that is always with me. I also found it difficult to cry since I was a child. I was able to cry vicariously or in grief but when it came to releasing tears from my own personal pain, I was severely blocked. Again, after the 3rd session I began releasing tears and since then I cry easily anytime I need to. By this time I had begun doing sessions on myself, especially when I took my daily long walks. I was in London at the time and I remember walking around with tears streaming down my face as I dug up many painful memories and

finally released the long buried emotional blocks that I had been carrying around for years. It was such a feeling of relief and I have to add that in the past I would have been far too inhibited to shed tears around strangers,(I probably looked insane), but it never even crossed my mind. I felt free enough to let it go and since then I haven't experienced that feeling of being blocked!

After 6 weeks Paul presented me with a new method that he called Is-ness and that has been my focus for the past 3 1/2 months. After two sessions I noticed I was feeling more tolerant and less worried. Then we began focusing on people in my past that triggered negative feelings. Since childhood I always wanted to do things perfectly and nothing I did ever seemed good enough. Criticism was crushing to me and I experienced guilt and shame whenever I even thought about people from my past that had criticized me. Paul and I began working extensively on the most recent of these people in our 3rd session. This person came into my thoughts frequently and always triggered negative feelings. After the third and fourth session I found I could clear the thoughts and feelings, but in a day or two they would come back. After a few more sessions I found that thoughts of this person rarely came into my mind at all and if they did, I had almost no emotional reaction. Another great result of this was that I noticed when I traced my history and thought about all the many different people that have criticized or judged me in my life, I felt better. By addressing one person, I was really addressing the larger underlying issue. When I spoke to my parents I noticed how good I felt and how easily we communicated where in the past I often felt anxious, guilty, and even angry after these frequent calls. Since then I have had many relaxed interactions with people that used to trigger difficult feelings and I feel much more able to forgive them and to forgive myself.

I also have much less social anxiety. I used to get introverted in public and feel alienated, but now I'm enjoying people more.

Along with my weekly sessions with Paul I also did daily sessions on myself. At Paul's suggestion I developed the habit of trying to grab every negative thought or memory and immediately doing my Is-ness work until these negative feelings subsided. For example there was a specific painful memory that had haunted me often since I was 4 years old. I had discussed this at length with therapists and worked on it energetically, but it still caused me to feel a sick, tight feeling in my stomach. It was a combination of deep shame and guilt. After a few weeks of

practicing the is-ness work on this memory on a daily basis I found that I was able to replay the incident in my mind and suffer no noticeable negative repercussions at all. I was finally able to forgive myself. This kind of daily practice was not a new habit for me because in the past I had done the same thing using my other modalities, but because of the intense emotionally confrontational nature of this work I seemed to experience a deeper kind of healing. I found that when using other modalities I would often feel better for a period of time and then later find myself back in the the same emotional battles that I thought I had resolved. The Is-ness work lasted! I felt different, lighter, grounded, and more comfortable with who I am. My friends began remarking on how I'd changed and how good my vibe was and I felt much more confident when I practiced all of my healing work on clients or friends. Is-ness work was giving me what I had always wanted from traditional therapy, but I had never experienced. I was not only confronting my "inner demons", but releasing them.

Recently Paul suggested that I trace my entire life and work on every single person or incident that triggers bad feelings and after only 2 weeks of doing this process I've experienced an incredible sense of relief and acceptance. I'm letting go of the past and living more in the present!

After 5 months of OTH/Is-ness work I experience less negativity, less obsessive thinking, less worry, less defensiveness and generally a more enjoyable life. This work goes really deep and has allowed me to release very old and rooted habits and patterns. As far as the health issues go, I rarely think about them or focus on them the way I used to. There is an acceptance and a forgiveness that I believe will only lead to greater healing. I have also begun using OTH and Is-ness in my own healing work with clients and friends and the results have been overwhelmingly positive. One client who was in a difficult period with her boyfriend experienced a lot of emotion surfacing during our first session and later reported that she felt less anger and more willingness to accept him. One musician client experienced great calm during the session and reported later that after the session he played with a very unprofessional band and felt OK about it where in the past an bad musical performance would have depressed him. Another client reported after a couple of sessions that she was able to attend a family function without becoming stressed out. Another client reported that she felt more irritable at first, but as we went deeper in the work she was able to move through it and let go of some of her anger. It was amazing for me to see these

people experiencing emotional shifts the way that I did and extremely gratifying to be able to help. All of the clients who have experienced this work have loved it and been grateful for the opportunity to free themselves of some of their conditioned emotional behavior. It has been a great feeling to share this work with others after experiencing such great results myself. If you are looking for energy work that will help you to let go of your conditioned habits and patterns and truly transform yourself, I highly recommend Paul Wong's work. Thank you Paul!

Bruce A, California

OTH-ISness Personal Transformation over 10 Month Period

Hiya Paul,

Thanks again for yesterday's session.

Hope it does justice to your work.

Of all the healing work I have done in the last 10 or more years, my self-transformation and growth working with Paul Wong has been the most amazing and significant. I am truly grateful that I found Paul when I was on the verge of giving up trying to get out of feeling stuck and deeply depressed. I was also very privileged to work with Paul, during his transition from Art of Neutrality (AON) into Opening the Heart (OTH).

By the second or third session, I felt so much better about my self, having cleared a lot of conditioning. I cleared so many limiting beliefs that new possibilities opened up for me. My confidence grew by leaps and bounds. Other people's judgments no longer troubled me as much. I dropped a lot of my life-long pretences and became more authentic. I even lost my fear of flying even though we did not specifically work on it. My family and friends acknowledged the huge transformation in me.

One life-changing aspect I gained was a new consciousness within that saw and recognized the greater truths. When challenges came up, I knew it was fine. Deep down, I was no longer as afraid of unpleasant feelings and accepted them with more ease. Paul's more recent work with Isness, helped me cultivate this to a greater extent. Even with challenges and difficult changes, I am now able to get through them with more peace and success – having greater self-compassion and being

more present. More recently, I had a session with Paul and I am surprised how much more profound and faster, Paul's OTH work has become to bring you out of your busy mind and back into deep connection with your Heart.

In the past, I understood that life flowed better if I let go of control but it was near impossible to put this into practice. Through my OTH work with Paul, I am now able to do this. Acceptance and trust comes more easily. I can feel a deeper connection to the Divine. I feel more 'alive' than I have been for a long time. I cannot express enough how much I love the OTH work and my gratitude to Paul Wong.

Adrian, Melbourne, 2014

Llewellyn's Personal Transformation after 2 Months

I have had 6 sessions with Paul. When I started with these sessions I felt down as I was in a constant conflict with myself, low on energy and disinterested in my job, friends, family and relationships. I had been working on some of these issues with some success, but it was slow going until I started working with Paul. In these session I notice myself dis-identifying with my mind and its story and releasing a lot of emotions. Also, there were rather surprisingly large energy shifts within me, "deep stuff" that came up to the surface for release. I have found the more I release, the more happier I am and the happier people around me are. My relationships, working situation and energy levels have improved significantly. I am glad I got involved with this work and will be continuing with it.

Thank you Paul.

I've always had difficulty dealing with negative or arrogant people. The Opening of the Heart workshop with Paul helped me realize that these encounters were actually meant to help me deal with my own issues. I found the weekend extremely helpful and would recommend it to anyone.

ARCHIE WINFUL

Having spent so many years in "head quarters" listening to the inner dialogue of my issues, it is Paul's workshop Opening of the Heart that has enable me to experience an aspect and now spend time in "heart quarters" to release my coping mechanism which was long past its usefulness.

MARY CHASE HOPKINS

As someone who was well trained in suppressing feelings, Paul's workshop has come as a blessed relief. I would highly commend his approach in finding yourself and beginning to put right a toxic past. I wish I had found him years ago.

SIMEON HOPKINS

Over the past few months, Ana and Paul have been helping me to open my heart with excellent results. However, my progress was far slower than most in the group. This is not what I happens to me usually.

Last night, I was doing a session with Ana. No specific reason in mind. No agenda other than opening the heart and releasing more programming. Within seconds an unrelated incident happened at my home that set off a trigger. With Ana's guidance, we dug up one of the biggest childhood traumas that, without me realizing, had been the cause of a lot of deep suffering for the past 30 years. I cried like a baby and did not know if I could stop. I did stop.

I have been working with spiritual masters and high level transformation specialists for many years. Not one single one of them has had the impact that Ana has had with me. Last night, I died. And, I was reborn. I have never felt so much lightness in my heart before. There is no elation. No over-excitement. No upset. No regrets. Finally, I am at peace.

Ana, I am grateful from the depth of my soul and my entire being. I can never express enough gratitude, for your support and guidance.

Love, light and eternal gratitude,

HARUN, UK

I would like to give a heartfelt thank you to Paul. After a couple of months of clearing my heart from a painful divorce, core blockages like fear of being rejected and ancestral and family clearings, today I feel clear inside, like a breathing channel filled with serenity and centeredness. Thank you with all my heart!!!

HECTOR, MEXICO

Thank you Paul and Ana for another lovely heart-opening evening. Always a

fascinating and healing experience! The new developments on adding in a focus on removing conditioning that limits being/expressing one's authentic self made great sense. The ability to live and speak one's truth, with grace, and without fear is a major challenge yet, as beautifully explained, affects our access to our inherent energy.

As I mentioned this factor is recognized by some modalities as critical to recovery from conditions such as M.E./CFS and Fibromyalgia and is definitely something I have always struggled with...being a (formerly) incurable people pleaser and avoider of potential confrontation at all cost. And with superb synchronicity I was provided with a 'speaking my truth' challenge yesterday evening, and rising to it apparently doubled my 'authenticity index' (? hope that's the right term) so I will continue to be aware and work on this. I even caught myself 'people pleasing' in a dream last night, so my awareness is now on appropriately high alert

Oh and my foot/ankle has been far more comfortable today, thank you for the help with that. I realized I was walking around Waitrose with only the slightest hint of a limp!

JULIE, UK

Recently, I had my last booked OTH session with Paul. In the last few sessions, we worked on my parents and ancestors, clearing limiting beliefs, experiences and balancing the feminine/masculine chakra energies. It was amazing to experience the effect on me and my family. I could feel more 'lightness' and optimism. Everyone looked happier too.

I have always felt that my "foundation" was quite unstable. It was like my life was built upon twigs. Any self-improvement that I achieved did not seem to last. Since my sessions with Paul, I felt as if my "foundation" was dismantled and rebuilt. It now feels so much stronger. I am surprised at the steadiness of my own voice and the calmness in my mind during challenging situations.

Thanks Paul for your facilitations and teachings. 2013 is a new phase of my life.

ADRIAN, AUSTRALIA

I have benefited from working with Paul since the beginning of the year and have achieved incredible heart healing and transformation. It's amazing how opening the

heart by even small percentages, can have a HUGE impact on the lives of your loved ones, your parents, your family and yourself.

Thank you Paul for all of your incredible work!

TARA, USA

Paul is the best healer I know. I am happy for having sessions. Because his method works well, it's very powerful. You can see results fast and he explains cause of issues during the session, so you can understand everything.

I haven't finished the program yet. We have worked only 2 times. I feel freedom, bravery, happiness, strong. Before OTH I was hopeless, sad and helpless. I couldn't get rid of my past trauma and many other negative feelings. Now I am neutral about the memories or fears that I was crying when I remember or talk about them and also made me nervous. Thanks Paul for helping people to release charges and live the life with love.

SEVINC, AZERBAIJAN

I wanted to say thanks for a great session yesterday! I feel like things are changing beautifully! I'm not only getting rid of any extra body and emotional weight, but also the extra weight that I have been carrying for lifetimes!! Whether that weight is physical, emotional or spiritual, if it begins to weigh you down and is just too much to carry or interferes with the positive production and receiving in your life, it's gotta go!! Thank you for helping me to let it go!!!

KATHY, USA

I am profoundly grateful to have had the opportunity to work with Paul. He is a master healer with a keen, clairvoyant sense that is literally awe inspiring. When I met Paul I had been suffering from chronic digestive illnesses for over a decade – no longer. I had become a slave to my illness following extremely regimented diets and complex supplemental protocols. I had seen a few of specialists (some of whom told me my condition was irreversible). Although there was no denying that my condition was anatomical. I also had the sense that the root of the matter was energetic and tied up in issues surrounding control. Paul worked to correct this. Today my body is much like the “high performance vehicle” Paul refers to in an analogy: no matter what grade

of fuel the vehicle remains strong and running optimally. I no longer follow a diet. I enjoy wine, food, friends, and most of all freedom.

LIBBY J., NY

I want to start by saying that I have had several sessions with other practitioners in several other modalities over the years...EFT, Theta Healing, Access Consciousness, and many others. When I first heard about Paul Wong and The Art of Neutrality, I watched all of his videos on Youtube. I was so drawn to him and his energetic processes, so much so that I made an appointment immediately. Which is huge because I generally come up with all these reasons why I should wait or put it off, sometimes indefinitely. I had my first session with Paul, and it was so impactful and far beyond anything else I had ever experienced before. Within the first few minutes, I was sobbing and releasing so much energy and blocks...blocks that I thought I had already released (guess not). I could feel the energy flowing in my body. I felt intense pressure in my temples; my knee and back pain released; but most importantly, my emotional state changed to a sense of calm or NEUTRAL as Paul puts it. I just could not believe what I was feeling and releasing after only a one hour session. It was just so amazing how fast the work was and how much he just kept "clearing". I was a different person after that first session. After a few weeks, I had my second session in order to address some new issues that had surfaced. Paul reminded me that sometimes when large issues energy is cleared, other layers are revealed. This second session could not come soon enough for me. I was very upset, and as soon as I started speaking with Paul, the energy released and I started crying. I was at a point where I had had enough and I could not shake the negativity on my own. I was sure nothing was going to change how I felt, even Paul's gifts, but I was desperate enough to keep going with the session. Well to my surprise and great gratitude, by the end of the session, I was not only NEUTRAL to all of these new so-called issues, I went from basically a feeling of despair to a positive outlook and could once again feel hopeful about my life. I truly believe that any one who has a session with Paul Wong will be just as amazed as I am of his abilities.

KARLA L., MICHIGAN

Paul helped me improve my health issues with energetic techniques. After working with him, my knees felt more fluid and have less pain. Also, I went camping and was

really itching from the mosquito bites. He worked on the bites and the itch lessened within minutes.

ERIC TRIPP It consultant

I began working with Paul in November 2008. At that time, I was experiencing deep physical and emotional pain His work helped me fully heal the physical challenges as well as restore my sense of balance, confidence, well-being and happiness.

T.W. SHIATSU-THAI THERAPIST Facilitator and Author

Paul Wong has helped me advance in several areas of my life. The first area is improving my sales skills. Before working with Paul in person, I was especially terrified making cold calls.. I would immediately panic and unable to communicate effectively. Now, after receiving several coaching sessions with him, talking to people is effortless and very easy. I am now contacting complete strangers on a daily basis for my career and got my first sale last week worth about \$21,000 in commissions! Also, he applies holistic techniques to help me find inner peace by reducing present day stress related to my childhood traumas which was responsible for me to feeling uncomfortable around people. After working with Paul, I now love being around people and my social life has grown infinitely! Working with Paul has been one of the best experiences of my life. He works purely on an unconditional basis and wants to see everybody expand into complete liberation of the ego. Thank you Paul!

ANDREW AXELROD E-commerce Consultant

In recent months, Paul has worked with me to help resolve emotional turmoil and physical discomfort. As a past suffer of depression, apathy and sadness often ensue. As I work with Paul, life seems lighter and more bearable; a shift instantly occurs, being neutral and feeling better becomes attainable. His desire to help and ability to do so make him a gem in energy healing and the Yuen Method.

JENNIFER Z. Sales Director

We met on Sat. night and you did a session on me there. I want to thank you and tell you that I could feel effects, seems like you used some EFT too, since I didn't experience any cravings and I felt so emotionally stable, great. I will recommend your services to anybody who might benefit from it. My meditation practice seem to have strong effects and some of impressions have been purified. I mean they come up to

the surface and they affect my biology strongly. Your methods may help me to get through this process. Besides I'd like to learn to heal too, someday. I appreciate You so much. Your webpage is great too. Best wishes to you and your family.

ROBERT BUZEK Web Designer

Paul has been helping me move through some distressing emotional issues. In the past I had been diagnosed with PTSD and had experienced a recent flare up of these symptoms. Working with Paul has completely alleviated these symptoms. In addition, he has helped me free up physical pain in multiple areas of my spine and neck. Thank you Paul! I may not completely understand the process, but it has definitely helped me.

LAURA S. Guidance Counselor

I have herniated disc and have been having back pain for the past few years due to physical labor at work. Paul worked on for only a few minutes using energetic techniques and I noticed a big difference. It was quick and easy. As he was doing this I felt the chills a few times while he was working with me. It was a relaxing and calming session.

KEVIN K. Contractor

Paul helped me with the fear of speaking especially in the area of speaking and articulating my thoughts. It is challenging communicating and speaking openly to my family. Previously, I felt a lot of stress and tension especially in the throat area. After working with Paul, I felt the constriction in my throat cleared and I am able to communicate with friends, family, and business associates much more freely.

WALT I. Nutrition Specialist

Paul Wong was able to detect my energy imbalances and blockages and clear them for me. In particular, I had muscular shoulder pain and discomfort which he was able to alleviate within 10 minutes. My shoulder returned to full mobility by the next morning. I woke up without any discomfort and was able to sleep through the night without interruption from pain. He also was able to detect problems with my left leg and knee. I never told him about my accident and major surgery that I had. He cleared other imbalances and blocks that I was unaware of but once pointed out, I did feel the difference in energy flow in my body and mind.

HARRISON FRIED Jewelry Designer

I have been smoking for 29 years and I tried a number of techniques to help me quit and I was still smoking about 1 pack a day. I believe my smoking was attributed to my upbringing and some childhood related traumas still bothered me. Paul worked on me using EFT and energetic techniques to eliminate stress and triggers in multiple areas of my life. After first session, I was only smoking 10 cigarettes per day. After second session, I was down to 5 cigarettes per day. After the third session, I quit completely and have been smoke free for the last 2 months. Thank you Paul.

REV. RICH LIPCOMB Teacher & Author

I had fairly intense pain in my left neck and shoulder at the start of my session and Paul was able to release it in moments. Also, I've had an achiness in my foot for the last 3 weeks that dissipated very quickly. He helped me understand the different levels of energy in my body and how my life issues influence my energy pain.

LINDSEY WHITING Physical Therapy Office Manager

Two weeks ago I had a molar pulled, and have been in varying degrees of pain ever since. The pain meds didn't really work but made me dizzy edgy. Paul "waved his magic hand" and cleared the lingering ache in my jaw in a matter of seconds. Similarly he cleared the ache in my left shoulder rotator cuff that I've been doing PT for nearly a year. Feeing is believing! Second – you can add this bunny rabbit story to your recommendations: My bunny rabbit is always nervous and shakes the entire time when she goes to the vet every 8 weeks to get her tooth spurs trimmed. Today's visit was stressful due to an especially long spur behind a molar. She was shaking and very tense when they brought her back out in her carrier. Paul offered to see what he could do, and after just a minute or so the rabbit visibly relaxed and calmed down. Instead of cowering in her carrier on the way home, she enthusiastically rearranged the towel she sits on. Usually she hides all day and doesn't come out for her evening greens until very late at night after a visit to the vet; it's not even 5PM and she's already out looking for treats.

DONNA R. Management Consultant

I had some pain in my right eye and some emotional clearing that needed to be done that I felt in the pit of my stomach just before I had a session with Paul. It took less than half an hour of his Chinese Energetics to clear away much of the pain and set

me on the right track again. During the session, we talked through the issues to identify what needed to be done energetically, and Paul focused on energetic adjustments on the mental and other non-physical levels-no physical touch is needed for his work. Immediately following the session, I had no pain in my eye and I felt the ache in my stomach diminishing. The next day was when I felt the effects of the emotional clearing strongly. I had a better grasp of the next steps I needed to take to further my own healing.

JODIE A. Researcher

Thank you so very much for your amazingly helpful energy work after my auto accident. As you know, I was rear-ended (twice!) by a Semi-truck. Within an hour and a half, I was already feeling my entire back was in spasm, and my spine and essentially all my major joints except my wrists and ankles were either significantly or seriously jammed by the effect of the double impact and the body's natural bracing response after the first hit. With the kind of pain I was in, I was able to experience how powerful and immediate your work is. It was truly remarkable! I felt immediate recovery in almost every area of my body that we worked with. We worked together for just an hour, and in that short amount of time, I can easily say that I received an 80-85% reduction in pain! There was some return of pain later that night, that I treated with ice and Ibuprofen. However, I understand that this cyclical return of pain is a common part of the process, and is often experienced over many months as the body recovers. I want you to know though that the intensity of the pain was much less, and it went away quickly. Unlike the "typical pattern" it has not returned in the past week since the accident. The other notable thing was that on my first visit, the body worker that I am seeing, commented on how quickly my tissues are recovering by saying: "your muscles feel like someone who has received about two weeks worth of treatment (massage and chiropractic) for the kind of injuries you sustained-what are you doing?" I told her that I totally attribute that all to your work! With that, she asked for your contact information to give to other clients. And that is a 'happy thing' for everyone! I can't thank you enough Paul. It was wonderful working with you that night, as always, and the results have saved me a great deal of pain! I look forward to working with you again, I wish you all the very best in your life and your work with others. Also, I will continue to share my experience and pass your name on to anyone who wants a truly miraculous experience of healing and transformation. With Great Appreciation and Warm Regards.

KATE ABBOTT Counselor

I met Paul at a Mind, Body and Spirit Expo. My friend and I experienced a demonstration that he offered at no charge. I have been suffering from jaw pain due to stress which causes me to clench and grind my teeth. After a few seconds of telling him this, he asked me to check my jaw. The pain was completely gone! He offered to demo something non-physical. I told him the topic was on relationships, the emotion was disappointment and where I felt it most was at the bottom of my sternum, in between my heart and my stomach. I felt the energy shift inside of me and my body got suddenly hot. I understood this reaction as a release of that disappointment and I sincerely and instantly felt more at peace! The disappointment was gone and I could breath easier and deeper. I decided that I would sit in a full session with him and I am so glad that I did! As a result of the full session, I am a more balanced person! I no longer have a fear of going down stairs, I am confident and have no inhibitions when it comes dating and relationships and past emotional baggage from relationships are out the window too! I am truly thankful! I am also very excited to hear how he will be helping my parents with vertigo and insomnia! I understand a little better now the power within to heal myself and others. Frequencies changed. Debts repaid. And now I can focus on the moment and tomorrow!

LORENA G. College Advisor

I am a very busy mom, I have a six year old daughter and I am helping a relative taking care of three more children under the age of five. I also have an eighteen year old who is going through a tough time being a young adult. I needed a balance in my life. I was at the Theosophical Society in America where Paul held a demonstration and lecture regarding Chinese Energetics. One by one people came to the front of the room and Paul asked them about their issues (emotional and physical). When it was my turn, my heart was beating so fast, I had a phobia of speaking in front of many people. When Paul said "so your heart is beating fast", I felt this energy and became calm and I was able to tell him the rest of my issues with ease. I told him that I have this compulsion, everything is always has to be in-order, I have this notion of -"if you are not going to do it right don't do it at all". He said "so it's about control, let's delete that", as soon as he said that I felt a stronger energy and I came to realization that it is all about the outline, life is meaningful, I felt this profound shift in

consciousness that no one is really able to explain but certainly everyone can experience it. I also told him about my physical problem, my knees have been bothering me especially when I exercise. Paul has this way of conveying words that makes you realize that it is not who you are it's our thoughts. I felt the energy balance and right away I was able to stay in the present moment with no difficulty, then I shift my attention to my knees and the soreness went away. I would like to thank Paul for his wonderful work and he made many people reflect on the power of using holistic alternative.

JEN PALERACIO MOM

Schedule a phone session for WHATEVER ails ya, coz this worked for me – back & shoulder pain, lightheadedness, poor relationship with eating, procrastination, severe physiological reaction to blood and guts, and occasional despondency – all wiped from my slate over the phone in 60mins. I am a little shocked and a lot happy!! Oh and most definitely NO BELIEF OR WHACKADOODLE PRACTICE is required – just a healthy & skeptical openness to communicate how you truly feel within. If this is where energy healing is headed, we're all in for a very bright future free of needless pain and self-inflicted suffering. I have a feeling this one's going viral and will soon affect the 100th monkey. Thanks so much Paul and Andrew!!

CHRISTOPHER LEBLANC

I just wanted to check in with you about an unexpected result from our last healing session. As you know, I have been living with the aftermath of a neuro-toxic illness that has included paralysis and other major mobility issues. After our last session (when you sent corrections to me for flu virus) I went outside for some fresh air and to stretch. I noticed right away that my range of motion was substantially improved. Prior to our appointment my range of motion in my right arm was close to 45-55% of normal and after the appointment, my range of motion has dramatically increased to about 85-90%. As an energetic practitioner myself, I am well aware that these results are possible, even probable, but I am no less impressed by your skills and very appreciative of the work you are doing for me. Thank you!

NIKKI MARK Quantum Therapist

It wasn't too long before I came across a series of highly interesting videos called "Chinese Energetics" with Paul Wong on You Tube. I watched one, then another and

another until I had watched the entire series. I was absolutely fascinated with this form of healing, as I had never seen anything that had such a quick and immediate healing effect on the people attending his classes.

BRUCE ROBERTSON

Over the years I've learnt many fantastic tools to assist myself in healing, and others. All have their specific strengths in greatly assisting the life experience, however when I watched Paul Wong's demonstration videos illustrating Chinese Energetics, I was amazed at the speed and effectiveness of the results for a multitude of differing issues. Issues of the soul, the heart, the mind and body were all seemingly neutralized to a balanced perspective, and symptom free body.. in moments. The other exciting factor perceived was that there was no need for the recipient to believe in the technique, or the practitioner, in order to achieve these near-instant results. I believe the "power of belief" is an important factor in most healing modalities, and seems to be a key reason why most healing modalities are rarely universally effective, or consistently so. Chinese Energetics, which incorporates the Yuen Method, appears to be an exciting exception.

FELIX C - UK TESTIMONIAL FOR THE HOME STUDY COURSE

It was a great experience of being coached by Paul. Paul's in-depth knowledge of various healing methods and his sincerity towards his work makes the coaching experience extremely enriching. I spent over three months with Paul. During this period, I learnt various approaches to healing self and others. His coaching and healing has helped me become a better healer myself. Number of people coming to me for healing and guidance has increased many fold over the last few months. Even my office work has shown tremendous improvement. I myself experienced instant changes and healings during sessions with him. Paul's coaching making it easier for me to apply it in my day to day life.has helped me understand in a better way

AMIT KOHLI

I had injured my knee bad wrestling in high school about two years ago, it was pretty severe and I was sure I had to have surgery, which I delayed due to military training. However, I discovered Paul's work on YouTube and had to experience it for myself. I contacted Paul to see if he can actually "fix" what I thought required surgery. Paul was nice enough to do a free session due to my military service. At the time I was

experiencing a constant knee pain, about a 3-4 on a scale of 1-10, 10 being the worst. Paul was scheduled to call me but I fell asleep and missed the call. Nonetheless Paul notified me via e-mail that he had done his thing and sure enough, zero pain. I attend college full time so I'm constantly walking all week, and it seemed as if I never got injured. Even the following weekend, on my monthly reserve duty, I walked for miles in my combat boots, paying special attention for any pain whatsoever, but nothing. I was amazed.

JIMMY

After a session with Paul I felt immediately better. It was strange at first as I went into the pain, which was attached to a specific emotion... There was resentment, anger, need to control and so much hate towards my ex husband who was very abusive towards me and my children too. So much fear as well... I felt so strange at first, because there was none of this left in my body. It was like I got attached to all this negative emotions and without them (although I didn't want them) there was an empty space inside me. Replacing them with gratitude and love was the best thing ever!!!

DANA

OTH-ISness for Dealing with Trauma

Hi everyone, I'd like to start by saying that I have been a licensed psychotherapist for over 15 years. Approximately 6 months ago we had a bad traumatic experience at home when we found an intruder inside our apartment at 3:00am. I woke up and saw him in front of me. As I screamed the delinquent started looking for his knife but thanks God he didn't find it. From there, the story is that we are traumatized and if it weren't for my husband I believe my daughter and I would be dead. So that experience left a significant trauma.

Even though we move to another house I kept on having vivid dreams that all that happened had actually happened where we live now. The place we moved at is very spacious so I was also having trouble letting my daughter sleeping in her own room which is far from ours. I was constantly waking up in the middle of the night hearing sounds (which happened to be the sounds of our new home) and I was not in peace. Neither was my family.

I looked for other holistic therapies and they kind of help because I was not feeling as bad as the first few days but I continued struggling to feel finally normal and happy again.

I did one session with Mr Paul, the session was easy I did not have to do much effort just be there and pay attention. Is not like I had to cry and tell every part of the experience (I liked that) and once the session was over I was feeling much better. The next two days I felt better and better, we finally move our daughter to her room and we all are sleeping much better now even with the sounds of the house and the fact that my daughter is not sleeping "Close". After the session we were awoken by cats fighting on the roof (if you have heard those you know those are not nice to listen in the middle of the night) and even a small earthquake and I haven't felt that thing inside my chest anymore.

I felt like something bad is just gone, and it was something I didn't now before in my life and it was getting heavier in my chest, I was feeling that even my heart was doing something different and by different I don't mean it was good different and that one session took that bad weight away, is just not with me anymore. Is like a cloud that went finally away.

I just wonder how far the sense of freedom in everything would be with more sessions.

Well that's what happened, I hope my story can help others.

Gina, Costa Rica

OTH-ISness for Personal Transformation over 5 Month Period

One of the best decisions I ever made was to study OTH/Isness work with Paul Wong. Paul is a truly gifted healer and teacher, a caring person, and his methods are groundbreaking and innovative.

I began studying OTH/Is-ness work with Paul last March. A number of health issues had led me to studying and practicing different healing modalities over the past 4 years and I was not looking for a new one, but when Paul sent me his first free energetic transmission on video I found the effects to be so profound that I decided I would have to learn one more modality. The work immediately left me with a deep

sense of release and an inner peace that I had been searching for. I had struggled with a constricted feeling in my solar plexus area since I was a child and none of my energy work had relieved it, but after 3 OTH sessions it was GONE never to return and replaced by a feeling of openness in my chest area that is always with me. I also found it difficult to cry since I was a child. I was able to cry vicariously or in grief but when it came to releasing tears from my own personal pain, I was severely blocked. Again, after the 3rd session I began releasing tears and since then I cry easily anytime I need to. By this time I had begun doing sessions on myself, especially when I took my daily long walks. I was in London at the time and I remember walking around with tears streaming down my face as I dug up many painful memories and finally released the long buried emotional blocks that I had been carrying around for years. It was such a feeling of relief and I have to add that in the past I would have been far too inhibited to shed tears around strangers,(I probably looked insane), but it never even crossed my mind. I felt free enough to let it go and since then I haven't experienced that feeling of being blocked!

After 6 weeks Paul presented me with a new method that he called Is-ness and that has been my focus for the past 3 1/2 months. After two sessions I noticed I was feeling more tolerant and less worried. Then we began focusing on people in my past that triggered negative feelings. Since childhood I always wanted to do things perfectly and nothing I did ever seemed good enough. Criticism was crushing to me and I experienced guilt and shame whenever I even thought about people from my past that had criticized me. Paul and I began working extensively on the most recent of these people in our 3rd session. This person came into my thoughts frequently and always triggered negative feelings. After the third and fourth session I found I could clear the thoughts and feelings, but in a day or two they would come back. After a few more sessions I found that thoughts of this person rarely came into my mind at all and if they did, I had almost no emotional reaction. Another great result of this was that I noticed when I traced my history and thought about all the many different people that have criticized or judged me in my life, I felt better. By addressing one person, I was really addressing the larger underlying issue. When I spoke to my parents I noticed how good I felt and how easily we communicated where in the past I often felt anxious, guilty, and even angry after these frequent calls. Since then I have had many relaxed interactions with people that used to trigger difficult feelings and I feel much more able to forgive them and to forgive myself.

I also have much less social anxiety. I used to get introverted in public and feel alienated, but now I'm enjoying people more.

Along with my weekly sessions with Paul I also did daily sessions on myself. At Paul's suggestion I developed the habit of trying to grab every negative thought or memory and immediately doing my Is-ness work until these negative feelings subsided. For example there was a specific painful memory that had haunted me often since I was 4 years old. I had discussed this at length with therapists and worked on it energetically, but it still caused me to feel a sick, tight feeling in my stomach. It was a combination of deep shame and guilt. After a few weeks of practicing the is-ness work on this memory on a daily basis I found that I was able to replay the incident in my mind and suffer no noticeable negative repercussions at all. I was finally able to forgive myself. This kind of daily practice was not a new habit for me because in the past I had done the same thing using my other modalities, but because of the intense emotionally confrontational nature of this work I seemed to experience a deeper kind of healing. I found that when using other modalities I would often feel better for a period of time and then later find myself back in the the same emotional battles that I thought I had resolved. The Is-ness work lasted! I felt different, lighter, grounded, and more comfortable with who I am. My friends began remarking on how I'd changed and how good my vibe was and I felt much more confident when I practiced all of my healing work on clients or friends. Is-ness work was giving me what I had always wanted from traditional therapy, but I had never experienced. I was not only confronting my "inner demons", but releasing them.

Recently Paul suggested that I trace my entire life and work on every single person or incident that triggers bad feelings and after only 2 weeks of doing this process I've experienced an incredible sense of relief and acceptance. I'm letting go of the past and living more in the present!

After 5 months of OTH/Is-ness work I experience less negativity, less obsessive thinking, less worry, less defensiveness and generally a more enjoyable life. This work goes really deep and has allowed me to release very old and rooted habits and patterns. As far as the health issues go, I rarely think about them or focus on them the way I used to. There is an acceptance and a forgiveness that I believe will only lead to greater healing. I have also begun using OTH and Is-ness in my own healing work with clients and friends and the results have been overwhelmingly positive. One

client who was in a difficult period with her boyfriend experienced a lot of emotion surfacing during our first session and later reported that she felt less anger and more willingness to accept him. One musician client experienced great calm during the session and reported later that after the session he played with a very unprofessional band and felt OK about it where in the past a bad musical performance would have depressed him. Another client reported after a couple of sessions that she was able to attend a family function without becoming stressed out. Another client reported that she felt more irritable at first, but as we went deeper in the work she was able to move through it and let go of some of her anger. It was amazing for me to see these people experiencing emotional shifts the way that I did and extremely gratifying to be able to help. All of the clients who have experienced this work have loved it and been grateful for the opportunity to free themselves of some of their conditioned emotional behavior. It has been a great feeling to share this work with others after experiencing such great results myself. If you are looking for energy work that will help you to let go of your conditioned habits and patterns and truly transform yourself, I highly recommend Paul Wong's work. Thank you Paul!

Bruce A, California

OTH-ISness Personal Transformation over 10 Month Period

Hiya Paul,

Thanks again for yesterday's session.

Hope it does justice to your work.

Of all the healing work I have done in the last 10 or more years, my self-transformation and growth working with Paul Wong has been the most amazing and significant. I am truly grateful that I found Paul when I was on the verge of giving up trying to get out of feeling stuck and deeply depressed. I was also very privileged to work with Paul, during his transition from Art of Neutrality (AON) into Opening the Heart (OTH).

By the second or third session, I felt so much better about my self, having cleared a lot of conditioning. I cleared so many limiting beliefs that new possibilities opened up for me. My confidence grew by leaps and bounds. Other people's judgments no

longer troubled me as much. I dropped a lot of my life-long pretences and became more authentic. I even lost my fear of flying even though we did not specifically work on it. My family and friends acknowledged the huge transformation in me.

One life-changing aspect I gained was a new consciousness within that saw and recognized the greater truths. When challenges came up, I knew it was fine. Deep down, I was no longer as afraid of unpleasant feelings and accepted them with more ease. Paul's more recent work with Isness, helped me cultivate this to a greater extent. Even with challenges and difficult changes, I am now able to get through them with more peace and success – having greater self-compassion and being more present. More recently, I had a session with Paul and I am surprised how much more profound and faster, Paul's OTH work has become to bring you out of your busy mind and back into deep connection with your Heart.

In the past, I understood that life flowed better if I let go of control but it was near impossible to put this into practice. Through my OTH work with Paul, I am now able to do this. Acceptance and trust comes more easily. I can feel a deeper connection to the Divine. I feel more 'alive' than I have been for a long time. I cannot express enough how much I love the OTH work and my gratitude to Paul Wong.

Adrian, Melbourne, 2014

Llewellyn's Personal Transformation after 2 Months

I have had 6 sessions with Paul. When I started with these sessions I felt down as I was in a constant conflict with myself, low on energy and disinterested in my job, friends, family and relationships. I had been working on some of these issues with some success, but it was slow going until I started working with Paul. In these session I notice myself dis-identifying with my mind and its story and releasing a lot of emotions. Also, there were rather surprisingly large energy shifts within me, "deep stuff" that came up to the surface for release. I have found the more I release, the more happier I am and the happier people around me are. My relationships, working situation and energy levels have improved significantly. I am glad I got involved with this work and will be continuing with it.

Thank you Paul.

I've always had difficulty dealing with negative or arrogant people. The Opening of the Heart workshop with Paul helped me realize that these encounters were actually meant to help me deal with my own issues. I found the weekend extremely helpful and would recommend it to anyone.

ARCHIE WINFUL

Having spent so many years in "head quarters" listening to the inner dialogue of my issues, it is Paul's workshop Opening of the Heart that has enable me to experience an aspect and now spend time in "heart quarters" to release my coping mechanism which was long past its usefulness.

MARY CHASE HOPKINS

As someone who was well trained in suppressing feelings, Paul's workshop has come as a blessed relief. I would highly commend his approach in finding yourself and beginning to put right a toxic past. I wish I had found him years ago.

SIMEON HOPKINS

Over the past few months, Ana and Paul have been helping me to open my heart with excellent results. However, my progress was far slower than most in the group. This is not what I happens to me usually.

Last night, I was doing a session with Ana. No specific reason in mind. No agenda other than opening the heart and releasing more programming. Within seconds an unrelated incident happened at my home that set off a trigger. With Ana's guidance, we dug up one of the biggest childhood traumas that, without me realizing, had been the cause of a lot of deep suffering for the past 30 years. I cried like a baby and did not know if I could stop. I did stop.

I have been working with spiritual masters and high level transformation specialists for many years. Not one single one of them has had the impact that Ana has had with me. Last night, I died. And, I was reborn. I have never felt so much lightness in my heart before. There is no elation. No over-excitement. No upset. No regrets. Finally, I am at peace.

Ana, I am grateful from the depth of my soul and my entire being. I can never express enough gratitude, for your support and guidance.

Love, light and eternal gratitude,

HARUN, UK

I would like to give a heartfelt thank you to Paul. After a couple of months of clearing my heart from a painful divorce, core blockages like fear of being rejected and ancestral and family clearings, today I feel clear inside, like a breathing channel filled with serenity and centeredness. Thank you with all my heart!!!

HECTOR, MEXICO

Thank you Paul and Ana for another lovely heart-opening evening. Always a fascinating and healing experience! The new developments on adding in a focus on removing conditioning that limits being/expressing one's authentic self made great sense. The ability to live and speak one's truth, with grace, and without fear is a major challenge yet, as beautifully explained, affects our access to our inherent energy.

As I mentioned this factor is recognized by some modalities as critical to recovery from conditions such as M.E./CFS and Fibromyalgia and is definitely something I have always struggled with...being a (formerly) incurable people pleaser and avoider of potential confrontation at all cost. And with superb synchronicity I was provided with a 'speaking my truth' challenge yesterday evening, and rising to it apparently doubled my 'authenticity index' (? hope that's the right term') so I will continue to be aware and work on this. I even caught myself 'people pleasing' in a dream last night, so my awareness is now on appropriately high alert

Oh and my foot/ankle has been far more comfortable today, thank you for the help with that. I realized I was walking around Waitrose with only the slightest hint of a limp!

JULIE, UK

Recently, I had my last booked OTH session with Paul. In the last few sessions, we worked on my parents and ancestors, clearing limiting beliefs, experiences and balancing the feminine/masculine chakra energies. It was amazing to experience the effect on me and my family. I could feel more 'lightness' and optimism. Everyone looked happier too.

I have always felt that my “foundation” was quite unstable. It was like my life was built upon twigs. Any self-improvement that I achieved did not seem to last. Since my sessions with Paul, I felt as if my “foundation” was dismantled and rebuilt. It now feels so much stronger. I am surprised at the steadiness of my own voice and the calmness in my mind during challenging situations.

Thanks Paul for your facilitation’s and teachings. 2013 is a new phase of my life.

ADRIAN, AUSTRALIA

I have benefited from working with Paul since the beginning of the year and have achieved incredible heart healing and transformation. It’s amazing how opening the heart by even small percentages, can have a HUGE impact on the lives of your loved ones, your parents, your family and yourself.

Thank you Paul for all of your incredible work!

TARA, USA

Paul is the best healer I know. I am happy for having sessions. Because his method works well, it’s very powerful. You can see results fast and he explains cause of issues during the session, so you can understand everything.

I haven’t finished the program yet. We have worked only 2 times. I feel freedom, bravery, happiness, strong. Before OTH I was hopeless, sad and helpless. I couldn’t get rid of my past trauma and many other negative feelings. Now I am neutral about the memories or fears that I was crying when I remember or talk about them and also made me nervous. Thanks Paul for helping people to release charges and live the life with love.

SEVINC, AZERBAIJAN

I wanted to say thanks for a great session yesterday! I feel like things are changing beautifully! I’m not only getting rid of any extra body and emotional weight, but also the extra weight that I have been carrying for lifetimes!! Whether that weight is physical, emotional or spiritual, if it begins to weigh you down and is just too much to carry or interferes with the positive production and receiving in your life, it’s gotta go!! Thank you for helping me to let it go!!!

KATHY, USA

I am profoundly grateful to have had the opportunity to work with Paul. He is a master healer with a keen, clairvoyant sense that is literally awe inspiring. When I met Paul I had been suffering from chronic digestive illnesses for over a decade – no longer. I had become a slave to my illness following extremely regimented diets and complex supplemental protocols. I had seen a few of specialists (some of whom told me my condition was irreversible). Although there was no denying that my condition was anatomical. I also had the sense that the root of the matter was energetic and tied up in issues surrounding control. Paul worked to correct this. Today my body is much like the “high performance vehicle” Paul refers to in an analogy: no matter what grade of fuel the vehicle remains strong and running optimally. I no longer follow a diet. I enjoy wine, food, friends, and most of all freedom.

LIBBY J., NY

I want to start by saying that I have had several sessions with other practitioners in several other modalities over the years...EFT, Theta Healing, Access Consciousness, and many others. When I first heard about Paul Wong and The Art of Neutrality, I watched all of his videos on Youtube. I was so drawn to him and his energetic processes, so much so that I made an appointment immediately. Which is huge because I generally come up with all these reasons why I should wait or put it off, sometimes indefinitely. I had my first session with Paul, and it was so impactful and far beyond anything else I had ever experienced before. Within the first few minutes, I was sobbing and releasing so much energy and blocks...blocks that I thought I had already released (guess not). I could feel the energy flowing in my body. I felt intense pressure in my temples; my knee and back pain released; but most importantly, my emotional state changed to a sense of calm or NEUTRAL as Paul puts it. I just could not believe what I was feeling and releasing after only a one hour session. It was just so amazing how fast the work was and how much he just kept “clearing”. I was a different person after that first session. After a few weeks, I had my second session in order to address some new issues that had surfaced. Paul reminded me that sometimes when large issues energy is cleared, other layers are revealed. This second session could not come soon enough for me. I was very upset, and as soon as I started speaking with Paul, the energy released and I started crying. I was at a point where I had had enough and I could not shake the negativity on my own. I was sure nothing was going to change how I felt, even Paul's gifts, but I was desperate enough to keep going with the session. Well to my surprise and great

gratitude, by the end of the session, I was not only NEUTRAL to all of these new so-called issues, I went from basically a feeling of despair to a positive outlook and could once again feel hopeful about my life. I truly believe that any one who has a session with Paul Wong will be just as amazed as I am of his abilities.

KARLA L., MICHIGAN

Paul helped me improve my health issues with energetic techniques. After working with him, my knees felt more fluid and have less pain. Also, I went camping and was really itching from the mosquito bites. He worked on the bites and the itch lessened within minutes.

ERIC TRIPP It consultant

I began working with Paul in November 2008. At that time, I was experiencing deep physical and emotional pain His work helped me fully heal the physical challenges as well as restore my sense of balance, confidence, well-being and happiness.

T.W. SHIATSU-THAI THERAPIST Facilitator and Author

Paul Wong has helped me advance in several areas of my life. The first area is improving my sales skills. Before working with Paul in person, I was especially terrified making cold calls.. I would immediately panic and unable to communicate effectively. Now, after receiving several coaching sessions with him, talking to people is effortless and very easy. I am now contacting complete strangers on a daily basis for my career and got my first sale last week worth about \$21,000 in commissions! Also, he applies holistic techniques to help me find inner peace by reducing present day stress related to my childhood traumas which was responsible for me to feeling uncomfortable around people. After working with Paul, I now love being around people and my social life has grown infinitely! Working with Paul has been one of the best experiences of my life. He works purely on an unconditional basis and wants to see everybody expand into complete liberation of the ego. Thank you Paul!

ANDREW AXELROD E-commerce Consultant

In recent months, Paul has worked with me to help resolve emotional turmoil and physical discomfort. As a past suffer of depression, apathy and sadness often ensue. As I work with Paul, life seems lighter and more bearable; a shift instantly occurs,

being neutral and feeling better becomes attainable. His desire to help and ability to do so make him a gem in energy healing and the Yuen Method.

JENNIFER Z. Sales Director

We met on Sat. night and you did a session on me there. I want to thank you and tell you that I could feel effects, seems like you used some EFT too, since I didn't experience any cravings and I felt so emotionally stable, great. I will recommend your services to anybody who might benefit from it. My meditation practice seem to have strong effects and some of impressions have been purified. I mean they come up to the surface and they affect my biology strongly. Your methods may help me to get through this process. Besides I'd like to learn to heal too, someday. I appreciate You so much. Your webpage is great too. Best wishes to you and your family.

ROBERT BUZEK Web Designer

Paul has been helping me move through some distressing emotional issues. In the past I had been diagnosed with PTSD and had experienced a recent flare up of these symptoms. Working with Paul has completely alleviated these symptoms. In addition, he has helped me free up physical pain in multiple areas of my spine and neck. Thank you Paul! I may not completely understand the process, but it has definitely helped me.

LAURA S. Guidance Counselor

I have herniated disc and have been having back pain for the past few years due to physical labor at work. Paul worked on for only a few minutes using energetic techniques and I noticed a big difference. It was quick and easy. As he was doing this I felt the chills a few times while he was working with me. It was a relaxing and calming session.

KEVIN K. Contractor

Paul helped me with the fear of speaking especially in the area of speaking and articulating my thoughts. It is challenging communicating and speaking openly to my family. Previously, I felt a lot of stress and tension especially in the throat area. After working with Paul, I felt the constriction in my throat cleared and I am able to communicate with friends, family, and business associates much more freely.

WALT I. Nutrition Specialist

Paul Wong was able to detect my energy imbalances and blockages and clear them for me. In particular, I had muscular shoulder pain and discomfort which he was able to alleviate within 10 minutes. My shoulder returned to full mobility by the next morning. I woke up without any discomfort and was able to sleep through the night without interruption from pain. He also was able to detect problems with my left leg and knee. I never told him about my accident and major surgery that I had. He cleared other imbalances and blocks that I was unaware of but once pointed out, I did feel the difference in energy flow in my body and mind.

HARRISON FRIED Jewelry Designer

I have been smoking for 29 years and I tried a number of techniques to help me quit and I was still smoking about 1 pack a day. I believe my smoking was attributed to my upbringing and some childhood related traumas still bothered me. Paul worked on me using EFT and energetic techniques to eliminate stress and triggers in multiple areas of my life. After first session, I was only smoking 10 cigarettes per day. After second session, I was down to 5 cigarettes per day. After the third session, I quit completely and have been smoke free for the last 2 months. Thank you Paul.

REV. RICH LIPCOMB Teacher & Author

I had fairly intense pain in my left neck and shoulder at the start of my session and Paul was able to release it in moments. Also, I've had an achiness in my foot for the last 3 weeks that dissipated very quickly. He helped me understand the different levels of energy in my body and how my life issues influence my energy pain.

LINDSEY WHITING Physical Therapy Office Manager

Two weeks ago I had a molar pulled, and have been in varying degrees of pain ever since. The pain meds didn't really work but made me dizzy edgy. Paul "waved his magic hand" and cleared the lingering ache in my jaw in a matter of seconds. Similarly he cleared the ache in my left shoulder rotator cuff that I've been doing PT for nearly a year. Feeling is believing! Second – you can add this bunny rabbit story to your recommendations: My bunny rabbit is always nervous and shakes the entire time when she goes to the vet every 8 weeks to get her tooth spurs trimmed. Today's visit was stressful due to an especially long spur behind a molar. She was shaking and very tense when they brought her back out in her carrier. Paul offered to see what he could do, and after just a minute or so the rabbit visibly relaxed and calmed down.

Instead of cowering in her carrier on the way home, she enthusiastically rearranged the towel she sits on. Usually she hides all day and doesn't come out for her evening greens until very late at night after a visit to the vet; it's not even 5PM and she's already out looking for treats.

DONNA R. Management Consultant

I had some pain in my right eye and some emotional clearing that needed to be done that I felt in the pit of my stomach just before I had a session with Paul. It took less than half an hour of his Chinese Energetics to clear away much of the pain and set me on the right track again. During the session, we talked through the issues to identify what needed to be done energetically, and Paul focused on energetic adjustments on the mental and other non-physical levels-no physical touch is needed for his work. Immediately following the session, I had no pain in my eye and I felt the ache in my stomach diminishing. The next day was when I felt the effects of the emotional clearing strongly. I had a better grasp of the next steps I needed to take to further my own healing.

JODIE A. Researcher

Thank you so very much for your amazingly helpful energy work after my auto accident. As you know, I was rear-ended (twice!) by a Semi-truck. Within an hour and a half, I was already feeling my entire back was in spasm, and my spine and essentially all my major joints except my wrists and ankles were either significantly or seriously jammed by the effect of the double impact and the body's natural bracing response after the first hit. With the kind of pain I was in, I was able to experience how powerful and immediate your work is. It was truly remarkable! I felt immediate recovery in almost every area of my body that we worked with. We worked together for just an hour, and in that short amount of time, I can easily say that I received an 80-85% reduction in pain! There was some return of pain later that night, that I treated with ice and Ibuprofen. However, I understand that this cyclical return of pain is a common part of the process, and is often experienced over many months as the body recovers. I want you to know though that the intensity of the pain was much less, and it went away quickly. Unlike the "typical pattern" it has not returned in the past week since the accident. The other notable thing was that on my first visit, the body worker that I am seeing, commented on how quickly my tissues are recovering by saying: "your muscles feel like someone who has received about two weeks worth

of treatment (massage and chiropractic) for the kind of injuries you sustained-what are you doing?" I told her that I totally attribute that all to your work! With that, she asked for your contact information to give to other clients. And that is a 'happy thing' for everyone! I can't thank you enough Paul. It was wonderful working with you that night, as always, and the results have saved me a great deal of pain! I look forward to working with you again, I wish you all the very best in your life and your work with others. Also, I will continue to share my experience and pass your name on to anyone who wants a truly miraculous experience of healing and transformation. With Great Appreciation and Warm Regards.

KATE ABBOTT Counselor

I met Paul at a Mind, Body and Spirit Expo. My friend and I experienced a demonstration that he offered at no charge. I have been suffering from jaw pain due to stress which causes me to clench and grind my teeth. After a few seconds of telling him this, he asked me to check my jaw. The pain was completely gone! He offered to demo something non-physical. I told him the topic was on relationships, the emotion was disappointment and where I felt it most was at the bottom of my sternum, in between my heart and my stomach. I felt the energy shift inside of me and my body got suddenly hot. I understood this reaction as a release of that disappointment and I sincerely and instantly felt more at peace! The disappointment was gone and I could breath easier and deeper. I decided that I would sit in a full session with him and I am so glad that I did! As a result of the full session, I am a more balanced person! I no longer have a fear of going down stairs, I am confident and have no inhibitions when it comes dating and relationships and past emotional baggage from relationships are out the window too! I am truly thankful! I am also very excited to hear how he will be helping my parents with vertigo and insomnia! I understand a little better now the power within to heal myself and others. Frequencies changed. Debts repaid. And now I can focus on the moment and tomorrow!

LORENA G. College Advisor

I am a very busy mom, I have a six year old daughter and I am helping a relative taking care of three more children under the age of five. I also have an eighteen year old who is going through a tough time being a young adult. I needed a balance in my life. I was at the Theosophical Society in America where Paul held a demonstration

and lecture regarding Chinese Energetics. One by one people came to the front of the room and Paul asked them about their issues (emotional and physical). When it was my turn, my heart was beating so fast, I had a phobia of speaking in front of many people. When Paul said “so your heart is beating fast”, I felt this energy and became calm and I was able to tell him the rest of my issues with ease. I told him that I have this compulsion, everything is always has to be in-order, I have this notion of -“if you are not going to do it right don’t do it at all”. He said “so it’s about control, let’s delete that”, as soon as he said that I felt a stronger energy and I came to realization that it is all about the outline, life is meaningful, I felt this profound shift in consciousness that no one is really able to explain but certainly everyone can experience it. I also told him about my physical problem, my knees have been bothering me especially when I exercise. Paul has this way of conveying words that makes you realize that it is not who you are it’s our thoughts. I felt the energy balance and right away I was able to stay in the present moment with no difficulty, then I shift my attention to my knees and the soreness went away. I would like to thank Paul for his wonderful work and he made many people reflect on the power of using holistic alternative.

JEN PALERACIO MOM

Schedule a phone session for WHATEVER ails ya, coz this worked for me – back & shoulder pain, lightheadedness, poor relationship with eating, procrastination, severe physiological reaction to blood and guts, and occasional despondency – all wiped from my slate over the phone in 60mins. I am a little shocked and a lot happy!! Oh and most definitely NO BELIEF OR WHACKADOODLE PRACTICE is required – just a healthy & skeptical openness to communicate how you truly feel within. If this is where energy healing is headed, we’re all in for a very bright future free of needless pain and self-inflicted suffering. I have a feeling this one’s going viral and will soon affect the 100th monkey. Thanks so much Paul and Andrew!!

CHRISTOPHER LEBLANC

I just wanted to check in with you about an unexpected result from our last healing session. As you know, I have been living with the aftermath of a neuro-toxic illness that has included paralysis and other major mobility issues. After our last session (when you sent corrections to me for flu virus) I went outside for some fresh air and to stretch. I noticed right away that my range of motion was substantially improved.

Prior to our appointment my range of motion in my right arm was close to 45-55% of normal and after the appointment, my range of motion has dramatically increased to about 85-90%. As an energetic practitioner myself, I am well aware that these results are possible, even probable, but I am no less impressed by your skills and very appreciative of the work you are doing for me. Thank you!

NIKKI MARK Quantum Therapist

It wasn't too long before I came across a series of highly interesting videos called "Chinese Energetic's" with Paul Wong on You Tube. I watched one, then another and another until I had watched the entire series. I was absolutely fascinated with this form of healing, as I had never seen anything that had such a quick and immediate healing effect on the people attending his classes.

BRUCE ROBERTSON

Over the years I've learnt many fantastic tools to assist myself in healing, and others. All have their specific strengths in greatly assisting the life experience, however when I watched Paul Wong's demonstration videos illustrating Chinese Energetics, I was amazed at the speed and effectiveness of the results for a multitude of differing issues. Issues of the soul, the heart, the mind and body were all seemingly neutralized to a balanced perspective, and symptom free body.. in moments. The other exciting factor perceived was that there was no need for the recipient to believe in the technique, or the practitioner, in order to achieve these near-instant results. I believe the "power of belief" is an important factor in most healing modalities, and seems to be a key reason why most healing modalities are rarely universally effective, or consistently so. Chinese Energetics, which incorporates the Yuen Method, appears to be an exciting exception.

FELIX C - UK TESTIMONIAL FOR THE HOME STUDY COURSE

It was a great experience of being coached by Paul. Paul's in-depth knowledge of various healing methods and his sincerity towards his work makes the coaching experience extremely enriching. I spent over three months with Paul. During this period, I learnt various approaches to healing self and others. His coaching and healing has helped me become a better healer myself. Number of people coming to me for healing and guidance has increased many fold over the last few months. Even my office work has shown tremendous improvement. I myself experienced instant

changes and healings during sessions with him. Paul's coaching making it easier for me to apply it in my day to day life.has helped me understand in a better way

AMIT KOHLI

I had injured my knee bad wrestling in high school about two years ago, it was pretty severe and I was sure I had to have surgery, which I delayed due to military training. However, I discovered Paul's work on YouTube and had to experience it for myself. I contacted Paul to see if he can actually "fix" what I thought required surgery. Paul was nice enough to do a free session due to my military service. At the time I was experiencing a constant knee pain, about a 3-4 on a scale of 1-10, 10 being the worst. Paul was scheduled to call me but I fell asleep and missed the call. Nonetheless Paul notified me via e-mail that he had done his thing and sure enough, zero pain. I attend college full time so I'm constantly walking all week, and it seemed as if I never got injured. Even the following weekend, on my monthly reserve duty, I walked for miles in my combat boots, paying special attention for any pain whatsoever, but nothing. I was amazed.

JIMMY

After a session with Paul I felt immediately better. It was strange at first as I went into the pain , which was attached to a specific emotion...There was resentment, anger, need to control and so much hate towards my ex husband who was very abusive towards me and my children too. So much fear as well... I felt so strange at first, because there was none of this left in my body. It was like I got attached to all this negative emotions and without them (although I didn't want them) there was an empty space inside me. Replacing them with gratitude and love was the best thing ever!!!

DANA

Thanks again for working with me. Some really nice changes have happened in my life just over our 4 weeks of sessions. Here's a few examples, Yesterday, I easily let go of the fear and anger that was triggered from my daughters behavior. Last year, the same issues threw me into a tailspin of trying to fix and control her every which way. Now, I let go of the judgement and she's recovered quickly. Next, after 2 years of nasty threatening notes, my ex emailed something coherent. This was a huge change and more than a coincidence. The other really great thing was that I had the

best visit with my mom – ever. She has dementia. I was able to be very clear and sense what she wanted. We took a short trip to see her friend, and she was able to converse with several others that I called on the phone. I believe that she could sense the peace and clarity in me. Maybe this allowed her to be less stressed and to express herself better.

It was really a big deal for me to imagine that you could help me energetically over the phone. I have a solid business background and it was a stretch for me to sign up. I've spent years in Al-Anon and gone through a gazillion other self help methods. You've really helped me have more clarity. Things are just easier now. I am able to notice and take advantage of some of the many gifts in front of me.

I look forward to our next session.

Peace,

Suzanne

OTH-IsNess after 4 weeks... Improving Relationship and Physical Health with Mother

I am a natural intuitive a spiritual researcher and lay healer. I was researching for some healing support when I came across Paul at Chinese energetics. I was interested, and so I signed up for his free monthly OHT Transmissions:
<https://www.youtube.com/watch?v=imbSPvYxpcc>

I felt energy movement and shifts and realized that this was a powerful process and that Paul had learned a number of different modalities and wondered if Paul could help.

I was looking for help for my mother who has mild to moderate Alzheimer's and Osteoarthritis and in considerable pain. I had become exhausted, at a loss as what to do next, she refused any outside support had stopped eating and it was hard to stop her falling asleep-she was also depressed and moaned all the time everything was wrong.

I emailed the website and explained some detail about mum, Paul's secretary Vanessa liaised with Paul and he called me to discuss.

Paul carefully explained that he would be working with me and how connecting and working this way through my own energetic connection to her may support shifts of energy and improvement. After filling out the form that asked for specific details, I arranged a block of sessions.

The sessions were conducted over the phone, Paul was patient and we conducted a series of question and answers and I was drawn to the feelings that came up, we went into and worked with the energy; the thoughts, feelings and concepts. The questions were about my mum- and her issues/ background of her life, this of course linked to me. I did not realize how much of those issues was still unprocessed and held within me-I thought I had processed much of it. As we carefully went through the stories in this way I noticed changes in my energy- Paul helped me to go into those changes: I felt energy moving, I felt resistance, I felt turbulence, tingling. I felt energy move in different parts of my body. I also felt the energy transmission Paul was carefully supporting me with during the process.

Although I have a deep spiritual understanding, I realized how we think we are so separate, but this truly made me feel and confront the reality of who we are and how we affect each other without even realizing.

During the first session my mother fell deeply asleep in the chair nearby, after the session she got up unaware of what had been happening, she decided to eat a banana!

We had two sessions directed about mums issues and then we began work on me. I didn't send any info we just worked intuitively together. I am still work in progress and taking this new information in. This work doesn't stop, I am becoming more aware, old habits die hard and it is another step on my journey. I asked Paul to give me homework, so when I check in with him at the next session, I can evaluate how I am doing.

Mum is more stable, less depressed and is not quite so centered in her pain, as I progress I will be interested to see what happens next. Mum's life is her journey and her Kama is part of the suffering she chooses, it's up to her what happens next, nothing is set in stone.

It's a complimentary journey of discovery; one that will add to my skill set as well and enables me to pass on to others as I learn.

Thank you Paul for your gentleness and kindness and sharing this journey with me, I look forward to our next session.

With gratitude and love

Jacqui Hawkins London UK