

New Beginings

Heart Thought 1, 3/1/08

by Nicholas de Castella

RESOLUTION #4:

- 2005: I will try to be a better husband to Marge.
- 2006: I will not leave Marge.
- 2007: I will try for a reconciliation with Marge.
- 2008: I will try to be a better husband to Wanda.

RESOLUTION #5:

- 2005: I will stop looking at other women.
- 2006: I will not get involved with Wanda.
- 2007: I will not let Wanda pressure me into another marriage.
- 2008: I will stop looking at other women.

Happy New Year!

We are just back from a lovely family Christmas and the kids are being put to bed and I am spending a couple of moments to wish you a wonderful New Year.

My role is to offer assistance for people to live as rich, happy, successful and fulfilling lives as possible.

This year one of the things I would like to do is to give more guidance and support to those who want to live a heart centred life. As well as our Heart Centred Living Course in Melbourne I plan to do this by sending out regular emails with helpful ideas and suggestions. So here we go with number 1.

A 'New' year is what this is about.

Just as every moment is new and unique, so is each year. We are beginning a new year.

The future is not the past

Many people make the mistake of thinking the future is going to be much the same as the past, but the truth is every moment, and every year is totally new and unique. And full of infinite possibilities. However if you keep on doing the same things as you always have, then you can expect to keep on getting much the the same results as you always have.

There is so much we can achieve.

We live precious human lives and enjoy many blessings in Australia. We have so much wealth and freedom. We enjoy amazing blessings and have access to so much potentiality.

This is the start of a new cycle.

All things in life (our body, relationships, careers, friendships...) proceed in cycles. The cycles of life are: conception, birth, growth, maturity, decline, death and limbo/emptiness/fertility.

It is Conception time!

The start of a new year is the start of a new cycle, conception. It gives us an opportunity begin again, with a clean slate and make a fresh start (as well as building on past successes).

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Now is the time!

Now is the time to spend some time reflecting on what we have achieved, what we have learned and how we have grown in the last year.

Now is also the time to reflect on what we want to focus our energy on this year.

Clarity leads to power.

If we are not clear about what we want to spend our time and energy on then we will tend to be scattered, easily distracted, lacking motivation and less effective than if we have a clear outline of our priorities.

Of course we can use our hearts intelligence for the best guidance.

Just take a few quiet moments and tune into your heart and ask yourself in the following areas what you would love to do. Personal habits, Relationships, Health, Career, finances, Hobbies, Holidays, Service to others, Spirituality...

Life is a journey, not a destination.

Remember that living a heart centred life is a practice. Something that we all need to keep on training in. As we do we deepen our inner connection and become more peaceful, happy, powerful, loving, kind, compassionate and generous.

I do hope you have enjoyed reading this email. Now it is up to you to take action. Good intentions rarely manifest. I am a firm believer that god helps those who help themselves!

<\$contact.firstname\$>, I Wish you a peaceful, healthy, loving and succesful 2008

Nicholas de Castella

P.S. If you would like to explore these ideas in more detail with my personal support then you are welcome to join me for your 'Plan your year workshop'.