

Name.....

Heart Visioning

by Nicholas de Castella

A question of love or fear

Feel the responses rather than think them. Listen for & trust first responses. Consider the impossible ignoring the shoulds, have to's & logic. You may want more or less of something.

Heart Centring:

- 1 Stop and Be in Stillness.
- 2 Breathe.
- 3 Feel.
- 4 Allow, Allow, Allow.
- 5 Focus on Your Heart.

As I listen to my heart about **how I relate to myself** what I would love to do is

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As I listen to my heart about my **Relationships** what I would love to do is

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As I listen to my heart about my **Career** what I would love to do is

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As I listen to my heart about my **bodies health and fitness** what I would love to do is

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As I listen to my heart about a **holiday** what I would love to do is

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As I listen to my heart about my **lifestyle** what I would love to do is

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As I listen to my heart about my **Fun** what I would love to do is

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As I listen to my heart about **money** what I would love to do is

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As I listen to my heart about my **spirituality** what I would love to do is

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As I listen to my heart what's really important right now in my life is

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Qualities of heart centeredness: Trust, Surrender, Gentleness, Willingness, Peace, Gratitude, Playfulness, Patience, Humility, Mystery, Openness, Truth, Love.

"I am thankful for the beauty, love, health, abundance and goodness in my life"

"I listen to, trust and follow my heart" "I can do it"