



Passionately Alive Daily Practices

by Nicholas de Castella

Stop and Be

Take regular time out to stop and drop into stillness and silence

Focus on Feeling rather as well as thinking

Turn your attention to what you are feeling in your body

Regular Heart Centring

1. Stop, Breathe, Feel, Allow, Focus on heart and love and appreciation

Be Present

Focus your attention on your body sensations

Practice Tonglen

Welcoming 'in' all experiences especially uncomfortable and even painful ones

Breathe Connected

Deep, flowing breathing

Move Your Body

Dance / Yoga / Rishi Isometrics / Stretching

Make Sound

Chanting / Singing

Be Mindful

Living in the present moment. Drop the stories

Tell the Truth

Sharing what you are experiencing without blaming, invalidating criticising or belittling

Honour all living beings

Expressing praise, appreciation and gratitude

Cultivate a positive attitude to life.

Look for and acknowledge the good and perfect in all things

Validate Yourself and others - Your OK!

Loving yourself today, exactly as you are

Remember the Witness

You are not your thoughts, feelings or body

Consciously Create

Understanding that we are each co-creators of our reality

Express Emotion Regularly

Say what you feel. Give yourself permission and a safe place to express your emotions freely

Pathway to Freedom:

When you feel emotionally activated process yourself through it for healing and new insights

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