



'Heart Centred Living'

A Dynamic 7 Evening Program of Practical Exercises to cultivate Heart Centred Living so you can be at your best, live your life fully and help change the world.

Begins February 7th.

Dear friend

I am writing to invite you to our 'Heart Centred Living' on Thursday evenings this term.

In the course I will teach you to use your Heart Intelligence to support and empower you to live your life more from your heart, with greater centredness, peace, enthusiasm, ease and enjoyment: Moving forward in your life, living fully, being happy and successful.

Something really special unfolded last term. It was an absolute pleasure to see people growing and moving forward in their lives. As Effie said: "I was happy for the opportunity to meet once a week with the group. Sometimes we are scared to dream. The space in group gives me a chance to dream, set goals and deal with any blockages that stop me from reaching my goals, and my full potential. I gained a lot of support from the group. I felt the lethargy and old patterns shift to make room for new and exciting experiences. I am living these experiences now in 2008. With gratitude, Effie Parthimos."

This is your chance to:

- Receive support and assistance in making breakthroughs in your life.
- Deepen your connection with your heart.
- Use Heart Intelligence for guidance in your life
- Identify your major goals and receive support in staying on track to achieving them.
- Continue to open your heart and clear blockages to success.
- Learn and practice heart based relationship skills.
- Get answers to your specific questions about 'Heart Centred Living'.
- Make friendships with like minded (hearted) people.
- Gain inner strength and deepen your spiritual connection.
- Have some fun, enjoying letting go, living more authentically and laughing more freely!

What you get:

You can use this program to be more heart centred, get your life moving, gain energy, clarity, motivation, improve performance and deepen relationships.

To do well in sport, I needed an athletics coach. Imagine what you could do in your life with a heart coach...

Each week we will explore different aspects of living a heart centred life. I have listed the details of the full program are on the reverse side of this letter.

This course will be truly transformational. I urge you to take advantage of this wonderful opportunity...

Numbers are Limited. **Call me now on 9739 8889 to secure your place.**

I wish you Peace, Passion and Prosperity,

Nicholas de Castella

Changing the world, one heart at a time.

Heart Centred Living Program

The purpose of this program is to support and empower you to live your life more from your heart, with greater centredness, peace, enthusiasm, ease and enjoyment: Moving forward in your life, living fully, being happy and successful.

- Week 1 - The Aspects of a Heart Centred Life:** Introduction to the attitudes and elements of a Heart Centred Life. Essential keys to make the shift from head to heart to live a Heart Centred life. Explore and honour life's cycles.
+ **Living from Your Heart:** : Using Heart Intelligence for direction in life. Access Heart Intelligence for guidance on goals and priorities in your life.
- Week 2 - Cultivating Heartfelt Bliss:** Connection with the essence of who you are: peaceful, loving, free and whole. And: **Heart Manifesting:** How our beliefs and emotions determine the results we get in life. Direct the power of your Heart Intelligence to achieve your ambitions. Create your own Treasure Map.
- Week 3 - Head and Heart for Empowerment:** Joining the power of your mind with the energy of your heart. Using affirmation, visualisation and feeling to manifest. What your number 1 goal should be and how to refine and clarify it. **Heart Centred Living:** Explore the main ingredients of a Heart Centred Life and increase your ability to put these ingredient into your life.
- Week 4 - Heart Healing:** Clearing Blockages to success, drawing on the power of Heart Intelligence for healing. Creating your own success formula.
- Week 5 - Heart Centred Relationships:** The truth will set you free. Learn to speak from your heart to be more empowered and deepen relationships.
- Week 6 - Heart Breathing:** Activate the most powerful heart opening force - The breath! Journey within for transformation and renewal.
- Week 7 - Heart Honouring:** Open your heart to more gratitude, ease, joy and fun. Learn practices to deepen relationships by sharing heart to heart.

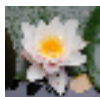
Logistics:

Times: 7.30 - 9.30pm. 10 Thursday Evenings. From February 7th till March 20th
Seminar Fees: \$180 / \$160 with a friend. (Credit Cards Accepted)
Venue: Institute of Heart Intelligence, 172 Noone St. Clifton Hill.

100% Money back Guarantee if you are not completely satisfied!

Join us and You could be saying:

" It was great. I loved the flexibility of going with the flow and the needs/vibe of the group. I, personally, really enjoy the sharing and witnessing other peoples' processes and being heard in my own. I enjoyed the meditations - all of it really.
Thank you Nicholas for your wisdom and passion, Louise Wigg."



Heart Centred Living Registration. Post, Fax or Phone the Institute to secure your place - Now!

Enclosed is my payment of \$..... (Cheques Payable to: *Institute of Heart Intelligence*)

Name: Phone (H).....

Email Address:..... (W).....

Address:..... Suburb..... P'code.....

Paying by (Tick One): Cheque Mastercard Visa

 Credit Card # _____ Expiry Date.....

Name on Card Signed