

# Heart Manifesting

How to consciously create the life you want

by Nicholas de Castella

Here is a summary of this article

We are manifesting our lives in accordance with the state of our heart.

First we feel it then we see it

Open or closed?

These are physical sensations

Often I am not aware of the state of my heart

It is not important what I am thinking, wishing, hoping but what I am feeling

When your heart is relaxed and open everything flows easily.

The key is to consciously practice creating positive heart states.

Heart Practice

Check in and notice the state of your heart regularly

Cultivate states consistent with the outcomes you desire

We are manifesting our lives in accordance with the state of our heart.

Whatever is happening inside our hearts is reflected in what happens in our daily life. How we are feeling gives rise to what we think, how we act, how we do what we do, the results we get and the responses we get from others.

First we feel it then we see it.

How we feel affects what we see. What we are feeling influences what we focus on and how we filter and interpret what happens around us. If we are feeling unhappy, then we will tend to notice the things that are not so good and interpret what happens pessimistically. When we are feeling happy we tend to notice good things and interpret the challenges in a positive way.

And more magically I have noticed after 20 years of careful observation that what happens in my day (apparently by coincidence [co-incidence]) is a reflection of what's happening in my heart - more than what is in my mind. I can be wishing it were this way and hoping it will be that, but underneath if these urges are based on fear and its associated grasping, as wishing and hoping usually are) then the chances are high that I will not get what I want. I believe that our thoughts are miniscule in their power to manifest compared to our feelings.

In response to this article I just received this email from a friend:

"I am very dough broke at the moment, a condition common in my life these last years. Today with about four dollars in my pocket I was putting some clothes into the washing machine when I said aloud, "I would like to find some money". And virtually the moment I said this I opened the rear pocket of a pair of shorts and saw the red of a twenty dollar note. I could hardly believe my eyes, though I smugly thought that this was just further proof of my assertion, often apparently proven wrong, that the universe provides. I pulled out the twenty only to find that there was a ten and a five folded inside. I thanked the universe for this little sign that life **will** be better. And on that note I will say adieu." Rick.

Heart States

Heart states include: open or closed, tight or relaxed, in a state of love or fear, gratitude or resentment (anger and unforgiveness). Note that many of these descriptions are physical sensations and they can indeed be physically felt in our hearts.

These are physical sensations

I have seen many people who had a history of chest pain, who after having done a breathwork session and had a good cry (the chest is where we hold sadness), be greatly surprised, that after all their heart check ups that found nothing, their physical pain is gone! Sometimes these pains have been there for up to ten years!

I am talking about real physical sensations of pleasure and discomfort that we experience in conjunction with the moods we carry. That is why we should practice forgiveness, because it actually hurts our hearts to stay in a state of resentments. We want 'them' to suffer but we are suffering in the present moment.

Often I am not aware of the state of my heart

Often I am not aware of what state my heart is in. I might think I am cool and collected but I may also be just holding it together. The kids come in in their lively way and I loose it - big time - Oops! Dreams (a subject for another day) can be a good indication of what is going on below the surface chatter of my mind. To find out what's going on inside I do a heart centring. Sit quietly and breath into my heart and feel.

For example

If I feel a bit drained or overloaded it is common for clients to cancel sessions.

Another example: We just had our phone line down for 2 weeks. At the same time I was struggling with getting our new years mail out together (before the middle of the year). Inside I felt stuck and blocked (I was dealing with what we breathworkers call 'Birth trauma' - which I am sure at 10lbs 4 oz was a struggle). The phones going down were a perfect expression of my difficulty expressing my self in our mail out. Miraculously the day we finished the mail out the phones came back on!

Another one: I have been practising manifesting car parks for about 20 years now. Now I don't even have to think about it I just drive into a car park and quite often I will get the car park closest to where I want to go. (after 20 years of marathon running I try to walk the least possible distance. Figure that out?)

When your heart is relaxed and open everything flows easily.

Good things just seem to come our way. Things can still seem to be bad, we get challenges still, but if we keep our hearts open then it is amazing how they can turn into something good.

Get your heart open

If when you feel inside your heart you feel tight, blocked, closed, fearful or numb then it is a good idea to do some work on healing and opening it up again. Unresolved past experiences and family conditioning cause these negative heart states. Passionately Alive seminar is about learning how to open our heart and cultivate positive heart states.

## HOW TO USE THIS

Remember this is not something you are going to start doing. You have been manifesting from your heart since you had one - only you may not have been aware that you were doing it. Maybe it seemed that things were happening around and to you, not because of you.

It is vitally important to practice consciously creating positive heart states.

What's really important in all this is that we practice cultivating feelings that are aligned with what we want to manifest. For example, if you want to manifest money but in your heart you resent people who have lots of money and you are tight when it comes to spending money then the vibration you are putting out is to block the flow of money into your life. A better way of going about manifesting money is to open your heart around it. This means rejoicing in others good fortune, paying your bills with gratitude, celebrating the money you do have, enjoying it and being generous - not just with money, but also with your time, energy, compassion and love. Equally true is wanting good health. If you spend your time on extreme diets fearing that you will get sick you are planting seeds of illness. If you give thanks for your body, nurture and celebrate its wonders, you are sowing seeds for health.

It is important to cultivate an open, kind, peaceful, happy and loving heart.

Be aware of the state of your heart. Is it open or closed? Tight or relaxed. In a state of love or fear. Gratitude or resentment (anger, unforgiveness). The more feeling based healing work you do on yourself the more open your heart will be and the more naturally you will live with an open heart.

Heart Practice

This week I ask you firstly: to regularly become more aware of the state of your heart. Stop and breathe and feel into your heart. For example, next time you find yourself complaining about something feel if your heart is tight or relaxed. When you do a kind deed for someone check again. When sitting at the lights check again.

Secondly: practice cultivating heart states that resonate with what you want to manifest. A good way to get an idea of the state you want to cultivate is to imagine that you already have what it is you want to manifest. Then ask yourself: "how do I feel with this" (happy, loving, kind, tender, grateful, peaceful, generous...) Breathe into this feeling and allow it to expand in your awareness. You will find that your life manifests in accordance with the predominant state you hold.

Thirdly: Stay vigilant, watch yourself. As simple check ask yourself: "Am coming from love or fear here?" When something occurs ask yourself: "What feeling does this experience bring up?" Often the feeling that arises is the same feeling that created the situation in the first place. You can ask yourself: "Was this feeling present (often we are unaware of it being in the background) at all before this happened?" A common example of this is when people get sick the emotion that arises is often the emotion that caused the sickness in the first place. For example if you get angry about being sick, it is likely that your anger caused the sickness.

Happy Heart Manifesting.

*Nicholas de Castella*

Assisting those who want to lead, with an open heart

What if how you felt mattered more than what you think?

If the world was a reflection of your heart, what would it look like?