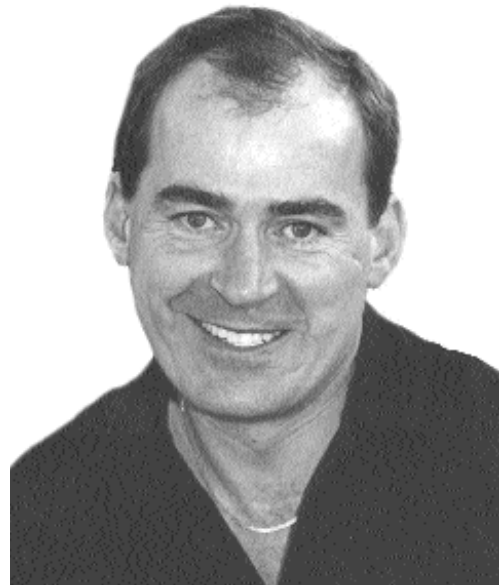


# Passionately Alive

## Emotional Intelligence and Heart Centred Living Training



**Nicholas de Castella**  
Australia's Heart Intelligence Pioneer

***“What really matters for success, character, happiness and life long achievements is a definable set of emotional skills - your E.Q. - not just purely cognitive abilities that are measured by conventional I.Q. tests.”***

Dr Daniel Goleman 'Emotional Intelligence - Why it can matter more than I.Q.'

### **Institute of Heart Intelligence**

172 Noone St. Clifton Hill 3068 Ph (03) 9482 5332 Fax (03) 9482 5331  
www.eq.net.au Email: info@eq.net.au

# Passionately Alive

## E.Q. - Emotional Intelligence Training

### What is E.Q.?

Our E.Q.(Emotional Quotient) refers to our ability to use our emotions to enrich our lives. Researchers are finding that our level of E.Q. is a major determinant for happiness and success.

In the 1980's John Mayer and Peter Salovey first proposed the idea of 'Emotional Intelligence'. In 1985 Reuvon Bar-On designed a measure of emotional intelligence called 'E.Q.' . In 1996 Danial Goleman's landmark book 'Emotional Intelligence' showed that our emotions (not our cognitive skills) affect our level of relationship satisfaction, health and happiness and effectiveness in life.

At the Institute of Heartmath in California it has been shown that when the heart and brain are synchronised we function at our best: we feel peace, perform at our peak, relate better to others and experience optimal health. By gaining access to 'heart wisdom' we can acquire valuable solutions that the mind would not consider.

References: Keys to Emotional Mastery by Nicholas de Castella, Emotional Intelligence by Daniel Goleman, Heartmath by Doc Childre and Howard Martin, Molecules of Emotion by Candice Pert.

### E.Q. Enhances competency in:

**Emotional Literacy:** Knowing one's internal states, preferences, resources and intuitions

- Awareness: Recognising one's emotions
- Comprehension: The meaning of different emotions
- Understanding: The effects of different emotions
- Self assessment: Knowing one's strengths and limits
- Self-confidence: A sense of one's self worth and capabilities

**Emotional Mastery:** Managing one's internal states, impulses and resources

- Self-control: Keeping emotions and impulses in check
- Self-Validation: Maintaining self love no matter which emotion is experienced
- Trustworthiness: Raising standards of honesty and integrity
- Conscientiousness: Taking responsibility for actions
- Adaptability: Flexibility in handling change
- Innovation: Being comfortable with new ideas, approaches and information

**Dynamics of Change:** Emotional tendencies that guide or facilitate reaching goals

- Facilitating change: Initiating or managing change
- Achievement drive: Striving to meet a standard of excellence
- Commitment: Aligning with goals and aspirations in life
- Initiative: Readiness to act on opportunities
- Optimism: Persistence in pursuing goals despite setbacks

**Interpersonal Empathy:** Awareness of others feelings, needs and concerns

- Compassion: Practising appropriate care for others
- Communication: Listening and sending convincing messages
- Conflict management: Resolving disagreements
- Leadership: Inspiring and guiding others
- Building bonds: Nurturing close relationships
- Collaboration: Working toward shared goals

### Other Courses at the Institute

Life Transformations & Professional Breathwork Practitioner Training. 5 Modules.  
Life Coaching with Nicholas - one on one personal life development program  
Quantum Breathwork Program - 10 sessions with Nicholas or Susan  
Couples Guidance - resolve conflict, connect heart to heart, gain skills to deepen love  
Corporate E.Q. Trainings - Greater workplace harmony, satisfaction and efficiency.

**For More Information refer to our web site at [www.eq.net.au](http://www.eq.net.au)**

## **An Open Letter from Medical Doctor, Jo Horwood:**

"I work as a GP in rural Victoria, and the nature of my practice is such that my patient population includes a high proportion of cases of relationship problems, stress/burnout anxiety and depression. I have known and worked with Nicholas de Castella for 9 years. We have worked together at Passionately Alive workshops designed to promote the mental and emotional health of participants during this time, at both country locations (near Horsham) and city locations. I myself have participated in 4 Seminars, as well as assisting at a number of others.

To date, in excess of 200 patients of mine have participated in these events. These have frequently been people who have tried all sorts of help in the past without receiving the benefit that they have hoped for, and this had left many feeling a sort of helplessness. This is where the workshops facilitated by Nicholas and Susan de Castella fit in.

With the epidemic of depression currently in full swing, I've personally found that what's usually needed is a combination of medication (usually SSRI's) and "therapy". Psychologists/counsellors usually focus on Cognitive Behavioural Therapy (CBT) type approaches, which, whilst they have the research backing, don't usually lead, in my experience, to deep seated change- it's as though it's more about learning some mental trickery whilst underneath the heart is still aching. If it's accepted that we have a physical, mental, emotional and spiritual realm, it's been my experience that it's lack of emotional skills that determines the outcome rather than lack of mental (CBT) skills. With Nicholas' approach to "therapy", the seminars that he runs are designed around a series of emotional exercises, so that participants build up a store of experience about what their bodies are actually FEELING, rather than what their minds are THINKING that they are/should be feeling. There is frequently quite a difference. With this knowledge, it's possible to then learn some ways to release the feeling and move on. As one of my mentors said, "it's insultingly simple", yet so rare to find people with emotional mastery skills.

Patients have reported more energy; lessening of physical pain; increased understanding of their life situation; a range of skills that can be used in all sorts of situations to alleviate symptoms of anxiety and depression; improved mood; improved coping skills with life stressors; more passion in their lives, and hence, improved relationships; finding a network of genuine friends from whom they feel support. Some of my patients attending Seminars have been particularly ill, either physically or mentally, and these patients, too, have been able to make great gains during a short time. It seems to me that the possibilities are only limited by our imagination and willingness to try something new.

These gains occur as there is a combination of the work done in the Trainings combined with ongoing support from GP's and fellow travellers on Life's journey. I am impressed that Nicholas runs an ongoing group to ensure the availability of continuing group support as well as opportunities for one to one counselling, so that patients can continue to work with him on matters that might arise and require more time than a Training provides. This continuity of care demonstrates his commitment to being available for patients in the longer term, and I feel is an important ingredient in the overall healing process.

I'm finding that not only are patients more empowered, deeply empowered, but they support each other, and in so doing, a new quality of "old fashioned community" is starting to emerge again. This is really impressive to me, as it seems to me that much of the dis-ease I see as a GP is born of a sense of lack of acceptance/identity within one's own community- "I don't belong". With the growing numbers of participants in this part of Victoria, there's really a change in this sense, so previously lonely/unsupported folk can feel supported and valued for who they are.

I conclude by thoroughly recommending the range of Trainings facilitated by Nicholas & Susan de Castella. These are high quality events with the potential for changing people's lives forever" I'd like to propose that you meet Nicholas yourself and talk about this approach.

**Dr Jo Horwood MB BS (Hons) (Melb) FRACGP FAMAS FACNEM**  
13 Kalkee Rd Horsham Vic 3400 Phone (03) 53811522 Fax (03) 53821030 Email-  
horwood@netconnect.com.au

## What others are saying about Passionately Alive

"I became aware of what Being Alive with Passion feels like for me & how out of touch with that I have been. I felt energy coursing through my body as I have not felt for my many years of Chronic Fatigue Syndrome. My experience of myself has changed - I feel myself as a person with my own power. I breath more fully and it is so satisfying and enlivening. I thank you from the bottom of my deeply felt heart Nicholas for giving so much with such care & effectiveness".

Susan Domopoulos, Casemix Analyst

"Revelations about the internal me that are amazing, astounding & revealing. I can't think of a better way of 'finding heart'.

Stephen Ware, Farmer

"I gained insight into an unknown for me. Now I know the first steps to feeling and expressing and experiencing my emotions. I learnt new ways to live.

Andrew Binns, Tax Advisor

"Nicholas has empathy and provides a safe nurturing environment to explore issues which may be keeping us from being passionately alive."

Marlana McCarthy, Teacher

"I have been able to release emotional blockages from the past which used to control the way I lived my life. Prior to this seminar I was not living in the present and as a consequence I lived in stress and fear and hurt the people I love. Now I feel free from these past emotional blockages & am more willing to love and nurture myself & others. I recommend this workshop to anyone who wants to release blockages from the past & let go."

Jean Thomas, Teacher

"I have a better understanding of who I am as a person and how I fit into the "Big Picture". The weekend was fantastic. I liked how the workshop had experiential learning interspersed with theory, allowing me to enjoy a weekend of different emotions including happiness, sadness, anger & love"

Andrea Winzer, Trainer

"I am a general practitioner with twenty years experience in rural Australia. I am currently employed as a consultant family physician in Riyadh, in the Middle East. I also have qualifications in nutrition and psychiatry.

I have known Nicholas Castella for some years and have attended his seminars which I have found useful as an emotional release. I believe he is very professional and dedicated to his work. His approach is different to orthodox medicine but he is accessing the subconscious in an attempt to give insight and use expressive methods to inner resolve conflicts. These methods in my opinion are useful in treating depression and anxiety, the major psychiatric conditions of our time. His methods are useful also for treating unresolved grief and improving self image."

Dr Patrick Kennedy, MB Bch BAO,FRACGP,  
Dip Nutrition, Grad. Cert. GP Psychiatry.

## Can You Raise Your E.Q.?

Yes. The good news is that whilst your I.Q. is more or less a fixed thing your level of E.Q. can be improved with training. The E.Q. Training enables you to make rapid progress in increasing your personal effectiveness, empowering you to achieve your goals.

### Raising E.Q. leads to:

#### Energy, Joy and Enthusiasm for Life

- Open the flow of life force
- Release of blocks and 'stuckness'
- Reclaiming of innocence and playfulness

#### Inner Peace

- Learn meditation techniques to experience inner peace
- Resolution of issues that cause stress and anxiety
- Release of grief and home-coming to peace and love

#### Success Consciousness

- Greater sense of control by mastering emotions
- Stronger sense of intuitive guidance
- Freedom from self sabotage and procrastination
- More clarity, direction and purpose in life
- Release from restrictive 'victim' patterns of behaviour

#### Greater Self-Love

- Experience of profound heart opening and love for self
- Healing of guilt, shame and resentment
- Fuller connection with and expression of the real self

#### Self Assertion

- Confidence to stand up for self
- Freedom to live the truth of who we are
- Express feelings more clearly and effectively
- Transform self-consciousness into self expression
- Overcome fear and master your anger

#### Deeper and Stronger Relationships

- Bring more of ourselves into our relationships
- Development of communication and skills
- Release of limiting relationship fears
- Healing wounds and release of fear of intimacy

#### Enhanced Health and Well-being

- Gaining of practical skills for better health
- Decrease in stress related hormones
- Enhanced immune system functioning
- Management and healing of pain
- Breathing for better well-being

### The E.Q. Training

The E.Q. Training is designed to connect you to the heart of who you are. It will empower you to access and utilise more of the wisdom and power within. As a result you will live more fully, deepen your relationships, free yourself to enjoy life more, enhance your bodies healing ability and take greater control of your life.

Emotional Intelligence Skills. You will learn eight specific Emotional Intelligence Skills. The skills are simple and easily practised. Each of the skills has the potential to produce profound life changes. The skills are designed to assist you to develop inner peace, conquer fear, master anger, heal sadness, increase joy and free yourself from blocks to success, happiness and well being.

Make New Beginnings. 'The Pathway to Freedom' process assists in completing and releasing the old unresolved emotional 'baggage' from the past. Enabling you to clear limiting patterns and live more fully and authentically now!

Expand Self Awareness. Consciousness heightening exercises will empower you to develop 'witness consciousness. This increases our inner strength and assist us in deepening our level of self understanding and connection with our intuition.

#### The Format

This fun and informative training is presented in a blend of both theoretical teachings and practical exercises.

#### On Going Support

After the course ongoing support and growth are available at weekly evening gatherings and through private consultations with trained practitioners.

#### Reference Manual

A comprehensive 100 page reference manual is included in the training fees. This manual has proven to be an invaluable resource for graduates to continue to refer to well after the training has been completed.

*"This is essential 'life skill' information! Never taught at school. Without these skills you are living below your potential and suffering unnecessarily. I urge you to consider enriching your life by raising your E.Q.." Nicholas de Castella*

“Passionately Alive has grown out of my own inner search for a richer, fuller and more satisfying life. I have spent 14 years researching techniques to optimise the quality of life, travelling the globe and presenting my work.



In 1988 I attended a life-skills training to heal myself of ‘chronic fatigue’ and to get my athletic career back on track. I learned to access inner powers, heal my body, release the struggle from life, and started to run faster than ever on less training. From that time I have attended numerous trainings on enhancing full human potential.

In my youth I performed as an international class distance runner, spending four years at the Australian Institute of Sport in Canberra. I represented Australia in four World Cross Country Running Championships (Yes, I have a brother, Robert, who is a famous marathon runner). In 1983 I recorded the tenth fastest marathon ever run by an Australian in a time of 2 hours 15 minutes.

In 1992, after working as an architect for six years I made a major career change. Following my heart to work full time in personal development. I teach meditation, breath therapy, Emotional Intelligence and Relationship skills.

Whilst in Canberra I completed my Bachelor of Architecture. In 1987 I received a distinction for my thesis on the relationship between Quantum Physics and Architecture. This thesis seeded my departure from a Western, Cartesian philosophy to a more holistic approach to life.

I believe in the innate goodness and innocence of humanity. Many people suffer unnecessarily from pain, frustration and disappointment caused by our lack of training in Emotional Intelligence. In my work I assist individuals to reach their potential by learning to access the wisdom and power within our hearts”.

**Nicholas de Castella** is president of The Quantum Breathwork Association, author of ‘Keys To Emotional Mastery’, a Breathwork Practitioner, Practitioner Trainer, Relationships Counsellor, and Group Facilitator. He is a certified Quantum Process Practitioner and trained in John Bradshaw’s ‘Non-shaming’ / Gestalt Therapy. He has presented his work throughout Australia, in New Zealand, USA, Canada, South Africa and England.

Nicholas lives in Melbourne with his wife Susan and their two young sons Charlie and Alexander. He has a successful practice conducting E.Q. Trainings, Professional Breathwork Practitioner Trainings, Corporate Seminars, Tantric Seminars, Couples Weekends, Men’s Weekends, Meditation Evenings and Private Consultations.

## Passionately Alive: May 21 - 24

Times: 7.00 pm on Thursday to 5.00pm Sunday

Venue: Hazeldell, The Dandenong Ranges, Melbourne.

Fees: \$970 (Includes accommodation and all catering)

Early Bird: \$920 (if fees received 2 weeks prior to seminar - May 7)

Groups Discount: \$50 per person for 2 or more people booking in together

Bookings: Must be paid prior to course on form below (may be faxed in)

Training Details will be posted to you upon receipt of your booking

### Please Register me for Passionately Alive on .....

Name: ..... Preferred First Name.....

Address:..... Suburb..... P’code.....

Email:..... Phone (H)..... (W).....

Enclosed is my full payment of \$..... (cheques payable to ‘Institute of Heart Intelligence’)

Paying by (Tick One): Cheque  Mastercard  Visa

Credit Card No. \_\_\_\_\_ Expiry Date.....

Name on Card ..... Signed .....

PO Box 198 The Basin. 3154. Ph: 03 9739 8889 Fax:03 9739 8885