

Sharing of an Experience:

Isabelle Pinard's UNVEILING



Introduction

Living and feeling the Qualities of the Heart on a daily basis allows us to experience a whole other paradigm! From the moment we say "YES", life becomes an adventure filled with surprises, Harmony, Vitality, and prosperity! And it all takes place through a completely natural process filled with Lightness.

How do we know? Because we've been experiencing it for ourselves for already a few years now and we've witnessed hundreds of people worldwide (clients and participants of our various Golden Heart Wisdom programs, retreats, and events) who've shared about their own experiences with Plenitude, through the Qualities of the Heart, on a daily basis.

A most concrete example of this is certainly the "Plenitude Effect & Women of the World" project, through which hundreds of women worldwide explore, express, experience, and expose the 9 Qualities of the Heart, together, over the course of a year.

Expansion, sharing, and concrete experiences that were co-created throughout this group were simply grandiose!!!

Which is why we received the inspiration to present Isabelle Pinard's experience (original texts in French, translated to English), a participant of the "Plenitude Effect & Women of the World", so that you too may feel how the Qualities of the Heart can impact all spheres of your life.

If your heart whispers you too, we invite you to discover below, Isabelle's powerful experience through her opening and sharing done over the span of six months in the Facebook group "Plenitude Effect & Women of the World."

Should you have questions concerning this sharing or of the "Plenitude Effect & Women of the World", we invite you to write to us at info@goldenheartwisdom.com.

And if you're a woman and, just like Isabelle, would also like to experience this, we invite you to consult this link.

And so, we wish you wonderful explorations of how the Qualities of the Heart feel!

Looking forward to assisting you!

Sylvie & Bernard



Isabelle's sharing over a 6-month span

1st MONTH

The Plenitude Effect, 6 Inspired Actions & Quality of Presence

WEEK 1 – FACEBOOK LIVE ABOUT BETA BRAINWAVES AND BREATHING

"A big yes for me!! My heart sings and dances just thinking about this wonderful project!!"

"Last night, I woke up with the feeling of being filled from within. I always had the feeling of being half empty even though my life was beautiful and pleasant... and when I felt fulfilled by someone or an external event I immediately gave it back to my loved ones who surely needed it more than I did (according to my mind).

Well then, tonight, I felt so fulfilled from within, without any external reasons, that it became uncomfortable... as though I was bloated and ready to explode. I welcomed this feeling of being too full through breathing, and something wonderful, but difficult to describe, occurred.

I felt the overflow exit and surround me like a huge bubble. I felt gently rocked by this huge bubble of pure love. But I remained filled from within too. It's as though the people around me could enjoy this bubble of pure love surrounding me without accessing any of my inner supplies. It's a light and beautiful sensation!! Have a good day everyone!! Isabelle"

WEEK 2 – FACEBOOK LIVE ABOUT ALPHA BRAIN WAVES AND BREATHING

"I feel much lighter. And your comment prior to the breathing exercise led me to realize that I'm often focused, which takes up a lot of my energy."

"I did the breathing exercises every day and even more so when I needed to, because it helps me be in my quality of presence."

WEEK 3 – FACEBOOK LIVE ABOUT THETA BRAINWAVES AND BREATHING

"Decreased pressure in my head and calmness"

WEEK 4 – FACEBOOK LIVE ABOUT DELTA BRAINWAVES AND BREATHING

"I had a sensation of lack in a few spheres of my life (but especially concerning time) prior to breathing... and the sensation wasn't there anymore after breathing"

FEBRUARY

1st Heart Quality: Love



WEEK 1 – FACEBOOK LIVE LOVE ACTIVATION

"But sometimes, I get the impression I'm being selfish for not needing love from someone else to be in Plenitude."

"This morning, after the activation, I can feel love within me and it's radiating around me as well."

"I need less and less external sources to feel love within me." "Last night, I experienced something very powerful. While going to bed, I felt my mind try to convince me that I was feeling love within, and yet, my heart was saying no. The love I was feeling was conditional and filled with judgment. I therefore became conscious that I was resisting this quality of the heart that is love. I quickly went from consciousness to heart connection and I felt 4 concrete walls fall down and I felt and saw love within me!!! Wow!!"

"I felt intense heat in my solar plexus and this heat flowed through my entire body. I truly felt that I could feel love within me and I felt love radiating outside my body as well. While doing the activation this morning, I felt certitude that this quality of the heart (love) was present within me and that never again would it leave me. I'm looking forward to experiencing this day that awaits with the inspiration of this quality of the heart! Have a great day everyone!"

"I couldn't finish the activation yesterday. I did it this morning upon waking and I feel ready to experience this day filled with pure love rather than experiencing it through my mind with a list of things to do. Have a great day everyone!"

WEEK 2 – ACTIVITY: EXPLORE LOVE

"It's hard to describe what I've felt over the past few days. It's as though my days are the same without being the same since I experienced them connected to my heart. I have the impression that I'm doing the same things, however when I go to bed at night, how I feel about the day is completely different."

People around me also react differently because the pure love that I feel for them allows me to let them live their own experience without me feeling guilty or responsible for what they experience. I stand side by side with my entourage instead of positioning myself as a savior. So instead of wasting energy wanting to save them, my energy is amplified by positioning myself alongside them.

It's such a pleasant experience living on a day to day basis, without feeling that it's a routine, because each experience is lived by welcoming it and being in total quality of presence!!

Thank you, dear group, for all of your testimonials that allow me to evolve in neutrality and pure love!!”

“Yesterday, when I read the publication, I felt a little lost. But how will I know what true love actually is... I was looking for a definition as though I was in school and I had to write an essay answer. All day long I searched for the definition of pure love, hihhi! Well it was last night (because apparently, I receive my inspirations during the night) everything became clear. Because the answer was in my heart and not in my head. I then knew with absolute certainty that I wouldn’t find a definition of veritable love, but that instead it was a feeling... And the feeling of veritable love is so powerful, gentle, and good that I have no words to describe it... I can only feel this quality of the heart.

If I can make a comparison with humans on earth... Each is unique, invaluable, and we simply cannot define them, nor describe them with words. We can connect with their heart and feel who they are, a bit like veritable love... I can feel it within me, but I’m unable to describe it in words. Have a great day!!!”

Today, exploring love made me realize that I struggle in welcoming love from external sources. I can feel love very easily within and around me, but I often block love from external sources. The fact that I’m aware of it causes me to quickly feel contractions in my body when I block myself off from receiving that love, so I breath and allow it to flow.

My heart says yes to welcoming love, but my head is strong and tells me that because I’m filled with love and that I am Love, I don’t need to receive love from an external source. It’s my mind that doesn’t seem to grasp that even though I don’t need it, I can still welcome all this love coming to me. Today, I welcome where I’m at with love. Have a great day!”

WEEK 3 – ACTIVITY: EXPRESS LOVE

“Last weekend, without even being aware of it, I expressed pure love. I felt so filled with love that it was uncomfortable. So, I gave the excess love to my surroundings, through words, hugs. I know at my very core that it was pure love I was offering... a love free of judgement and expectations... And it was magnificent to see the people’s faces with whom I was giving this love. Their faces were filled with wonder and awe, like the face of a child receiving an unexpected gift. And yet, it wasn’t the first time I was expressing love to these people.

However, it was the first time I expressed love in this way... love that comes from within me and not to receive love in return. It was magnificent to watch... so much so that I just want to start over without hesitation when an opportunity presents itself to me to express this love!!! Have a great day!!!”

“Yesterday I experienced the day in complete quality of presence in connection with my heart and it was magical!!! When I woke up, my mind dictated what my day was going to be like and it really wasn’t pleasant... Dentist: pain, unpleasant, and \$\$\$, then off to Montreal at one of my suppliers: Traffic, unpleasant, stress of not finding what I’m looking for and \$\$\$, return home: lack of time to answer my clients, lack of time to prepare my orders which equals lack of money.

So instead of rushing out of bed to start my day, I took the time to do the 6 inspired actions, which allowed me to want to live this day with curiosity to see what the universe had in store for me while being fully connected to my heart. So here are the concrete manifestations I received that convinced me that my yes makes all the difference.

On the way to the dentist I saw a nice \$20 bill twirling around on the highway and my mind said "well, why couldn't this bill be available to me today, I could really use it... but obviously it's impossible for me to stop on the highway to pick up this bill. "My heart told me that something else was waiting for me and it was true.

For starters, my infamous broken tooth is indeed broken, Wow!! So, the dentist can rebuild it without a bridge or a root canal - today. After 2 hours on the dentist's chair we get to the bill \$\$\$\$. Well, by a happy coincidence I have \$0 to pay! Wow!!

On my way to my first supplier, I then get a huge discount on my purchases, Wow Wow!! On my way to my 2nd supplier, I experienced such pleasant exchanges with the staff and even other customers happily offered me their assistance to find what I was looking for... it was a moment of pure joy experienced in heart connection with all of these people. I had to pay the bill this time around, hihhi! But the human experience was worth every penny!!!

Back home, my head told me to work while my body told me to take a moment to rest and lie down (I have a medical condition that reduces my stamina in the face of effort)... I had compassion for myself and I went to lie down. When I woke up, I heard my spouse talking to one of our neighbors... my mind said "oh no, you won't have time to work, there'll be someone at home"... I connected to my heart and went to see this beautiful neighbor that the universe had sent me. YUP, A GIFT WAS WAITING FOR ME!!!!

My neighbor was offering me beautiful barnwood planks. The boards I'd been wanting to complete a small kitchen project, but that I'd hesitated to buy because I had found the price much too expensive in store. What more can I say than a big thank you to myself for saying yes, a big thank you to Sylvie and Bernard for their priceless assistance and a big thank you to this group for these wonderful exchanges that allow us to remember who we are!! I am full of gratitude for all this pure love!!"

"Yesterday, I met an employee from a company I regularly go to. The person in question didn't look at me or even say hello when I arrived and started to prepare what I needed. Before, I would have bluntly asked "You OK P.?" Or I wouldn't have said anything and would have judged his way of being while wondering if I had done something wrong... if it was my fault that he was behaving as such.

Well then, yesterday, I connected to my heart and while he wrote the invoice I said "Hello P." with joy in my voice and a beautiful smile on my face. Slowly, he raised his head from his paperwork to look at me with beautiful light in his eyes and he began to smile and his "Hello Isabelle" seemed filled with gratitude.

It was so beautiful to see, and it felt so nice that I'm at a loss for words. He started talking to me about everything and anything and finishing what he had to do with such lightness in his movements compared to when I first came in a few minutes before. Did I change the course of his day? Maybe yes, maybe no. But the moment I spent with him with through heart connection was sublime.

Thank you, dear group, for your sharing that makes me evolve in this life of pure love and neutrality. Have a great day!!"

WEEK 4 – ACTIVITY: EXPOSE LOVE

During the weekend, the universe brought me an event that allowed me to become aware of several things. Rather than experiencing this event in duality like I used to... I experienced it in neutrality through my heart. Following a small incident, a conflict of opinions presented itself to me.

My ego shouted loudly that it wanted to be right and defend itself at all costs. But I took the time to breathe, connect to my heart. I let the other person get angry and express what she had to say and I let my heart express itself. I then realized that I wasn't impacted by what the other person was saying.

Normally, I would've taken it personally and would have talked and talked and talked to try and prove my point of view. But now, through heart connection, I realized that the person was angry and was expressing themselves about the situation, so I didn't have to take responsibility for their reaction. Out of love for her, I gave her space for her reaction and I breathed through it all to allow old habits to dissolve.

The event lasted less than 5 minutes instead of lasting several minutes, or even hours, in the duality of wanting to be right and showing that the other person's wrong and thus creating frustrations on both sides... I could see the inquisitive look in the eyes of the other person who's not used to seeing me act this way. The day continued in calm and ease... everything worked itself out without effort. Wow!! Thank you, universe!!"

"Each time I see this vegetable, I feel as though I'm on a trip or in the middle of nature! It's in those moments that I realize that I don't need to have amazing experiences to feel plenitude!! A beautiful broco-flower to cook with and voilà! Have a great day!"



"Last night I woke up with fear in my stomach, and excitement... I connected to the heart to see what was happening there and I had quite the surprise. I was scared of Monday... afraid to activate Joy??!!?! What the? Where was it coming from? If there was one quality of the heart that would be easy to welcome, it would be that one. For me, Joy is easy and even trivial?!

Nope... turns out I was wrong. I explored deeper within myself and the face of a ghost from the past came to my consciousness. My mind kept telling me "that's impossible" and my heart told me that it was worth the Joy (to use Marie-Eve's beautiful sentence) to explore that avenue a little further. PHEW!!!! I returned to the past... to my first romantic relationship that began when I was 14 years old and ended when I was 30 years old.

And that's when I felt the fear of disappointing others if I allowed Joy to emanate. I clearly saw disappointment etched on his face. And I couldn't disappoint him, he had chosen me from all the other girls who'd wanted to be his lover, he had chosen me to be the mother of his children and he would be my partner for the rest of my life. So, when Joy would take hold of me, I would blow out its flame. And the hardest part for me right now is to realize that even though the relationship has been over for over 15 years, I'll still blow out Joy's flame when it wants to emanate from me.

I'm so sad to have made myself experience that and continue doing so. I welcome compassion for myself, for what I've lived and for what I no longer want to experience. BUT I'M TERRIBLY SCARED.

How can we be scared of Joy that's just so amazing to experience? Well my heart has the answer and I know that I'll listen to it even if my mind sends me a strong signal "YOU WILL DECEIVE". Because at this moment it's very painful to experience this discomfort. My heart tells me that I've suffered enough and that it's time for me to let all this joy that inhabits me, and that I want to repress, emanate from me. I'm scared, but I'm ready, there's something that's ready to explode within me and I feel that it'll be grandiose. But I also feel this fear of the unknown, because I deeply feel that it'll bring huge changes in my life! I don't know what, but I have the profound certainty that my life is going to change, and I think that that's what scares me too.

I feel like I'm on the top of a mountain... ready to cross the summit and see what's waiting for me on the other side. Ohlala!!!! It's very long what I just wrote and yet it took me less than 10 minutes! Wow!! I'm breathing through it all and I wish you all a wonderful day dear women of the world!!

"Simply having shared this fear already helps me be less afraid!! It's wonderful!! Thank you"

MARCH

2nd Heart Quality: Joy



WEEK 1 – FACEBOOK LIVE JOY ACTIVATION

"Magical! Fabulous... I'm still me... Isabelle... Yet at the same time, I'm a whole other person and it's wonderful."

"I feel a Bengal fire within me, but everything is calm."

"I welcomed the fear of disappointment in connection with Joy at the end of the Week... and now I feel ready to experience Joy with curiosity and Love!"

WEEK 2 – ACTIVITY: EXPLORE JOY

"Mmmmm... it makes me feel the same as when I read the publication about exploring love. A big "?" in my mind and in my heart that don't seem to know either. But the doubt I felt about love isn't there for Joy, because I know deep down that the answers are there. We just can't force things and everything will become clear!! Happy exploration women of the world !!"

"Dancing has that effect on me too (Joy). Yesterday I experienced another kind of dance with my partner and we had a good laugh. After having listened to a tv show about animals I got up and started mimicking some animal gestures... and to my delighted surprise, my spouse got up from his chair and started doing the same. What a laugh we had... My stomach was sore from all the laughing!! Joy in its purest state!

As we went to bed, my spouse told me "perhaps we made some people smile as they passed on the street and saw us through the living room window tonight. Wow!! This sentence, coming from him is worth its weight in gold. So, I understood that for me, profound Joy is allowing myself to be a part of the universe without hiding, without pretending, just being me and not someone else I think I have to be to be appreciated."

"This Week, there isn't anything that could be described as extraordinary, that makes me jump for joy that happened in my life. And yet, deep within, I feel Love and Joy that are both quite present. I feel calm and serene with all that is. It allows me to be in total quality of presence and not run after time. I take several moments to pause and scan myself and yet I'm doing more in a day than ever before. Rather than focusing on what I have to do in my day... I allow my heart to guide my day and it makes all the difference!! Have a good day!!"

WEEK 3 – ACTIVITY: EXPRESS JOY

"Suzie, simply and totally wonderful!!! Every word of your sharing goes straight to my heart. I also feel an immense shiver of Joy, Peace... Plenitude!! It's a beautiful hymn to Joy . Thank you for sharing!"

"I, too, like you, Marie-Eve, already feel the vibration of Peace, and this, since I fully welcomed Joy within me. I feel peaceful and serene while feeling Joy at the same time. I thought that feeling Joy within me at all times meant always having to have a party around me... which isn't the case at all. It's so good to not have to wait for an opportunity to feel Joy. And the feeling of peace that comes with this Joy is quite exquisite. Thank you, dear women of the world!! And thank you to all that is!!!"

WEEK 4 – ACTIVITY: EXPOSE JOY

"Wow!! We want this all the time in our lives!! And to say that Joy is accessible at all times!! Yeah!!!!!! It's Joy!! Thank you, Marie-Eve!! My lunch has rarely been so festive... I couldn't sit still on my chair!!"

APRIL*3rd Heart Quality: Peace***WEEK 1 – FACEBOOK LIVE PEACE ACTIVATION**

"Thank you!! And to say that this journey all began a year ago when the Universe put Marie-Eve Lamontagne's first book on my path. Curiosity then led me to your site with the WebTV at the heart of neutrality which was also hosted by Marie-Eve. I feel so much gratitude for life and having discovered you, Sylvie, Bernard and your wonderful team!! Thank you life!!"

WEEK 2 – ACTIVITY: EXPLORE PEACE

The pathway between the heart and mind became much bigger, quicker and fluid. Since, I feel things very differently. Before, thoughts, ideas, feelings, information would automatically head towards the top... towards the mind and it would turn and turn in circles in my mind waiting for an answer, an idea, or with the thought to not forget. I had so much information swirling around in my mind that it ended up creating contractions everywhere in my body. It was exhausting and would fog my ideas.

But since the live, it feels like all information is now being directed downwards... towards the heart to then be shared throughout my entire body. Everything's so much calmer, and I don't know why, but my mind is no longer waiting or expecting the ideas to sort themselves out. It's as though my mind has the profound certitude that the heart knows what it's doing with the information that it's given and that, when the time is right, it'll travel upwards.

It's soothing, relaxing and allows me to go from one activity to the next in total quality of presence given that I don't have a whole bunch of information swirling around in my mind. Wow!! Never could I have imagined feeling that one day... It's simply sublime and fascinating! Thank you life! Thank you beautiful women of the world and a huge thank you to Sylvie & Bernard, I'm so grateful for your generosity xx"

"This morning, someone very close to me experienced chaos. I felt myself get sucked into their chaos and anger arose within me. I quickly became aware of it and took the time to breathe. I listened to my heart that whispered to me to express, with love and without judgment, to the person experiencing the chaos, how I felt. I shared how I completely respected how they were reacting, but that for me, I was completing with the pattern that kept us turning in circles. Ouf!!! Just writing it brings tears to my eyes... but how freeing.

The most beautiful part is that when I mentioned these words to the person, I heard them take a deep breath and then silence settled in (a connection pause!!!). I don't know how our relationship will continue, but the discussion ended with a calm heartfelt "I love you." I feel profound peace as I share this with you, because I have the certitude that what'll come next will be the highest opportunity for expansion for the both of us. Thank you for your powerful testimonials that give me, every day, more and more courage to connect to the heart."

WEEK 3 – ACTIVITY: EXPRESS PEACE

Since the end of last week, I'd say that a summary of my days could be summarized as Fun, Calm, Harmony, Appeasing, and Light. Normally, I had to be on vacation to feel that way and it really isn't the case right now!! What joy!! Have a great day!!"

WEEK 4 – ACTIVITY: EXPOSE PEACE

"How to describe the last few days without saying Ouf!! Finally!! I'm back!! I wasn't very far... But I can say that I got lost. I let myself get engulfed by a strong vibration of lack/fear experienced by those around me. I tried to understand why I felt bad inside... I regularly did the breathing exercises and activations, but my days weren't easy or fluid. I told myself, "Well breathe and welcome it all, that's what's available for you right now."

"But you know, when everything becomes heavier and heavier and everything you undertake hits a snag somewhere. And then BOOM!! Everything became clear when my little brother came to visit me yesterday and said lightly, "I had thrown it out into the universe... I didn't know how or when my request would be answered, but it's today and it's you who's offering it to me."

"WHAT!?! YUP!!! My brother had the answer to my unease. With this vibration of lack and fear, I wasn't allowing my heart to take control and I had completely set aside our dear Universe by returning to an old pattern of taking control with my mind and trying to make things happen.

Thank you, dear Universe, for the opportunity of seeing my brother yesterday and thank you little brother for those words that allowed me to reconnect with who I truly am!! Have a great day under the rain!!!

MAY*4th Heart Quality: Appreciation***WEEK 1 – FACEBOOK LIVE APPRECIATION ACTIVATION**

"I felt a large expanse of heat in my back...lightness in my entire body and afterwards a massive opening occurred within me!! Very powerful! Thank you!"

"It seems like I'm unable to say yes to letting myself be loved and cherished by the universe without feeling the need to cry... it creates a huge ball of emotions in my throat."

"Today I redid the appreciation activation and it's totally easy to say my big yes and let myself be loved and cherished by the universe!! A 10 in vibration!!!"

WEEK 2 – ACTIVITY: EXPLORE APPRECIATION

It's easy for me to feel appreciation thanks to the breaks I regularly take in my day. Without them, I would pass right by several feelings that I'd barely recognize without being fully conscious. With the integration of love, joy, and peace, Appreciation is gently settling in within me and it's so gentle and tender. Thank you beautiful women of the world!"

"It was by appreciating the presence of my loved ones around a table this weekend that I realized just how my new way of being impacted their way of being and interacting with me. Since integrating appreciation, I feel, I see differently... As though everything had more depth, more gentleness.

"It happens that I'm disconnected because of external events... but it's short lived because it feels like I don't support not being aligned with myself any longer. It's just too uncomfortable and so I connect to my heart and everything becomes gentle, simple and fluid once more. Thank you for everything you've all shared, it's so inspiring to me !!"

WEEK 3 – ACTIVITY: EXPRESS APPRECIATION

"Today, at the post office, there was a woman in line in front of me and she was quite busy! My first instinct was to judge her behavior... and then I caught myself in the moment and I thanked her internally on my way home. She gently brought to mind a memory of past patterns. She was trying to do a whole bunch of things at the same time... speaking on her cell phone, answering the employee in front of her, and filling out paperwork at the same time.

I was fascinated to see her in action and at the same time, I was filled with compassion for what she was experiencing and what I once did as well. Her quality of presence with the employee in front of her was at a minimum and I realized that the service she received was a mirror image of her own quality of presence!! Wow!! What an awareness she allowed me to have.

I then felt such appreciation for where I was at and for all the headway I'd made, because I was once a chicken with its head cut off, running after time (that's actually what I used to call myself when I was running around everywhere trying to get more done!!). But I made the choice to live differently... Appreciation through other people's' behaviors... What a beautiful gift!!"

WEEK 4 – ACTIVITY: EXPOSE APPRECIATION

"I re-listened to the Life Tones today and it's truly incredible what happens within me each time I do. It has the same effect on me as when I listen to the Appreciation activation. It's almost as though everything aligns itself within me... as though I could feel the cells, muscles, organs in my body take their place like they're supposed to.

And then a shiver runs through my entire body (from head to toe), my breathing is slower and more ample, muscular tensions release and I feel Appreciation ready to explode outside my body. I feel the walls falling around me and I feel free. Thank you, Anna for the incredible gift you share with us with all of your heart. It does me so much good!!"

JUNE*5th Heart Quality: Courage***WEEK 1 – FACEBOOK LIVE COURAGE ACTIVATION**

"I feel grand, solid, and calm. During the activation, I felt a huge burning sensation in my back... and the burning then turned to stiffness in my back at the end of the activation...as though my back wanted to resist the integration of Courage."

"The word my heart's whispering to me is Happiness"

"Until recently, courage for me was charging full steam ahead, head down to CONFRONT adversity. It now feels like when I feel the mind want to take over and hold on to old patterns, I go and connect to the heart."

WEEK 2 – ACTIVITY: EXPLORE COURAGE

Last night, my lead armor cracked. The tension I'd been feeling in my back since the Courage activation opened up to allow a thick envelope that had been enveloping me for a long time to fall. It's as though my body was coming out of its cocoon to allow me to completely and simply be who I am.

I'm done hiding, pretending. I'm done trying to be more, better, the best, in order to be loved and appreciated. I feel free to go in any direction, I feel weightless, but solid at the same time. Everything is so perfect when I'm authentic and simply me and the Universe clearly shows me this through events and people who are placed on my journey.

It'll have taken me the integration of the harmony sphere and welcoming love that will have allowed me to see love under a different light. Welcoming Joy without feeling judged for expressing joy for no reason and welcoming Peace by honoring what I'm experiencing and what I've experienced. Welcoming appreciation allowed a lot of walls to crumble within me by accepting to be cherished by the Universe. Finally, I could welcome the gifts of life, guilt free.

And then, just a few days ago I welcomed Courage... Everything happened so quickly since listening to Monday's live. Something big changed in me tonight, because this morning everything's so much clearer. The choice I made in January to reconnect with my heart is taking on all its meaning because feeling like I'm feeling right now is priceless.

I remember hearing Sylvie say something like "Living with the heart of the child that we are, but with the maturity of an adult". Well that's how I feel this morning. I feel like I'm back and it's so soothing.

Sylvie and Bernard, I cannot thank you enough for what I'm experiencing right now, and dear women of the world, thank you for your testimonials that have assisted me in understanding and maintaining my commitment to myself."

WEEK 3 – ACTIVITY: EXPRESS COURAGE

"I had a wonderful experience with my daughter last weekend. She has a great opportunity before her, and she wanted to discuss it with me. It was a great opportunity for me too to be with her side by side rather than staying in my old pattern of wanting to take charge of her in this project, wanting to get things done to make the project happen, wanting to lead her... I simply accompanied her in her questioning by presenting her with possible directions to explore to find her answers and it was so fluid, light and pleasant for each of us.

I realize just how involved I would get, to the point where her projects would become a burden on me, because I'd take responsibility for them, whereas this time around, I allowed her to have her own experience regardless of the outcome. I felt unbelievable and magnificent lightness and when she went to her father's house, I didn't feel responsible about needing to keep thinking about her project to make it happen (because of my love for her??!! Yup... old mental archives).

The vibration of Love was so much stronger between her and I in this new way of interacting with her. I can't wait to repeat the experience, it was so magical!! Thank you, beautiful women of the world!!"

"Yesterday during my swim, I saw a similarity between surviving and simply living. Just last summer when I was swimming, it was to get in shape... swim, swim... even against the current... it was even better if it exhausted me... it would make me work harder. Never had it come to mind to simply float. There had to be a goal to swim and it was to exercise to regain strength.

But today, by letting myself float gently in the pool, I saw a parallel with my new lifestyle. I allowed myself to be carried by the pool's current at the same rhythm that I allowed myself to be rocked by the universe. Sometimes the current carried me to the pool's edge, my nose glued to the edge... I could've stayed there, holding on to the edge to feel safe, but all that was needed for concrete action (a small push) to continue my journey, feel free and open my field of vision several degrees.

By continuing to let myself gently float quietly I passed the pool's jet that momentarily accelerated my speed to then return me to a gentler pace. Some will say that this pace feels quite boring, that we have to swim upstream, make things happen, provoke life, control to make things happen, to make life fun. Well, even if we allow ourselves to be gently rocked, life isn't at all monotonous, because we never know who will show up in our pool to accompany us. Like a beautiful friend who arrives with her 2 little girls. In a matter of seconds my pool took on an entirely different pace, with a friend to exchange with, heart to heart, and two little darlings with whom to play mermaid princess.

Some days, the pool can seem murky, but we know with certitude that by giving it the necessary time and a few products, the pool will again become crystalline. Much like the chaos that precedes expansion where everything becomes clear and fluid. Have a great day xx".

WEEK 4 – ACTIVITY: EXPOSE COURAGE

"The heart has many surprises in store that the mind couldn't have imagined. Yesterday as my body was asking me for rest, my spouse joined me in the room. While I watched him sleep, I took a trip down memory.

When I said yes to my heart several months ago, I had my doubts and reservations about the future of our relationship. I knew he wasn't ready to say yes to himself, whereas I was. But how was I going to live with someone who didn't want to live the same way as I did? It would never be possible. This lifestyle was much too important to me, there was no way my relationship was going to stop me from living this life experience.

At first, sparks flew, my mind kept saying: Of course, I knew this couldn't work out. But when I stopped imposing my way of seeing, of experiencing things. When I stopped holding onto my relationship and I simply lived the experience of returning to the heart with myself and allowing who I am to emanate, a wonderful person, who is my partner, unveiled himself to me. Our relationship completely changed, but not at all how my mind had imagined.

The more I returned to myself, without realizing it, his attitude towards me, himself, and with others, changed. He would say to me: "I see that what you're doing makes you feel good (The Plenitude Effect and Women of the World)... but don't try to get me involved... I'm not like you".

And yet, I had the pleasant surprise of watching him unknowingly unveil himself unconsciously. So I would simply watch him react to certain events that presented themselves to him, he would turn to me and say, "Don't look at me like that (with a small smirk)... I simply breathed like you do."

Sure enough, that's what he did. I would look at him "like that" because I was in awe and wonder in watching him behave as such... without fighting against life or himself. I know he isn't ready to say yes, but unconsciously, he's returning to himself no doubt. He's magnificent to watch and is a precious tool that assists me in reconnecting more and more to myself.

I said Yes and continue saying my big Yes... he says he doesn't want to join in any of those things and I respect his choice. Despite our different choices, we accompany one another, side by side, in such a wonderful way that even my own mind doesn't fully understand."

"About a month ago, I shared with my spouse that I appreciate the trips we take together, but that, it seems that I'd like to try a different way of travelling. I love "all-inclusives," but I feel like I want to try something else. And he asked me, "But what? I'm not going to start backpacking" And that isn't what I want to do either. The question remained unanswered, because I didn't see other options than "all-inclusives" for us at the present time.

Interestingly, while I allowed my heart to guide me in integrating Lightness, which is slightly obscure and uncomfortable for me right now, my spouse came back from work mentioning that he'd met an interesting client that day.

Sure enough! I got the answer I'd been waiting for, without waiting for it, through someone my husband met!!! His client travels B&B worldwide. He explained it all to him and showed him how it works. We started looking at it together and it really made us vibrate. It would allow us to visit, learn other cultures all the while resting too. And that's when clarity settled in and I understood what it is I now want from my travels: Have the freedom to meet new people, cultures, experience local customs in the places I visit all the while having the comfort of a hotel.

I feel a bit prisoner in an "all-inclusive". It's very enjoyable and I'll return for sure. But for the time being, I feel like experiencing something else and the Universe just gave me the answer I wasn't looking or waiting for. Is that a way to allow me to discover Lightness? Mmmmm... how delicious! Have a great afternoon dear Women of the World!!"

Conclusion

Did you feel the power of the Qualities of the Heart through Isabelle's expansion, sharing, and experience?

And all of that in only 6 months... Imagine the expansion potential afterwards!!!

*To learn more, we invite you to view this interview with Isabelle Pinard, Sylvie Olivier, GHW founder, and Marie-Eve Lord, GHW Ambassador. ***Only available in French***.*

In this interview, Isabelle shared with us first hand her experience of welcoming the Qualities of the Heart through the Plenitude Effect, as well as concrete examples of what they've had on her life daily. Her authentic sharing, filled with gentleness and spontaneity will certainly move you. To view the interview, [CLICK HERE](#).

We'd like to infinitely thank Isabelle for saying "YES" to the experience and for having accepted to share with us!!

Hoping that this will also make you vibrate and inspire you to return to the Heart of yourself.

*With love,
Sylvie & Bernard*

To learn more about the "Plenitude Effect & Women of the World" or to sign-up, we invite you to consult [THIS LINK](#).

And to learn more about the Qualities of the Heart, brainwaves, and the impact of the vibrational signal, we invite you to consult [THIS LINK](#).
