

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. **H**    **Here, Now- Stop and Be in Stillness.**
- 2. **E**    **Experience - Feel.**
- 3. **A**    **Allow, Allow, Allow.**
- 4. **R**    **Respiration - Breathe**
- 5. **T**    **Tune into your Heart.**

*Qualities of heart centeredness: Trust,  
Surrender, Gentleness, Willingness,  
Acceptance, Gratitude, Playfulness,  
Patience, Humility, Mystery, Openness,  
Compassion.*

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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*"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"*

**Institute of Heart Intelligence**

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