

Closing questionnaire: qualitative answers

(NB: square brackets with dots [...] indicate text that was cut to maintain privacy or confidentiality)

1 How do you FEEL about the process that you have gone through during the weeks of the heart of Love healing sessions and after?

- A nice support
- I feel like it was very helpful, I enjoyed the sessions and feel like they brought new insights
- I feel like some definite progress has been made. It was made in a way that was anchored inside me and that I can call upon according to need.
- I feel good about the process I have gone through. It was a very interesting and rewarding journey, that improved my awareness and provided insight on how to deal with the issue we were discussing.
- I feel positive about the session. I would describe them as subtle and the shifts that I believe and hope are taking place as subtle as well. The impact is potentially quite powerful if I can consistently change the way I think about and respond to situations/my own thoughts. I do feel worried that I haven't integrated the work deeply enough though and that I will slip into old patterns over time.
- I feel more openhearted, vulnerable . I feel I am able to access feelings
- I feel happy and complete with it.
- I feel lighter...simpler...just being is a little easier. It was good to be allowed the space within which to breathe and feel my own inner spacenot standing in the way of my soul's yearning
- I feel fascinated, intrigued, inspired, nourished, trusting about the whole process. The realization of a whole new attitude towards life amazes me. I feel life. I look at photos of me on the walls...and I sense death. I'm just barely touching the possibility of really being me.

2 Overall, how helpful or effective were the sessions at the following 5 levels?

2a Physically, in your body:

- Feels maybe a little easier
- I'm still always tired, but I feel more calm
- Quite helpful, I was overall feeling better physically
- I am not sure I would describe a great difference in my body except to say that I feel less tired
- I felt good before and still do...physically

2b In terms of your overall energy level:

- Feel better, but I did lots of things also...
- Helpful, I feel lighter
- I maintained a rather high energy level during the process
- The action taken from the sessions leaves me feeling less tired
- the energy level is about the same

2c Emotionally:

- More balanced, but again, I did lots of things
- More at peace, positive, and more hopeful
- I would say that the process was emotionally turbulent, with both high and low moments
- This is where I feel the impact the most
- I feel much more centered, confident and capable of reengaging myself to my power if I lose it
- more relaxed, less uptight

2d Mentally (beliefs etc):

- Nothing significant, as before in the last questionnaire
- Less scattered and anxious, I feel more focused

- Quite a few of my beliefs shifted, helping me overall to deal with the issue
- This is where I feel the impact the most
- I feel a lot of clarity.
- freer, unshackling some old patterns

2f Spiritually:

- More connected
- Reconnecting, I feel like the sessions help me do that much more easily, outside, it's a little more difficult, but easier than prior to the sessions
- I was more sensitive to spiritual aspects during period when sessions took place, quite an improvement during meditation too.
- Although I wouldn't describe the sessions as feeling deeply spiritual, I do feel more connected to myself that before
- I feel connected and very blessed. I feel I am protected and taken care of.
- more inner space allowing access to spiritual movements

3 Was there anything about these sessions, or in the sessions, that didn't feel good or helpful to you?

- No
- No (tendency to get lost in head ... helpful to bring things back to the heart level regularly)
- There is really nothing in particular that I didn't like or that felt useless.
- Not particularly, sometimes I felt there was more talking than necessary but this balance is hard to maintain.
- I did feel that the phone was an impediment. I am grateful to have it as I would not have been able to do three sessions in a row in person, but I do find the face-to-face much more powerful. Sometimes I had to strain my voice to hear.
- No
- No. I really trust the processes with you. I feel you are very intuitive and I always feel results.
- It felt good that we clarified some of my negative thoughts about our past interactions. It cleared space for more open and frank connection.
- Really nothing didn't feel good.

4 Overall, please list the 3 aspects/elements/parts of the sessions that were the MOST helpful to you:

4 Most helpful 1:

- Combining body and mind 2
- The validation/normalization/reassurance
- Body Work
- Identification and explanation of how the issue was being expressed in my character
- The quiet period to tap in, but also to feel as though I was receiving loving energy
- sessions allowed me to get in touch with feelings
- you responding to me to clarify what you see beyond what I can't see (blindspots)
- your very active listening
- the love coming full blast through the phone

4 Most helpful 2:

- Energy work and physical touch, bringing back to the topic
- Really feeling HEARD and feeling like I've been SEEN, and that that is ok (= and it is ok for me to allow others to see me too!)
- My feeling safe and comfortable enough to share my most intimate thoughts and feelings
- The loving attitude of the healer
- Using very concrete examples as a starting point to try to describe what I was experiencing and the moving to broader themes from there

- took me out of my head and into my heart
- Clarifying what I want to focus on and then writing about what worked during the sessions.
- your comments/ analysis/ insights in my process
- the tone and rhythm of voice of the person accompanying me

4 Most helpful 3:

- Empathy and space
- Stopping to check in (breathing on it) – I want to do this more in my life
- certain very key distinctions and insights that you were able to bring to the light for me.
- The ability of the moderator to prepare the space so I can see myself how the issue I was facing was affecting me
- Developing/finding/holding one or two very concrete phrases from each session that help me to come back to the insights gained during the session and that support my 'new way' of responding/being
- I felt safe in the sessions
- sharing my about my issue and focusing on it.
- the confirmation/ affirmations and goodwill I felt from you
- the availability, the presence

5 Overall, please list the 3 aspects/elements/parts of the sessions that were the LEAST helpful to you:

5 Least helpful 1:

- Chatting
- Maybe more body/energy work would be good?
- well the questionnaires I wasn't too crazy about
- Sometimes I was not ready for the instructions from the moderator's side
- I did miss the body work! I do feel that it adds another dimension to the work and the hands-on part always feels so nurturing
- would have preferred to skype
- I know you would like me to answer this question, but I see the sessions as a whole and don't question it. There are many areas in my life where I don't question. This one is one in which I just accept it as it is.
- as I mentioned I felt judged – in the past - about my spiritual blockages
- can't think of any

5 Least helpful 2:

- Just passive receiving
- I find our sessions so simple and yet effective and there is little that takes place that I have resistance to. I'm usually not too crazy about the heavy emphasis on astrology but that didn't take place in these sessions. Other than that the only thing I mentioned was that sometimes I feel you can be more direct and personal with the examples you use.
- The transformation in my perception was sometimes too fast to follow

5 Least helpful 3:

- A bit hard to accept that this is a never-ending process

6 What, if any, would you describe as highlights or real AHA moments during the process?

- There weren't any
- Some realizations/confirmations: That I connect easily and quickly, I just need to remember to do so, and to focus. That I love intensely and that I am very sensitive, and that both of those things are ok. [...]
- When we looked at how I am covering up the fear of inadequacy with an arsenal of spiritual fixes. That was a very key moment for me.

- I think the evolution in my perception expressed here as ,totalitarian->vulnerable->humble circle, was an astonishing experience. The revelation and practicing of opening to the resistance was also an AHA moment. Being able to feel and imagine about what lies beneath during the session was also quite astonishing.
- imagining me without my critical voice. I had never done that before and was surprised how much came up and how well I felt with the vision and after the session; completely reconceptualizing the part of me that needs rest, space and quiet from being a problem or a lack of energy to simply being my yin energy that needs to be expressed
- During the session, I was able , with your help, to let go of defenses and get in touch with feelings
- Realizing that I lived mostly in my head and rarely checked in with my heart and gut.
- At the end of each session and the following 2 days there was the AHA feeling of new-found freedom
- 1-The realization that love cannot be gotten...reached for, searched for, outside of me. I am love...and need to let it flow by allowing it to flow from within. No one can make me happy...
2- how i've needed peace in my youth and searched for it outside of me. I can connect with it from within. It's there, always has been there.

7 Were there any significant shifts that you felt happening in you during the course of the process?

- Not really
- Yes, setting the intention. I thought I had committed to doing what I needed to attract a loving relationship in my life, but I hadn't really – and now I have!
- Well that created a shift that continues to take place.
- As mentioned above, totalitarian->vulnerable->humble circle: -practicing of opening to the resistance, -being more sensitive than usual -comfortable with not knowing.
- I can recognize my critical voice almost immediately. I am not always successful at not listening or countering it in a convincing way, but I do see it almost the moment it surfaces, and that gives me some distance from it. I realize I am being more gentle with myself both by physically allowing myself to sit and by not beating myself up for feeling tired and/or not wanting to be active.
- I felt energy releasing, heart opening .
- I started to feel more confident and able to hear my disempowering voice apart from myself.
- I took a break from my mom (wrote to her and she knows I love her and all is well) during the process. This has allowed me to freely and honestly look at what is important to me separate from her. I really came to see how much power I'd allowed my mother to have over me in all decisions: partner, dress, car, home, neighborhood, values.
Now I no longer consult her or what I think she would approve to decide things. It is very empowering. I have begun to speak up with more confidence in all kinds of situations. I am reaching out to people in a way I hadn't in decades. I feel firm in who I am and so expressing it is easy and natural.
I feel more connected also with life. I feel very lucky. I see opportunities coming to me with minimal effort. I have more faith in life and myself. I no longer let the voice of darkness and doom take over me. I see it for what it is, a conversation/story that longer serves me at all.
- I think I have said it all.
- The images I got [...] were so real. The voice telling me to be real...not fake it was also so real. That I cannot expect the other to respect me. Respect is lived from the inside and radiates outside.

8 Overall, how beneficial was this process for you with regards to deepening your awareness of yourself?

- It's always helpful to look in and have some assistance to be there and support
- Realizing that I connect easily and quickly, I just need to remember to do so, and to focus = for now I seem to keep being reminded that I can answer most questions myself, and provide myself with what I need – because each time I tune in it works!
- I still feel like I have a long way to go.

- Same as above, plus coming into contact with all these feelings that are normally hidden. Very informative and relaxing experience. Pity I am not like this more often.
- The issue that we worked on is one that has been with me for as long as I can remember. I am not sure I feel that my awareness of myself has deepened, but rather that I have become clearer about what I can do, from within, to counter some of the tendencies I have that are self-limiting. What the sessions offered me were s
- My feelings are available when I feel safe
- 9...the experience of deep peace seems engraved in my cells more than ever. The memory of seeing life from a total different angle has made it's mark. Just writing about this...makes me open and open.

9 Overall, how beneficial was this process for you with regards to bringing healing to areas of wounding in your life?

- More insight than healing
- I'm not sure about this one – I don't think we worked on this directly. I guess I feel this is a work in progress.
- When I talk to you about the things that have taken place in my life I can see the connections fo old wounds and childhood traumas. This helps me put things into perspective and appreciate them as opportunities for healing and forgiveness.
- As mentioned above the issues that appeared in the session were very relevant to healing, a lot of stuck energy dissipated, I came to contact and approached with sensitivity aspects of my character that were lurking under the surface. Very refreshing overall.
- Neutral. I am not sure areas of wounding came up. There is of course the wound of living in a pattern that zaps my energy, but I think of that as more of a self-limiting pattern than a wound and it is this (the pattern) that I had chosen to work on.
- I prefer to see it as coming into all that I am, nothing to fix, change
- I don't feel so much like I've brought healing to wounds. I had not been living a life with me fully in the driver's seat. The impacts were that I did not feel fulfilled.
- I sense a beginning of healing. I intuit that there is a lot more to be cared for. I get what is healing is now.

10 Overall, how beneficial was this process for you with regards to supporting you on your own personal journey?

- As said, it's great to have someone supporting the awareness and the space around a topic and hold it in a loving, open space
- It was beneficial for many reasons – including all the insights listed above. But mainly, because it has given me hope, and some tools to work with!
- Yes I feel it is very helpful to moving forward with greater insight and clarity.
- Very, nevertheless the amount if imperfection in my character is always somewhat intimidating
- Very beneficial. As mentioned, this is my constant theme or seemingly my life's work in terms of personal growth. I believe we made real progress in a fairly condensed period of time. I believe I have a lot to work with over the next weeks and months and some very important, subtle shifts have taken place.
- I feel like a layer has been peeled away allowing me access to my heart and my feelings
- I really felt supported more than ever in my life. I'm still astonished at what happened.

11 Would you recommend heart of Love healing to others – or would you rather recommend other ways that I work to them?

- I didn't notice much difference. I love when someone is there present with me...
- It depends on the person – there are definitely some I would recommend it to, like the more open-minded and spiritual people, (and I think everyone would benefit), but I'm not sure that everyone would be open.
- I definitely would and have.
- Yes

- I would recommend that others work with you generally. I am not sure I would recommend heart of love healing over other modalities you use. This may be partly because I have trouble distinguishing it from your approach, generally.
- I would highly recommend heart of love healing to others, it's really at the core of all healing
- Yes, I would recommend heart of Love healing.
- I would recommend your method exactly as it stands right now.
- I definitely would. I wonder though if others would sense the subtlety, the depth of this kind of work. It would definitely work for highly receptive people.

12 Would it serve you to continue the process begun during this research project?

- I do in other ways
- Yes, I am continuing!
- Yes
- It would be beneficial I think. I have a number of objections though, in particular with respect to how it can be done so that it is helpful. The impact of the moderator is high and makes things that require a very large period of personal development to appear as easy and quickly achievable. This appears to be an illusion to me. Although a lot of what is learned during the session helps in the long run, getting back to reality is always somewhat of a harsh experience. Also the availability of the moderator, makes me a bit lazy towards my personal responsibility. Finally, the ever-lasting aspect of the journey is hard to come to terms with.
- I would like to continue on the theme, but in person and, where appropriate, with bodywork.
- Yes
- I am certainly continuing this process.
- Yes, it would. I would like a monthly spiritual and emotional "tune-up"
- Yes yes and yes....

13 How would you describe the process of filling out the questionnaire between the sessions? Did this help you in your process (e.g. integrating the work that was done, deepening, new insights, etc)?

- Ok, but more a task
- It did actually help with integration, and it's good to have things on paper to refer back to -- to remind myself if I slip into old habits
- I'm not crazy about questionnaires but I must admit that it did help to see how I felt a day or two after the sessions what I was going through and how and if I was using anything I learned.
- I think it is overall useful and perhaps should be integrated as a regular practice within a better defined program. The sessions bring, me at least, to a state of awareness that is far beyond my normal capacity. This great but there are two disadvantages: 1. the downsides of readjusting to my normally distorted view of things, 2. the vividness of the session memories easily fades away. Writing definitely helped to bring things together again and deal with these two issues.
- Yes, they all did. The pre-questionnaire really made me stop and check in with myself before the session, which was useful. I am often running in and take awhile to get grounded in myself. Both the initial questionnaire and the after session helped me to clarify my issue, in the first case, and review and integrate what I had come away with, in the second. The act of writing about the sessions pushed me to give them more thought and reflection.
- Not really. I was never into journaling or writing.
- Filling out the questionnaires deepens the insights and brings them into consciousness. As I start, I feel I don't have much to say, but eventually ideas get clearer as I begin to type them out.
- I found it laborious...I tend to have new insights while I am with a counselor/ therapist. Answering questionnaires simply puts words on what I experience, it does not lead to new insights but helps in the re-enforcement or remembering of these insights.

- Yes...when I filled up the 3rd questionnaire, I was surprised to see that the ratings kept showing an evolution in the process...I mean that I was feeling better and better.

14 How do you feel about the name 'heart of Love healing'?

- I think it fits
- I'm not sure...
- A bit campy but its appropriate.
- Although I could live even without a name for the process, I find the name to be quite a passing one.
- I find it hard to identify with this name as a distinct process. It seems to me that you approach all of your work with a heart of love. If there is something that distinguishes this way of working from other ways, it might be good to work that into the name.
- I like the name. Healing is about connecting to my heart!
- I feel it is a little confusing☹
- I like it...I think we all yearn for it
- Love it...describes it to the core.

15a Do you feel that the sessions were an expression of a loving intention and energy?

- Yes
- Yes. Definitely. I didn't feel any negativity at all, and I think it made things resonate more – because there was no resistance on my part – because it felt right.
- Definitely!
- Yes
- Yes, absolutely.
- Absolutely
- I am not sure. I do feel that you are very intuitive and powerful and that the transformation happening was beyond what was happening on a conscious level.
- Yes, I do
- It's just love pouring at me...amazing...like a shower of diamonds and lighting all my cells, emotions, mental and spirit.

15b If so, how do you feel about that in comparison to other kinds of therapy or work that you have experienced (with me or other therapists)?

- More from the heart and open space maybe
- I feel like we got to the core of things much more quickly. I like the focus on the present, and that healing occurs in the present (ie, you don't necessarily have to know/go over everything that led to current patterns/ways of seeing and dealing with things in order for them to shift.
- Hmm I find that this work is more holistic. Sometimes I think that I need someone who will personally help me to kick my ass into shape and you don't really do that energy but after I leave your sessions I realize that perhaps acceptance and understanding are all I need. I am still not entirely certain perhaps it may be a mix of both as I have yet to overcome certain negative habits that I am seeking to abandon.
- I feel that there is need for guidance at both the conscious (cognitive) and the non-conscious levels. In some way, the balance between the two was better in these sessions as opposed to others, where the importance of the mind had been, in my opinion, somewhat underestimated. I felt I was able to participate with my mind too into what was happening, and this I found helpful. A lot of what has happened, I have also been able to observe in other healing sessions. I would say that these sessions had a feeling of humbleness that was very important and perhaps not so present in other sessions.

- As mentioned, I feel this intention always when working with you, so it didn't feel distinctly different except that I knew there would be a period of quiet and in that period I believed that you were focusing on sending that energy my way. We have had the quiet in other sessions with the focus being on tuning in, and intuiting. There didn't seem to be a great difference between the two 'quiet periods' for me. Perhaps because I knew you were working with 'heart of love healing' I believed/felt that that energy was being directed at me during that time.
- These sessions were more heart energetically focused as opposed to usual psychotherapy or reiki for me. I feel your intention and energy were where I needed to go to access feelings.
- Other therapists have a different world view. The ones I had seen were not as spiritual and so their understanding of events was different from mine. You have an awareness and acknowledgement of a higher force helping the healing process and co-creating our lives with us. You also see emotions and occurrences as being very significant and worth paying attention to. This permits us to focus on the emotional world and its messages. I like the way you always brought me around to more forgiving, accepting and loving relationship to myself and the world. This allowed me to see that I am ok and that there is nothing wrong. From this more compassionate perspective, I could go deeper into the process of getting to know myself. If I am ok and if what I feel is also ok, I can relax and be at peace with myself and the moment.
- It is simpler and more direct. The intensive listening is very conducive to gaining new insights and so is the thoughtful feedback.
- Totally different...completely different. I could connect with the love energy like never before...and I can see that there is nothing but that. It's the truth...everything else is just layers.

16 Do you have any suggestions or constructive feedback with regards to how to improve on the process you undertook during this research project (or any other aspect)?

- Even if the client is wandering around, bringing lovingly back like a shepherd...
- Maybe at the beginning, it would be helpful to have a bit more of an explanation of how you work, and about the kinds of things that might happen in session.
- Yes perhaps creating an intention of doing certain things during the week and then keeping track of that in future sessions so as to assure that real consistent progress and keeping ones word alive takes place.
- I really do not know how to prolong the time the positive workings of the session last. This is always disappointing. Some instruction in this direction would be welcome.
- Minor questionnaire things: The 'energy' dimension always through me a bit. The scale went from little energy to lots of energy. I do think of my energy in that way, but also I think about the quality of my energy, e.g. slow, quiet, racey, ungrounded/grounded.
- In the qualitative questionnaires, I found that I had often answered a question in an above question so, for me, fewer questions but ones that asked for longer responses would work better so I could get into the flow of a response.
- Not really
- No...not really....i guess it's not easy for everyone to get this type of process. When people are ready...wow...

17 Is there anything else you would like to share with me in regards to this research project or otherwise?

- I really like this way of working.
- Thank you kindly for your loving presence. Heart of Love is very close to how I would describe you:)
- There is always this feeling that getting into the process of performing the sessions is like opening Pandora's box. I think a way to deal with this needs to be developed, as it is easy for the subject to become disappointed. It is important to become able to achieve, with the help of the sessions, a concrete objective. A permanent change even in some minor aspect. A small transformation of permanent nature. That is consciously perceived by the subject in its divinity. A little miracle and not just magic.
- I think we covered quite a bit in just a few weeks. I do worry that I haven't integrated the shifts and insights deeply enough. In each session I brought something slightly different, all related to the issue, and we worked on it: my inner critical voice, my yin energy, my ignoring of my needs. These are all pretty big topics when I look at

it now. It occurs to me that perhaps we went broad more than deep, by taking the same topic and reworking it. I am delighted to have so many insights and so much to work with. I am also worried that I haven't integrated sufficiently and I will lose the lessons. Sometimes the insights seem to slip away from me and I need to refer back to key phrases I have written down – this is what gives me the notion that things may not have completely integrated.

- Great work! I will write a more detailed testimonial!
- My deep gratitude for all the care, love, availability, nourishment...
It has marked me forever... deeply...just now...when I connect with the experience, I can relive it.
I would definitely like to continue...