

Heart Centring

Heart Thought 16, 15/4/08

by Nicholas de Castella

Deep within you is an infinite, unchanging well of peace, happiness, love and contentment.

To access this life sustaining essence we need to tune in and connect a pipeline inside, to our heart, where such nourishment abides.

As I discussed last week, we have lost our 'Heart Connection' in the face of unmanageable pain. The strength of your heart connection is proportional to how open your heart is (see last weeks Heart Thought)

When we have this 'Heart Connection' in place we can return 'home' whenever we need to replenish our spirit.

Sustaining a Heart Connection changes every moment of our day and everything we do.

Scientific research is now showing that we function at our peak physically, mentally and emotionally, when we are centred in our hearts. For example:

- we think and comprehend more clearly
- we remember things better
- our immune system functions optimally
- we relate to others more harmoniously
- we have more energy, get less tired and we sleep more deeply
- we get less frustrated, more patient and our days flow more smoothly
- perform at our peak physically

The five steps to creating 'Heart Centring' are:

1 Stop and Be in Stillness.

- Stop going any where, doing anything,.
- Spend a few moments practicing mindfulness (being in the present moment)
- Let yourself settle down, be still.
- Do not try to make anything happen.
- Focus your attention on the infinite stillness that is the background of all activity.

2 Breathe.

- Spend a few moments practicing gentle, relaxed flowing, connected breathing.
- Breath in gentle filling belly feel the chest expanding gently (heart area).
- Count 2 extra counts on inhale (not forced) bring awareness to top of your head,
- Exhale: imagine a balloon collapsing, Count 2 at end of exhale (into stillness)

3 Feel.

- Tune in to the actual physical sensations that you experience and their location.
- Notice which emotional state you are feeling as you are feeling the sensations.
- Do you feel happy, sad / excited, scared / angry, passionate, peaceful or blank?

4 Allow, Allow, Allow.

- Allow the feelings to just be as they are and to change as they may or may not.
- Maintain a childlike (judgement free) curiosity to the experience that is unfolding.
- Make sure you do not force it or 'try' to hard to make something happen
- Be a benevolent (kind hearted) witness of your experience.

5 Focus on Your Heart.

- Tune into the area in your chest especially in your heart region.
- Focus on Love and gratitude: Think of someone that you love. Feel the love ...
- Allow the loving feelings to get stronger as you continue to breathe up into your heart.
- Notice what comes into your awareness.
- Enjoy this moment (it is all you've got).

With a little practice you can centre yourself where ever you go, what ever you are doing. This means you are never going to wait again! You are just taking a moment to do some more heart Centring.

You can listen to a free 5 minute MP3 of the heart centring meditation on my website. You can purchase 10 and 20 minute versions there. Link: <http://www.breathwork/tthreecloud.htm>

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Homeplay

See if you can remember to regularly 'Heart Centre' this week. - whenever you stop at a red light, while you are waiting for your computer to load, while you are waiting for your partner to come to bed...

Any questions? Let me know of the successes you have.

I'd love to hear from you.

Thankyou to those who gave the lovely feedback. If you have read this far down and I have not heard from you, I would love you to say a quick 'Hi'.

<\${contact.firstname}>, may the peace, love, happiness and contentment in your heart abound in the world.

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P.S. I have formatted the Heart Thoughts as pdf's you can download from my website at:
<http://www.breathwork.com.au/heartthoughts.htm>