



## 5 Steps to Being

# Heart Centring

By Nicholas de Castella

### 1 Stop and Be in Stillness.

Stop going any where, doing anything,.

Spend a few moments practising mindfulness.

Let yourself settle down, be still.

Do not try to make anything happen.

Focus your attention on the infinite stillness that is the background of all activity.

### 2 Breathe.

Spend a few moments practising gentle, relaxed flowing, connected breathing.

Breath in gentle filling belly feel the chest expanding gently (heart area).

Count 2 extra counts on inhale (not forced) bring awareness to top of your head,

Exhale: imagine a balloon collapsing, Count 2 at end of exhale (into stillness)

### 3 Feel.

Tune in to the actual physical sensations that you experience and their location.

Notice which emotional state you are feeling as you are feeling the sensations.

Do you feel happy, sad / excited, scared / angry, passionate / peaceful or blank?

### 4 Allow, Allow, Allow.

Allow the feelings to just be as they are and to change as they may or may not.

Maintain a childlike (judgement free) curiosity to the experience that is unfolding.

Make sure you do not force it or 'try' to hard to make something happen

Be a benevolent (kind hearted) witness of your experience.

### 5 Focus on Your Heart.

Tune into the area in your chest especially in your heart region.

Focus on Love and gratitude: Think of someone that you love. Feel the love ...

Allow the loving feelings to get stronger as you continue to breathe up into your heart.

Notice what comes into your awareness.

Enjoy this moment (it is all you've got).



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