

How shall I live?

Using Heart Intelligence to enhance your life

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by Nicholas de Castella

About 20 years ago I had such a strong and profound experience of pure emotion roaring through my body that I became aware that my feelings were as real and as present an aspect of who I am as my thoughts and my body. I set out after this profound awakening to explore and come to understand the world of feelings.

During the last 20 years I have facilitated over a thousand private Breathwork sessions, hundreds of Passionately Alive seminars, Men's weekends, Couple workshops, nine Breathwork Training's and over five hundred regular weekly groups.

In that time I have come to the conclusion that our lack of education about our feelings is a major cause of suffering, frustration, relationship breakdown, confusion and illness.

I have found that understanding my feelings has provided me with skills to induce peace, love, happiness and contentment - at will, helped me to feel better about myself and more confident, given me greater clarity and direction in life, assisted me to improve my bodies healing capacity, allowed me to create more meaningful and fulfilling relationships and improved my performances and my raise personal effectiveness to get things done more easily.

What if our feelings matter more than what we think?

Scientists are coming to the conclusion that feelings give rise to thoughts and that the heart actually informs our brains. Just reflect on how your world looks (your perception) and the thoughts you have when you are feeling down compared to when you are feeling happy.

Our feelings are the missing link

Our feelings are the missing link in taking control of our lives and are the missing key to finding peace, love, happiness and contentment. We tend to treat difficulties physically and mentally but have little skills in working with the feelings underlying the issues. Often the feelings cause the issues in the first place. As in the case of anger causing more situations that we then feel angry about.

I have identified what people really need to know about and how to give them the inside answers to resolve their problems and move forward at a rapid rate in their lives. I call it 'Heart Intelligence'.

What is Heart Intelligence?

'Heart Intelligence is your ability to induce peace, love, happiness and contentment in an imperfect world.'

The imperfect world is what we see when we turn the news on, what we struggle with organising to try to be happy, the world where nothing is permanent and eventually concludes for each of us with illness and or death.

The five realms of Intelligence are:

1. Cognitive Intelligence - The thinking rational mind that is capable of figuring things out, sorting, predicting (based on past experiences and beliefs) and helping us to organise to get things done.

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2. Somatic Intelligence - The felt body sense that can guide us. Our body that knows such clever things as how to make a kidney work, how to heal and how to feel. There is an old saying: 'The body never lies'

3. Emotional Intelligence - Our capacity to manage our emotions to empower us in getting what we want. Our emotions give meaning to events because they show us what is important to us. They provide us with energy to get things done. Emotions provide us with the color and spark to our lives.

4. Heart Intelligence - The ability to induce, cultivate and maintain peace, love, happiness and contentment. When we live with Heart intelligence we feel, think and act in ways that are conducive to outcomes that are peaceful, loving, happy and fulfilling.

5. Higher Intelligence - The ability to tune into guidance that 'comes from above'. Some believe in this, some don't. Most of us have seen amazing co-incidences turn up in our lives at the most amazing time. I personally believe that I am very loved and guided by creation and only when I contract in fear do I separate myself from this loving force. My constant prayer is that I may trust in this more than I usually do!

Though we all have access to all five realms most of us live predominantly in the cognitive realm. There is so much more intelligence available to us to draw on than we normally do.

Here are 21 ways to cultivate Heart Intelligent living

Turning inwards - Looking inside for the answers to our problems, rather than trying to control the world so that it unfolds according to our expectations.

Heart Opening - Connecting to and expanding the flow of the wealth of peace, love and happiness through our heart. Healing inner pain and opening to love.

Heart Centring - Regularly activating heart energy by breathing, feeling and allowing.

Heart Activating - Proactively cultivating the qualities (in our hearts) that we want to see manifesting in our lives.

Following our hearts - Listening to and acting upon our hearts desires.

Effortless flow - Going with the flow of energy within, not pushing, not holding back.

Living in the present moment - Not being hijacked by the past and not jumping into the future.

Conscious suffering - Staying relaxed, open and welcoming discomfort 'in'.

Savoring the moment - Welcoming 'in' the goodness we enjoy.

Trusting: Allowing the natural unfolding of life. No rigid agenda. Honoring life's cycles.

Being Gentle - Practicing forgiveness, compassion - dropping judgement punishment, shame, harshness - start by being kind and forgiving to others.

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.

Clearing Blockages - feeling beneath the stories - fear, guilt, resentment.

Being in Integrity - Living with honesty, responsibility and accountability.

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Expressing Gratitude, Praise and Appreciation - Dropping critical mind.

Honoring - Appreciating each other, the moment, grace & lessons we learn.

Rejoicing in good fortune - Celebrating achievements: ours and others.

Embracing mystery - Being at peace with emptiness, stillness and silence. Being open to all possibilities, even what seems impossible.

Generosity - Sharing the blessings we enjoy, wishing for happiness for all.

Transcending ego - Willing to face powerlessness (out of control), disapproval, rejection and annihilation of 'self', 'me', 'mine'.

Devotion: honoring something with reverence, sharing the benefits we have gained. In the work we do.

Choose 1

You may like to choose one to explore this week.

Let me know how you get on

Much love to you

Nicholas, info@eq.net.au

PS you can download this list at:

<http://www.breathwork.com.au/heartthoughts.htm>