

6 Steps to Heart Mastery

Rick Pursell

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Introduction

"At the centre of your being you have the answer; you know who you are and you know what you want."

Lao Tzu

Welcome to the greatest and sometimes, the most challenging journey of your life.

Joseph Campbell, the famous mythologist, once described this journey from your head to your heart, as the Hero's Journey.



It takes bravery and courage to take this journey and it does not embrace outer strength, but involves your greatest inner strength.

Remember, nothing happens without commitment..

It has been said that the heart is the seat of the soul, so living from your heart brings you into connection with your deepest core, the centre of your being.

In this eBook we will explore six ways how you can easily venture into your heart and practice the art of heart-centred living.

Enjoy your journey, you are not alone.

Your Precious Heart

For a very long time, we, scientists and medical personnel believed that the heart was merely a pumping device, albeit a rather remarkable one at that.

Using the average of 80 beats per minute, your heart beats about 4,800 times per hour, 115,200 times per day, 42,048,000 per year and if you live to 80 years of age, it would have beaten 3,363,840,000. That's a lot of beats!

But your heart is much more than an extraordinary pumping machine, it can be brought into coherence and alignment with your brain and acts as a portal to your higher consciousness.

The Heartmath Institute website is worthwhile visiting to get the cutting edge developments of the heart / brain connection and practical tools to live your life more richly and harmoniously – www.heartmath.org.

In the meantime we offer you six useful, practical steps to becoming more heart-centred and to bring more love and happiness into your life, for yourself, others and everything else.

The six heart virtues or values described in this eBook, were originally presented to the world by James Mahu, to whom we are deeply grateful.

Click here to enlarge

The Mysteries of the Heart

A Tidbit

Research explains how the physical and energetic heart plays an extraordinary role in our lives.

Another Tidbit

Our heart rhythms affect the brain's ability to process information. The heart has 40,000 sensory neurons involved in relaying ascending information to the brain.

Did you know?



The human heart's magnetic field can be measured several feet away from the body.



In fetal development, the heart forms and starts beating before the brain begins to develop.



Positive emotions create physiological benefits in your body.



Negative emotions can create nervous system chaos, but positive emotions do the opposite.



Positive emotions can increase the brain's ability to make good decisions.



You can boost your immune system by focusing on positive emotions.



A mother's brainwaves can synchronize to her baby's heartbeats even when they are a few feet apart.



Did you know the heart has a brain or its own?



Dr. J. Andrew Armour introduced the term, "heart brain." In 1991, Armour showed that the heart's complex nervous system qualified it as a "little brain."



The heart brain, like the brain proper, has an intricate network of neurons, neurotransmitters, proteins and support cells. It can act independently of the cranial brain and has extensive sensory capacities.



Intrinsic Cardiac Afferent Neurons



Scientists at the Institute of HeartMath have conducted research on emotional energetics, coherence, heart-brain connection, heart intelligence and practical intuition.



The heart sends signals to the brain that can influence:



perception
emotional experience
higher mental processes



Did you know?



Heart-Brain Factsoids



The heart has a system of neurons that have both short- and long-term memory, and the signals they send to the brain can affect our emotional experiences.



The heart sends more information to the brain than the brain send to the heart.



Coherent heart rhythms help the brain in creativity and innovative problem-solving.



Institute of HeartMath applied research is solution-oriented.



84% said they felt healthier



84% said they have more energy and vitality



33% said they have improved sleeping better



75% of adults experience moderate to high levels of stress.



These facts are brought to you by the Institute of HeartMath Research Center, where ongoing research is being conducted to help explain the connection and role of the heart in our emotion-based experiences.



Click here to donate to IHM's Research Fund and help support its continuing research.

INSTITUTE OF HEARTMATH[®]
Connecting Hearts and Minds

SOURCES

Science of the Heart: Exploring the Role of the Human Heart in Human Performance, <http://www.heartmath.org/research/science-of-the-heart/introduction.html>

Neurocardiology: Anatomical and Functional Principles By J. Andrew Armour, M.D., Ph.D., <http://store.heartmath.org/24-30002/neurocardiology>

The Electricity of Love: Detection and Measurement of Cardiac Energy Exchange Between People, by Hollie McCrary, Ph.D., Julie Aronson, Dana Toramiro, B.A., and William A. Tiller, Ph.D., <http://www.heartmath.org/research/research-publications/the-electricity-of-love.html>

Institute of HeartMath's free resources, tools and techniques for well-being, assessments tools, Articles of the Heart Library and Solutions For Stress Index go to: <http://www.heartmath.org/free-services/free-services.htm#stress-well-being-free-services.htm>

Stress Fact, Global Organization for Stress, <http://www.gostress.com/stress-facts/heartmath-sdr03Dec.doc#>

Heart Value: Appreciation

Definition:

"Gratitude, thankfulness, gratefulness or appreciation, is a positive emotion or attitude in acknowledgement of a benefit that one has received or will receive." Wikipedia



Thankfulness



Gratitude



Find What You Can Appreciate

If you live in a developed country, you no doubt have a great deal to be grateful for, just look around you.



When you contemplate what others less fortunate than you have in their lives, it puts into perspective what we have and mostly take for granted; food in our bellies, a roof over our heads, clothing on our backs and some form of transport available.

When you are in a sincere state of gratitude your energy is one of acceptance and harmony. You resonate and as a result, project a much higher vibe (as we used to say in the 60s) .

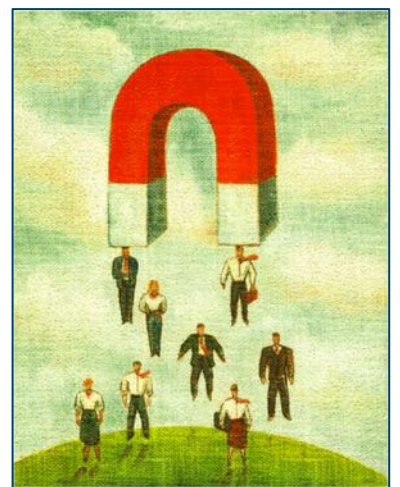
This then attracts to you, more people and things that you can be appreciative about.

Think of yourself as a Giant Magnet!!

Whatever you are feeling, whether it be love, fear, anger, happiness, joy, gratitude, resistance, etc., you are in essence creating a magnetic force that attracts and draws to you people, events, conditions and circumstances, which are in direct correlation to what you are feeling.

At any time that you are NOT expressing gratitude for an outcome, you are in essence resisting the outcome.

That which you resist will persist!!



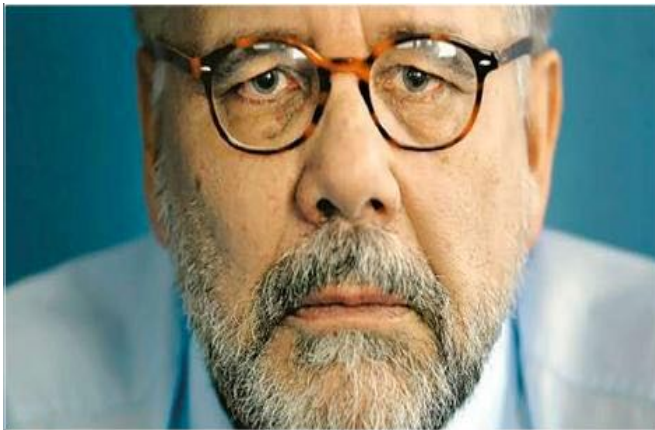
Appreciation

Appreciation Exercise:



Take a judgment you have made of a person..

a place..



or situation, and replace that judgment with something you can be grateful for.

In 10 to 15 seconds, the judgement will have changed into appreciation.

Heart Value: Compassion

Definition:

"Compassion is that which makes the heart of the good move at the pain of others"

Buddha

What is Compassion?

According to Maitreya - It is the ability to see another with no thought of wanting to comment or give advice, but just to see them with love and understanding.

It is the ability to know they have a life path just like you, but not interfering in that life path and having love for them.

Total and unconditional love without judgement, fear, or any other emotion



"If you want others to be happy, practice compassion. If you want to be happy, practice compassion."

Dalai Lama

"Compassion is not religious business, it is human business; it is not luxury, it is essential for our own peace and mental stability; it is essential for human survival."

Dalai Lama

So from these words, we can deduce if we are to survive and thrive on this planet we call Home, we must adopt and practice daily, the value of compassion.

Compassion

Compassion therefore is extended to all human beings, all life forms and the planet itself, with the realisation that we are part of one another's destiny.



Compassion Exercise:

Perhaps the most difficult part the process of compassion is the removal of your own ego self.

See the person objectively



See that the person is suffering - without judgment

Accept and recognise what you see



Disengage enough, so you don't get caught up in your own "stuff"

Just be present for the person to express themselves in any way fit (without causing damage to themselves, others or the physical surroundings)

Listen and be present, that is compassion in action.

Heart Value: Understanding

Definitions: *Understanding is reached by the application and evaluation of three components; Affinity, Reality and Communication.*

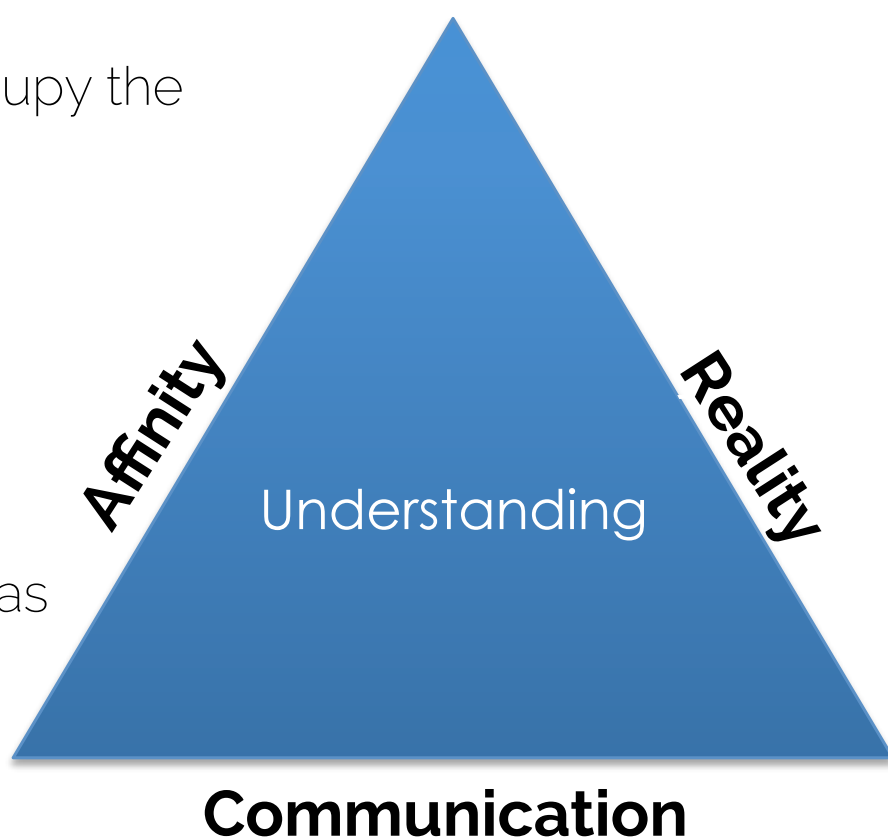
Affinity – how much you like or dislike a person, place or situation.

The willingness to occupy the same space

Reality – that which is agreed upon

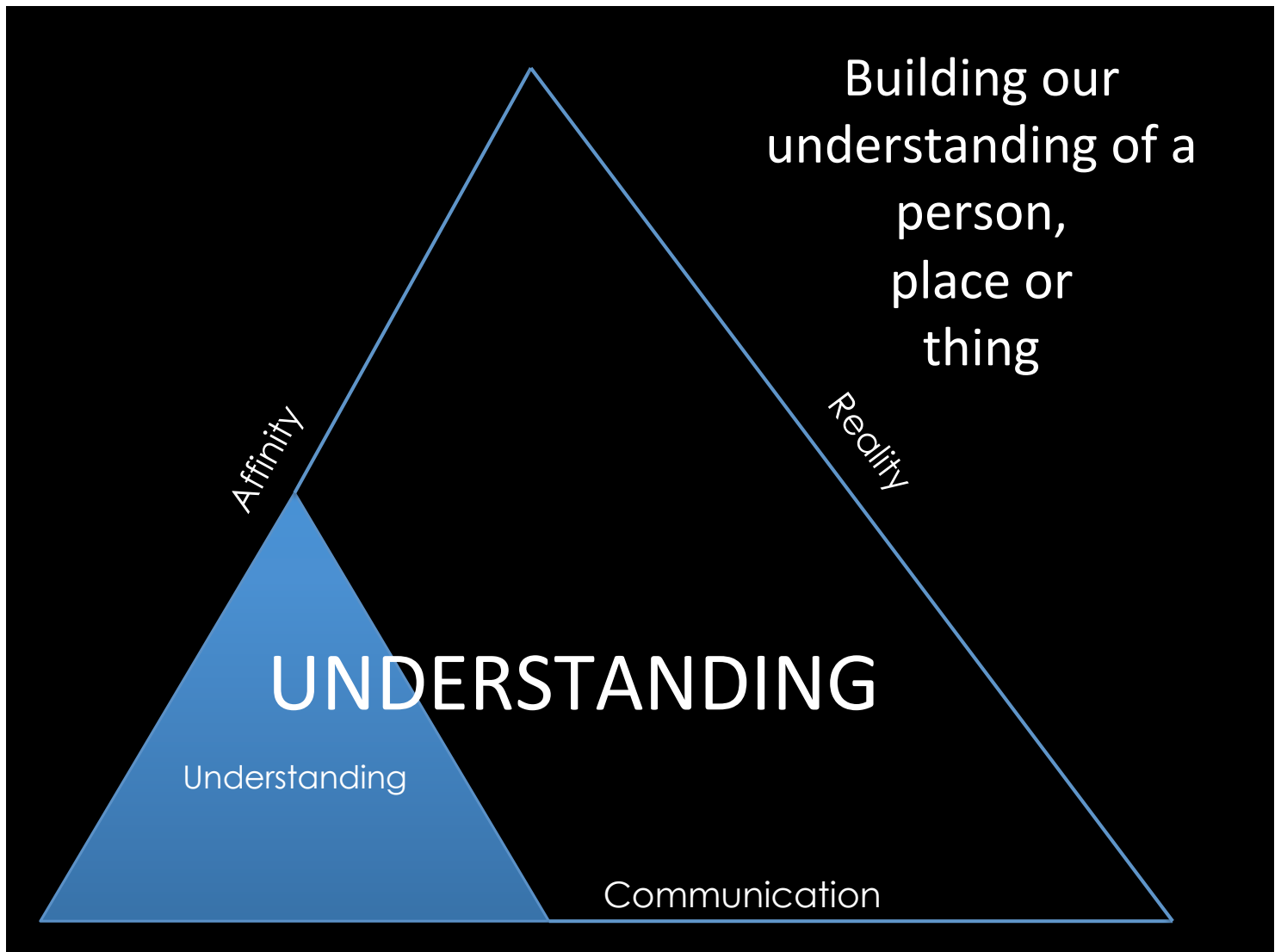
Communication – the interchange of ideas or solids between two or more people.

Can also be communication with oneself,



Your level of understanding is based on the presence (or not), of these three components.

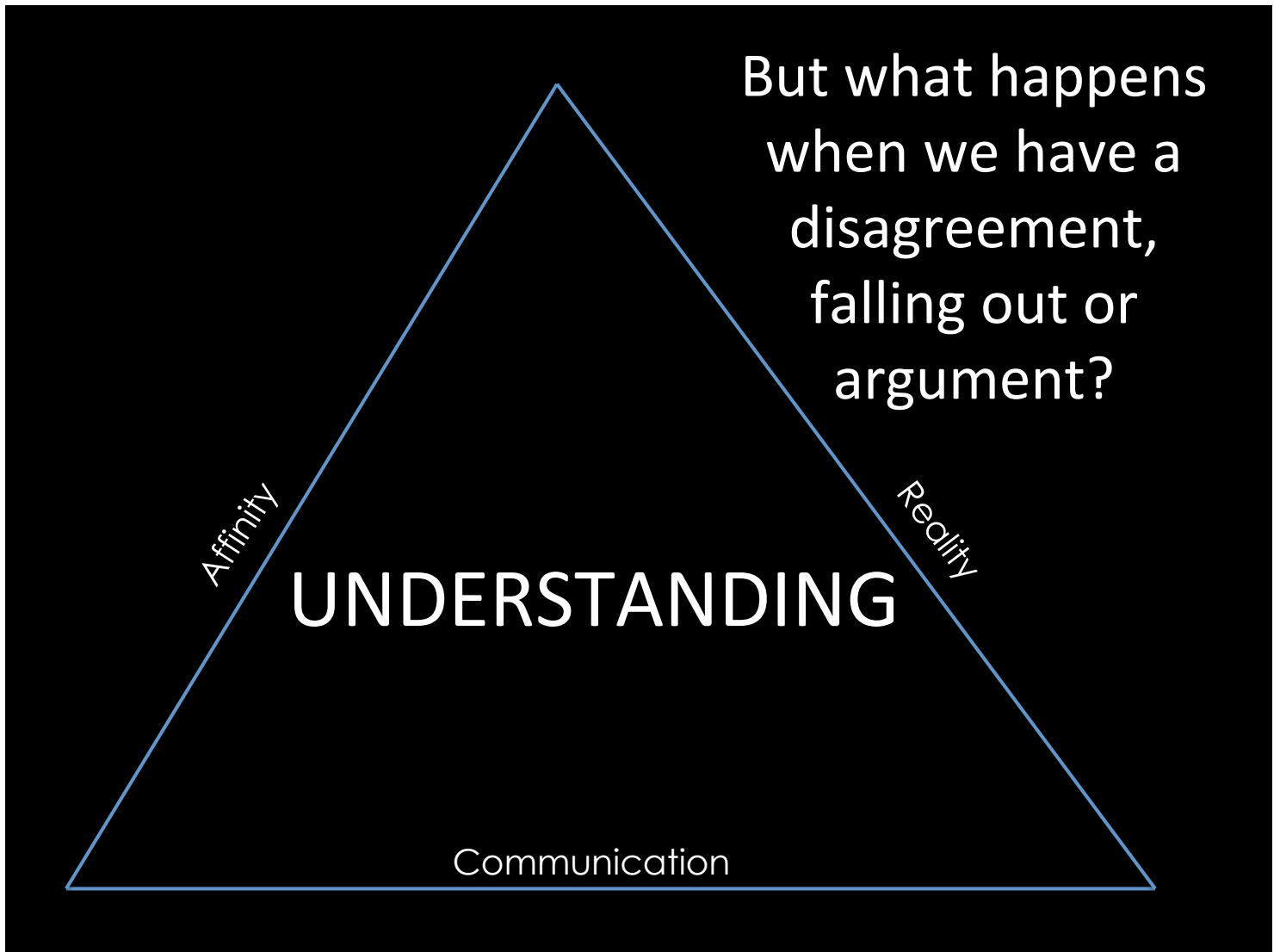
Building Understanding



Expanding any one side of the triangle, expands the level of our understanding.

Conversely, a break in one or more of these elements, reduces our understanding

Losing Our Understanding



Question: Which one of these components do you think goes out first?
Note: The sequence is not 100% the same all of the time.

Which one?

Affinity – how much you like or dislike a person, place or situation.

The willingness to occupy the same space

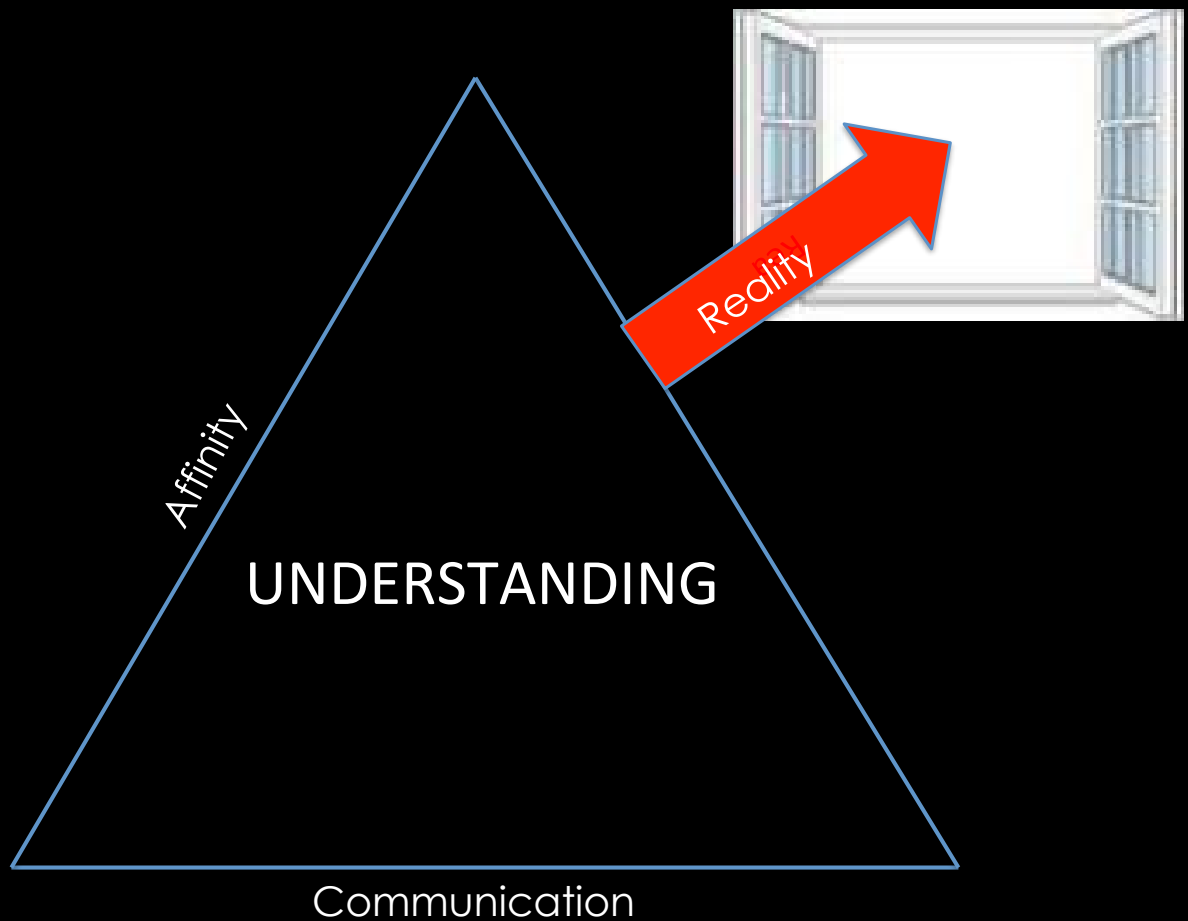
Reality – that which is agreed upon

Communication – the interchange of ideas or solids between two or more people.

Can also be communication with oneself,

A Break in Reality

You cannot understand how they could do that



The answer is (Drum roll please): **Reality**- that which has been agreed upon.

When we agree to something or a behaviour to be a certain way and this is violated or abandoned for selfish reasons, the trust that was formed around this agreement is broken. Trust forms the foundation of all relationships and connections.

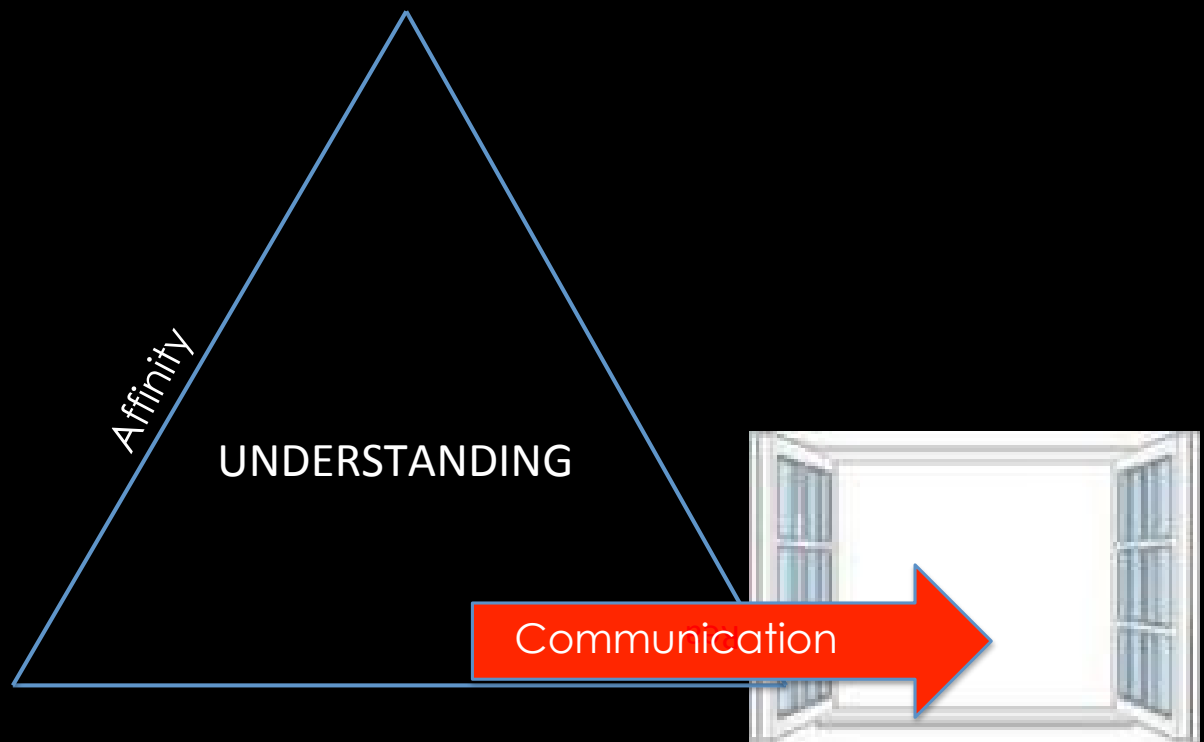
This break in reality causes a loss of understanding and usually, confusion, upset, loss of trust and withdrawal.

The person is left in a certain amount of uncertainty, depending on the severity of the broken agreement.

Which element goes out next do you think?

A Break in Communication

Communication ceases, is abrasive or downright angry!!



The answer is: **Communication** – this is a form of withdrawal or shock at what has happened or been revealed.

In a state of shock, we pull back to re-evaluate the situation, or project our disappointment, disapproval or anger towards the person who we trusted and who has let us down.

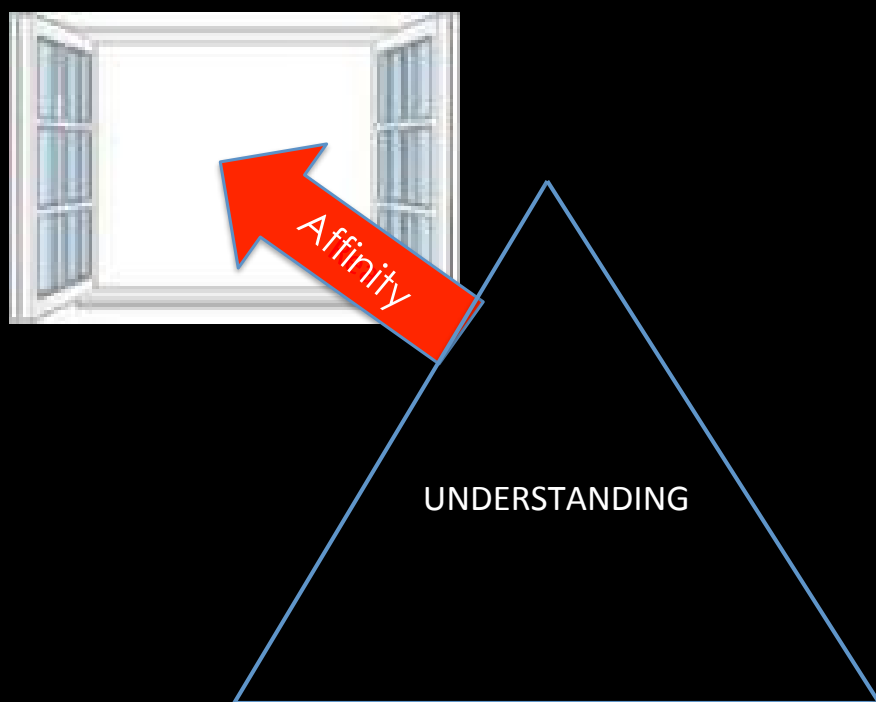
Notice how the triangle of understanding is diminishing in size, proportionately to us pulling back and withdrawing our communication (a common reaction to this type of scenario)

We are now in a state of confusion and trying to make sense of the situation.

And the last element to go out is? With only one left, it is an easy one to guess!!

A Break in Affinity

You really don't want to be in each others space or even like them!!



Affinity – how much you like a person, place or situation, has now been dramatically reduced along with your understanding.

Bearing mind, there are varying degrees of hurt that we can experience as a result of our loss of understanding. These examples are of an extremely painful scenario.

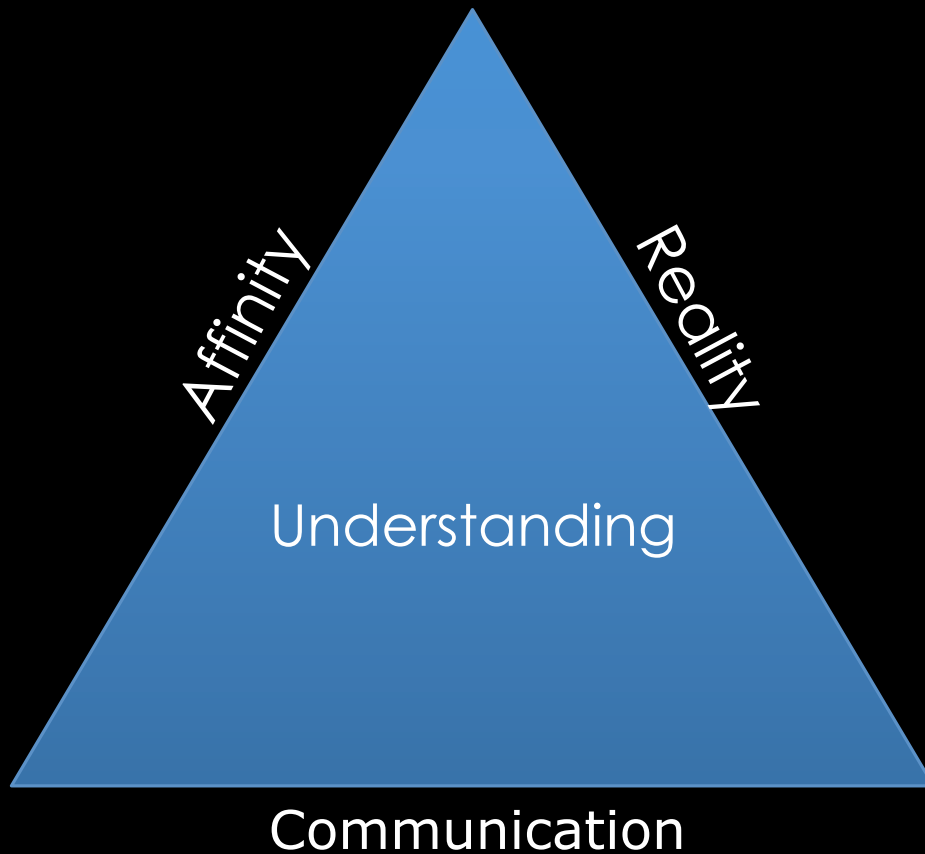
Now we withdraw to lick our wounds, take stock of the real situation we find ourselves in and contemplate the choices of action(s) or none, we should take next.

This can take any amount of time. Some people will walk away having decided they are done.

Others may muster up the courage (out of necessity) to find out more from the other's perspective and chose reconciliation as the best option to take.

Rebuilding Understanding

If we are willing, we can rebuild and restore our understanding and love



To do this we start with communication, preferably, a non-violent, non-threatening discussion to glean some understanding from the other person's perspective.

Find out what needs were not being met, which contributed to their actions.

If it is a highly volatile situation with a lot of pain, this will not be an easy conversation, but if you are committed to reconciliation, it is a conversation which must take place. Be brave!

Now you are talking again, the level of understanding can creep up. Take your time and always ask deep questions, as you want to get to the root cause of the situation so it can be resolved with understanding.

As you progress, you will need to reinforce the new agreements to move on.

Using the Tools of Understanding

Use these tools to gain a much deeper understanding of yourself (and others)

Affinity – how much you like or dislike yourself. How much you really love and appreciate yourself

Reality – that which you agree upon that is advancing your well-being and consciousness

Communication – the willingness to embrace new ideas and release old beliefs. Communication between you (small self) and your Authentic Self



Remember

The only real and lasting change we can make to the world, is a change in consciousness.

It all starts with us!

Heart Value: Forgiveness

Definition: Forgiveness is typically defined as the process of ending any resentment, indignation or anger as a result of a real or perceived offense, difference or mistake AND ending any demands for punishment or restitution e.g. *"You now need to pay me"*

Whether we are aware of it or not, all of us are doing the best we can with what we have got to work with.

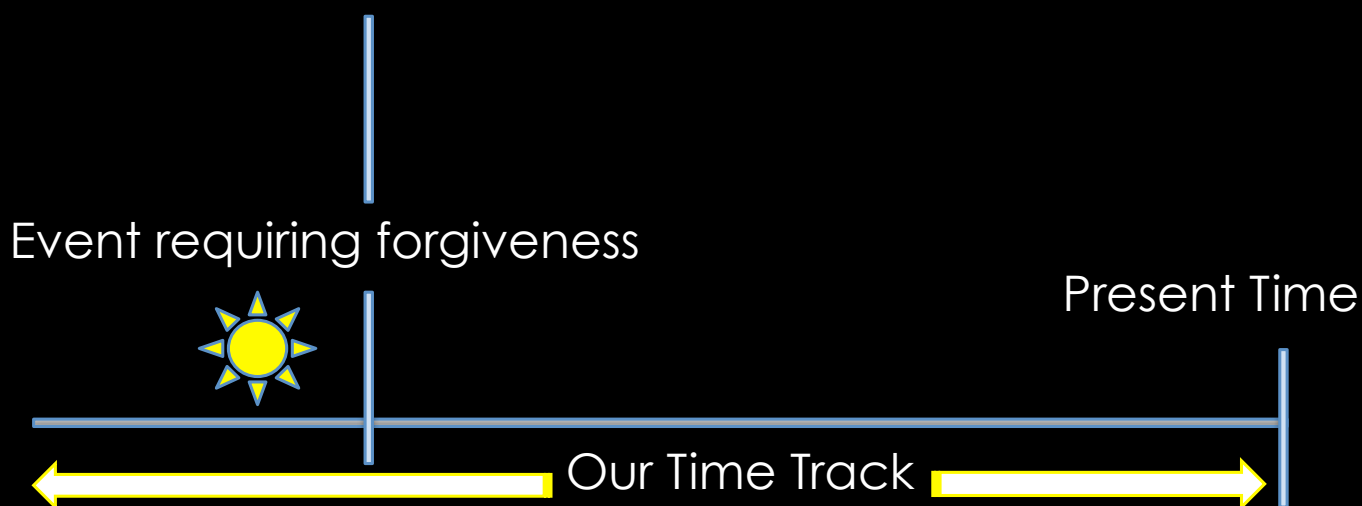
If the environment in which we grew up did not equip us with emotional intelligence, a way to satisfactorily resolve conflict, there was a lack of love or compassion in our home, then we won't have much experience as to resolve conflict in a harmless way or let go of our upsets.

Take a look our world today to see what is happening as a result of the above statement and determine if this rings true for you.

"We are ALL doing the best we can with what we have got to work with"



Getting Stuck



Our lack of forgiveness keeps us stuck on our time track and in the past, preventing us from moving on and experiencing the true magnificence of this present moment.

This moment in time, this one, now, took an estimated 13.7 billion years to get here, what a shame it would be to miss it, if we are stuck in the past, regurgitating something that happened to us and we haven't let it go!

Think about that

What is Forgiveness



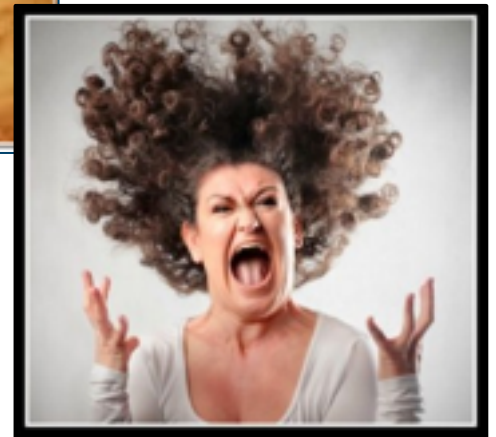
Is a creative act that changes us from prisoners of the past, to liberating us, at peace with our thoughts, ourselves and others



Make peace with your past,
you owe it to yourself

Forgiveness Exercise:

Everyone who comes to you is a mirror of your qualities – good or bad.



What has been done to you or what we have done to others, can be healed with four simple commands directed at yourself:

Ho'oponopono:

[Read More](#)

I love you
I am sorry for.....
Please forgive me
Thank you

Use this practice to release old, stuck pain caused by others or yourself

Try Something New

Forgiveness

Anyone can hold a grudge, but it takes a person with character to forgive. When you forgive, you release yourself from a painful burden. Forgiveness doesn't mean what happened was OK, and it doesn't mean that person should still be welcome in your life. It just means you have made peace with the pain, and are ready to let it go.



A new day, a new beginning.

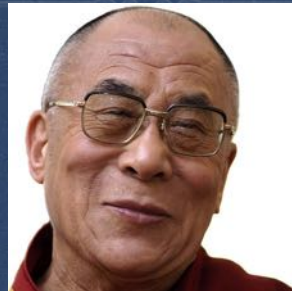
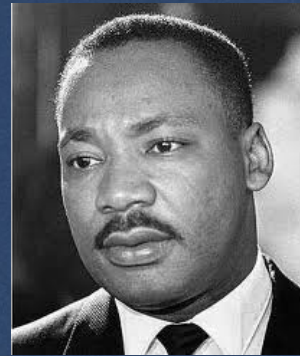
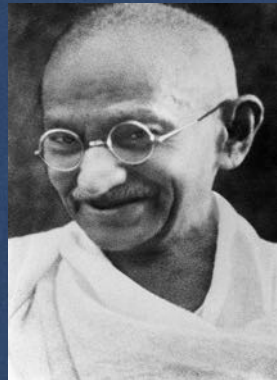
What would you like to create today?

Heart Value: Humility

Definition:

Freedom from pride or arrogance. Not proud or haughty, not arrogant or assertive. The state of egolessness

Who Are These People?



And what do they have in common?

Answer: Humility

The Art of Being Humble



- In an ever-expanding Universe, considered to be around 13.7 billion years old, can we really know everything about everything?
- Do we even know with 100% absolute certainty, what is going to happen tomorrow, in the next hour or minute?
- Are we aware of our own limitations and enormous untapped potential?
- Are we capable of setting our ego's sense of importance, its fears, separateness and superiority (to name a few characteristics) aside and embrace vulnerability, authenticity and humility?
- Can we imagine how much greater our understanding of life (The Universe and Everything) could become, once we let go of the idea that we already know it all?
- Can we replace the idea that we are better than some people and just embrace and celebrate our differences?
- Can we (humbly) get our head around the distance to the observable edge of this Universe (Are there others perhaps?) is about 46 billion light years away?
1 Light Year = 6,500,000,000,000 miles or 10,460,736,000,000 kilometres!!
- Could it be we are not alone?

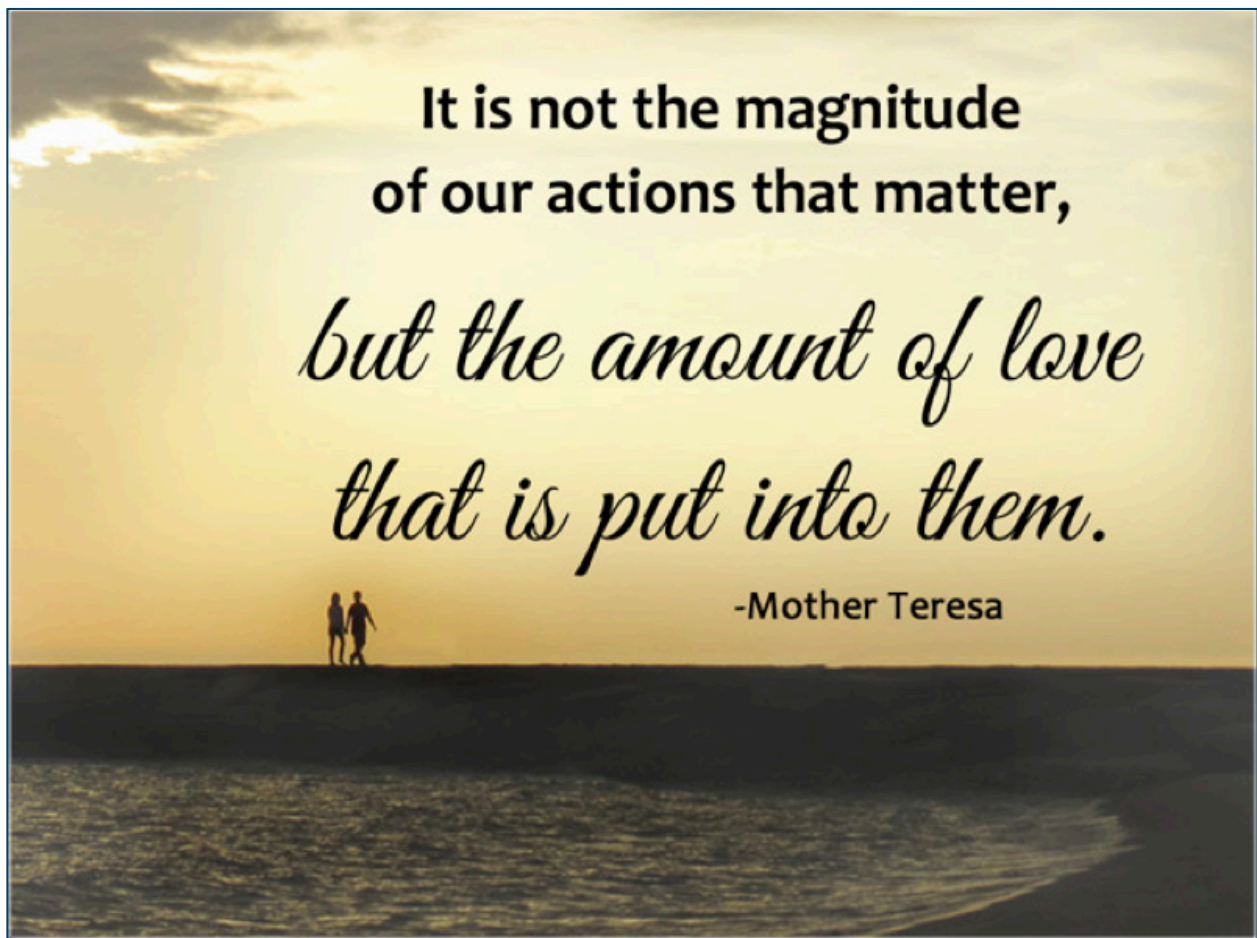
Humility Comes From Your Heart

***"Learnt, conditioned Fears comes from your ego,
Humility comes from your heart"***

Humility is:

- Integrity towards and caring for yourself and others
- Equality – a lack of superiority, self-importance or thinking you are better than others
- Being interested in people, their lives and stories, not being interesting at the expense of others
- Emotional intelligence expressed without pride (*"Look at me how good I am"*)
- Being flexible and open minded to new ideas and differing opinions
- Admitting your shortcomings without debasing yourself.
- Valuing other peoples ideas, suggestions and advice
- Quietly acknowledging your successes to yourself, without shouting out to the whole world from the rooftops, while beating your chest!
- Treating yourself and others with dignity and respect
- Causing no harm to yourself, to others, to equipment and assets, to your immediate environment, to the planet as a whole and to future generations.
- Being of service to others
- Being willing to apologise or say sorry in the appropriate circumstances

Living a Humble Life



Every act of humility transcends the ego and taps us into the resident power within us all.

Humility is an act of love and is best used to serve us and others, in this ever-changing world we live in.

We are all in this Game of Life together; humility permits the state of cooperation, compassion and caring to flourish and with it, a new heart-centred way of being, doing and having.

Isn't this what your heart desires?

Heart Value: Valour (Courage & Bravery)

Definition:

Courage and bravery is the ability to confront fear, pain, risks, danger, uncertainty or intimidation.

Physical Courage is courage in the face of physical pain, hardships, death or threat of death.

Moral Courage is the ability to act rightly in the face of popular opposition, shame, scandal, or discouragement.



"Courage is not the absence of fear, but the acquired ability to move beyond fear"

Mathew Kelly

It is common in today's social order to pretend ignorance of the injustices of our world.

Self-absorption in one's own world is a key threat that undermines the expression of valour, and **fear of consequence** is the other.

Dealing With the Social Order



That which is socially acceptable behaviour to the masses

**But what happens if you
dare venture outside?**

Woodstock 1969



The Social Order tends to reject anyone or anything that does not fit their model, which is based on fear.

10 ELEMENTS OF COURAGE

People with courage possess ten shared characteristics. They should remain as guideposts in your journey through life:

SELF-CONFIDENCE. Courageous people believe in themselves. They know who they are and what they stand for.

CONVICTION. You always know where courageous people stand. They're passionate about their beliefs and values and have consistent and predictable behavior.

INTEGRITY. Courageous people know the difference between right and wrong. They don't just talk about honor; they live it every day — backing their words with action.

LEADERSHIP. Courageous people aren't deterred by adversity or afraid of what people may think of them.

COMPASSION. Courageous people put other people's needs ahead of their own.

OBJECTIVITY. Courageous people believe that people are willing to make tough decisions if the options are presented to them in an open, honest, and objective manner.

STRENGTH IN ADVERSITY. Courageous people aren't afraid of swimming against the tide or challenging the status quo. They stare adversity in the eye — running toward the problem rather than away from it.

CHANGE MASTERS. Courageous people step outside their comfort zone to meet the challenges that lie ahead.

EMBRACE THE UNKNOWN. Courageous people follow their intuition. If information required to make a good decision isn't available, they follow their instincts.

ACTION. Courageous people put their money where their mouth is. They know that it's not enough to talk about doing something — instead, they act.

[Read More](#)

Courage or Fear – Your Choice

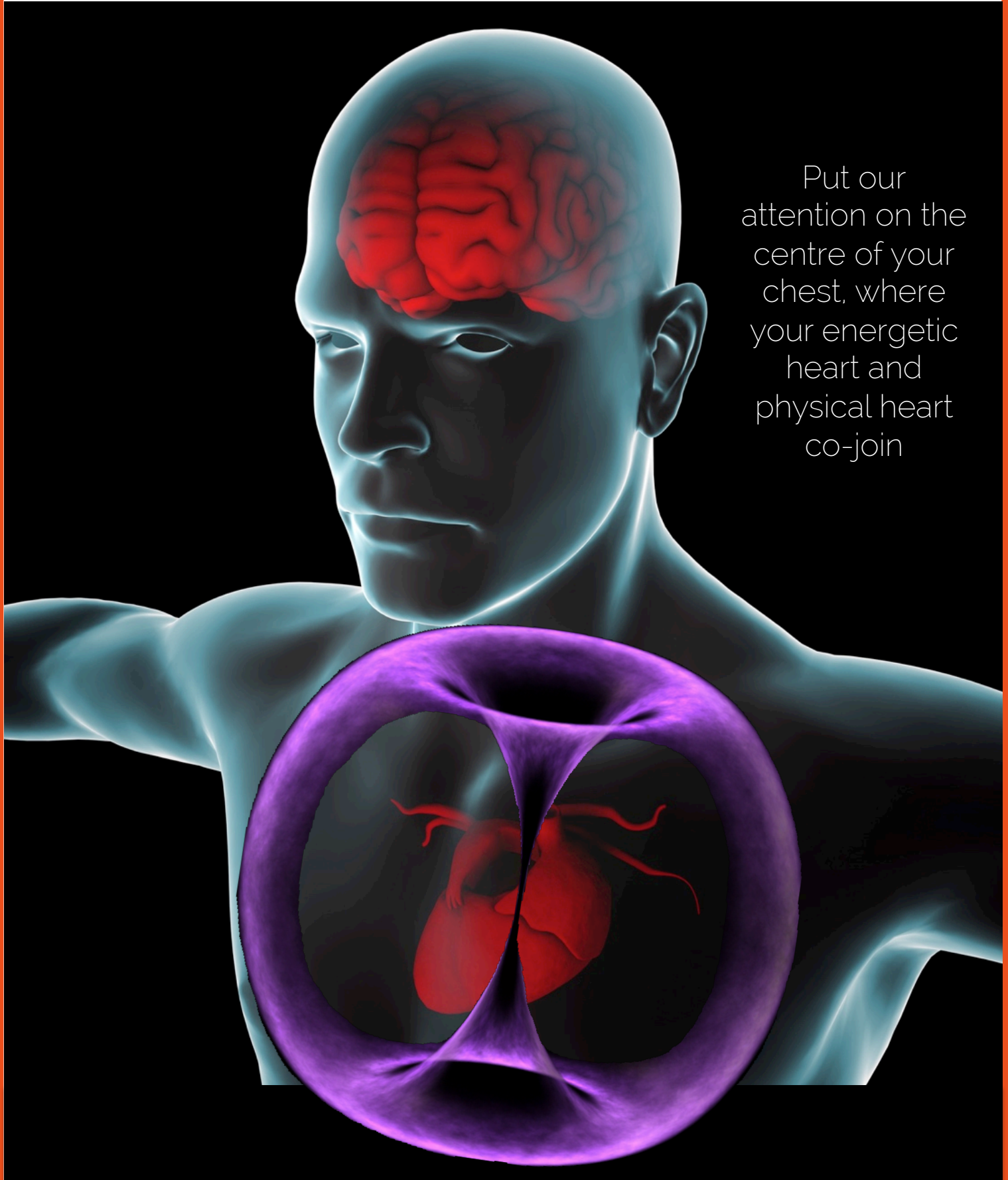


Motto:
*"Life begins
beyond your
comfort zone"*

Hint:
It takes
Bravery and
Courage to
tread the Path
of Awakening



Heart Centredness: Exercise



Put our
attention on the
centre of your
chest, where
your energetic
heart and
physical heart
co-join

Heart Centredness: Exercise

Click anywhere on the video below to start



HeartMath Quick Coherence Technique

Practice this technique daily to get the best results

Find out more about the Heartmath institute here:

[Read More](#)

The 6 Heart Values: Exercise

Step # 1

PRACTICAL APPLICATION

Its about remembering to practice!!

- * **When** you apply the six heart virtues to a particular life situation
- * **Which** one(s) to apply
- * **How** to express the virtues into that situation



The 6 Heart Values: Exercise

Step # 2

PRACTICAL APPLICATION

Moment-to-moment awareness - be here, now!

Observation - see what is happening

Sensitivity - be empathetic

Alertness to the call - recognising a call for help

A lack of appreciation is a call

A lack of compassion is a call

A lack of understanding is a call

A lack of forgiveness is a call

A lack of humility is a call

A lack of valour is a call



The 6 Heart Values: Exercise

Step # 3

Ego
Practicing the
social order

Thanklessness

Callousness

Condemnation

Conceit

Ignorance

Cowardice



**Weakened
heart**

Soul personality
Practicing the
authentic self

Appreciation

Compassion

Forgiveness

Humility

Understanding

Valour



**Strengthened
heart**

You get to chose whether you operate
your life from the ego-mind's FEAR, or
from your heart's LOVE.

Choose well

Practice The 6 Heart Values

The way to more consciousness and authenticity is through your heart.

You cannot reach these through your head, but you can bring your heart and your head into alignment and coherence.

MEET
YOUR
AUTHENTIC
SELF





Last Words

You now have at your disposal, the tools to take the Heroes Journey, from your head to your heart.

Nobody ever said it will be an easy journey, for if it was, our world would already be a very different place.

It will be up to you, me and other heart-centred people to lead the way, to create a humanity that values and embodies peace, love, wholeness and unity.

The window of opportunity is open for us to leave a legacy, not just for only our own children, but for generations to come.

I wish you well on this journey and know this, you are not alone.



About Rick.

TEDx Speaker, Author, Retreat Leader, Life Coach.

Rick is truly one of a kind. His passion and purpose in life is clear, and everything he does supports this.

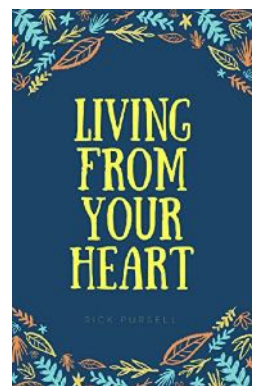
His journey in life has been amazing, but hardly a straight line. Returning from the battles of combat in the Vietnam War at just 22-years old, he was a self-described - "broken man".

Rising up from this, he undertook both a corporate business leadership path, as well as a spiritual one, studying with masters across India, China and SE Asia.

Rick is a Life and Spiritual Coach, but above all, he is a master at intuitively listening, understanding and helping others see what they can not see in themselves.



Also Available



6 Steps to Heart Mastery