

## 5. HEART CENTRED LIVING FOR SUCCESS

Heart Thought 5, 29/01/08

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Short Version: HEART CENTRED LIVING FOR SUCCESS

Your heart is the key.

It takes us way beyond our problems.

Wanting our lives to be better can make us feel worse.

We are not well equipped to deal with the pressures of today.

Stress and anxiety are almost the norm for today.

How did we get here?

We have all shut down our hearts after being hurt.

Sometimes life events can cause us to open our hearts

We can also develop ways to open our heart from within.

Heart Opening is an initiation event.

How can you start to open your heart?

Step 1. Return to what you feel

Try this for yourself...

The key is to feel your heart

### HEART CENTRED LIVING FOR SUCCESS

Your heart is the key.

The answer to our human problems lies in our heart. No matter what it is you are wanting to change, it involves your heart. The source of true happiness, peace and fulfilment is found within our hearts. It is our source of guidance and inspiration. It has been shown that people function at their best when they are in touch with their heart. An open heart is a prerequisite for a loving relationship. Many physical diseases follow emotional dis-ease which is resolvable only in our hearts.

It takes us way beyond our problems.

Many participants in our seminars learn to access the power of the heart to solve issues that have been troubling them, often for years. Then as they practice the skills they soon realise that they can apply what they learnt to many areas of life. Before long what started out as trying to fix a problem, turns into a way of living that makes their lives more successful and happy than they would have imagined they would be.

Wanting our lives to be better can make us feel worse.

We all want to be kinder, more patient, more effective, more loving. But often this wanting can make us feel worse about how things are and about ourselves.

We are not well equipped to deal with the pressures of today.

At school we learn geography, history, mathematics, but not much about stress management, relationships, conflict resolution or peak performance.

Stress and anxiety are almost the norm for today.

But stress and anxiety are symptoms, not causes. Stress and anxiety lead to excessive mental activity and thoughts that go round and round inside our heads.

We may have a feeling that something is missing or we may be aware of something gnawing at us in the background or notice we are holding our breath or clenching our fists or grinding our teeth or maybe we can feel ourselves slowly losing heart.

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### How did we get here?

We live in a consumer culture that depends on us buying new items - or we will experience a recession! We are sold the idea that we can buy happiness. We are constantly sold the idea if we just get more of this or less of that, then we would be happy. We then go looking for happiness and the answers to our problems outside of us. When we stop and look at this it is obviously a never ending search that continues to elude us.

**In a Heart centred approach to life we focus on resolving the feelings underlying the issues that are causing problems in our lives.** When we turn our attention within for answers we make rapid shifts forward in our level of inner peace, happiness, aliveness and well-being.

### We have all shut down our hearts after being hurt.

We have grown up in a culture that teaches us 'It's strong not to feel our feelings'. We then learn to repress what we feel. This leads us to being shut down and becoming disconnected from our hearts. We lose passion, direction, intimacy, have health issues and feel blank or numb or unhappy.

### Sometimes life events can cause us to open our hearts

Like at the birth of a child, when we fall in love, when we see a beautiful sunset or when someone performs an act of kindness to us. These experiences are valuable but depend on external factors to open us up and most are only temporary.

### We can also develop ways to open our heart from within.

I have spent the last 17 years exploring the idea: "What if what I feel is more important than what I think?"

### Heart Opening is an initiation event.

According to the dictionary to initiate means: "Introduce someone to a particular activity or skill, esp. a difficult or obscure one".

Passionately Alive is an initiation event. It is designed to be a powerful heart opening experience where you also learn the skills to live a more heart centred life.

I have developed KEYS that we can use to unlock our hearts from within. I use mindfulness, presencing, breathing, body awareness, movement, sound, self expression, emotional mastery and music as powerful catalysts for heart opening. These are the main elements taught in the Passionately Alive Seminar.

### How can you start to open your heart?

#### Step 1. Return to what you feel

The first distinction in Heart Centred Living is to recognise the difference between thinking and feeling, between knowledge (information) and experience (being). This is the distinction between the symbolic abstraction of life and direct experience of life - connecting with the energy which animates all things.

Thoughts are no more than electrical impulses going through our brain. We tend to live in the thinking world and believe the thoughts to be true.

A Heart Centred approach questions the validity of these thoughts, seeing them as stories we make up, most of them we inherited. Stories like: "I'm no good", "I'm

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unlovable", "I'm unworthy", "I can't do it", "I'm a failure" etc...

When we see the stories for what they are - fantasy, and drop them, we can then turn our awareness back into the experience of being, connecting to the flow of life force animating us right now! Fresh, alive and free flowing.

When we breathe consciously into the energy it expands even more. In this moment we are journeying into connecting with truth. We may initially experience uncomfortable emotions when we first do this, but if we stay present with the feelings they will change to peaceful, calm and pleasant.

If you focus your attention on your heart and breathe as if you could breathe into it then you begin to develop heart presence and your heart will begin to open.

Try this for yourself...

Right now stop, drop any stories you may be running and turn your attention back to the experience that is actually present in this moment. Breathe down into your belly and up into your heart. Cultivate positive feelings by focusing on someone you love or something you are grateful for. On the inhalation you may feel a sense of expansion or radiance. Cultivate this feeling, being gentle, patient and kind to yourself as you practice.

Remember: The key is to feel your heart

The answer to our human problems lies in our heart. No matter what it is you are wanting to change, it involves your heart. The source of true happiness, peace and fulfilment is found within our hearts. It is our source of guidance and inspiration. It has been shown that people function at the best when they are in touch with their heart. An open heart is a prerequisite for a loving relationship. Many physical diseases follow emotional dis-ease which is resolvable only in our hearts.

Like to experience more heart opening?

If what I am saying resonates with you and you would like to gain some great keys to open your heart you can do so at Passionately Alive, THIS WEEKEND!

Liked the article? Hated it? Questions? Drop me a line.

I'd love to hear from you.

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