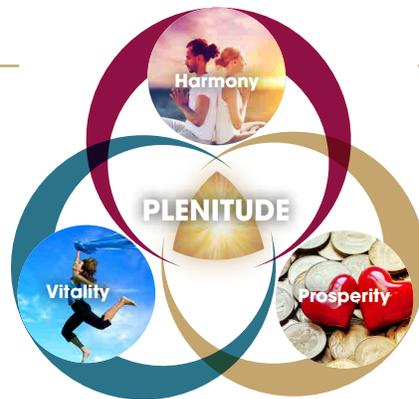


EBOOK

PLENITUDE EFFECT

Experience Harmony, Vitality,
and Prosperity through the
9 Qualities of the Heart



by Sylvie Olivier



Plenitude Effect: EXPERIENCE HARMONY, VITALITY, AND PROSPERITY THROUGH THE 9 QUALITIES OF THE HEART

Introduction

This eBook is an invitation to explore and experience concrete manifestations of the Plenitude Effect, through feeling and sensing the 12 vibrations of the Qualities of the Heart.

For starters, what is the Plenitude Effect and what does it have to offer us?

The Plenitude Effect allows complete harmony with oneself and others, which activates a powerful vibrational signal leading to increased prosperity and vitality.

Through my research and professional experience, I have discovered that human beings have access to several vibrations within themselves, namely 12 vibrations that are accessible at all times from the Heart: **Love, Joy** and **Peace**, which form the **Harmony** sphere; **Appreciation, Courage** and **Lightness**, which form the **Vitality** sphere; **Compassion, Wonder** and **Care**, which form the **Prosperity** sphere.

These 12 vibrations, which we call the Qualities of the Heart, are accessible and naturally present within every human being. They are also the key to a constant and permanent state of well-being, to our full potential and to the experience of the Ultimate Lifestyle. As such, together they form the [Plenitude Effect](#).

New research on Gamma brain waves confirms this phenomenon. Gamma waves are brain waves that vibrate at a very high frequency. They are only accessible through the SENSATIONS and FEELING of the Qualities of the Heart such as those mentioned above.

Research shows that when we access Gamma Waves, we automatically experience a state of peak performance: increased memory, increased sensory perception and concentration, creativity and brain efficiency, experiencing compassion and gratitude in all activities, as well as a natural feeling of being happier, calmer and more at peace.

Therefore, by integrating and feeling these Heart Qualities that allow access to Gamma brainwaves, we assist people in returning to this state of Plenitude, that is always available in Neutrality, and by the same token, in welcoming their Ultimate LifeStyle.

The [Plenitude Effect](#) is the International Platform we created to assist Humanity in reconnecting to Plenitude through various projects, programs, events, and live and online activities. It is also a way to experience the concrete results that worldwide scientific research has been theoretically demonstrating for several years now.

ARE YOU READY TO OPEN UP TO SENSING AND FEELING THE QUALITIES OF THE HEART ALREADY PRESENT WITHIN YOU?

This eBook offers an introduction to each of the Qualities of the Heart as well as exercises to feel, experience and integrate them on a daily basis.

The proposed exercises are designed to experience and integrate one Quality of the Heart per month. Of course, you're free to follow this rhythm or go at your own pace.

To learn more about the International Plenitude Effect Platform, resources, activities, programs and events offered, we invite you to visit the [Golden Heart Wisdom](#) website.

From the depths of our Hearts, we wish you a wonderful exploration and integration of Plenitude in your life,

Sylvie & Bernard xoxo

PLENITUDE

The feeling of Plenitude is the most powerful element, available and accessible at all times to all human beings. In a way, it is a fast track to the **Ultimate Lifestyle**; that is, a quality of optimal well-being that allows us to welcome and navigate with clarity and fluidity through expansion and all the opportunities that life presents to us every day.

Plenitude is what truly and concretely allows us to welcome Harmony in our lives and relationships, Vitality in our bodies and spirits, as well as Prosperity and Abundance in all its forms.

At first, this Lifestyle may seem impossible to experience for some. However, for many years, our own experience and that of our clients has confirmed that it is more than possible.

Plenitude is available to all, at all times, and its power is life-changing.

Plenitude is first and foremost a choice and a commitment to the connection, sensations, and feelings of the Heart. This Heart connection quickly offers harmony between the Heart and the mind, allowing for the dissolution of mental archives, crystallized emotions and patterns that keep us trapped in a limited reality. Welcoming Plenitude allows us to feel whole, solid, light and at peace... which opens the door to infinite possibilities of expansion.

Some have shared their reservations about the feeling of the Heart and Plenitude which, at first, can feel very faint, non-existent even; which is quite natural when we've lived our entire life under the influence of the mind and disconnected from the feelings and sensations of the Heart.

That said, by making the choice, every day, to commit to this feeling and by integrating it into our lifestyle as a daily practice (a few minutes a day is enough to start), this feeling expands very quickly, bringing with it well-being, clarity and fluidity.



Plenitude represents the entirety of all that is and what we regularly share with you... fully occupying our own space. In fact, our vibrational space extends beyond us and always keeps our physical body filled... but with what?

Is it filled with fear, limits, deception, control, helplessness, impatience, and so on? Is it filled with the energy of others around us whom we're trying to help or save? You've surely noticed how oftentimes; certain people are a refuge and take in the energy of those around them. Or, how often have we thought people needed us, such as our children... which led us to take on the responsibility of their well-being, their happiness, their success and so on.

In doing so, we get caught up in such a vicious cycle that becomes heavier and heavier until we feel guilty if we choose not to continue. Which then maintains them in a state of helplessness and causes our vibrational signal to not only be distorted but also riddled with heaviness and low intensity....

However, there's such beauty and vibrancy in watching these very same people brush themselves off and get up again, re-align with themselves and choose to say YES... on their own... which is something they couldn't do if we continued doing it for them.

So, what if we proposed an alternative

What would you say to filling that space with the Plenitude Effect's 9 Qualities of the Heart? By saying YES to these Qualities of the Heart, your vibrational signal will become more and more integrated and powerful... giving you access to all available resources in the Universe's buffet!

We propose exploring each of them with the curiosity and wonder of a child along with the maturity of an adult.

But first of all, what are these 9 Qualities of the Heart?

They're categorized into 3 distinct spheres of the Plenitude Effect: Harmony – Vitality – Prosperity.



HARMONY SPHERE

The Harmony sphere is about our relationship with ourselves, with our loved ones, our friends, our colleagues and with Humanity.

Here are the 3 Qualities of the Heart of the Harmony sphere:

LOVE

JOY

PEACE

When we reconnect with the essence of these Qualities of the Heart, a trio of extraordinary power emerges and modifies our relationships in all areas of our lives.

We begin by exploring and feeling everything right down into our very cells, to then express it to our loved ones, to then expose it on a much larger scale. Our life experience becomes so rewarding and fulfilling and we share that spark with everyone we encounter, and then some!



VITALITY SPHERE

The Vitality sphere is more about the physical and mental bodies... we can feel vitality as much in our physical body as well as in our mind and it's a catalyst that assists us in accomplishing projects that make us vibrate.

Here are the 3 Qualities of the Heart of the Vitality sphere:

APPRECIATION

COURAGE

LIGHTNESS

Another powerful trio that is expressed through the Vitality sphere... we feel alive, playful and full of energy! We're open to fully experiencing the essence of life through all the opportunities that come to us.



PROSPERITY SPHERE

Of course, the Prosperity sphere brings us to finances... but not in an exclusive manner. Prosperity is the art of bearing fruit at its purest form... both from a financial abundance perspective, but also from the perspective of an abundance of ideas, resources, friends, health and so on.

Here are the 3 Qualities of the Heart of the Prosperity sphere:

COMPASSION

WONDER

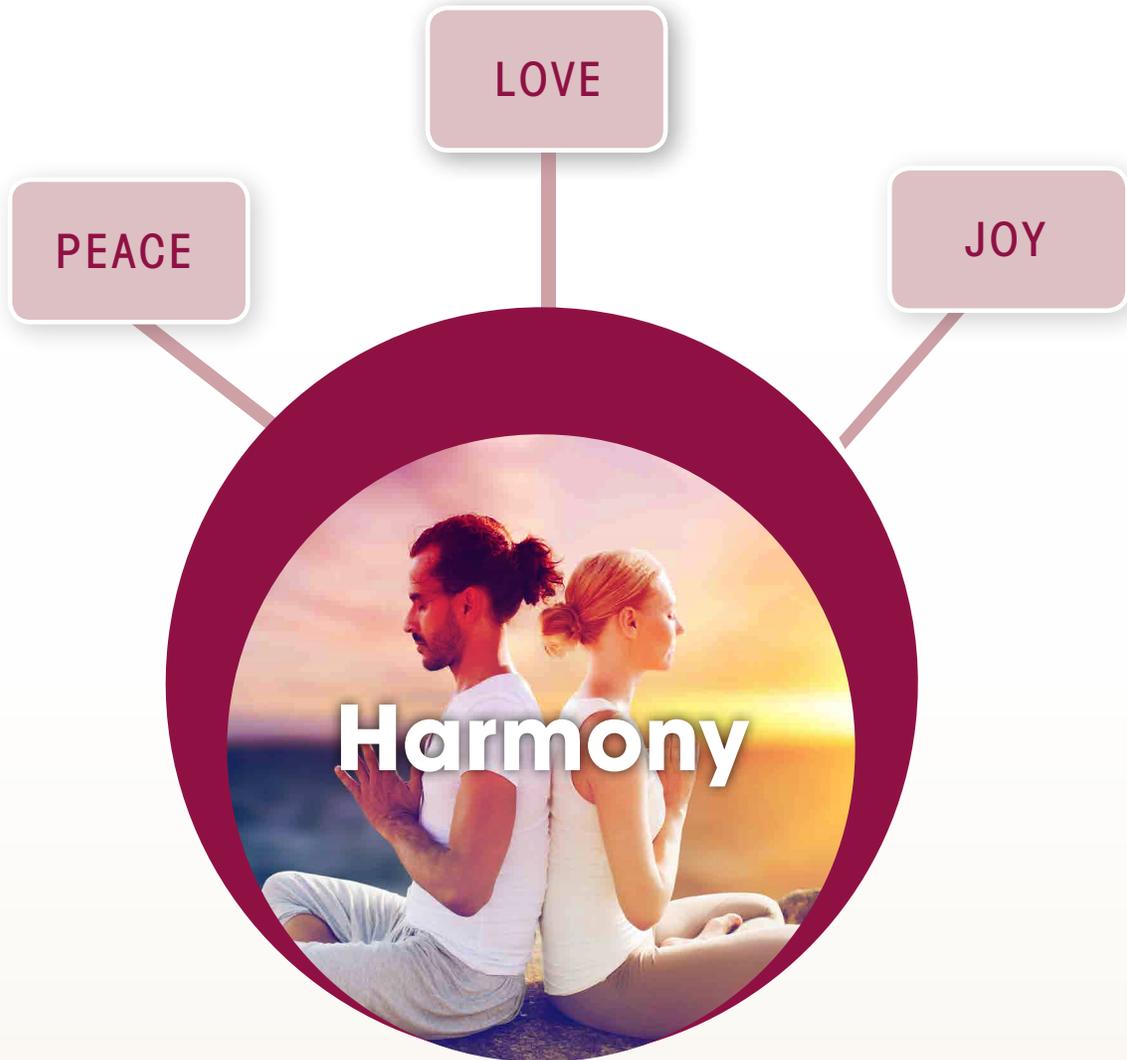
CARE

How do we choose to act with money, with the ideas and inspirations we receive? Do we welcome them with wonder? Do we experience health, financial abundance, friendship with care and compassion?

When we welcome this trio, our life experience completely changes! Financial abundance grows through us – for us of course – and for Humanity! It's THE go-to expansion formula!

The vibration of Plenitude is so great, rich, and pure because it quite literally fills us from the inside, which has the effect of making us accessible to absolutely all the resources that are available for us as well as emanating this vibration throughout Humanity!

On this, we wish you a wonderful experience of Plenitude along with the 9 Qualities of the Heart!





Let it be Love!

Back in February 2018, we invited you to participate in the 28 days of Pure Love Within Experience that's still available, free of charge through the Journey "30-days of Pure Love Experience" one of the three journeys offered through the '[Head to Heart Journey](#)' Trilogy.

The experience was so incredibly powerful that countless participants chose to repeat the experience each year, and sometimes, a few times throughout the year.

Why is this experience so powerful? And what are the actual impacts in our lives?

Through this experience, our vibrational signal is infused with Love, which sends the essence of Love and the Qualities of the Heart out into the Universe, then back to us, multiplied! Isn't this wonderful?

Seeing as how Plenitude is composed of 9 distinct Heart Qualities, including Love, it fills us from within and metamorphoses our reality! If I could share with you all the beauty of what I see as I write these words, I would be so honored and filled with joy!

We know... yes, we absolutely know that when enough people experience Plenitude, the entire planet will benefit from it. Whether it be as an individual, business, or society; when the absence or lack of Love is filled from within, true harmony will be possible for all of us... couples, families, friends, colleagues, to embrace Humanity in its entirety.

AN INVITATION TO FEEL THIS QUALITY OF THE HEART: LOVE!!!

We therefore invite you to begin this adventure by welcoming the first Quality of the Heart that is **Love**.

Perhaps you've noticed how when we speak of Love, we often talk about Pure Love... of course, we're referring to the PURITY of this Love ... but also of its total freedom to be, without any conditions whatsoever.

In fact, this LOVE is the source of ALL that exists!

Our entire body is composed of Love... Quantum physics has shown that when we look deep within an atom, we find quanta that are units of light. These units of light are composed of LOVE! Pure Love is therefore the fabric from which we're made of!!!

What more can we say about Pure Love than to share that it is the spark of life that gives birth to everything... Everything... EVERYTHING!!! So vast and yet so intimate at the same time.

Now let's talk about relationships! Your relationship with yourself is THE most important one there is! Welcoming and connecting to Pure Love within isn't at all the same as learning to love oneself or giving oneself love...

Learning to love yourself or giving yourself love will simply keep you running in circles and maintain you on an endless quest for love from external sources. And when these external sources stop existing and feeding you from the outside in, you'll find yourself back to the very same quest in an endless loop.

So, by welcoming the Pure Love that resides within... you'll connect to the very source of who you are... which is the fastest and most powerful way to feel Plenitude within YOU!!!

Ahhh it's so wonderful to FEEL this Love that flows within us... for some, it might feel like warmth throughout the body, for others it's a tingling sensation, solidity, peace and champagne bubbles! Regardless... each of us is unique and each of us is living this experience in our own unique way!

How about continuing by inviting Pure Love to be your ally in your daily life? Should you choose to accept this invitation, you'll notice how the eyes of the heart will open. These aren't just empty words... it's a physical feeling & knowing, that of looking through the eyes of the heart. A neurological connection that reignites between the heart (where everything was initially formed) and the eyes that are linked to the nervous system.

To assist you in starting to feel or continuing to open up, we invite you to experience the 30-day [Journey from Head to Heart](#).

In addition, several experiences related to each Quality of the Heart are offered free of charge as part of [Golden Heart Wisdom's basic membership](#).

And what about exploring, feeling and sharing the Harmony sphere (Love, Joy, Peace) with others around the world? If your heart desires, we invite you to join the [Harmony for Humanity](#) Community.



Feeling and emanating Profound Joy!

We now invite you to continue FEELING Love in your unique way, all the while welcoming the second Quality of the Heart.

HOW DO YOU EXPERIENCE JOY IN YOUR LIFE?

Most of the time, Joy is conditional to a specific event or to an external situation. That's how it's currently experienced in society, which means that it's random and experienced sporadically in our lives.

We'd like to bring your attention to these questions to bring clarity in your relationship with JOY:

- How do you usually experience Joy?
- Is it related to a source, a person or an external event?
- Do you give yourself permission to experience it, or is it so profoundly enveloped in the arms of sadness and deception that you can never actually access it?

We invite you to explore your relationship with Joy throughout the month in order to see with clarity, the habits, beliefs, and programming that have filtered your capacity to wholeheartedly FEEL the vibration of JOY!

Here's a special invitation to welcome the second Quality of the Heart of the Plenitude Effect: JOY!!!!

We'd like to extend an invitation to you... we invite you to explore Profound Joy experienced with authenticity and without needing a specific reason! What do you say?

With the Plenitude Effect, Joy originates from Love and when it emanates, it is gentle, soft, radiant, charming, enveloping and powerful! It can be as soft as a summer breeze or can show up out of nowhere like a firecracker!

Either way, the feeling that's present within us is quite profound, simple and always present.

Profound Joy is always available when it comes from within us... even when relatively sad events occur. Of course, a feeling of sadness can occasionally appear, but it's temporary and never impacts the Profound Joy that is always present and available.

This JOY is never conditional... it begins by a choice of living and experiencing it in relation to sensations within, to then share it with those around us, even if they're unaware or don't appreciate it.

Joy as a Quality of the Heart IS and ALWAYS WILL BE available... by choosing it, we integrate it within us and it adds itself to our vibrational signal, sending out a combined vibration of Love and Joy and as you know, you'll start receiving more and more opportunities in your reality, illustrating the [co-creative power](#) that resides within.

WE'D NOW LIKE TO ASK YOU A QUESTION:

“Are you ready to welcome Joy in your life and explore its essence?”

Here's a very simple trick to assist you in exploring and FEELING it: **smile and dance**... Yes! Smile at a loved one, a stranger, or to your own reflection in the mirror AND look, see, sense and feel that sparkle that emanates from your eyes, it's a wonderful exercise!

Even if at first, you feel like an imposter or that you're lying to yourself... we invite you to continue your exploration by inviting Joy in your smile... and to practice! Like with anything, practice refines and amplifies the effect of the "results"!

And now, make way for DANCING! Have you ever tried dancing to rhythmic and joyful music and staying sad at the same time? Hmm.. we invite you to explore this avenue! Of course, your mind will surely tell you that it's stupid, a waste of time and useless... but what does your heart have to say?

COULD IT BE THAT IT'S ALSO INVITING YOU TO EXPERIENCE DANCE?

You see, the body releases various mental and emotional toxins through movement and dance and also assists in welcoming a feeling of Plenitude and Joy!

So, what do you say?

Shall we do an experiment together?

THE EXPERIENCE OF A SMILE A DAY AND DAILY DANCING THROUGHOUT THE ENTIRE MONTH?

Just by writing these words, I'm smiling and dancing on my chair... it's so electrifying! I'm already filled with JOY... how about you?

Are you ready to say YES to this invitation? Let's fill ourselves up with JOY, let's allow it to infuse itself in our cells and emanate through us to assist Humanity in FEELING this JOY of the Plenitude Effect!

Together, let's assist Humanity in exploring this Profound Joy!

Oh and... we'd be truly honored to read about your experiences in the [Facebook group](#) "Return to the Essence of the Ultimate Lifestyle!!!

In addition, many experiences associated with each Heart Quality are offered free of charge within the [Golden Heart Wisdom basic membership](#).

So how about exploring, feeling and sharing the Harmony sphere (Love, Joy, Peace) with others worldwide? If your heart desires, we invite you to join the [Harmony for Humanity](#) Community.



Feeling True Peace... is it possible during times of chaos?

IS IT POSSIBLE TO EXPERIENCE INNER PEACE WHILE THE WORLD EXPERIENCES CHAOS?

Our answer: **absolutely YES!**

Of course, as we mentioned with Joy, we'll certainly come into contact with people experiencing chaos and stressful situations... however, it's more than possible to live in Heart connectedness where Peace resides... this form of True Peace is unwavering.

That said, we're quite conscious of external chaos and we honor absolutely everyone who's experiencing it... we can see, without judgment, what's present with a whole lot of compassion. However, if we enter chaos thinking that it's the only way to honor those stuck within its grasp, we'll also find ourselves stuck there ... and so, we won't truly be able to assist them in clearly seeing opportunities for calm fluidity that'll present themselves.

We've been programmed to position ourselves at the exact same place as those we love and who are suffering... and you know, I did it so often, never actually realizing how I had no actual impact upon reality. When I realized that by joining people in their chaotic situations, stress only amplified and grew in their lives, so, I made a different choice.

I made the choice to stay positioned At the Heart of Neutrality by living in Plenitude... and then, I saw the impact it had in the lives of the people for whom I had, and continue to have, Love and Compassion for... but by positioning myself side by side with them - rather than trying to save them - I started to see the courage of the different choices they chose to make for themselves. They didn't need me anymore! They were already whole and complete as they were, in every single moment... the only thing for me to do was to continue living in Plenitude with the Qualities of the Heart and to look at these very same persons with the certitude that they're quite capable of receiving resources for themselves.

Wow! That awareness has been the most powerful one of my entire life! I didn't have to save anyone anymore, in fact, I wasn't 'better' than anyone else - we are all equal!

It's with that inner certitude that today, I invite you to explore another Quality of the Heart!

Here's a unique invitation for you to welcome the Plenitude Effect's third Quality of the Heart: PEACE!

You'll probably want to know what we mean by True Peace prior to accepting our invitation and it's absolutely natural!

WHAT IS TRUE PEACE?

True Peace is unwavering... it's both solid and light. It's fluid all the while being immensely powerful. It's clear and harmonious and flows with fluidity within our body.

This True Peace is an integral part of the Plenitude Effect and it integrates the vibrational signal that we emit out into the universe which then returns to us tenfold!

We're now at the Plenitude Effect's Harmony Sphere and its 3 Qualities of the Heart!

Here's our proposal to assist you in exploring and sharing True Peace:

3-STEP EXERCISE TO FEEL PEACE

1. We invite you to **BREATHE** 3 times, a little slower and more deeply than usual.
2. We invite you to gently **TAP** (tapping) on your clavicles (bones located right below your neck) with your fingers – thumb on one side and 2 or 3 fingers on the other side, regardless of which hand is used – and continue your slow and purposeful breathing.
3. We now invite you to **HUM** (humming) and slowly inhale and on your exhale, with your mouth closed, allow your breath to exit audibly.

You can refer to the video that's available in our private [Facebook group](#) to guide you.

Of course, these are only a few examples that we're proposing... there are many other ways to FEEL Peace... it's up to you to choose the option that suits you best!

What we've noticed is that it isn't always easy for everyone to connect to Peace and feel it in the body. That's why we propose these very quick and easy exercises to do.

We'd like to propose having another experience together!!!

BY PARTICIPATING IN THIS EXPERIMENT, YOU'LL EXPERIENCE MORE AND MORE TRUE PEACE IN ALL SPHERES OF YOUR LIFE AND YOU'LL ALLOW THOSE AROUND YOU TO ALSO BENEFIT FROM IT AS WELL AS HUMANITY IN ITS ENTIRETY.

And of course, it would be a great joy for us to read about your respective experiences in the "Return to the Essence of the Ultimate Lifestyle» [Facebook group](#)!!!

In addition, many experiences associated with each Heart Quality are offered free of charge within the [Golden Heart Wisdom basic membership](#).

So how about exploring, feeling and sharing the Harmony sphere (Love, Joy, Peace) with others worldwide? If your heart desires, we invite you to join the Harmony for [Humanity Community](#).





Is it possible to APPRECIATE the Human Experience in all its facets?

After having explored the Harmony sphere with the following Qualities of the Heart – Love – Joy – Peace... it's now time to explore the Plenitude Effect's second sphere – that of Vitality!

Yes, certainly physical vitality, but also the spirit's Vitality that opens us up to clearly receiving inspirations that offer us the necessary energy to accomplish our projects with lightness and fluidity.

As we dive into the heart of the Vitality sphere, we explore
the first Quality of the Heart: APPRECIATION!

Most of the time, Appreciation is experienced in a very conditional manner. We're grateful and appreciative of an event, a material good or a person... when an event makes us vibrate, when material goods enter our lives or when someone does something that satisfies us from the outside.

However, this way of experiencing Appreciation always maintains us in an endless loop of expectations, and when they aren't satisfied, we experience deception, frustration, discouragement or even anger.

Let's now define the meaning of Appreciation in Neutrality.

Appreciation experienced through the Heart looks like this: We open our eyes in the morning and we're already appreciative of the success that waking up represents! It can seem a bit utopic, perhaps even a little corny, however, it's very real when we live life within our Heart and in Plenitude.

Our degree of appreciation constantly increases... we feel it in our body as we go through our various activities, such as getting out of bed, preparing breakfast, taking a shower, brushing our teeth... you get the idea! Just being able to move with our body is so amazing.

I vividly remember the years when my daughter was in a wheelchair and had trouble moving about. During the night, she'd wear orthotics on her hands/arms and feet/legs to prevent further deformation. At the time, she was living with severe systemic rheumatoid arthritis.

So, when she'd wake in the morning, the first thing she was aware of was the pain of her stiff limbs, deformed by inflammation ... and the fact that she had to wait for me to get up. I would remove her orthotics and set her down in a bath to allow movement in an easier and smoother fashion.

This experience allowed us to be very conscious that waking on our own in the morning and getting ready for the day ahead is an absolute success!

That being said, we don't have to experience such extreme situations to choose to APPRECIATE every moment of life... not from what it brings us from external sources, but simply from the opportunity we have to experience our daily lives through all of our senses.

Admiring nature, hearing the sound of a child laughing, holding a baby in our arms, cuddling up to someone we love, tasting the many different flavors available, smelling a flower's perfume or the aroma of essential oils or even that of the sea. I'm sure you'll agree that these are but a few simple examples of what's available.

THE IMPACT OF OUR VIBRATIONAL SIGNAL

Appreciating our daily life as it is right now - whether it's the car we drive, the money that allows us to purchase food, clothes and all sorts of things that make our lives cushier - this opens the door to more abundance; but only when we cease wanting more, more, more AND when we no longer need external sources to fully live, to feel good enough, to prove our success and performance!!!!

The paradox is often difficult for the mind to understand - that of making ourselves accessible to all the resources of life's buffet by no longer holding on to the need to be satisfied from the outside. It would be so much simpler and more enjoyable, would it not, to RECEIVE everything we need - or rather what we think we need to feel satisfied and fulfilled - BEFORE expressing our Appreciation?

However, that's not how the Universe operates to be truly filled from within. Because when we wait after external sources to be happy, we're often disappointed, or we work hard to allow ourselves all kinds of rewards that make us happy and satisfy us, but only very temporarily. It'll always have to be started over again and it'll always require MORE to feel those same exhilarating feelings of success.

This pattern often begins with a weekend where we absolutely need to relax and unwind, so we'll say that we deserve some form of reward, whether it's a glass of wine, an impulse purchase or outings with so much partying that it takes a few days to completely recover.

Then, next time, it'll need to be something bigger, so, jewelry or a «reasonably» priced watch, but it's perfect, because we deserve it! Then, it'll still be more jewelry and watches, but with considerably higher price tags.

Then, it'll be a car, and very quickly, it'll take a 6-digit luxury car to satiate us, or a house, a condo, a loft, etc.

I'm sure you understand the progression of desires to meet the needs of the mind/ego. And you know, all the objects that I mentioned before are neutral. It's the motivation behind them and the attachment to them that weigh down the experience and maintain us in an endless loop, always searching for more, more, more.

The Universe is always in EXPANSION ... so it'll constantly bring expansion to our needs, because the Universe takes our vibrational signal that's emitted, makes it expand and comes back to us, multiplied. The more we need external sources to fulfill our desires to feel good enough and to be recognized by our peers, the more we'll create a bottomless pit where satisfaction will be more and more fleeting.

MAKING OURSELVES ACCESSIBLE TO LIFE'S BUFFET

Interested in an alternative? What if, moving forward, you chose to be filled from within, in your existing life? What if you chose to focus on the small details you appreciate?

I remember a time in my life when the only details I could truly appreciate were a stranger's smile and the flame of a candle I'd lit at dinner. Everything else was really difficult. But I'd realized that appreciation and gratitude was a very important key.

And then, little by little, things started to change for me...

- I met Bernard and we've shared such a profound love for over 25 years now.
- I opened myself up to receive a wonderful resource that assisted my daughter in a major way in her recovery towards health.
- I started a business that opened the doors to prosperity.
- And now, I'm assisting Humanity in becoming aware that this choice is also available for every human being.



It all started with me opening up my horizons, a single degree of extra vision ... to then open up more and more.

By consciously choosing to focus on what we truly appreciate, our vibrational signal changes ... rather than sending out a signal of lack that'll inevitably expand, we send out a signal of appreciation... and what happens then? We always receive more situations and experiences that allow us to feel Appreciation.

You merely need to make a choice... one choice! Choosing Appreciation is to make ourselves ACCESSIBLE to all the resources that are available in the Universe's buffet!

So, there you have it! It's what we wish for you with all our Heart!

And of course, if you'd like to share your experiences in the private [Facebook group](#).

In addition, many experiences associated with each Heart Quality are offered free of charge within the [Golden Heart Wisdom basic membership](#).

So how about exploring, feeling and sharing the Harmony sphere (Love, Joy, Peace) with others worldwide? If your heart desires, we invite you to join the [Harmony for Humanity](#) Community.



What if Courage was simply a reminder of us being at the era of the Heart?

We're now well into the Plenitude Effect's second sphere – Vitality! Let's dive right into the heart of this second Quality of the Heart, that of Courage!

When we profoundly grasp the true essence of Courage as a Quality of the Heart, we no longer experience it quite the same way.

Courage is often perceived as arduous and difficult, demanding that we roll up our sleeves and prepare for the battle ahead, that we overcome obstacles or that we face various conflicts or surmount adversity.

However, if we go back to its roots, the very essence of the word COURAGE represents a return to the era of the heart (in French Coeur=heart, and Age=Era)... which brings so much more fluidity and lightness than what's present in the current day interpretation.

Popular belief states that courage is a quality that should be developed. However, if we take a look at the very essence of this quality, it's polarized. On the one hand, we have courage, and on the other, there's cowardice or laziness.

In society, effort is greatly valued. How many times did I hear my parents tell me, "If you want something in life, you have to roll up your sleeves and work hard!" in other words... make sure you have enough courage to work hard and put in the necessary effort! And those who didn't were automatically deemed to be lazy. Well, let's just say I had no intention of being lazy!

When courage is used in duality/polarity consciousness, it's actually possible to achieve our goals... but at what price? What we don't realize is that eventually, the other side of the coin will show up knocking on our door. So, we'll have had the courage to work hard to achieve our goals, only to watch another part of our life fall to pieces. It took me a whole lot of time, schooling, and numerous painful experiences to truly grasp the essence of duality/polarity.

But as soon as I truly understood how polarity worked and just how unnecessary it was to row upstream with effort and hard work to succeed... I started to relax, open up my horizons and experience life in a whole new way. In fact, prior to returning to the intrinsic nature of Courage lived in Neutrality, all I was doing was surviving.

And it's a pattern we often see, whether it's with our clients, friends, family members, who all learned to roll up their sleeves and live with courage. The courage to surpass ourselves and always push harder, further, sure... but with so much hard work that they'd get discouraged or would exhaust themselves completely before making a different choice.

AND SO, WHAT IF COURAGE – THE ERA OF THE HEART – WAS INTIMATELY LINKED TO OUR ULTIMATE LIFESTYLE?

When we choose to experience Courage through Neutrality, everything becomes simpler and more fluid. Of course, it doesn't mean sitting around waiting for things to fall into place without needing to do anything. But, we don't have as many frenzied actions to take and we chose to appreciate both the journey and the destination. A few inspired actions taken with Courage offer superb results!

Courage is intimately linked to Appreciation which we explored in the previous text. Having the courage to live each moment through the Appreciation of WHAT IS... without needing things to be different to be happy.

Courage is also:

- Saying YES to our heart, even if it's scary and that our mind doesn't understand.
- Taking the 18-inch [journey from the Head to the Heart](#).
- Taking the first step when an opportunity that makes our heart vibrate shows up on our doorstep.
- Exploring and expressing the Qualities of the Heart.
- Choosing to share and expose ourselves in our own unicity.
- Recognizing the distinction between the ego's wants and desires and that of welcoming through our Heart.
- Honoring ourselves and each person's experience.

I remember when my daughter was ill, certain individuals didn't agree with the choices I was making given that they weren't traditional societal choices... was I scared? Of course I was, however, each time I checked in with my Heart and I followed its guidance, we moved forward. And today, with hindsight, we can see just how my Heart guided me with its innate intelligence and profound wisdom.

Let me be quite clear... I wasn't rejecting one type of medicine to welcome another. I made myself accessible to all resources that were available and it was through this neutrality that we had such an experience.

If I had wanted to use courage as it was, and still is used, I would have taken to the streets to fight. Instead, I always came back to my Heart, regardless of the comments flowing around me that could have easily been interpreted as negative.

By saying YES to the Heart's courage, obstacles moved out of way of their own accord, I didn't have to fight. Same thing for conflicts that could have emerged if I'd wanted to face adversity.

So once again, what I'm proposing, I lived it. I know the difference and especially, the immeasurable power of the HEART! The Heart isn't weak... it has incredible power! We simply need to listen to it... and listening to our Heart is the greatest confirmation of Courage expressed at its highest potential!

Here is our invitation to you... what if, each day, for the next month, rather than reacting to external stimuli, you consulted your Heart? Even if at first, you're not quite sure if it's your Heart or your mind speaking, know that with practice will come mastery!

And as usual, you're welcome to share your experiences in our private [Facebook group](#). "Return to the Essence of the Ultimate Lifestyle", we'd love to read you!

In addition, many experiences associated with each Heart Quality are offered free of charge within the [Golden Heart Wisdom basic membership](#).

So how about exploring, feeling and sharing the Harmony sphere (Love, Joy, Peace) with others worldwide? If your heart desires, we invite you to join the [Harmony for Humanity](#) Community.



What if LIGHTNESS was accessible every day... would you choose it?

We're now at the Vitality Sphere's third Quality of the Heart ... LIGHTNESS!

Choosing to live our daily life with lightness can seem so utopic when we're stuck in the daily grind or are on a ceaseless quest for success, performance, and accomplishments, and this on top of trying to carry the world on our shoulders!!! Truly, this notion is so far from most people's reality that it almost seems impossible, unattainable even.

Heaviness has settled into almost all of our activities, morning to night, with very few pauses in between. And even our breaks are regularly filled with worry or preoccupations. But tell me... is that life? Is that truly the type of life you desire?

Is it possible that life could be experienced with lightness all the while accomplishing our daily activities, celebrating harmonious relationships, manifesting our inspirations with vitality as we welcome and embrace the expansion of [prosperity at all levels](#)?

Wow! Oh! Let's take a moment here to let that sink in and reread that last paragraph!

SO, IS IT POSSIBLE TO LIVE WITH LIGHTNESS:

- As we accomplish our daily activities?
- As we celebrate harmonious relationships?
- As we manifest our inspirations with vitality?
- As we welcome and embrace the expansion of prosperity?

Well then... the answer is a very vibrant YES!!! **Lightness** is a CHOICE... it's a state of consciousness and openness that goes beyond what you may have already known until now.

Obviously, this transition requires that we open our horizons and explore different avenues... because if we continue doing things the same way we always have and expect different results... chances are we might be disappointed, wouldn't you agree?

Let's explore together each of the previous items:

GETTING THROUGH YOUR LIST OF DAILY ACTIVITIES

For starters, I invite you to take a look at your schedule and remove any elements that don't vibrate with you and that aren't required to maintain inner, familial and professional harmony. You'll surely have the possibility to alleviate your calendar and use the time that was dedicated to accomplishing other tasks for things such as, a breathing session, yoga, a beverage in good company, a massage, or simply, a period of rest.

CELEBRATING HARMONIOUS RELATIONSHIPS

Afterward, I suggest looking at your relationships and stop holding on to control or fear for your loved ones... as such, they'll feel freer and will fly of their own avail and be much lighter and happier. The same goes for you.

MANIFESTING YOUR INSPIRATIONS WITH VITALITY

What if you chose to create space between your thoughts to welcome and embrace inspirations that you're enthusiastic about? This also requires that you become conscious of the current state of your mind... Is it cluttered, does it look like a hamster spinning in circles? So, what if now was the time to welcome a little more silence between your thoughts?

WELCOME AND EMBRACE THE EXPANSION OF PROSPERITY

And now, what would you say to putting an end to the fear of never having enough...of not succeeding at the very top of your aspiration... or of constantly being disappointed that you're STILL not where you'd like to be? Regardless of where you find yourself on the abundance scale, the fear, the deception, the control, all create barriers of heaviness around you and prohibit you from accessing all the prosperity that's available to you, and this, with lightness.

Once you've assessed the current reality of your activities, your relationships, your inspirations as well as your prosperity... and you'd like to take it one step further, we invite you to take a sensory photo of your being, that is to feel what's going on in your body, your thoughts, and your emotions.

This feeling will allow you to become even more consciously aware of how you live your life with areas of conscious and unconscious heaviness, which will allow you to modify your journey and as such, choose a new avenue.

EXERCISE

TAKING A SENSORY PHOTO

I'd like to propose a very simple exercise to take consciousness of your current state of being. For, prior to choosing Lightness, it's important to locate the zones of heaviness within you.

Firstly:

Take a moment to feel the zones of heaviness within your body, that is, where there's tension present. Start with the head and gently lower to your neck, shoulder, back and spine, thorax, abdomen, arms to your hands, pelvis, legs and down to your feet.

Secondly:

Visit your thoughts. What does your mind focus its attention on? Do you have thoughts of lack or effort surrounding what's required of you, or expectations that run on an endless loop creating dissatisfaction? Or even limits that are quite present and that you're stuck in?

Thirdly:

Let's now finish with emotions. Do you tend to live with worry, impatience or anger? Perhaps you're ashamed of a particular situation in which you find yourself, or do you constantly fear failure of not achieving your objectives?

The first "scan" consists of locating those zones of heaviness (feeling) in your body, your thoughts, and emotions.

BREATHE

After you've gone ahead and taken a sensory photo of yourself... you can take a pause and BREATHE to allow the zones of heaviness to flow... until the heaviness' intensity diminishes more and more... until all that's left are residues.

During your breathing, you can invite Lightness within you, by embarking upon the same journey you took to locate your zones of heaviness, but this time, by welcoming and embracing **LIGHTNESS**.

This is a very simple exercise to do. We invite you to practice it numerous times during the month and to share what you discover with us... and especially, that of your welcoming and embracing **Lightness!**

Of course, these are but a few paths that we invite you to explore within this eBook. However, these invitations can have a significant impact on your life, if you choose to say YES of course!

Know that you're always welcome to share your experiences in the private [Facebook group](#). It's always so joyful for us to read about your experiences.

In addition, we remind you that many experiences related to each Heart Quality are offered free of charge within the [Golden Heart Wisdom basic membership](#).

So how about exploring, feeling and sharing the Harmony sphere (Love, Joy, Peace) with others worldwide? If your heart desires, we invite you to join the [Harmony for Humanity](#) Community.





Compassion is... Love in Action!

We now find ourselves at the Prosperity Sphere's first Quality of the Heart... COMPASSION!

Compassion is so powerful when aligned with the Heart and free of all forms of judgment such as pity, arrogance, or a feeling of superiority, for example.

In the West, we have such a knack for interpreting Compassion as an act of kindness with a tinge of pity. It therefore isn't surprising to watch as it is constantly rejected. We've witnessed it time and again where a participant in one of our programs offers another participant compassion and rather than creating openness and welcoming within that other participant, a feeling of clamping up, frustration and shame of not being good enough could be felt from them.

We would therefore like to propose another approach... an approach that's widespread in the Orient and that dances magnificently with Neutrality.

HERE'S WHAT WE PROPOSE:

Compassion's 3 steps

1. Acknowledge the situation, the pain or the suffering (ours or that of others).
2. Without judging it as negative or positive AND without attachment to a specific result.
3. All the while welcoming an even bigger concrete manifestation.

LET'S NOW EXPLORE EACH OF THESE STEPS, ONE AT A TIME:

1. Acknowledge the situation, the pain or the suffering (ours or that of others);

Recognizing the situation, the pain, or suffering means acknowledging the facts in neutrality, whether it's ours or others. Obviously, when we're stuck in our crystallized emotions and believe that we or others are victims, it's practically impossible to be in neutrality.

We therefore invite you to welcome the emotions that are surfacing by breathing a little bit slower and more deeply than normal, to allow them to de-crystallize and start flowing within you. You may feel discomfort; however, we invite you to keep going. The breathing will create a little more space within you to be able to look objectively at the situation you or your loved ones are currently in.

2. Without judging it as negative or positive AND without attachment to a specific result;

Once you're able to recognize the situation, the pain or suffering just as it is, the second step is to not have any judgments, which means to not label the situation as being positive or negative. For example, "Oh ... poor (name of the person), they really aren't lucky. It's as though bad luck finds them everywhere." Or "Oh! Why is everyone else but me always so lucky?"

AND

This second step consists of not having any attachments to the final result; that is, to not try to control or manipulate the so-called negative situation. This step requires us to be at peace with the situation, the suffering or the pain and to welcome it as an opportunity for expansion... for us and for others.

3. All the while welcoming an even bigger concrete manifestation.

Welcoming an even bigger concrete manifestation means that all the while being at peace with what is, you're open to a fluid, simple, and harmonious conclusion bringing even more expansion in everyone's lives.

Eventually, you'll feel more and more profound peace within and true Compassion... Love in Action... will be able to be present on a daily basis in your life.

As you already know, mastery comes with practice! We therefore invite you to practice this previous exercise on numerous occasions each week in order to develop new reference points for yourself – with your feelings – and in your relationships. You'll look at situations with a new set of eyes, the eyes of the Heart through Compassion, which will have a major impact on your life.

Automatically, your [vibrational signal](#) will increase and flow faster and faster reaching out further and further. Therefore, you'll open yourself up to receiving more resources that are available to you, because the frequency of your vibrational signal will be an energetic "key" to accessing the buffet along with all of life's resources!

Compassion towards ourselves and others is a pivot point allowing us to widen our horizons by a few degrees and live through the Heart, each and every moment.

This Quality of the Heart is so vast that we could explore so many other facets. However, we invite you to begin by having fun with this Compassion exercise and experience it in your daily life.

And of course, you're always more than welcome in the private [Facebook group](#) and share about your experiences. It always brings us such joy to read about them.

In addition, many experiences associated with each Heart Quality are offered free of charge within the [Golden Heart Wisdom basic membership](#).

So how about exploring, feeling and sharing the Harmony sphere (Love, Joy, Peace) with others worldwide? If your heart desires, we invite you to join the [Harmony for Humanity](#) Community.



Wonder & Awe: reality or utopia?

We now find ourselves at the Prosperity Sphere's second Quality of the Heart... WONDER!

Wonder and even awe are often perceived as illusionary, a fairy tale or utopia. But is that really the case?

I'd like to explore and discover the true nature of wonder experienced in neutrality... interested in joining me?

What if wonder was to bring together a feeling of admiration, surprise, joy, and appreciation? Does that make sense to you... to allow you to open up to all its power?

A feeling of Wonder and even awe, infused into our [vibrational signal](#) has such huge power over all concrete manifestations in our life!!!

LET'S SEE THE FOUR ELEMENTS OF WONDER IN MORE DETAIL:

Admiration

Admiration creates an opening to see beyond what we're used to seeing. It therefore assists us in opening up our horizons and accessing even more degrees to our vision.

Admiration provokes a feeling of joy and fulfillment with what we consider to be grand and beautiful, such as with nature that's always in expansion, year after year, and that touches us by starting with the infinitely small - like a small flower or embryo - to the infinitely grand - like the Rocky Mountains or oceans.

Surprise

When we're surprised by an event, an invitation, the gracefulness of a symphony, an inspired action, nature, a person or something unexpected, we become curious and feel something within us that pushes us to want to explore a little further. That feeling of surprise assists us in welcoming the unexpected, therefore to grow and expand.

When an element of surprise occurs we tend to connect to the curiosity of a child all the while maintaining the maturity of an adult. In doing so, we make ourselves accessible to what's available with more ease and fluidity. In short, we're inspired to continue discovering and appreciating life.

Joy

Joy is one of the Qualities of the Heart which we've already touched upon. As we mentioned, by choosing to experience authentic and unconditional joy, we open ourselves up to invaluable wealth.

It can show up as a warm gentle blanket, loving and enveloping, or like fireworks. It instills a feeling of freedom, depth, and lightness within us, creating a spark of harmony and vitality. Our life, therefore, fills itself with a multitude of wonderfully enriching moments and fun experiences!

Appreciation

Very often, appreciation is experienced conditionally... when an event occurs, or we receive a gift, a service, or anything that comes from a source external to us. We also explored it in the previous pages, as a Quality of the Heart.

However, if we choose to introduce the vibration of appreciation for absolutely EVERYTHING that happens in our life, such as it is right now, with what we interpret as positive or negative, we push the doors to the Universe's buffet wide open to therefore welcome more and more of what makes us vibrate!

In a few short words, here is the essence of **Wonder** in all its glory!

We know that consciousness precedes our choices... but there isn't anything quite like having a concrete experience to truly feel the power within us and in our lives, to integrate these new choices in our daily lives.

*We'd like to propose an
integration exercise for Wonder...
How about it??*

“WONDER INTEGRATION” EXERCISE

Throughout the next month, every day, or a few times a week, we invite you to have fun with the Prosperity Sphere’s second quality of the heart, Wonder!

Did you know that Wonder, experienced with sincerity and that’s FELT in the Heart and body is a precursor to increased prosperity? Interesting isn’t it!

So to assist you in familiarizing yourself with Wonder, we invite you to choose one of these four components (admiration, surprise, joy, or appreciation) whichever one is easiest for you to access and explore it during the day.

You can pick your topics ahead of time, based on your current experiences, such as:

- Nature
- A baby
- A child
- The human body
- Technology
- Music
- Architecture
- Science
- Planets
- Or any other topic

Once you’ve chosen your topic, we invite you to keep it top of mind throughout the day and explore it through either:

- Admiration
- Surprise
- Joy
- Appreciation

And, at the end of the day, we invite you to take a moment to honor your experience and FEEL the element you chose as well as Wonder.

This simple exercise is so powerful, as it will assist you in **connecting** more and more with the Heart’s wisdom and intelligence, to **harmonize** the head and the Heart as well as **open** you up to multiple resources, to **welcome** more and [more prosperity](#) and as such, **appreciate** your human experience at its highest potential.

Wonder experienced through neutrality has the power to metamorphose your life, not only through concrete manifestations but also through your Heart’s daily feeling and intuition!

And as you surely know by now, you’re always welcome to join the private [Facebook group](#) to share your experiences. It’s always with so much profound joy that we read your comments.

In addition, we remind you that many experiences related to each Heart Quality are offered free of charge within the [Golden Heart Wisdom basic membership](#).

So how about exploring, feeling and sharing the Harmony sphere (Love, Joy, Peace) with others worldwide? If your heart desires, we invite you to join the [Harmony for Humanity](#) Community.



Care... power or weakness?

We now present the Prosperity Sphere's third Quality of the Heart, the last, but not the least of the 9 Qualities of the Heart... CARE!

Care, within our society is often perceived as being "too nice," that is, weakness and being taken advantage of. But what if things were different? If true Care from the Heart was the source of great inner power... would you offer it a chance to unveil itself to you?

Let's take a closer look... it's true that when a person is "too" good, they often get taken advantage of, right? We take advantage of their time, energy, resources, in short, everything! The main thing to pay attention to here is the word "too" as in "over caring".

Care experienced in Neutrality is fully inhabiting one's space, honoring oneself, being gentle and kind with oneself, without, however, falling into complacency! It is, by no means, a way out of feeling or coping with all the situations that life presents to us, but rather a way to welcome them with grace.

To bring about more clarity, what would you say to addressing the various components of Care, one at a time:

1
Fully inhabiting
one's space

2
Honoring
oneself

3
Being
gentle with
oneself

4
Being
tender with
oneself

1. FULLY INHABITING ONE'S SPACE

But what does it mean to «fully inhabit one's space,» Sylvie? This is a question I often hear. And my answer is always quite simple. It means freeing ourselves of the attachments we created over time with people we love (or would like to see disappear from our lives) and the different material goods that have been with us for a long time, for example, our home, jewelry, family photos, or any other object that's 'near and dear to our heart'.

Phew, it seems like a lot, doesn't it? And it truly is what frees us and allows us to live by fully inhabiting our space... no more, no less.

It doesn't mean 'taking our place' ... can you feel the difference between inhabiting our space and taking our place?

Inhabiting our space is fluid, light, harmonious, natural, whereas to take our place, we have to make an effort and sometimes, push away certain people around us to avoid feeling overtaken. When we fully inhabit our space, we're whole and complete.

We welcome Plenitude with clarity, fluidity, and lightness. We feel Peace and the Joy of living our experience, one day at a time.

2. HONORING ONESELF

This second component is intimately linked to the first, in the sense that when we honor ourselves, we automatically honor others. We free them of the links that keep us prisoners, believing that it's love. Love ALWAYS offers complete and utter freedom; for ourselves and others.

When we believe that others need us to take care of them, and *méa culpa*; for the longest time, I was trapped in this belief, and it can be so heavy! I wasn't conscious that by taking care of others, I was removing their privilege to make their own choices and also, to honor themselves by taking inspired actions.

Unconsciously, of course, I would position myself above them, believing I was stronger, that I could pile more upon my shoulders than others... ahhh! How arrogant was I to think myself superior, right? I was a bit like an Inn that always had rooms available, even if it wasn't the case. I always said YES and in doing so, I wasn't honoring myself as a unique being AND I wasn't honoring others in their own unicity either.

Whereas by honoring myself and freeing the links with all those I kept in my environment, I started feeling lightness and fluidity.

Therefore, honoring oneself is to fully live and completely appreciate the human experience, mine, as it is and that of Humanity, as it currently stands, knowing full well that WHAT IS currently being manifested is the highest opportunity for expansion for all! I don't have to change anyone at all to correspond to "my" well-being criteria!

3. BEING GENTLE WITH ONESELF

Gentleness, scary word, right? It often represents weakness or complacency within our society. So what if gentleness was synonymous with great inner power? Welcoming and embracing gentleness towards oneself means having Compassion for ourselves during our journey.

During my childhood, I was often told that I was as gentle as a lamb. But it was said in a judgmental, condescending manner, implying that I was overly sensitive! So, what do you think I did? I tried as hard as I could to toughen up to be part of the 'gang'. But the harder I tried, the less I recognized myself and the more I suffered until I welcomed the true nature of gentleness which represents the fluidity with which Love flows through me, for me, and for Humanity. And then, I recognized the actual power of gentleness which can accomplish what we might consider to be miracles.

When I meet people either physically or virtually, I immediately connect with their Hearts. I see all the beauty that resides there! I then see the layers of protection, I can welcome them with gentleness, just as I did for myself.

And at the same time, there's firmness/solidity in gentleness. It doesn't mean being a victim to those who only want to express their pain by judging and controlling.

It's actually quite the opposite. This gentleness that flows through us offers us the power and solidity to honor ourselves all the while inhabiting our space with grace and fluidity.

4. BEING TENDER WITH ONESELF

Gentleness and tenderness may seem synonymous, but there's a distinction in their essence. Gentleness fluidly flows within us, and tenderness is the concrete manifestation of this gentleness.

Tenderness allows us to concretely choose to free the links of attachment all the while experiencing a feeling of Plenitude. Tenderness invites us to recognize that we're never alone, without needing an external source to fill ourselves up.

It unites the other three components by maintaining cohesion between them and making them visible in our everyday lives.

It also offers us clarity of vision about our thoughts and behaviors, and invites the authenticity and integrity of the heart, beyond what the mind/ego can lead us to believe. This tenderness is gentle, loving, and honors us in our journey. But oh, how precise it is in the decoding! It doesn't let anything slip, despite how badly the mind may want to be right! There's that small voice of the Heart that guides us with justice... towards true Care!

Just before we complete, I'd like to invite you to an exercise to expand and deepen your consciousness of Care.

CARE EXERCISE

To assist you in seeing more clearly, I'd like to propose a short, very simple and powerful exercise. After reading the components of Care and giving a few concrete examples, where do you position yourself in regard to Care? Do you experience it in attachment or freedom, is it heavy or light?



Without thinking, what's the first number that presents itself to you?

RESULTS

From 1 to 5: Perhaps, without even realizing it, you take charge of the people around you and stay attached through links that burden your life.

How about creating a tally and recognizing the impact of all these links? Afterward, should you choose to, you could free yourself and your loved ones, one at a time, and then, start honoring yourself.

From 6 to 8: You have a certain degree of lightness, however, you continue to be "attached" to those closest to you or to precious objects. This state of being can be deceitful since you have access to more lightness, you're able to continue offering your resources in terms of time, energy, and money and still feel that you're comfortable and free.

If you find yourself in this state of being and would like to, I invite you to be kind and gentle towards yourself and start inhabiting your space more and more, all the while honoring yourself and others.

From 9 to 10: You surely breathe with fluidity and your life is light. You inhabit your space and honor yourself, and you're gentle and kind towards yourself and others.

Given that there's always space for expansion, I invite you to continue your journey by welcoming more and more Care into your life as well as all the other Qualities of the Heart: Love, Joy, and Peace – Appreciation, Courage, and Lightness – Compassion and Wonder.

In doing so, you'll experience your Ultimate Lifestyle more and more in Plenitude as you offer to those around you as well as the rest of Humanity, the choice to take the journey from the head to the Heart!

We would love to read your comments in the private [Facebook group](#). It's always such a profound joy for us to read them.

In addition, many experiences associated with each Heart Quality are offered free of charge within the [Golden Heart Wisdom basic membership](#).

So how about exploring, feeling and sharing the Harmony sphere (Love, Joy, Peace) with others worldwide? If your heart desires, we invite you to join the [Harmony for Humanity](#) Community.

IT'S TIME FOR A PAUSE...

to integrate the 9 Qualities of the Heart and the three Spheres of the Plenitude Effect!

C O N C L U S I O N

Here we are already at the end of this eBook about the exploration of the Plenitude Effect, its 9 wonderful Qualities of the Heart, as well as its three Spheres, namely Harmony, Vitality and Prosperity, forming twelve vibrations!

We invite you to take a moment to pause and be conscious of all the experiences you have had over the past few months through the exploration of the Qualities of the Heart.

*Perhaps your Heart has filled itself with a little bit more **Love**, or maybe a whole lot. Have you noticed an added spring in your step as **Joy** visits a little more often? Have you made **Peace** with what is as you honor this human experience a little differently?*

*Perhaps you feel deep **Appreciation** for something big, or something small in your life, something which you'd never paid much attention to? Do you feel **Courage** emanating from your Heart as you listen to its guidance and take that next step into the unknown? Did you look around to make sure your feet were still on the ground as you integrated more **Lightness** in your life?*

*Perhaps you offered yourself a dose of something you'd never dared do before, actual **Compassion**, the kind that stems from the Heart, free of any judgment. And in doing exactly that brought you such Awe and Wonder for the Beauty that your Heart allows you to feel from within... **Wonder** for the Human Experience! Which then led you to feel and **Care** so much more, but especially, so very differently than ever before!*

We truly hope from the depths of our Hearts that this unique experience of the 9 Qualities of the Heart has allowed you to vibrate and get a sense of the Power of the Plenitude Effect!

As mentioned, we invite you now to take this month to stop, breathe and fully integrate all that you have welcomed over the past months through the Qualities of the Heart.

Our private [Facebook group](#) is such a wonderful platform to expand and share, Heart to Heart with other community members. You'd be surprised how what you're going through may feel insignificant to you, but you decide to share anyways, and the impact it has on the community is amazing because a few others were going through something similar but didn't dare share. And your testimonial may create awareness

for someone else, or vice-versa! There's such power in sharing and just showing up! So, of course, with our hearts wide open, [we invite you to join us!](#)

In conclusion, we invited each of our team members to share their own experiences with the Plenitude Effect and the 9 Qualities of the Heart. We thought you might enjoy reading them... so here they are below!

GOLDEN HEART WISDOM'S TEAM SHARE THEIR EXPERIENCES

“What a wonderful experience to feel each of the Qualities of the Heart... which at first meant absolutely nothing to me! :) And then, with each monthly experience, each Quality took on all of its meaning... a small feeling at first that grew to reach clarity... and I'd integrate their vibration throughout the day. There's still so much to explore in the subtleties of each Quality. Now, rather than reading people with my mind, I can feel them through the Heart. That's new to me... Listening with the heart! :)”

- Guylaine Giroux

“The Plenitude Effect has allowed me to integrate a Quality of Presence I'd never experienced in the past. I'm so much more connected and aware of what's flowing through me and around me and I feel so much appreciation for each experience life offers me, regardless of whether the mind wants to categorize it as 'positive' or 'negative'. Granted, it's been quite the experience to feel profound gratitude for those experiences the mind wants to categorize as 'negative', and yet, it's those very same experiences that allowed me to dissolve layers of protection and crystallized emotions that remained. I feel much lighter and freer, the heaviness I was once so used to living with is no longer present and doesn't have a stronghold on me. I'm now free to emanate and share each of the Qualities of the Heart on a daily basis!”

- Sandy Aubry

“Feeling and integrating the Qualities of the Heart on a daily basis brings me so much lightness, peace, and such a joy of living. They remind me each time that I have a choice in my state of being, regardless of what happens. They also facilitate my awarenesses and pattern dissolutions that limited me in numerous spheres in my life. This entire experience allows me to feel the Freedom of Being, experience life as an adventure... receive all sorts of surprises and experience Abundance in all its forms!”

- Marie-Ève Lord

“Given that what we focus our attention on expands, bringing my attention to the qualities of the heart and exploring each of them one by one allowed me to rediscover them with greater depth and feeling on a daily basis. They, therefore, occupied more and more space within me, which leaves a whole lot less for fear, judgment, and guilt. It’s so much lighter!”

- Suzie Villeneuve

“Firstly, the experience of integrating the qualities of the heart will have allowed me to become aware of certain words that I knew, but that didn’t mean much to me. Words I thought I understood with my mind and sometimes felt, but that had never known the depth that’s experienced in expansion. Sylvie’s assistance in becoming conscious of the essence of each of the qualities of the heart and to integrate them one by one through different experiences and proposals is a wonderful gift I offered myself. A gift that, step by step leads me to appreciate the entirety of life in all its forms all the while welcoming more and more abundance in all its forms.”

- Eric Desroches

“Ever since welcoming the Qualities of the Heart into my life, I now take the time to connect to the heart and feel each of their effervescence. My days become much lighter, fluid, and I feel “in the Sun” as I often say! It radiates upon those who surround me and I see their faces light up. It’s so wow!! Feeling the Plenitude Effect on a daily basis has been such a magnificent gift in my life.”

- Dominique Giroux

*There you have it! We hope you enjoyed
the experience of this eBook!*

*We remind you that to learn more about the Plenitude Effect, or to explore other resources to assist you
in your expansion, you can visit [GoldenHeartWisdom.com](https://www.GoldenHeartWisdom.com).*

*With Love, Joy, Peace and Harmony, Appreciation, Courage, Lightness and Vitality as well as,
Compassion, Wonder, Care and Prosperity,*

Sylvie, Bernard and the Golden Heart Wisdom team

ABOUT GOLDEN HEART WISDOM

Golden Heart Wisdom is a platform of Neutrality through which it is possible to welcome **CLARITY, FLUIDITY**
and **LIGHTNESS** in all areas of life, with simplicity and ease.

Sylvie Olivier is a bioenergetics specialist, a certified Bio-Well (advanced level), mentor and HeartMath
certified trainer. She and her husband, Bernard Thérien, a massage practitioner, assist humanity in
dissolving ancient belief systems, ways of life, crystallized emotions and mental archives to welcome the
freedom of a harmonious, fluid and abundant lifestyle. They offer private mentoring programs, group
workshops, events and live retreats at the Golden Heart Wisdom Center, as well as around the globe.

In addition, Golden Heart Wisdom offers many online resources such as memberships, programs,
webinars, downloadable products and events that are available and accessible to anyone, anywhere in
the world, to assist humanity.

GOLDEN HEART WISDOM ON THE WEB

Website: <https://goldenheartwisdom.com/>

Facebook page: <https://www.facebook.com/goldenheartwisdom/>

Private Facebook group "Return to the Essence of the Ultimate Lifestyle":
<https://www.facebook.com/groups/goldenheartwisdomcommunity/>

Instagram: <https://www.instagram.com/goldenheartwisdom/>

Clubhouse: <https://www.clubhouse.com/club/heart-neutrality>

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