

3. How to create the life you want

Heart Thought 3, 15/1/08

by Nicholas de Castella

Message:

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

Open or closed?

These are physical sensations

First we feel it then we see it

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.

Open or closed

Heart states include: open or closed, Tight or relaxed, in a state of love or fear. Gratitude or resentment (anger, 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.

First we feel it then we see it

Whatever we are feeling 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.

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.

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 lose 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

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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 practicing manifesting car parks for about 20 years now. Now I don't even have to think about it I just drive into a carpark 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

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).

Heart Practice

This week I ask you to 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.

I would love to hear when you have a success with this, please let me know. If you don't have success with this, then keep on practising till you do!

Happy Heart Breathing.

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