

# Passionately Alive Practices by Nicholas de Castella

The following is a summary of the practices you learnt at the Passionately Alive workshop.

**Remember: You are a human being, not a machine. Nothing is ever broken.**

**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!**

- Heart Centring:**
1. Stop and be in stillness
  2. Breathe into body
  3. Feel sensations and emotions
  4. Allow, allow, allow
  5. Focus on heart and cultivate love and appreciation
- Presencing:**
1. Focus your attention on your body sensations
  2. Using a gentle flowing breath
  3. Feel all the sensations and any energy flowing through your body or lack there of
  4. Practising staying with the feelings and not splitting off
- Tonglen:** Transforming suffering into peace and joy  
Opening and welcoming 'in' all experiences especially uncomfortable and even painful ones whilst staying relaxed, soft bodied and open
- Breathwork:**
1. 20% deeper breathe than normal
  2. Active inhale & relaxed exhale
  3. Circular, continuous flowing breath without pausing or holding
- Body movement:** Getting the energy moving through the body by moving it  
Dance / Yoga / Rishi Isometrics / Stretching
- Sounding:** Moving energy through your body using your voice  
Chanting / Singing
- Mindfulness:** Living in the present moment  
Keeping your attention on what you are actually doing  
Not getting caught up in stories OR jumping ahead of the present moment
- Truth Telling:** Sharing what you are experiencing without blaming, invalidating criticising or belittling  
Use 'I' statements, talk about what you are experiencing without referencing to the other person.
1. Facts
  2. My interpretation
  3. The emotion I feel (it must be an emotion: happy/sad, excited/fearful, passionate/angry)
  4. What I do want
- Honouring:** Active listening  
Empathetic (emotion based), sharing  
Expressing praise, appreciation and gratitude
- Attitudinal Healing:** Cultivating positive attitudes to life. e.g.. Gratitude, Compassion, Empathy, Accountability
- Self-validation:** Loving ourselves today, exactly as we are
1. Witness what is (thoughts and feelings)
  2. Accept that up until now this is the best we can do
  3. Bring in the qualities of softness and gentleness
- Witness Consciousness:** You are not your thoughts, feelings or body  
You are the unchanging, eternal, neutral witnessing consciousness that observes these things
- Conscious Creating:** Understanding that we are each co-creators of our reality  
Beliefs create thoughts, thoughts create action, action creates results, results reinforce beliefs  
Dropping the 'victim - persecutor - rescuer' drama triangle  
Taking full charge of your life by owning your right to chose your decisions and actions  
Be aware that every thought you think and word you say and emotion you feel is affecting your future  
Choose to always affirm goodness and love (over fear) and acknowledge the silver lining on the clouds
- Passionate Expression:** Emotions are energy. Give yourself permission and a safe place to let it all hang out  
Get out the tissues and beating cushions and cry, dance, scream, roar, laughing, shout... just let it out!
- Pathway to Freedom:** When you feel emotionally activated get out a copy of the worksheet and process yourself through it for healing and new insights