

Passionately Alive

Emotional Intelligence Training



Nicholas de Castella
Australia's Heart Intelligence Pioneer

“What really matters for success, character, happiness and life long achievements is a definable set of emotional skills - your E.Q. - not just purely cognitive abilities that are measured by conventional I.Q. tests.”

Dr Daniel Goleman 'Emotional Intelligence - Why it can matter more than I.Q.'

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E.Q. - Emotional Intelligence Training

What is E.Q.?

Our E.Q.(Emotional Quotient) refers to our ability to use our emotions to enrich our lives. Researchers are finding that our level of E.Q. is a major determinant for happiness and success.

In the 1980's John Mayer and Peter Salovey first proposed the idea of 'Emotional Intelligence'. In 1985 Reuvon Bar-On designed a measure of emotional intelligence called 'E.Q.' . In 1996 Daniel Goleman's landmark book 'Emotional Intelligence' showed that our emotions (not our cognitive skills) affect our level of relationship satisfaction, health and happiness and effectiveness in life.

At the Institute of Heartmath in California it has been shown that when the heart and brain are synchronised we function at our best: we feel peace, perform at our peak, relate better to others and experience optimal health. By gaining access to 'heart wisdom' we can acquire valuable solutions that the mind would not consider.

References: Keys to Emotional Mastery by Nicholas de Castella, Emotional Intelligence by Daniel Goleman, Heartmath by Doc Childre and Howard Martin, Molecules of Emotion by Candice Pert.

The Four Pillars of Emotional Intelligence

At this time there is no universal definition of the aspects of Emotional Intelligence, but after working with people in this field for over 20 years I find the following four areas useful to identify:

1. Self Awareness / Understanding

Recognise, understand and articulate our thoughts, feelings and wants.

2. Self Acceptance, Aliveness and Authenticity

Validating our experiences. Reconnecting with feeling alive and at ease in being ourselves.

3. Self Control / Self Empowerment

Taking charge of our life by managing and directing our attitudes and emotions.

4. Emotionally Intelligent Relationships

Inspiring, motivating and connecting with others in healthy meaningful and caring ways.

Raising E.Q. leads to:

Energy, Joy and Enthusiasm for Life

- Open the flow of life force
- Release of blocks and 'stuckness'
- Reclaiming of innocence and playfulness

Inner Peace

- Learn meditation techniques to experience inner peace
- Resolution of issues that cause stress and anxiety
- Release of grief and home-coming to peace and love

Success Consciousness

- Greater sense of control by mastering emotions
- Stronger sense of intuitive guidance
- Freedom from self sabotage and procrastination
- More clarity, direction and purpose in life
- Release from restrictive 'victim' patterns of behaviour

Greater Self-Love

- Experience of profound heart opening and love for self
- Healing of guilt, shame and resentment
- Fuller connection with and expression of the real self

Self Assertion

- Confidence to stand up for self
- Freedom to live the truth of who we are
- Express feelings more clearly and effectively
- Transform self-consciousness into self expression
- Overcome fear and master your anger

Deeper and Stronger Relationships

- Bring more of ourselves into our relationships
- Development of communication and skills
- Release of limiting relationship fears
- Healing wounds and release of fear of intimacy

Enhanced Health and Well-being

- Gaining of practical skills for better health
- Decrease in stress related hormones
- Enhanced immune system functioning
- Management and healing of pain
- Breathing for better well-being

"This is essential 'life skill' information! Never taught at school. Without these skills you are living below your potential and suffering unnecessarily. I urge you to consider enriching your life by raising your E.Q.." Nicholas de Castella

About Passionately Alive...

Passionately Alive is designed to connect you to the heart of who you are. It will empower you to access and utilise more of the wisdom and power within. As a result you will live more fully, deepen your relationships, free yourself to enjoy life more, enhance your bodies healing ability and take greater control of your life.

Learn New skills: The skills taught are designed to assist you to develop inner peace, conquer fear, master anger, heal sadness, increase joy and free yourself from blocks to success, happiness and well being.

Make New Beginnings. The process assists in completing and releasing the old unresolved emotional 'baggage' from the past. Enabling you to clear limiting patterns and live more fully and authentically now!

The Format

This fun and informative training is presented in a blend of both theoretical teachings and practical exercises.

Reference Manual

A comprehensive 100 page reference manual is included in the training fees. This manual has proven to be an invaluable resource for graduates to continue to refer to well after the training has been completed.

Why I feel blessed to teach Passionately Alive...

I recently received this lovely feedback and have permission to share it with you....

Hi Nicholas,

Well where do I start. I thought after Passionately Alive it would be another 38 years until I had any other major light bulb moments, where I read, heard or felt something life changing. When I got home I had Paula (my wife) in tears recounting my experience of the weekend, and felt love for her and from her like never before, the opportunities to say positive things to my boys keep appearing, sure they were not there last week?, the pressures of life and work are there (had to go straight from the airport to a rush job) but its amazing how using what I learnt shrank the mountains down. It feels great. I know this is only the start of a new journey, and I look forward to it. To say thanks seems insufficient. Kindest regards

Les Walch, Maintenance Contractor.

And from Les' wife...

I just wanted to drop you a quick note to say thank you for providing the environment and tools for Les to allow himself to feel and come back to me from the place where he was. I understand you have results like this all of the time, so I'm sure you're not surprised. Just wanted you to know how grateful I am. Les has already Emailed you I think to let you know how he's doing. I wanted to share that the flow on effects just keep coming. He has such wisdom that he can express freely and has begun to do so. The conversations we can now have are absolutely priceless. We are learning so much from each other, it's magic. Our relationship has already been strengthened from his experience with you on the recent Passionately Alive course. So thank you Nicholas. You are a magnificent person and you are helping so many people because they in turn can touch so many more with their learnings.

Paula Mc Sporrán, Life Coach

"I became aware of what Being Alive with Passion feels like for me & how out of touch with that I have been. I felt energy coursing through my body as I have not felt for my many years of Chronic Fatigue Syndrome. My experience of myself has changed - I feel myself as a person with my own power. I breath more fully and it is so satisfying and enlivening. I thank you from the bottom of my deeply felt heart Nicholas for giving so much with such care & effectiveness". Susan Domopoulos, Analyst

"Revelations about the internal me that are amazing, astounding & revealing. I can't think of a better way of 'finding heart'. Stephen Ware, Farmer

"I gained insight into an unknown for me. Now I know the first steps to feeling and expressing and experiencing my emotions. I learnt new ways to live.

Andrew Binns, Tax Advisor

"I now I feel free from these past emotional blockages & am more willing to love and nurture myself & others. I recommend this workshop to anyone who wants to release blockages from the past & let go."

Jean Thomas, Teacher

"I have a better understanding of who I am as a person and how I fit into the "Big Picture". The weekend was fantastic. I liked how the workshop had experiential learning interspersed with theory, allowing me to enjoy a weekend of different emotions including happiness, sadness, anger & love" Andrea Winzer, Personal Trainer

"I have known Nicholas Castella for some years and have attended his seminars which I have found useful as an emotional release. I believe he is very professional and dedicated to his work. His approach is different to orthodox medicine but he is accessing the subconscious in an attempt to give insight and use expressive methods to inner resolve conflicts. These methods in my opinion are useful in treating depression and anxiety, the major psychiatric conditions of our time. His methods are useful also for treating unresolved grief and improving self image."

Dr Patrick Kennedy,
MB Bch BAO, FRACGP, Dip Nutrition,
Grad. Cert. GP Psychiatry.

Hello from Nicholas...

“Passionately Alive has grown out of my own inner search for a richer, fuller and more satisfying life. I have spent over 20 years researching techniques to optimise the quality of life, travelling the globe and presenting my work.

In my youth I performed as an international class distance runner, spending four years at the Australian Institute of Sport in Canberra. I represented Australia in four World Cross Country Running Championships (Yes, I have a brother, Robert, who is a famous marathon runner). In 1983 I recorded the tenth fastest marathon ever run by an Australian in a time of 2 hours 15 minutes.

Whilst in Canberra I completed my Bachelor of Architecture. In 1987 I received a distinction for my thesis on the relationship between Quantum Physics and Architecture. This thesis seeded my departure from a Western, Cartesian philosophy to a more holistic approach to life.



I believe in the innate goodness and innocence of humanity. Many people suffer unnecessarily from pain, frustration and disappointment caused by our lack of training in Emotional Intelligence. In my work I assist individuals to reach their potential by learning to access the wisdom and power within our hearts”.

Nicholas de Castella

Nicholas de Castella is founding president of The Quantum Breathwork Association, author of ‘Keys To Emotional Mastery’, a Breathwork Practitioner, Practitioner Trainer, Relationships Counsellor, and Group Facilitator. He is a certified Quantum Process Practitioner and trained in John Bradshaw’s ‘Non-shaming’ / Gestalt Therapy. He has presented his work throughout Australia, in New Zealand, USA, Canada, South Africa and England.

Nicholas lives in Melbourne with his wife Susan and their two young sons Charlie and Alexander. He has a successful practice conducting E.Q. Trainings, Professional Breathwork Practitioner Trainings, Corporate Seminars, Couples counselling and courses, Men’s Weekends, Meditation Evenings and Private Consultations.

Passionately Alive June 17-20

Times: 7.00 pm on Thursday to 5.00pm Sunday.

Venue: ‘Hazeldell’. The Basin, Melbourne, Dandenong Ranges.

Fees: Regular Seminar Fee: \$1570 Includes accomodation and meals
14 day Early Bird Discount: \$1370 (if fees received by 5:00 pm June 3)
28 day Early Bird Discount: \$1270 (if fees received by 5:00pm May 27)

Bookings: Must be paid prior to course on form below (may be faxed in)
Training Details will be posted to you upon receipt of your booking

Please Register me for Passionately Alive on April 15 - 18 in Melbourne

Enclosed is my full payment of \$..... (cheques payable to ‘Institute of Heart Intelligence’)

Name: Preferred First Name.....

Address:..... Suburb..... P’code.....

Email:..... Phone (H)..... (W).....

Paying by (Tick One): Cheque Mastercard Visa Bank Transfer

Credit Card No. _____ Expiry Date.....

Name on Card Signed