



HEMA VYAS

HEAL YOUR HEARTBREAK

Your invitation to uncover the sacred in a broken heart.
Wisdom, tools and a pathway to healing
and unconditional love.



HEMA VYAS | THE OMNIPRENEURIAL PSYCHOLOGIST™

Heartbreak is a sacred invitation to go deeper.
It's your heart's way of telling you that you're meant for more.

DO YOU HAVE DEEP QUESTIONS
ABOUT LOVE AND RELATIONSHIPS
WONDERING, IS LOVE FOR YOU?

OR WHY YOU MAY BE STUCK
IN PATTERNS OF HEARTACHE
AND HEARTBREAK?

DO YOU HAVE A DEEP DESIRE
TO MAKE A DIFFERENCE IN
THE WORLD?

Welcome, and with love and gratitude to you for being here.

You have made the difficult decision to step away from what was and into what could be. This eBook contains the questions and insights that I have used to gently and powerfully mentor leaders ranging from industry heads and high-profile celebrities to ambitious millennials and GenZ'ers, entrepreneurs, public figures, and innovators from all walks of life through their deepest heartaches.

It's my intention to provide the conditions for a visceral shift in perspective that can help you to heal, achieve greater self-awareness and ultimately, success.

Your pain can be transformed into peace, power, practical skills and wisdom for the greater good. Because, in the words of the great poet Rumi, "the wound is the place where the light enters you."

I know exactly how it feels to love deeply and have heartbreak. To question the very nature of love and life. I see daily how heartbreak is an opportunity to become a better and more purposeful version of yourself and live life in a way that's authentic and resonant with your heart's truth. This eBook will walk you through the fire. It's intended to be the beginning of a beautiful journey, one I hope we will continue together.



Hema Vyas

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THE OPPORTUNITY IN HEARTACHE

When you're in a lot of pain, hearing this can be difficult.

The first benefit of heartbreak is that it allows us to indulge ourselves. What does this mean?

There are a few times in our lives when we believe it is acceptable to focus on ourselves and our feelings, above all else.

We are less concerned with what is going on in the outside world when we are in pain. That is not to say we should not care about others, including our careers and the environment. It is about cultivating a new level of relationship with the world.

We are so much more than our experiences, is the truth. And the experience of heartbreak can allow us to say, "I want to get to know myself better."

Within us, we have the capacity for so much joy and love, the capacity to both give and receive.

THE SILENT HEARTACHE OF HIGH-ACHIEVERS AND HOW SOCIETY PLAYS A PART

Heartbreak is the universe's way of telling us that somewhere, there is a misalignment. Many people experience heartbreak but are unable to recognise or deal with it from an empowered space.

This suggests that we need to look deeper into ourselves as a society to figure out who we truly are, what makes us who we are, and what our values are, especially when we have achieved outward success but still feel as if something is missing.

When our hearts break, it's time to ask ourselves:



What do we want from life?

To enquire within - Why do we experience certain heartbreaks?

Consider why we have disappointments in the first place? Disappointments stem from expectations. A timeless truth is that everything in your life right now is exactly as it should be.

Every relationship provides an opportunity to let go of what no longer serves us while inviting and expanding what does.

Healing is within your reach.

OUR HEARTS ARE ALWAYS SPEAKING TO US... HEARTBREAK SAYS, LISTEN

Heartbreak is the heart telling you to listen. It's time to do some inner work, to go deep within yourself and figure out who you want to be in relation to the situation, person, or people who contributed to your heartbreak.

Because breaking the heart literally means opening up to divine energy, it's an opportunity to raise your vibration.

Separation is the greatest illusion of our time.

Oneness and interconnectedness characterise divine energy.

Everything and everyone is inextricably linked to us. And every person and situation that enters our lives becomes a part of our inner being. So, when our hearts break, that mirror (because everything we experience in life is a reflection of our inner world) is really saying:

“Are you now willing to wake up to the truth of who you truly are, which is that you were never separate?”

You are invited to recognise that you have never been truly disconnected from the universal energy, the energy of love, which is always present within you.

And it is only when we place our hopes and dreams in something or someone other than ourselves that the situation, the mirror that life presents, "This is not about someone else. This is about you."

OUR HEARTS ARE ALWAYS SPEAKING TO US... HEARTBREAK SAYS, LISTEN

You are invited to explore:

Who do you choose to be?

What do you intend to do with where you are?

How will you apply your experience and emotions to inform the love you create next?



The greatest
illusion of our time is
SEPARATION.

It's the
biggest cause of
PAIN.

Divine energy is one
of **ONENESS.**

ARE YOU WILLING TO SEE PAST THE ILLUSION OF SEPARATION?

This doesn't just happen with the idea or intention to say, "I'm no longer separate;" it comes with the realisation that we need to do some work to raise our vibration, allowing the frequency within us to shift away from fear and into a space and place of love.

Some principles and tools for increasing our awareness through love:

Give yourself time out

Make time for your healing and commit to it

Engage radical honesty

Explore past experiences, where you have hurt as well as been hurt

Have the courage to be vulnerable

Ask for support from trusted loved ones, and seek expert advice when you need it

**Learn about yourself, and life,
in new ways**

See this as an invitation to deepen your spiritual journey, to expand your path of life-long learning



JOURNALLING PROMPTS

Clearing the past is key to creating a different future. Have the courage to explore the times when you may have caused heartache or disappointed others. Please continue in more depth in your own journal.

Have you been on the other side of heartbreak?

If so, what part did you play?

What would you choose to do instead if you had the chance?

If you don't like writing, make a voice note, take walks in nature or speak to a professional.
Find a way that works for you for conscious contemplation.
Make a commitment to finding the answers.

HEARTACHE IS PART OF THE HUMAN EXPERIENCE AND WHAT IT MEANS TO BE TRULY ALIVE

We are here to experience a whole range of emotions.

We are here to live our lives fully.

1

The notion that we can go through life without disappointment or heartbreak is out of date. Trying to avoid pain is akin to never swimming for fear of drowning.

2

This brings us back to the topic of unconscious influences. Society has conditioned us to believe that in order to be successful in life, we must be a certain way, that we must always be happy, and that our relationships must always be beautiful, perfect, and free of conflict and complexities. And it's simply not true.

3

We are human because we are complex and multifaceted. We are multidimensional beings. And so, when we are able to accept that this experience is a part of life, one you can fully embrace, then you will find the sacredness in your heartbreak.

HEARTACHE IS PART OF THE HUMAN EXPERIENCE AND WHAT IT MEANS TO BE TRULY ALIVE

4

When our hearts break, chances are that whatever has happened, it has broken through multiple barriers that we've put up over the years to protect ourselves.

5

And so, when our hearts finally break, it's actually amazing because those walls have come down. The 'inner guards' fall, allowing us to break free from the protections that are actually imprisoning us.

6

Part of the beauty of heartbreak is that it causes us to reach out to others in ways we would never have done before. The process allows us to be truly vulnerable, to be genuine. And nothing says more about who we are than being real, open, honest, able to break down, able to reach out to someone and say, I need support, I need help with what I'm going through, I don't know how to do this by myself.

When you're able to say to yourself, it's okay to really truly be me, and to feel what I'm feeling, to be vulnerable, to let go of trying to protect myself, you find new levels of authenticity and empowerment.

THE GREATEST GIFT: INFINITE POSSIBILITIES

Guarding our hearts takes up energetic space.

When you let that go, there is space for so much more.



Something new enters the energetic space when our hearts break open. We can put on a mask that tells the world, "This is who I am, and this is how I must appear." In relationships, this is where I'll find love...

When that is dropped, that openness to what is genuine and true opens the door for something new to enter the space. It is entirely up to you whether or not you do the work to allow something new to enter the space you have created.

So, in your heartbreak and healing journey, you get to choose who you want to be; you get to choose the part of you that believed in fear, part of you that believed in separation, part of you that didn't understand the truth of who you were or what love was, or you get to choose and create what love means to you.

THE GREATEST GIFT: INFINITE POSSIBILITIES

My invitation to you is to say:

What is the love you choose? What is love going to mean to you going forward? What are the aspects of love you will you allow into your life?

Will you hold on to the idea that you need to be a certain way, you can't be yourself, you are not truly worthy unless you are doing something, being someone, or showing up in a certain way?

Or will you seize the opportunity to say, "Yes, it's time to heal the old wounds I didn't even know I had?"



CLEARING INHERITED BELIEFS

When we experience heartbreak, we experience a wide range of emotions. Then we're in a position where we have to try to understand what might be perceived as new feelings. Those feelings, I assure you, are not new. You may be unfamiliar with them. You might think "I've never felt this way before" when you talk about them. Nonetheless, I can assure you that our unconscious mind stores a large portion of our experiences. Many of our memories are deeply embedded in our hearts. Many of our experiences are not likely to be our own.

As I previously stated, they may be what we inherited from our parents, families, and societies, and at that point, you have the option to say, "I'm going to let go of all of those things, because they are not mine. That could have been my father's or my mother's experience, or it could have been my brothers or sisters, or it could have been my friends, or it could have been a cultural belief."

Ask yourself

Who do I want to be?

And give yourself the space to really explore with the journalling prompts on the following pages.

JOURNALLING PROMPTS

Healing wounds and inherited beliefs about love to invite in the new. Please continue in more depth in your own journal.

What are the qualities I choose to experience in love? e.g. loyalty, understanding, support, inspiration

What beliefs could I have inherited about love from my parents, carers or the adult role models in my life?

What is love going to mean to me going forward?
Who do I want to be in love?

If you don't like writing, make a voice note, take walks in nature or speak to a professional.
Find a way that works for you for conscious contemplation.
Make a commitment to finding the answers.

OUR UNIQUENESS IS OUR GREATEST GIFT TO HUMANITY, AND HUMANITY'S GREATEST GIFT TO US

We were given the gift of
our uniqueness for a reason.
We are here for a reason.

To find ourselves, beyond
outdated ideas of love.

We are here to find out
what it means to really love.



While our experiences may be very similar, we are all unique and interconnected. Being our authentic selves entails being able to let go of outdated beliefs that belong to someone else, which we take on vicariously and experience other people's emotions as if they were our own. We learn from what we see, hear, and feel with our physical senses.

OUR UNIQUENESS IS OUR GREATEST GIFT TO HUMANITY, AND HUMANITY'S GREATEST GIFT TO US

Many of our inherited beliefs are simply irrelevant to us. So, while overcoming heartbreak is a journey, Heartbreak is well worth it to be willing to dig deep, to dive into your own heart, and to really figure out who you are, who you want to be, and why you have experienced the disappointments or heartbreaks that you have in your life.

Life is so beautiful that it will inevitably repeat itself. Heartbreak will happen again and again until you are willing to stand up, raise your vibration, frequency, and truly understand what love is. Because it is only then that you will be able to know and feel safe within all of the parameters of love. This includes heartbreak.

THE ULTIMATE TRUTH:

Heartbreak is our hearts' way of telling us that we are deeply, deeply loved.

WHAT LOVE REALLY IS..

Heartbreak is our heart's way of telling us that we deserve better. We have the right to feel differently, not because of the object of our grief or the circumstances surrounding it, but because of our own understanding of who we are. We are entitled to more because it is our own heart that attracts every experience. As a result, every person who enters our lives reflects our perceptions of ourselves.

Disappointment is a sign that we need to heal.

When you put in the effort to heal, you'll be in a space and place where you can experience love in a much deeper way. And, in the end, that is the journey of life. It's all about evolving.

It's about returning to the truth of what love really is.
Love is one of the most beautiful experiences that we can have.

Everything in and around us is love. When we experience heartbreak, we truly understand what it means to feel. We also understand what it means to be human. We understand what it means to feel the limitations of love. As a result, heartbreak provides an opportunity to break free from those constraints and experience a much deeper sense of love and self.

To avoid heartbreak, some people will go to any length. "Never again, I'm not going to be vulnerable, I'm not going to trust," they'll say afterwards. However, life will force you to do so. So you have a decision to make: you can use your heartbreak to discover who you truly are. You have the choice of discovering the truth of what is held in your heart, the infinite possibilities that are held in your heart, the infinite possibilities to experience love, the infinite possibilities to experience yourself as both a giver and a receiver of love. You can choose to acknowledge the increased sense of flow in the heart space, and how this allows love to completely transcend all limitations.

WHAT LOVE REALLY IS..

You must be willing to allow yourself to truly grieve, to feel the heartbreak and disappointment. Permission to feel the betrayal, permission to feel all of the emotions, because if you give yourself that permission, you will get through the loss. It will also take you to previously unexplored heights. It will help you to evolve and grow.



Most importantly, learning to love will help humanity's need for healing because what we're doing isn't working. The world is currently experiencing a love crisis.

As a result, heartbreak is one of the most incredible experiences.

I understand that it doesn't feel that way when you're going through it. When you expand your consciousness and allow yourself to see things from an evolutionary perspective, you can see things through the eyes of your heart, and your heart will never betray you with any person or situation you bring into your life, because your heart wants so much more for you.

It desires something better for you; it desires that you understand the magnitude and magnificence of love, as well as who you are. This is your opportunity. So, when you experience heartbreak, whether you have already experienced it or it is something you are experiencing. It could be right now, as you read this, or something very close on the horizon; we have a sixth sense for these things at times. When something, whatever it is, falls apart, or when we lose something or someone we care about for whatever reason - if this is where you are, I invite you to look at it from this perspective, to give yourself the space to dig deep and ultimately heal.

AN INVITATION TO JOURNEY WITH THE GOLD COLLECTION





The Love Supreme Blueprint

- 5 hours of in-depth, live recorded teaching sessions with mini-masterclasses, guided meditations and gyana yoga postures known for their powerful and positive impact
 - Complimentary call with Hema's team to walk you through the toolkit
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Cosmic Secrets for Supreme Prosperity, Supreme Love and Supreme Wellbeing

- 3 hours of teaching audios across 17 mini-sessions
 - 3 guided meditations to download and keep
 - Bonus talks on the power of journaling, intentions, and Pranyama breathing
 - Powerful Gyana yoga postures to clear and create space in your heart
 - One-sheet on Ayurvedic foods that bring balance to each mind / body type
 - One-sheet on Ayurvedic sounds and colours to work with in meditation
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Heart Alchemy Meditation

- 2 hours of audio lessons on Hema's 'Alchemy of the Heart' method to connect with the expansive presence and infinite creativity of the heart with a set of do's and don'ts for optimal awareness
- Meditation workbook that includes a meditation diary so you can keep note of your experiences as your journey unfolds
- Bonus: Exclusive guided meditation library (priceless). Hema's deepest recorded journeys so far, include Create Sacred Relationships, Awaken Your Kundalini Energy, Raise Your Prosperity Consciousness, Turn Pain Into Power and Activate Your Heart Alchemy



The Art of Fantasy
and Conscious
Imagination
Heart Alchemy
Meditation

- Almost 2 hours of teaching recorded live
- Journalling prompts
- Guided meditation journey



Personal
Mentoring

- A 30-minute power mentoring call with Hema Vyas



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"Hema's teachings are powerful, and when received with an open heart, you can feel your awareness expanding almost instantaneously. Her words carry the frequency of love, and she shares truths that carry universal and sacred wisdom. Her teachings have the ability to tap into your heart's potential, something within awakens and suddenly you are able to see relational and behavioral patterns from a higher, more loving perspective.



Hema's courses provide a blueprint to creating a life from a place of alignment. She teaches practices to help you to heal and release all of that which no longer serves you, creating space for love, beauty, and light."

— **Dianela Castellanos**, Talent Strategist at Comcast

"Hema asked us to set clear intentions, to plant the seeds of these in our hearts. I thought I knew exactly what I needed for my journey. And then one day, suddenly, out of my heart came a full sentence telling me the root of my problem. It was something I didn't even know! The shock to hear this and to realise my heart is much wiser than my head. When I had tried unguided meditation over the years I'd had no success. My head jumped around, even when I tried to focus on my breathing. I realised despite outer achievements, I have felt unsafe most of my life. I now feel safe with a connection to my heart, all that it contains, the truth, purity and wisdom. Thank you, Hema, from the depths of this newly-respected heart! "

— **ML**, Classical Musician

"Hema's meditation guidance, along with her beautiful guided meditations continuously take me deeper into silence, my innate wholeness, self-knowledge, inner wisdom, and intuition. Helping me expand my perception of myself and my reality. She has a way of mentoring and guiding wholeness (through grace, peace and compassion) without many words, and by role modeling everything she teaches. I feel she's such a special gift to the world, and I'm so grateful to have met her and to build a connection."

— **Anu Grace**, Wellness Coach

"I do not feel lost anymore, as I begin to connect to myself (with who I am). Your teachings resonate with me and for that I am truly grateful. Even though I have heard of meditation before, you have a way unique way of teaching, explaining and answering questions.



Thank you for teaching me that there is more to the heart that I had previously thought, it is nothing short of paradigm shift. While many people teach to think outside the box. You have taught me to get rid of the box. I know I will be buzzing for the next couple of days or even weeks. I can't wait to put what I have learnt into practice"

— **Alexandra Ofr**, Student

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“Working with Hema is a journey - a journey to enlightenment or as close as you can get to it while living in modern times. She's a dynamic force and cumulates knowledge across a range of disciplines from ancient to contemporary backed by psychology and action. Hema has changed my life - she's helped me understand and unblock many things all while being a wonderful teacher and 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 fix and discover myself. Through Hema's workshops, I've learned more about holistic abundance, Ayurveda, meditation and yogic teachings - and most importantly, how to integrate the wise lessons and tools for everyday life. With The Love Supreme Blueprint, what was most astounding and unexpected is that my eye has spontaneously healed after two years of visible pain and various treatments.



I know you've explained this is because of the changes to the nervous system, but honestly this feels like a miracle. So wonderful, so thank you! I'm forever grateful and would recommend Hema to everyone who has the opportunity to work with her or attend one of her immersive sessions.”

— **Lindsay**, Entrepreneur

“It's been one year since I attended Hema's Alchemy of the Heart Meditation Course. I did not have a meditation practice prior to this and in fact, after years of disciplined yoga practice I had found it difficult to arrive at a point of stillness whenever I had tried. Hema's teaching cuts straight to the heart of the matter. She speaks spontaneously from her own heart, from that source of knowing and wisdom.

The pace and depth of the transformation I have experienced in the past year through Hema's teaching and guidance is remarkable. No part of my being has been untouched by this healing that has unfolded. All levels of life, personal and professional, physical and mental wellbeing, has been positively changed. I would say this process is not for the faint-hearted and it has required my full commitment. Hema is a modern Rishi, a true seer.

She teaches from a place of direct experience and in her workshops she holds the space for each person to have this direct experience within their own hearts. Her presence transmits the heart-opening vibrations of pure unconditional love and ultimate truth. In a session with Hema even first-time meditators and beginners like myself can have direct experience of a deeper state of consciousness.



The deep healing and clarity that has taken place is visible and felt by everyone around me. I often get asked by strangers and friends alike what my secret is. I tell them it's meditation, and those who have had the courage to seek out Hema and find out for themselves have been deeply grateful.”

— **Caroline**, Project Leader UK Parliamentary Digital Office

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Hema Vyas is a multi-award winning psychologist, speaker, corporate wellness mentor, and heart intelligence trailblazer. Her ability to read the energy of the heart has earned her the title of "modern-day seer." She teaches startups, corporations and a wide range of global audiences how to harness the power and potential of the heart. Hema addresses the silent heartaches and aspirations of high achievers.

At Hema Vyas, we imagine businesses as spaces that encourage individuality and support people in discovering their whole selves, to reach a level of clarity, creativity and authenticity that, like pure gold, brings sustainable value. We'd love to stay connected.



CONTINUING THE JOURNEY

Love Supreme Blueprint

£97 and book an optional call with the team

"Outstanding and extremely helpful. Her soothing voice and words on heartbreak have given me permission to heal within my own space and my own time. Thank you."

— **Cindy**, shared on Insight Timer



BEGIN YOUR JOURNEY ONLINE

The Gold Collection

£555 and a complimentary 30 minute mini-mentoring session with Hema

"Incredible, healing. I am blown away. I am so grateful for this talk and that I had the blessing of hearing it. Thank you from the depths of my heart!"

— **Becky**, shared on Insight Timer



BEGIN YOUR JOURNEY ONLINE

Retreats



BEGIN YOUR JOURNEY IN-PERSON

BOOK A CALL TO EXPLORE