



PAUL WAGNER

Intuitive-Empath • Author • Coach

Dear Beautiful Human Being!

It's nice to meet you here. I'm grateful that you landed on my website and have asked for my simple report. I offer this with all the love I can muster and I pray that you feel positive about your life path.

Regardless of what we have experienced or what we are doing, we can make changes to clear our minds and hearts, and shift our behavior.

While it's difficult to change what we believe, we can certainly invite light into our beliefs so that we can make adjustments that enhance our decisions, relationships, and lives.

You can learn more about me at: <https://www.paulwagner.com/aboutpaul>

I believe it's important to look at ourselves clearly and honestly. As someone who fooled himself for decades, I genuinely believe that our biggest obstacles are not the other people in our lives or the challenging circumstances, the obstacle is our stubbornness. It's difficult to decide to change.

When we look at the broader visions and overriding feelings that we have about our lives and relationships, we might be looking through the glasses of an outdated paradigm. We might obsess about things that we are not meant to control. We might be living according an outdated code infused with unnecessary and imagined requirements, rules and procedures.

The more we organize and nitpick our lives and the lives of others, the less our spirits are enthused. This reduces our exuberance and it extinguishes our natural impulses that could help us liberate.

If I can serve you in any way, please let me know. I describe what I do on the next page, which is followed by my free report, **“Three Ways to Live an Inspired, Exuberant Life!”** I hope you enjoy it!

Sending you love and light!

:)

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WHAT I DO

This is the best link to learn more: <https://www.paulwagner.com/aboutpaul>

In general, I love to help people see themselves more clearly so they can make empowered choices.

As an intuitive-empath, I can feel what other people feel. I can see energies, spirits, symbols, experiences, pains and the lights in people's lives. Because of this, I can see the tangible and etheric pathways to a person's clarity.

Working with me is not an intellectual process. It's a visceral experience where I use humor, intuition, perception and full-bodied empathy to guide you to experience who you truly are.

Sometimes, it's emotional for my clients. Other times, it's about giving someone permission to be who they are.

Mostly, my work is in accordance with a simple, traditional Jungian principle: "matching and leading." I hold someone's hand and walk ahead of them, one step at a time.

THANK YOU! WISHING YOU LOVE AND LIGHT!



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Three Ways To Live an Inspired, Exuberant Life

1: Forgiveness: The Past Is A Cancelled Check

One of the biggest challenges we can have is our desire to bring the past back to life. We might not think that we have this desire, but with every thought of the past and upon every regret, we are saying, “Dear Past, please return to me so that I can relearn the lesson.” Luckily, we do not need to relearn any lesson.

If we are going to utilize the past in a proper way, it’s to inspire our clarity. We do this, not by glorifying the past or giving it power, rather, through the process of forgiveness.

Some believe that forgiveness is a religious thing. We imagine the divine entity or God and we ask help to forgive someone. This is a great start, but this is not forgiveness. This is setting the stage for forgiveness.

The process of forgiveness is the process of expunging emotions from our hearts so that we can make room for a magnetic vacuum that we can later fill with love and clarity.

“It's one of the greatest gifts you can give yourself, to forgive.” Forgive everybody.

~ Maya Angelou

Forgiveness can open up a cavern of light and potential within us, and produce powerful, miraculous effects. Forgiveness might not always involve loving our offenders, but it can include loving ourselves.

“Forge” is part of the words “forget” and “forgive”. Forge means to build, create, or clear. We have to create and clear paths to forget and we have to create and clear paths to forgive. The difference is that if we solely forget, we miss out on the lesson, and if we forgive, we absorb the lesson and embody a deeper clarity.

The word, “forge” also suggests, “to birth using fire.” Forgiveness is full of fire. It’s about releasing (burning) the old and being reborn (rebirth).

We might be unaware of our needs or desires to forgive others.

We might be deeply entrenched in emotions, habits, and activities that forsake our purity. It's our hope for purity that inspires forgiveness; it's our vulnerability that invites the divine to help us transform.

We might be so addicted to the stench of our habits, depressions, regrets, and their related resentments that we've become unwilling or unable to choose clean air. It's easy to forget that rebirth is our birthright.

Upon a painful experience, a secret part of us might want to relish or preserve it. Our minds might add soundbites and images to our recollection of the event, which, in turn, transforms it into an indelible stew.

What then? If a part of us loves or builds-upon a negative event, how to do we move through it or past it? It begs the ancient question, how do we forgive?

"Enlightenment means the ability to recognize oneself in all living creatures."

~ Amma (Sri Mata Amritanandamayi Devi, Amma.org)

The Process of Forensic Forgiveness

For some people, forgiveness of even the most traumatic happens during a gentle walk by a quiet stream. After a sweet recollection of the good and the challenging, and the release of a few tears, it's done. Forgiveness is miraculous when it happens this way.

Depending upon the relationship or event, forgiveness can also be extremely difficult, and the process can take what seems like centuries. As long as we don't squash every impulse to forgive, our desires for resolute clarity will eventually saunter to the surface and humbly request our attention. GO FORGIVENESS GO!

If forgiveness is difficult for you, consider picturing yourself as having required some aspects of the traumas or relationships you experienced for your growth, evolution, or healing. It's in this way that you might be able to assume a measure of power over your past. It might then be possible to heal in the present and allow an unburdened future to unfold.

Let's recap. Forgiveness can be a b*tch, but you can do it!

To begin, write in your journal. I use my journal as a living, editable relationship with the Divine. Whatever I write, I assume that the Divine is helping me to process it, extract its highest value, and turn it into light.

As you write about the events and people in your journal, consider every interaction to be a lesson about who you are. Don't obsess over the actions of others. We have no control over these things.

Refrain from seeing yourself as a victim. Let the tears and feelings flow without reservation. When it comes to forgiveness, judgment and fear are pointless.

For this exercise, write solely about the characteristics of your challenging experiences, and refrain from meticulously documenting the details. Explore solely the attributes.

If someone added anger into the mix, add anger to your "list of attributes." If the event involved betrayal, lying, contrivance, deceit, or physical pain, add those to the list. If this same person or event also brought grace and love into your life, add those to your list.

As the list grows, you'll see the characteristics, emotions, and aspects at play. These are things that emerged around YOU. These things are part of YOUR narrative. YOU are the center piece. It's not about other people, it's about YOU.

As you compile the list, continue to write in your journal. Gently describe all the images, phrases, and associations related to the traumatic events that you wish to integrate and heal. Look at every trajectory, related person, and imagined picture that appears to be connected to the events that you are processing.

After you've exhausted your written exploration, process how you feel about each image, phrase, and soundbite. Try to encourage your feelings to move. As you process and release emotions, feel the clearing in your heart.

Cry, pound the earth in anger, and pray. The more complex the collage, the deeper the lessons. Be thorough. While it's wonderful when this process is completed within a short period, allow forgiveness to take some time.

Let go and forgive all aspects, all stories, and every image.

Remember to forgive yourself along the way.

What is Emotional Forgiveness and Healing?

Emotional forgiveness is the process by which you express your emotions to achieve forgiveness, and therefore achieve a healing. This is not the only pathway to forgiveness and healing, but it's the predominant one.

As you look deeper into the attributes of the people and events in your life, you might see that you have hurt people in similar ways to how you have been hurt. It might be that the traumas you've experienced are nothing more than divine modalities helping you to resolve prior actions and to become a better person.

By feeling and expressing our emotions, we achieve tidbits of wisdom. With emotions comes wisdom.

Rituals of Forgiveness & Letting Go

Rituals help us physicalize our beliefs and desires, helping them come into our physical realities.

My favorite ritual is The Seven Arrows ritual, most reliably found within the Native American tradition. The ritual involves making a list of the things that you seek to release from your life (Death Arrows), along with a list of the things and attributes you wish to welcome into your life (Life Arrows).

During the ritual, you decorate arrows for each item on the list, and then do separate rituals for the Life Arrows and the Death Arrows. It's all about letting go and making room for goodness and transformation in your life.

The Changing The Book of Life Ritual is an equally powerful ritual. In this ritual, you make a list of the events, people, and experiences that you wish to remove from your life. Ask that the universe return any gifts, talents, and attributes that you were given during each of these experiences and relationships. Pray that the people related to these events are nurtured and healed by the divine, and do not experience any loss.

For each event, experience and relationship you wish to cleanse, ask that all the gifts, talents, and attributes that you relinquished during each exchange be returned to you. Throughout the process, allow emotions to rise and dissipate. This is how the soul achieves cleansing and clearing.

Love, forgiveness, emotional-release, and healing based rituals have the power to remove negativity, enlighten our paths, and create lasting healing and change.

If you'd like a copy of these rituals, email me at paul@paulwagner.com.

When We Let Go, We Create Space

While society often teaches us otherwise, our attachments aren't treasures. Even our habits around family and friendships can be hinderances. Seeing ourselves clearly often requires changing habits, relationships, environments, and releasing the things that inhibit or restrict our clarity and freedom.

By diving deep into the elements, associations, and related mental conjurings of our most challenging experiences, we exponentially expand our understanding of ourselves and reality.

We deepen and expand. By doing so, we create the internal engines that allow us to process life's events with greater ease.

With release comes a vacuum, which the universe will seek to fill with reflections that are in line with your renewed self. While this process is an act of self-love, it is also a prayer of hope for your offenders.

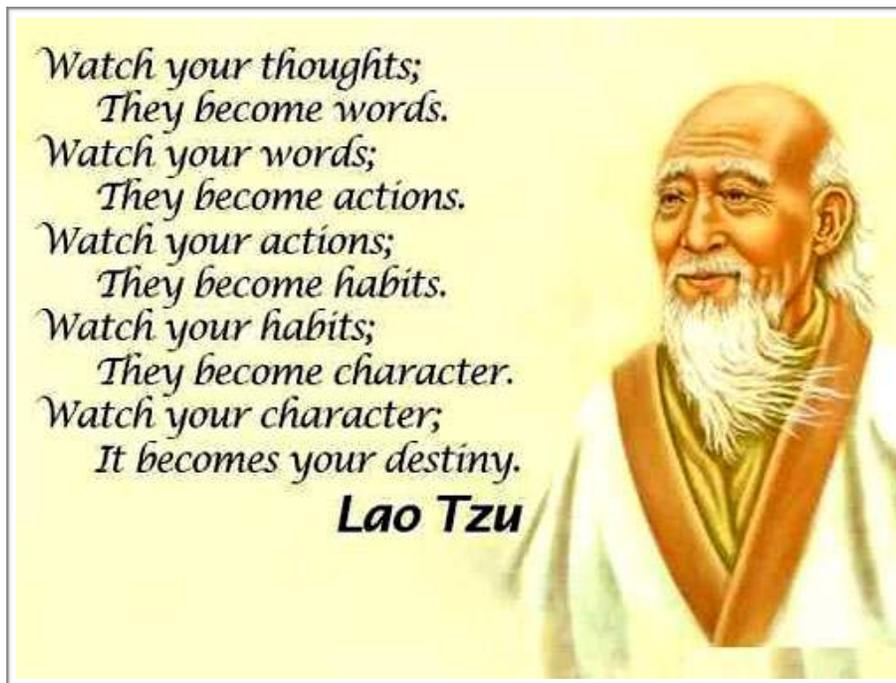
Forgiveness helps us release the emotions and imagery that restrict us. From there, we grow discrimination. Everybody wins, especially you.

“Discrimination is meant for one who is in the process of evolution. You need strict discrimination to understand the difference between what is good for your spiritual progress and what will create obstacles in your path. A seeker must discriminate between what is eternal and what is non-eternal. But once you have attained the state of perfection, you have renounced everything, even discrimination.

You cannot hold onto anything. Transcending all dualities, you become the universe; you become expansiveness itself. You become both day and night. You go beyond purity and impurity.”

~ Amma (Sri Mata Amritanandamayi Devi, Amma.org)

2: Improve Your Thoughts & Behavior & Life Will Improve



Changing ourselves can be a daunting task. There are so many complexities and nuances in our lives, it's hard to imagine that we can make shifts that will help us feel healed, empowered or simply more alive.

We might look at our partners, love-relationships and personal tribes and imagine that one of these people is at fault for causing the challenging circumstances in our lives.

We might assume that our childhood is the culprit. We might want to yell, "How dare my mother say and do those things! I am a victim and I am angry!"

We might be secretly blaming someone for our misery, cursing them in the corners of our minds, begging that the universe enact revenge upon them.

We might be pretending to be quiet, little elves with quiet little lives. Why would we ever want to leave our little hovel? It's so warm and cute here! Or is it that we are avoiding our gifts, talents, and attributes?

We might say that we are limited or damaged and therefore how can we possibly change our lives for the better?

If we're honest with ourselves and look deeper, we see that we have created most of our blocks. We have reneged, relented, and removed ourselves from the pathway to clarity, light, and empowerment. It is each of us who puts the breaks on and stops our unique and wonderful trains.

How do I change my thoughts?

Excavate your mind and heart. Seek its darkest corners and rough edges. Look for the culprit within yourself. It's surely something you constructed, promoted, and chose to believe.

Grab your journal and a colorful pen or crayon. Write down your most limiting thoughts and feelings. List everything that you believe to be stopping you from achieving peacefulness or happiness or success. If you have less than 20 things, that's awesome, but don't force yourself to stop there. Let it all flow.

Under each of these ideas, write either "This Is True" or "This Is False."

When your list is done, return to the first item. If you wrote "This Is True" next to it. Since you already know why you believe this to be true, you must defend the opposite. Defend why it must be false. Defend it with all of your might and heart. Build the most alluring and profound defense you could ever imagine.

When you're done writing your defense, write another one from another perspective, also defending the idea that your original thought or feeling is FALSE.

Do this for each one. Exhaust every possibility in this opposing direction. Let the emotions come through you. Don't get attached to them, let the feelings arise and exit your body. You're allowed to be angry. You're just not allowed to let your anger harm your health or you life.

Beneath anger is either sadness, defiance, reluctance, vengeance, or fantasy. Know your anger and if anger is your thing, choose noble anger and discard the rest.

As you proceed with this exercise, allow yourself to flip the **Trues** to **Falses**. Give yourself permission to let go of as many of these blocks as possible. Choose to become a new person in this moment. The old you may have been fascinating, but he or she was limiting.

Be bold and move through this process with grace, love, and a deep appreciation for your courage.

3: Be Detached & Set Boundaries & Seek Liberation

As powerful light-beings, it's easy to bend ourselves into boxes that we want and hope to be the truth. Even when our idea is to become something that is in direct opposition to our truths, we can twist our realities into antithetical formations with limited effort. That's how powerful our egos are.

The positive side of the ego is that when it sees the value in a specific change, it'll f*ck a mountain to make that change.

Something might be amiss in our current belief and behavior systems around integrity

You are most likely far more lovely, caring and real than you might be allowing yourself at this time.

You are a walking miracle, born of stardust and a long lineage of triple-nested intentions. You can embody a much higher vibration if you choose.

Yes, you are THAT powerful.

Regardless of what we're imagining ourselves to be and what we are demanding from this world, the less attached we are, the more joyful we will be.

The less expectations we have, the less exhausted and grumpy we will be.

It's not rocket science.

When we struggle with how intense our lives are, our frustrations are most often based in comparison to others, comparison to our past, or comparison to what we want our fantasy-future to be. Rarely are our frustrations based in reality.

If you want a clean slate and if you want to experience rebirth, it's vital that you reduce your expectations by 90%. If you're attached to a specific expectation, reduce your attachment to it by 90%. Not 50%, but 90%.

Expectations are like cancers. They're waiting time-bombs. They want to bring you down. Expectations are one of the most powerful weapons that egos use to bring delusions and drama to life.

It's all up to you. You are the only person who can control your reaction to your physical reality, relationships and circumstances. There is nobody else.

If you're struggling with a specific relationship, take some space, take your time, extract yourself, and set better boundaries. If you're getting harassed or if you're harassing yourself, remove yourself even more from the equation.

You are in control of it all. In some cases, you might have to take extreme (love-based) measures to create the space and to establish better boundaries. Regardless, it's up to you and only you.

How do you create space?

While changing your physical reality can be helpful, creating inner space is the most beneficial gift you can give to yourself. We do this by meditating.

Two Ways To Meditate (there are many!)

The Dalai Lama once said, "It can take a long time to release the world. When there emerges a technology that immediately induces a state of meditation, I will use it."

For most of us, meditation can be a challenge, maybe even traumatic. Our lives have become such insane amalgams of scheduling, caretaking, hustling and driving that we have come to believe silence to be a disloyal friend. Luckily, silence awaits us, and it can save us over time.

There are many forms of meditation. In this chapter, I invite you to learn three simple ways of connecting to your inner-being. Each style is designed to give you a clear and simple experience of your nature.

Do not worry about your distracted mind. It's a monkey. Monkeys make noise. If you focus on the meditation, your mind will eventually quiet itself. Establishing a core peacefulness might take time, so have patience.

In the long run, meditation will become your friend, and it will give you measures of peace and value that will be difficult to quantify.

Sit in a quiet place and get comfortable. Be careful not to get so comfortable that you'll quickly fall asleep. It is best to sit upright, either on a chair, a pillow, or on the floor. Take a few moments and see if you can do each of these for 2 minutes.

a. The Breath

The breath is the basis for all life. Whether we are bunnies, bees, trees, Breatharians or carnivores, the breath is what allows us to live. The breath is the key to our clarity, presence-of-mind, and eventual survival. The breath is what we share with all of creation, including the earth. Yes, the earth is breathing. The galaxy is breathing. The entire universe and the unknown universes are all breathing in harmonic symphony.

Let's begin. Close your eyes and focus on your breathing. Although breathing through your nose is preferable, choose to either breathe through your nose, your mouth or both. Do what feels comfortable and natural. Breathe in. Breathe out. Breathe in. Breathe out. Breathe deeply enough so that you do not feel like you are holding your breath. Let your body breathe from head to toe. If you lose your breath, take a moment to catch your breath.

If you like to visualize, then imagine that your breath is white light. Picture it coming into your lungs and then out of your lungs. If visualizing is not your thing, focus on the activity of breathing. Feel your lungs fill up, feel your lungs release.

If your mind wanders and you are unable to focus, you can set a gentle alarm that plays a sweet and simple tone every minute. This will help bring you back to center. While it's not helpful to rely on this type of device for too long, it might help you train your mind, in the short term, to focus on the breath.

If you find that you require more fodder to help you focus, imagine counting to 100, each number is an inhale or exhale. For example, if you count to 10, then there would be five inhales and five exhales. This might give you a framework to help you train your mind.

If you would like to make a sound as part of your meditation, you can chant, "Om." Om is the sound of the universe. It's the vibration that permeates all living beings and all matter. You can chant Om as you inhale, as you exhale, or both.

If you prefer to focus on the breath solely, then breathe in, breathe out, and repeat. If your mind wanders or begins to perseverate, bring it back to focusing on the breath. Do this for as long as you can.

It is said that when a meditator can reach 5 minutes of uninterrupted focus on their technique (in this case, breathing), they have given themselves a rare gift. If 2 minutes seems unreachable, be gentle with yourself. If needed, start with 30 seconds and grow from there.

b. The Golden Temple

This meditation will help you connect with the most sacred space within you. You might record your voice saying the following instructions so that it acts as guided imagery, which might make it easier and more enjoyable.

Let's begin. Close your eyes and take a few deep breaths through the nose, and then a few deep breaths through the mouth. Relax into your body.

Imagine that you are at the edge of the most beautiful, lush forest, nestled in the middle of the wilderness. Imagine rich landscapes, majestic trees, and colorful wildflowers.

Allow yourself to take a step into these woods and feel its light, love, and magic. As you begin walking through the forest, you get the feeling that you are welcomed, accepted and loved by all of the forest's inhabitants. You can feel the spirit of the forest embrace you as you go deeper and deeper into its timbers and groves.

As you hear the crunch of the leaves and crackling twigs under your feet, you look above and see that the sky has been replaced by a profound canopy of branches, leaves, and colors. It is as if you have entered the womb within the womb of the most protected forest in all the land.

Off in the distance, you see a golden light and a small clearing, amidst thick, lime-green grass. As you approach this peaceful, spacious area, you see a beautiful golden temple filled with light. The closer you get to the temple, the more peaceful you feel. It is as if you have arrived at a sacred home that you never knew existed.

You enter the temple through a lovely and ornate archway. You feel blessed with every step you take. Now inside of the most beautiful, light-filled temple you have ever seen, in front of you is an old wooden chair with a hand-stitched pillow. You sit comfortably atop the pillow, and you feel a palpable, inspiring peace within you and all around you.

Closing your eyes, you welcome the temple's light into your heart, and immediately you feel the gentle hand of your great grandmother. As you open your eyes, you notice that all of your guardians, ancestors, and angles have joined you in this temple. They are there to nurture you, encourage you and love you, not only in times of need but in times of great joy.

You feel their love and presence. You accept it all with a fully healed and open heart. In this moment, with all of this love and support, you are changed forever.

As they guide you back to the forest trail, they kiss your hand and forehead and send you off with love, confidence, and protection. They are here for you always. You know this from the depth of your being. As you walk back to the outer edge of the forest, you take all of these beautiful souls, spirits, and feelings with you. From today forward, you are reborn.

c. The Healing Light

This meditation will help you envision and invoke healing light, and then move this light through your body. This can help induce a deep meditative state; it can help also ease tension, heal your body or spirit, and release toxic energy or unwanted attachments.

For this exercise, you'll be inviting white light into your body through one of your chakras. A chakra is an energy portal that allows your body and spirit to connect

with the energies throughout the universe. While you have 114 chakras, most people focus on the major 7. The root chakra is the base of operations for the physical body. It's where sexual energy is conjured and where the kundalini (your life force) flows up through your spine, through your body, and then out of your body, through the crown chakra above your head.

To start, you'll connect yourself to all of the light available to you, to all of the realms and all of the universes. Close your eyes and take a few deep breaths through the nose and then a few deep breaths through the mouth.

Allow your mind and heart to focus on the most vibrant light in the universe. Imagine the light that stems from the stars, the galaxies and from the Divine Beings who gave birth to creation. Focus on the wealth of light available to you.

As you see and feel this light, allow it to flood your body from head to toes. Imagine that this light is soothing every part of your physical body and every part of the gentle spirit that lives within your body.

Allow this light to fill the room, fill the house, fill your neighborhood, fill your city, fill your state, fill the country, and connect to the everlasting light that permeates all universes. Imagine only light, imagine yourself as integral to this light, imagine yourself submerged in this light.

Now that you are aware of how much light is within you and available to you, let's work with the light in the room and within your body.

With your eyes still closed, breathe inward through your nose, imagining that you are inviting bright white light into your body. Imagine that you can move this light from outside of your body, into your body and then throughout your body.

As you inhale, breathe this light into your nasal cavities, into your lungs, into your heart, and throughout your limbs. As you exhale, imagine that you are releasing all of the gray and dark energy in your body. Continue doing this for a little while, inhaling white light, exhaling gray energy.

As you become more comfortable with the light coming into your body while breathing, imagine that the light is entering your body at the base of your spine, between your legs, in the area called the "root chakra." This is where we most often get stuck, confused, needy or broken. If we can master our root chakra, we can master almost anything.

As light enters through your root chakra, allow it to dissolve any blocks, and then guide it to move throughout your entire body. While breathing in the light, remember to exhale negative feelings and the negative energies that you sense to be part of you.

Imagine the light healing and dissolving the blocks in your root chakra. When you're ready, allow the light to move upward and through your stomach, then

into your lungs, then into your heart. As you exhale, let the light remove all shadows and confusion. Allow the experience to heal you on every level.

You can do this any time you feel stressed, lost, confused or in pain. If you ever feel depressed or broken in any way, imagine all of the white light from the universe filling your heart to the brim. The light is always available to you. It's your birthright, and it's who you are.

If you find that you enjoy one meditation more than another, consider making that meditation an essential, non-negotiable part of your daily schedule. It is said that if we make an appointment with God every day, over time, our lives become exponentially brighter and more peaceful.

Liberation is the key, which starts with freeing yourself from your reactive-mind.

SUMMARY

Only you know what your truths are. Only you know what needs forgiving.

It's you who can change your behavior, reduce your attachments and establish a pathway to liberation.

There is no other. No one is coming to save you. It's up to you.

- This life is a profound chance to free our souls from bondage.
- You have guides, ancestors and light-beings who will join you in your pursuit of healing and liberation.
- You are one thought and one decision away from stepping onto the path of liberation.

Get this train moving! YOU CAN DO IT!

Please let me know if I can help.

Sending you love and light!

:)

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PaulWagner.com