



HEMA VYAS

Psychologist | Life Leadership Mentor | Virtual or Live Keynote Speaker
Workshop & Retreat Leader | Omnipreneur | Author of Heart Renaissance



LIFE ALCHEMY MENTORSHIP

Bridging the gap from the impossible to possible

LIFE ALCHEMY MENTORSHIP WITH HEMA VYAS

Life Alchemy is for high-achievers who recognise the value of education, evolution and expert mentoring for a life of meaning and joy and to leave a legacy of love. Life Alchemy is a proven method to radically transform your life. It is designed to help you uncover your deeply held truths, and to learn how to embody and internalise them for sustained, positive change.

You will be guided to discover the unique blueprint contained in your heart and realise how it knows the way to true prosperity that is health, wealth, love, passion and purpose working in unity. When all these five pillars are in balance, then making the right decisions and leading your life, what Hema calls Life Leadership, becomes effortless. Also, by understanding your heart's truth you will be guided to release fears, surpass limitations and ignite expansion beyond even your own greatest vision.

With intuitive mentoring, immersive learning events and guided journeys you can cultivate lasting prosperity in relationships, business and all aspects of life. Hema is able to read heart energy and to get to the root of the problems behind the problems.

This is an opportunity to be guided on a personal and confidential level, be it in person or virtually. One-to-one sessions are complemented by group learning which will allow for deeper connection and self-empowerment. The space that Hema creates for you will amplify what is already working well in your life and offer solutions that extend far beyond a single challenge.

WELCOME FROM HEMA

I want to give heartfelt thanks for your interest in working with me. Mentorship brings you the most personalised and direct path of acceleration towards your true intentions, visions and independence.

From a young age, I have had empathic feelings and felt a calling to help others. I've been able to see blocks which cause unnecessary suffering. When I was fourteen, I had an 'out of body' experience after being hit by a car and remember the moment of understanding that we are so much more than our bodies and minds. For decades I have studied the power of the heart energy closely, synthesising tools and wisdom from East and West to help countless individuals and groups to bring about extraordinary and sustained change rooted in truth and authenticity.

Life can take us by surprise and uncertainty can be stressful. Through listening to the heart and giving value to intangibles, we can navigate more effectively through our lives. Change is not always easy and especially when we are going against dominant ideology. As your mentor, I will walk you across the bridge of transformation. Sometimes we don't even realise that there is a bridge between where we are and where we truly want to get to. Sometimes, we may already have started walking on that bridge but at some point on that crossover, we may for whatever reason, feel like it's easier to go back to our starting point rather than completing the journey.

When you arrive at a space of constant possibility and you see what you really want can become a reality then your energy creates a positive ripple effect that goes out into the world. For me it always is a privilege to mentor people on their journeys.

With love,

Hema x

MEET YOUR MENTOR

Hema Vyas is a renowned speaker on the subjects of heart wisdom, human consciousness, spirituality, health, energy medicine and the science of Ayurveda. For almost thirty years she has been practising as a psychologist, mentor and speaker.

Hema's work is about connecting to ancient wisdom and higher consciousness to solve the problems of modern times, through highlighting the significance of the heart. She comes from a long lineage of Ayurvedic doctors on her mother's side. Her sophisticated intuitive abilities and expertise at guiding a direct experience of heart energy have led those affected by her work to describe her as a modern-day seer. Her approach synthesises psychological and spiritual insights with Gyana yoga, known as the yoga of knowledge, and meditation, as she knows first-hand how these practices have the power to bring about unprecedented positive change.

As the heart is the most intelligent organ in the body, Hema believes that by connecting with the wisdom of the heart one can move into a permanent space of self-love and purpose as well as finding the compassion that is needed to lead successfully. Her success is evident from the countless clients as diverse as business founders, company directors, chief executive officers, creatives, entrepreneurs, therapists and professionals who credit her guidance with life-altering shifts.



WORDS FROM PEOPLE WHO HAVE WALKED THE PATH WITH HEMA

Hema has already transformed countless lives, helping to tackle self-limiting beliefs and negative patterns contained in the heart. She has worked with individuals, couples, small and larger groups all with different backgrounds and objectives.

"She is so insightful it is extraordinary... Hema has the ability to change your life in one session. She cuts straight to the heart of the matter, dispensing wisdom that pulls you up short and helps you understand everything clearly."

Mary O'Hagan, Owner - Vivace Virtual Events

"Hema offers you an unwavering mirror of truth. She has the inner knowing, pure wisdom of the soul to know what is needed, what to share and when to allow you to go on your own journey. I send my nearest and dearest to her. She has many tools, how she works with them is different to me, we've all experienced profound changes. She offers you a path to know and trust your inner knowingness that is priceless."

Caroline Kipler, Project Leader

"Working with Hema is a journey to enlightenment or as close as you can get to that whilst living in these modern times. Hema helped me to unblock many things whilst being such a source of support along my unique journey. She gave me the knowledge to uproot and amend toxic long-held family dynamics, and the confidence to discover myself. With her help, I've found purpose in marriage, business and life."

Lindsay, Business Professional

"Hema is excellent as a keynote speaker, mentor and workshop leader and in any forum where there is an openness to accessing a deeper insight and understanding. She makes spirituality accessible, she demystifies it...What I have learnt is to trust my own knowing and listen. To be able to make better decisions based on courage and belief rather than fear."

Monica Haughey, Psychotherapist & Conscious Leadership Specialist

"She is a 'God send' and has always managed to put me back on track, using her vast knowledge of various healing techniques. I'm sure Hema's gentle and informed style will be of great help to anyone."

Gregg, Arts SME Founder

"Hema doesn't try to change who you are, her aim is to make you understand why you have done certain things in your life, and to help you break the pattern and realise your dreams and potential. You might think you know yourself, but you soon realise that despite only just meeting, Hema knows you better..."

Lizzie H., Events Manager

"I've been to Hema's retreat in India, three weekend retreats in Ireland and I use her as a mentor. As is the case for many others, I have found her advice and insights to be life changing. Her retreats are wonderful - always in beautiful settings with a well-curated mix of kundalini yoga, meditation, talks from Hema and very special Ayurvedic treatments. In my personal sessions with her, I value the way she uses a mix of psychic ability, therapy and hypnotherapy to wonderful effect. She hones in on patterns holding me back and offers direct insight in how to move on from them. She is a beautiful, authentic, caring and talented speaker, teacher and mentor and I have no hesitation in recommending her."

Geraldine Wilson, former Director Amazon UK

"I wanted to grow spiritually, to be taken further on a journey of learning about myself. Even though I have spiritual practices, Hema gives me the support and inspiration to fulfil my potential. You can see Hema's absolute conviction about what she knows, and wherever the conversation goes, she nourishes the people who ask her questions. Hema shares with clarity of message and in a language that's not excluding, she can talk to suits and shamans! Hema doesn't need to know about what happened in my childhood. She speaks the role of the heart with no other agenda - she's supporting people to dig deeper and to find the courage to take the steps that they need to take. She has a very deep understanding of what spirituality actually means, so it doesn't matter what your beliefs are."

Liz Horey, Executive Coach

"The best way to describe her is a finely-tuned instrument, connecting with deep 'golden truths' that I would have never even conceived of. Hema has realigned my purpose, improved my relationships and business ventures radically and excitingly."

Gabriel Bernardi, Founder and Restaurateur

"It's time for a new paradigm. I feel, therefore I am. I know, and therefore I can be who I came here to be"

Hema Vyas

THIS IS FOR YOU IF YOU...

- Are unsure whether you are living your fullest potential, surviving but not thriving
- Have achieved significant outward success, but still feel a sense of emptiness
- Would like a loving and inspiring relationship, or to improve one that you are in
- Want to live a life without compromise and conditioning
- Wish you could find your unique role in life and contribution to the world
- Are going through big life changes or alternately are feeling stuck
- Have a desire to bring your business vision to life
- Want to improve your relationship with colleagues/employees
- Want to be an exceptional leader or exceptional in whatever your area of expertise is

In Hema's view, we all have a unique purpose, a path to an authentic 'state of gold.' Ancients have called gold 'the breath of God' as it has indestructible properties. With Hema as your mentor, you can arrive at a place where you feel confident, open to possibilities, better able to connect with others, and more aligned to your authentic purpose. By alchemizing any past pain or suffering, you will experience continuous self-love grounded in an awareness of your potential—your own expression of gold.

Hema offers a complimentary 20-minute call to find out your specific needs

"What may seem impossible to most can be done by those whose destiny it is to achieve it"

Hema Vyas



THE TOOLS



Heart Wisdom

Life-Changing Perspectives

The intention with all Hema's work is to take you on a deep journey from mistruths and wrongly held beliefs to unlocking the expansive secrets to your life.



Meditation

**Align mind, body and heart
consciousness with meditation**

Meditation offers much more than stress relief. Deep meditation can be a tool for creativity and tapping into higher intelligence.



Gyana Yoga

**Release energetic debris with Gyana
Yoga mudras**

Gyana Yoga, sometimes referred to as Kundalini, is known as the yoga of knowledge. The beauty of this practice is that you don't need to know what specifically you are releasing in order to experience lightness and expansion.

WAYS OF WORKING

12 month program

£3,298 billed annually or
£948 per quarterly payment

2 x 1 hour sessions with Hema via Zoom **£217 per session**

Heart Alchemy Meditation course **Valued at £99**

5 pillars of life: Receive all 5 On-Demand courses that each include Mini-Masterclass, guided meditations and a Gyana Yoga mudra for each theme of:

- Prosperity Consciousness **Valued at £99**
- Love Supreme: Sacred Relationships **Valued at £99**
- Ayurvedic Wellbeing **Valued at £99**
- Living Your Purpose **Valued at £99**
- Igniting Creativity & Passion **Valued at £99**

Art of Fantasy & Conscious Imagination Meditation course **Valued at £199**

Heart Energy Realignment One-time remote session **Valued at £298**

Personalised guided reflections, tools and practices to amplify growth **Included with mentoring**

Priority booking for the annual Heart Renaissance Path to Prosperity retreat in Kerala

50% discounts off virtual retreats, workshops and courses

Complimentary Lifetime access to private mentee online portal with exclusive talks and meditations

3 month program

£1032

3 x 1 hour sessions with Hema via Zoom **£278 per session**

Heart Alchemy Meditation course **Valued at £99**

Receive one of the 5 pillars On-Demand courses with Mini-Masterclass, guided meditations and Gyana yoga mudra for each theme. **Each course is valued at £99**

- Prosperity Consciousness
- Love Supreme: Sacred Relationships
- Ayurvedic Wellbeing
- Living Your Purpose
- Igniting Creativity & Passion

Personalised guided reflections, tools and practices to amplify growth **Included with mentoring**

Priority booking for the annual Heart Renaissance Path to Prosperity retreat in Kerala

10% discounts off virtual retreats, workshops and courses

Complimentary 3-month access to private mentee online portal with exclusive talks and meditations

Hema's renowned ability is to be able to guide you to release stagnant energy and create space in your heart. The first sessions will be about clearing blocks and limiting beliefs, negative thoughts and feelings carried on a conscious or unconscious level. With Hema's guidance, you arrive at a place of transformation.

The second phase of Hema's mentorship is about connecting with your personal power and creativity. Hema will help you to find alignment with the right possibilities so that you can harness your unique purpose and create your own expression of true prosperity, which is the reality of being fulfilled in all ways.

6 month program

£2,181 for the 6 month package
or
£1,254 in 2 quarterly payments

6 x 1 hour sessions with Hema via Zoom **£248 per session**

Heart Alchemy Meditation course **Valued at £99**

5 pillars of life: Receive all 5 On-Demand courses with Mini-Masterclass, guided meditations and Gyana Yoga mudra for each theme of:

- Prosperity Consciousness **Valued at £99**
- Love Supreme: Sacred Relationships **Valued at £99**
- Ayurvedic Wellbeing **Valued at £99**
- Living Your Purpose **Valued at £99**
- Igniting Creativity & Passion **Valued at £99**

Art of Fantasy & Conscious Imagination Meditation course **Valued at £199**

Personalised guided reflections, tools and practices to amplify growth **Included with mentoring**

Priority booking for the annual Heart Renaissance Path to Prosperity retreat in Kerala

25% discounts off virtual retreats, workshops and courses

Complimentary 6-month access to private mentee online portal with exclusive talks and meditations

Before starting your journey with Hema, you will also be invited to complete the 5 pillars questionnaire for an indicator on which areas of life to prioritise focus on.

Session-only pricing

If you would like to purchase mentoring sessions, the following are available to you:

Single Session	£298
Discount for a 6 Session Package	£1,488
Discount for a 12 Session Package	£2,604

MORE ABOUT HEMA

Hema leads international retreats which are fully immersive, and workshops and events that align and restore the heart, mind, and body. Her signature Heart Renaissance, Path to Prosperity experience in Kerala, the home of Ayurveda, celebrated its 10th anniversary in January 2020.

In 2019 she was keynote speaker at the Conscious Living and Working conference in Dublin. She also led a Heart Wisdom workshop series at London's Soho House and gave talks at The Conduit and The Design Centre at Chelsea Harbour, London. She spoke at the Dubai Future Foundation in the UAE and guided a Prosperity Consciousness workshop at the UK's Mind, Body, Spirit, Wellbeing Festival. More recently, she guided live and virtual workshops for Bamford, the eco-luxury brand.

Hema's talks and programs combine spiritual wisdom, psychological insights, science, stories and immersive journeys. Her bespoke conscious leadership programs support businesses of all sizes to identify the root causes of challenges and develop solutions that will enable them to produce major revenue and margin growth as well as nourishing and inspiring employers and employees. She enables leaders to overcome internal and external barriers so that they can connect with their vision, intuition, creativity, and inner resources.

Clients appreciate Hema's empathy and original perspectives, and how she can identify trends and untapped opportunities. She has a positive yet pragmatic mindset and is not afraid to suggest transformation where it is needed, whilst amplifying that which is working.

Contact details



CONTACT HEMA

Recent articles and editorial features:

[Meet the Most Powerful Navigator of Your Life](#)

[The Art of Fantasy and Conscious Imagination Hold The Key to a Happier, Healthier Reality](#)

[Why It's Time for a Heart Renaissance](#)

[True Gold is Found in the Heart](#)

[Heart Alchemy: The Journey from Head to Heart](#)

Recent podcast features:

[Hema on Soul Tears podcast: How to Truly Listen to Your Heart](#)

[Hema on Awarepreneurs podcast: Omnipreneurship: The Bridge Between Entrepreneurship and Spirituality](#)

[Hema on Your Messy Brilliance podcast: Your Heart is Driving More Than Love](#)