

Passionately Alive Daily Practices by Nicholas de Castella

The following is a suggested set of daily practices from the skills you learnt at the Passionately Alive Seminar. Remember: You are a human being, not a machine. You are a dynamic ball of energy in a constant state of change.

You must regularly clear and centre yourself to continue to feel GREAT!

The practices never stop working, we stop working the practices!

Wake	Reflection	Acknowledge any dreams. Notice associations that come to mind as you recall the dreams. Also notice the emotions in the dream. Breathe into your body and feel the energy
	Meditation:	Heart Centring
	Exercise:	Salute to the Sun, Rishi Isometrics, Rejuvenation Postures, dance, run, walk...
	Mirror work	Say affirmation e.g.: I love it when I live from my heart with joy, ease and gratitude
Breakfast:		Fruit, glass of water - Eat Mindfully with an open heart, eat slowly, taste the food, Eat less. <u>Remember:</u> you are swallowing the emotion you are feeling - make it a good one!
Morning:		Make a plan for the day - Ring, Do and Go Do List - Highlight the most important one or two Do the things that are most important and challenging first, while you are fresh Practice Mindfulness Live each moment in the present Breathe into your heart regularly Acknowledge, validate, accept and allow whatever you are feeling Drop the story and 'be' in the present moment Appreciate the goodness in your life, what you do and others around you
Tea Break		Stop and take time to connect inside with 5 deep breathes, stretch, walk and have a glass of water
Lunch		Eat Less with more presence Go for a light walk Do a Heart centring - check in Notice how the food you ate affected your energy level
Afternoon	Practice Mindfulness:	Live each moment in the present Breathe into your heart regularly Acknowledge, validate, accept and allow whatever you are feeling Drop the story and 'be' in the present moment Appreciate the goodness in your life, what you do and others around you Contracting? If you find yourself getting up tight - do a Heart Centring / Turn Around process
Tea Break		Stop and connect inside 5 deep breathes, stretch, walk and have a glass of water
After work		Debrief the day by acknowledging your achievements and feel the feelings (dropping the story) Do some exercise: go for walk...
Dinner		Say Grace and bless all the goodness in your day Eat Mindfully
Evening		Create a relaxed atmosphere: Put on soft music, candles, fresh air, aroma therapy oils Clear any unresolved issues from the day, Have a Heart to Heart with your partner Do an Honouring with your partner, friend or family member Read something inspiring Do some chanting, meditation, listen to some music, relaxing bath... Focus on the important goals in your life
Bed		Heart Centring 5-20 minutes Acknowledge - the goodness in your life, what you achieved, thank your partner, Thank God
Sleep		Fall to sleep - not go to sleep Be Present-Connected breathing, feeling body, allowing sensations Be present with the silence and stillness - is it emptiness or spaciousness? If you wake up - notice where your attention is - In your head? turn your attention into your body, breathe, feel and allow... and focus on your blessings

GENERALLY

Check into your heart regularly

Read inspiring books, attend regular seminars

Practice 'Effortless Being': Going with the natural flow - not pushing, not holding back

Eat healthy food, Minimise stimulants: tea, coffee, soft drinks, alcohol

Drink plenty of water: 6-8 glasses per day

Take a multivitamin tablet each day, get regular massages

Get fit. We have evolved as hunter gatherers. Our bodies are meant to move

Have some time each day in stillness and silence

Share something of what you are feeling with someone

Have meaningful goals you are working towards achieving

Laugh each day - have a favourite joke to tell, look for the humour in your life, watch funny movies