



Living a Heart Centred Life

(Moving from head to heart centred)

by Nicholas de Castella

Release the need to understand.

Drop comparisons (this is better/worse than that).

Accept what is as 'is' - drop judgement & invalidation.

Release expectations (shoulds, ideals).

Keep it simple.

Look for small blessings.

Live in the present moment.

FEEL, rather than think.

Breathe into your body.

Allow mystery into your life.

Practice being in stillness.

Listen to your heart.

Trust your intuition - take action on it!

Learn to surrender to powerlessness.

Allow yourself to be moved by passion.

Use courage to do the things you are afraid of but know in your heart are right.

Be kind and gentle with yourself-esp. when you've made a mistake - drop punishment, fix the problem, make amends, learn the lesson and move on.

Stop trying to make this the best moment ever.

Instead make the best of this moment