



Sylvie Olivier,
Bioenergetics Expert and
HeartMath Certified Mentor & Certified Trainer

How do we connect with the power of the **Heart's Intelligence** in harmony with the Brain's Intelligence?

How do we experience **clarity, fluidity, and lightness** in all spheres of our lives, efficiently and with simplicity?

How do we cease being controlled by our emotions or external situations and start living a life that's in a constant state of **Plenitude, Pure Love** and **Abundance** that's always in expansion?

These are a few of the questions and topics that Sylvie Olivier regularly discusses on Golden Heart Wisdom's platform and social media, as well as other platforms to which she's invited to speak.

INTRODUCTION

Bioenergetics Expert and HeartMath Certified Mentor and Trainer, Sylvie Olivier and her husband, Massage Therapist, Bernard Thérien, assist humanity in dissolving ancient memories, patterns, and beliefs therefore allowing for the welcoming of the new At the Heart of Neutrality paradigm.

The tools offered by HeartMath, which Sylvie integrates into Golden Heart Wisdom's various programs, assist in the integration of daily cardiac coherence in people. In turn, this cardiac coherence creates natural harmony between the heart and the brain, therefore creating an experience of feeling global and permanent well-being as well as optimal performance in daily life's various spheres and activities.

SYLVIE OLIVIER'S CERTIFICATIONS

- HeartMath Certified Trainer at [HeartMath Institute](#) (2019);
- "Stress and Well-Being Assessment" Certification from the [HeartMath Institute](#) (2019);



- Certified Mentor and Add Heart Facilitator, Heart Intelligence, at [HeartMath Institute](#) (2018 and 2019);
- Getting Thru Technique (GTT) Certification at [Awakenings Institute](#) (California, 2012);
- One Command Method Certified at [Teachings of The One Command](#) (Grapevine, Texas, 2011);
- Emotional Freedom Technique (EFT) Certified Practitioner, [Awakenings Institute](#) (California, 2011);
- Bioenergetics Certification at [Alternative Medicine College of Canada](#), (2002 to 2010).

EXPERIENCE

The seriousness of Sylvie's daughter's illness, which lasted seven years, combined with Sylvie's research to find a cure for her daughter, assisted her facing the obvious ... there comes a point where science meets conscience and vice versa.



Consequently, through her research, **Sylvie discovered that harmonizing the heart's intelligence (consciousness) and that of the brain (science) is at the source of this state of Plenitude and optimal health that's naturally available to all human beings.** That said, when we only experience life through our mind, disconnected from the heart's intelligence, Plenitude is not accessible, therefore creating confusion and disharmony in all spheres of our lives (relationships, professionally, financials, health, etc.).

And so, Sylvie & Bernard assist people in dissolving the emotions and beliefs that prevent a connection with the heart's intelligence, maintaining them prisoners of duality (the mind).



Through her research and her professional journey, Sylvie discovered that human beings naturally possess within them 9 vibrations that are always accessible through the heart, namely Love, Joy, Peace, Appreciation, Courage, Lightness, Compassion, Wonder, and Care. These vibrations are at the source of natural and constant well-being, also called a feeling of Plenitude.

In fact, new research on gamma brainwaves confirms this phenomenon. Gamma waves are brain waves that vibrate at a very high frequency. They are only accessible through a Vibration of the Heart such as those previously mentioned.

Research shows that when we vibrate at the frequency of these Gamma waves, we automatically experience a state of maximum performance: increased memory, increased sensory perception, increased concentration, creativity and brain efficiency, experiencing compassion and gratitude throughout all activities, as well as naturally feeling happier, calmer and more at peace.

Thus, through the integration of these 9 Qualities (vibrations) of the Heart that allow access to Gamma waves, Sylvie and Bernard assist people in returning to this state of Plenitude that's always available in Neutrality. "The Plenitude Effect", as Sylvie and Bernard call it, allows complete harmony with oneself and others, which activates a powerful signal leading to increased prosperity and vitality.

Sylvie and Bernard assist **business leaders, management teams, professionals and employees** in experiencing transmutation (heart-brain harmonization) through private mentoring, online programs, retreats and live events worldwide.

To date, Golden Heart Wisdom has had the honor of assisting Humanity in nearly 50 countries in both English and French.

Interested in inviting Sylvie to join you for a podcast, WebTV, radio or tv show, or for a live event?

**To contact Sylvie Olivier, we invite you to write to
media@goldenheartwisdom.com.**



Here's a list of a few inspired topics where Sylvie could participate and assist with your broadcast messaging:

- What is heart intelligence and how can we harmonize it with brain intelligence?
- What is Plenitude and how can we return to this natural state?
- What's the tangible impact of the Plenitude Effect in everyday life?
- How to free ourselves from an energy of begging to welcome all resources already available to us?
- What are the qualities of the Heart, and how do we integrate them and feel them on a daily basis?
- What does the Return to the Essence of the Ultimate Lifestyle really mean?
- How do we dissolve our lead armor and the ego's defense mechanisms that keep us in survival mode to finally welcome Life?
- How to free ourselves from the grasp of emotions and appreciate Life through sensations?
- Abundance is a birthright ... How do we welcome it?
- What is the cycle of expansion?
- How to welcome and take inspired actions through the cycle of creation?
- The impact of women on humanity.

SYLVIE OLIVIER'S ACHIEVEMENTS, PUBLICATIONS AND APPEARANCES

- **At the Heart of Neutrality WebTV:**

Hosted by Marie-Eve Lamontagne and Sylvie Olivier, this WebTV is inspired by Marie-Eve's different life experiences as they address, in complete Neutrality, topics that impact all spheres of our daily lives. (The WebTV is in French with English subtitles).

To learn more, [click HERE.](#)



- **Web series At the Heart of the Neutrality of the Entrepreneur:**

Hosted by Eric Desroches and Sylvie Olivier, this series of web capsules touches on various topics related to entrepreneurship and the power of the heart's intelligence in business. (This web series is currently only available in French).

To learn more, [click HERE](#)

- **Web series Plenitude Worldwide:**

Much like the Butterfly Effect, the Plenitude effect is slowly making its way around the world assisting people in experiencing, exploring, and exposing the 9 Qualities of the Heart. Given that each person's experience is unique, this web series allows the community to grow and create International pathways for each of the Qualities of the Heart, allowing each of these qualities to follow their natural ebb and flow. AS the Golden Heart Wisdom community grows internationally, Sylvie Olivier & Sandy Aubry invite various members of the community to join them for vibrantly rich conversations about various topics related to Humanity and the entire planet. These informal conversations are pre-recorded and are then shared with the community under the 'Plenitude Worldwide' banner.

To learn more, [click HERE](#).

- **Plenitude Effect & Women of the World**

This project invites women worldwide to experience the 9 qualities of the heart lived through the Plenitude Effect, in order to explore, express and expose to Humanity the immeasurable power of the heart!

To learn more, [click HERE](#).

- **"Return to the Essence of the Ultimate Lifestyle" Community:**

The purpose of this group is to assist Humanity in its entirety, at the heart of neutrality, by offering various resources and assistance in the form of messages, publications, and videos.

To learn more, [click HERE](#).



- **"At the Heart of Neutrality of Entrepreneurs" Community:**

The purpose of this group is to assist entrepreneurs, business leaders and managers to integrate the intelligence of the heart in business.

To learn more, [click HERE](#).

- **Participation in various collected works, such as:**

- The Energy of Receiving, published by Erica Blessing, in 2015. To learn more, [click HERE](#).
- The Energy of Happiness, published by Erica Blessing, in 2015. To learn more, [click HERE](#).
- The Energy of Expansion, published by Erica Blessing, in 2015. To learn more, [click HERE](#).

- **Blog Articles:**

- [The impact of judgment in our lives](#)
- [The true nature of compassion](#)
- [Living in duality vs. living in neutrality](#)
- [The 3 steps of the cycle of expansion experienced in neutrality](#)
- [Appreciating the human experience through the essence of the senses](#)
- [Money Harmonization](#)
- To read more articles, we invite you to consult [Golden Heart Wisdom's blog](#)

- **Videos:**

Discover hundreds of videos of Sylvie on Golden Heart Wisdom's YouTube channel.



To learn more, [click HERE](#).

- **Invited Guest for Erica Glessing's "Love Is Summit":**

Very often, we look for love outside of ourselves because, unconsciously, we know that this Pure Love exists, so we seek it in the form of what's commonly known as our "better half", searching in the eyes of our lover to reconnect with the fabric of Pure Love.

But you see... this fabric of Pure Love resides at the heart of each of our cells and takes its source within our Golden Heart, the heart of the heart that's permanently connected with Pure Love. And so, whether we're searching for friendship, recognition, gratitude or love... we'll never be satisfied from the outside. However, when we reconnect with that part of ourselves, the fabric of Pure Love within, everything we're looking for comes to us abundantly and with grace and ease! So, what would you say to opening up that box in which you enclosed Love for so long?

[To view and learn more about the interview, click HERE.](#)

TESTIMONIALS

- **Dr. Kim D'Eramo testimonial:**

What does it mean to live life through the heart? And what kind of repercussions can occur? Dr. Kim d'Eramo shares her experience with us after a 6-month mentoring with Sylvie Olivier.

To view this testimonial, [click HERE](#).

CONTACT SYLVIE OLIVIER

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