

Heart Centred Living for Success and Happiness

'What if what you feel is more important than what you think?'

by Nicholas de Castella

Connecting with qualities of essence

emptiness openness love gentleness peace gratitude timelessness humility
abundance bliss intuitive knowing mystery radiance awe connection oneness

Practices for Living a Heart Centred Life:

Effortless flow presence honesty trust surrender ease playfulness vulnerability
validation courage respect patience compassion mercy forgiveness devotion

- 1. Turning inwards** - Looking inside for peace, love and happiness and fulfilment.
- 2. Heart Opening** - Connecting with our hearts. Healing inner pain and opening to love
- 3. Heart Centring** - Regularly activating heart energy by breathing, feeling and allowing.
- 4. Following our hearts** - Listening to and acting upon our hearts desires.
- 5. Effortless flow** - going with the flow of energy within, not pushing, not holding back.
- 6. Living in the present** - not hijacked by the past and not jumping into the future
- 7. Conscious suffering** - Staying relaxed, open and welcoming discomfort 'in'.
- 8. Savouring the moment** - Welcoming 'in' the goodness we enjoy
- 9. Trusting:** Allowing the natural unfolding of life. No rigid agenda. Honouring life's cycles.
- 10. Being Gentle** - forgiveness, compassion - dropping judgement punishment, shame, harshness - start by being kind and forgiving to others.
- 11. Validating what is** - Embracing all that is (going beyond judgement) Saying: "Yes to life". Acknowledging that everything is as it should be for the awakening of humanity to the truth of who we are, our home coming.
- 12. Clearing Blockages** - feeling beneath the stories - fear, guilt, resentment.
- 13. Being in Integrity** - Living with honesty, responsibility and accountability.
- 14. Expressing Gratitude, Praise and Appreciation** - dropping critical mind.
- 15. Honouring** - each other, the moment, grace & lessons we learn.
- 16. Rejoicing in good fortune** - ours and others
- 17. Embracing mystery** - Being at peace with emptiness, stillness and silence. Being open to all possibilities, even what seems impossible.
- 18. Generosity** - Sharing the blessings we enjoy, wishing for happiness for all.
- 19. Transcending ego** - Willing to face powerlessness (out of control), disapproval, rejection and annihilation of 'self', 'me', 'mine'.
- 20. Devotion:** honouring something with reverence, sharing the benefits we have gained.

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