



Breakthrough Process



by Nicholas de Castella

What is the situation

The facts are.....

What I do want is

Notice the old familiar stories I have been telling myself: Such as: "I'm stupid", "I'm not good enough"

The story I made up in my mind is:.....

The Location I feel this in my body is:.....

The Sensations I can feel are:.....

The Emotion associated here is.....

A previous time in my life when I felt this way was.....

..... (note age at time)

Anything I want to say (or sound) is

Drop the STORY. Just let it go... focus on the feelings.

You are now an adult and much more powerful than when you were a child

BREATHE gently and deeply. Draw the air in gently and deeply down to your belly filling up to your heart. Then let it flow out gently. Feel the sense of letting go...

Welcome the sensations and emotion 'in'.

Notice the sensations you can feel in your body . Drop judgement about the sensations (They are not good or bad). Allow, Allow, Allow. WELCOME the feelings in. Stay present with the sensations for as long as possible. Notice any desires to move and LET GO OF them. Keep breathing into the sensations gently.

BREATHE INTO YOUR HEART. Tune into the area around your heart and continue breathing gently and deeply. Imagine welcoming the feelings into your heart and feeling them gently dissolving as you do.

Review the Situation from your Heart

Which Heart quality are you being called to develop here?

- | | | | | | |
|----------|---------|-------------|------------|-------------|-----------|
| peace | honesty | forgiveness | courage | playfulness | gratitude |
| humility | ease | surrender | respect | compassion | Love |
| mercy | mystery | patience | gentleness | trust | |

A previous time I felt this heart quality was.....

Take a moment to breathe into your heart and cultivate the heart quality.

Breathing down into your belly and expanding up into your heart

Feel them getting stronger with each inhalation."

Speaking from the heart qualities (list those identified above)

I now see this situation as

As I listen to my heart what I am going to do is.....