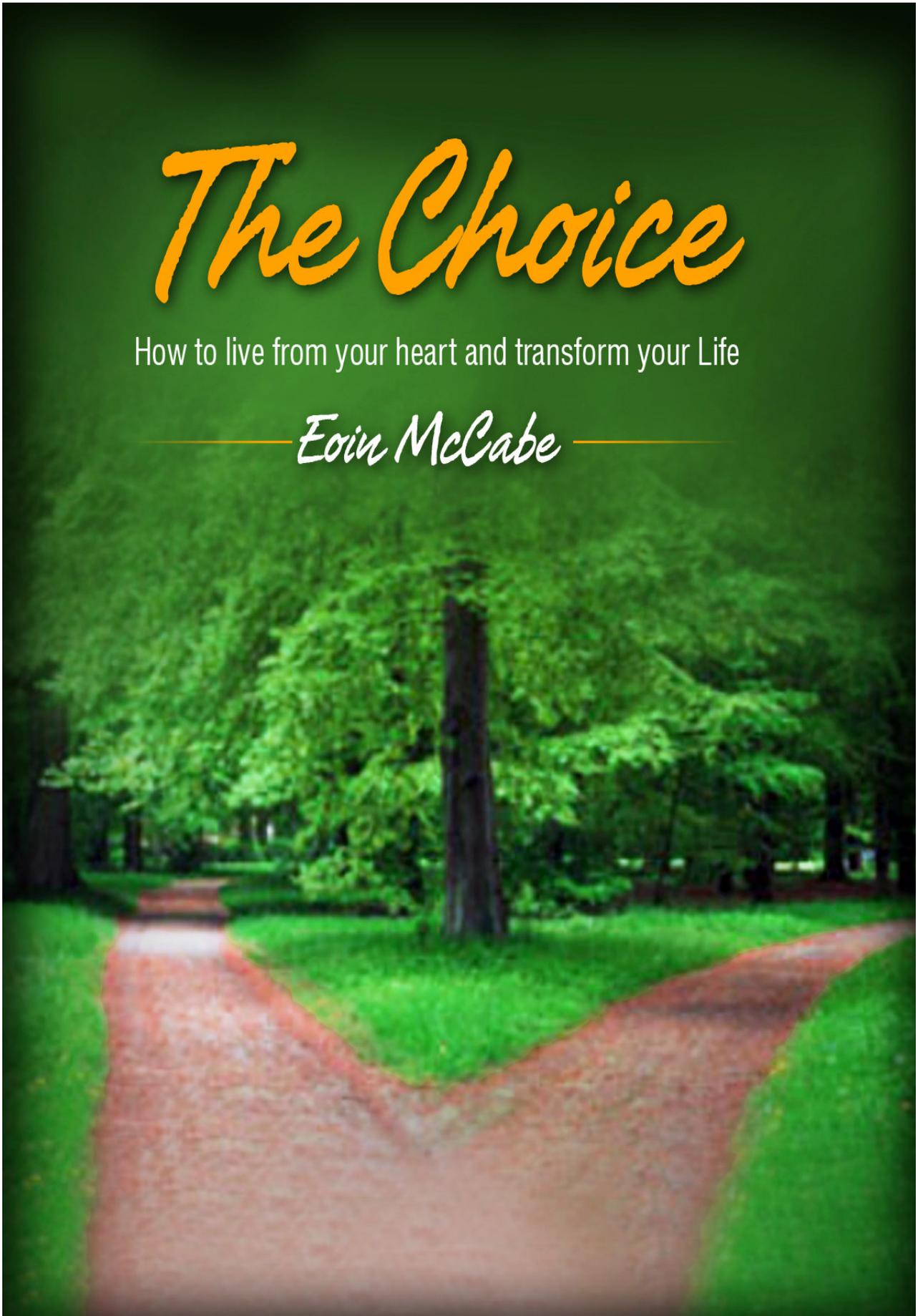


# *The Choice*

How to live from your heart and transform your Life

*Eoin McCabe*



# The Choice

*How to live from your heart and  
transform your Life*

[www.eoinmccabe.com](http://www.eoinmccabe.com)

*Eoin McCabe*

[WWW.EOINMCCABE.COM](http://WWW.EOINMCCABE.COM)

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Two roads diverged in a wood.  
And I – I took the one less travelled by,  
and that has made all the difference  
Robert Frost

*This e-book is all about Heart. Living life from the heart no matter what is happening. We are not encouraged by mainstream society to be heart centred, in fact to choose this way of living, which is our first nature – our true selves – is to choose the path less travelled. This path takes courage to step onto and be different, to follow our own heart rather than the herd.*

*This e-book is dedicated to all those who have already done this, who are doing it and who desire to do it.*

*After all, what is the point of life if we fail to follow our heart?*

Eoin McCabe

## Introduction – The Only Real Work in Life is to Love

How do you meet life each day? Is it from the analytical, cautious and logical perspective of the mind or from the open, curious and engaging perspective of the heart?

Maybe you do both. But one of these positions will be more comfortable and familiar with you than the other. For many people the mind is the master and all decisions and choices are made from this perspective. The idea of listening to your heart and following what is in your heart may seem fanciful and even foolish. Maybe you prioritise the mind over the heart, viewing the heart as all about emotions and therefore unreliable and unpredictable. Matters of the heart come second, at best.

Anthony De Mello once said that the only thing we have to do in life is to love. To love takes courage, awareness, desire, and above all else a willingness to take action. You cannot love if you are in fear, anger, judgement or resistance. Love is about choosing to be open, present, accepting, gentle, firm and compassionate. You can say ‘I love you’ or ‘I love life’ but this is only true to the extent that you allow it to be expressed in your actions and emotions. How you engage with life tells people everything about you. In each moment you are either in your mind (or head) or in your heart. (In this e-book being mind-centred is the same as being stuck in your head or head centred)

Your fears and fantasies are all in the mind. Wishing or dreaming for a better future, having dreams and hopes are no guarantee of them being realised. Dreaming and thinking about what you would love to be doing is no guarantee that it will happen, if you stay in the mind then little changes. To manifest your dreams or anything like them you need to be brave, bold, and step into the unknown i.e. you need to open up, be present and engage with life from the heart, only then are you in the now where all your creativity and power is and where the right action can be taken, the action that is fuelled and informed by the heart which is the very essence of your true nature, your very being.

When you do this you are on the path of the heart and you are in the process of realising your hearts desire, your dreams or something even better that the head could not or would not conceive of.

Dreaming about the future is no more productive than regretting the past or fearing the future, as it is all still mind based. To create, change, or transform your situation you need to do things differently, you need to operate and act from a different level i.e. the heart. From here all is revealed, bit by bit as and when it is appropriate and not when the mind dictates or demands. In the heart space, which is unflinching, strong, compassionate and powerful, the truth of any situation is unavoidable and things get resolved one way or another.

In this e-book you will learn what the Choice open to you in every moment actually is. You will be shown how to make the right choice and what the consequences of both options look like in everyday life.

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## What is the Choice?

In each moment of your life you have a choice open to you. You can choose to be heart centred or mind centred. If you are aware in the moment then you have the ability to choose. Making the right choice is what determines not only how you experience life but also how much peace and contentment you experience. No other choice in life has such a profound and powerful impact on you. This is the choice that defines you in any moment and brings you into love or into fear.

The choice is this – how do you want to meet this moment as it unfolds in front of you? As life appears in each moment presenting to you a stream of events and experiences you call reality, how you respond to this reality is up to you and your response determines how you experience your reality. If you choose to reject or resist it then you enter into battle with reality and this is a battle you will lose 100% of the time. If you chose to accept or be open to the reality of the moment then you are making peace within yourself and are staying in the flow of the moment. You are connected to life when you say yes to each moment.

Being mind centred keeps you stuck and frustrated. Living from or in the mind is stressful and demanding. It is an intense way to live your life and causes you to spend a lot of energy just to stand still. You experience life through your thinking, analysing, judgement making and false beliefs. The head or mind centred way of life is about control and resisting the unknown. The mind has its role and is important to succeed in life, but it needs to be informed by the heart and led by the heart.

As described in the section on the science of the heart you can see that the mind is very much influenced and affected by the communication from the heart. The heart is a very powerful part of you and to put it in second place to the mind is harmful in several ways. Einstein said ‘We have created a society that honors the servant (*the Mind*) and has forgotten the gift (*the Heart*)’. It takes trust in yourself and in life to go with the heart. Choosing to be heart centred takes courage and a willingness to step into the unknown. To operate or meet life from the heart is the road less travelled and the one that makes all the difference.

Stepping into your heart is an invitation open to you in each moment of every day. Step up and into your heart and live life to the full in the moment. Experience the joy, the magic and the freedom that is innate in heart centred living. That is what you are being urged to do and the benefits will amaze you as you continue to make the same choice day after day. The choice is simple, very simple, but not easy, at least not at first. Being heart centred gets easier the more you choose to be it.

So choose to be present, to be in your body and heart. Only then will you have access to your power and creativity. Let your heart lead you into the next move every time and in this way you are living in complete trust and openness, which is the most liberating, inspiring, empowering and challenging experience there is. In this way you will achieve your deepest desires and your true passions in life.

Setting your default position to the heart means you are finally respecting You. All the dreams and ambitions you have deep within you are taken seriously by you. You become a priority in your life and consequently, everyone benefits. We can only love

when we are in our heart. To love is to be real and fully present to and with another person. It is about action, as William Shakespeare said 'They do not love, that do not show their love'. The heart knows how to love, all you have to do is open your heart and let it happen. You have all you need within you to create loving and rewarding relationships both personally and professionally. Unlike the mind, the heart needs no proof or detailed research to simply love and let the passion for life flow from your very core through the work you do and the conversations you have.

None of this is rocket science. It is about less thinking and more being. Choose to focus on others and life more from your heart and you will increasingly find yourself feeling at peace, content and satisfied. Life is much better and so much easier when you choose to be all heart more often.

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### The Mind Centred Life

How aware are you of the moments when you are being mind centred? The following description is a guide to spotting when you are being in this state. Being mind centred will manifest in your life in ways that are unique to you, however the consequences are the same for everyone and these include stress, frustration, confusion, physical, mental and/or emotional disturbance.

Of course the mind is an important part of you and you need the mind to live fully. What you do not need is to live predominantly from the mind, your challenge is to master then mind and leverage it to your advantage in achieving success in all areas of life. You do this effectively when you use it in collaboration with your heart, which the true master organ. Use the mind appropriately while being heart centred.

When you are mind centred you tend to be stubborn, pushy, demanding, driven, results focused, intense, combative, challenging and, consequently, stressed. You may see yourself as a head strong person who thinks they know best. Being mind centred creates tunnel vision and reinforces blind spots. You create a lot of resistance and experience frustration when life does not go your way. Relationships tend to be a means to an end and are dispensed with if they become part of the problem. You make decisions primarily on the knowledge and information you have gathered and analysed. You do not let go easily and you tend to see others as either with you or against you. You rely totally on your thinking and analytical skills, your judgements are based on partial information at best. The past matters and how you experience the present is through the lens of the past, which keeps the past alive. Trust is something you are poor at and suspicious of.

Review the following list of some of the behaviours and attitudes typically found in the mind centred person and see which ones reflect how you experience being mind centred. This is not a complete list and some of these traits may not be relevant to you. Each one is a consequence of being mind centred and can act as a clear signal that the way you are being may not be the best option for you. Get familiar with the list and add to it yourself so that you can catch yourself more easily when you are behaving and thinking these ways. This awareness will help you switch into heart mode much quicker as a result.

*Mind Centred Behaviours and Attitudes:*

Trying to control situations and/or people around you  
 Cautious, wary, hesitant  
 Suspicious, distrustful  
 Fearful of rejection  
 Fearful of making mistakes  
 Risk averse and compromise too much  
 Overly analytical  
 Thinking too much  
 Second guessing your own gut sense  
 Ignoring your gut or intuition  
 Impatient, stubborn  
 Demanding, pushy  
 Passive, lethargic, procrastinating  
 Victim thinking  
 Focusing on people and situations outside of you  
 Unaware of your emotional state  
 Regretting the past or worrying about the future  
 Negative and self critical  
 Judgemental and dismissive  
 Aggressive and create conflict  
 Cynical and sarcastic  
 Exhausted often, things seem to be so much effort  
 Poor at communicating your needs  
 Poor at listening  
 Unaware of your limiting beliefs  
 Opinionated, feel you have to win or be right  
 Exclusive in your dealings with others – you feel superior to some and inferior to others  
 Make assumptions and think you know what others are thinking  
 Very intense in your work and relationships  
 Poor at looking after your emotional and physical needs  
 Poor at managing boundaries  
 Attract drama  
 Poor self confidence  
 Feel others judge you  
 Unwilling to forgive or let go  
 Rigid and closed in your thinking and behaviour  
 Uncomfortable with change or the unexpected and resist it as much as possible  
 Can appear arrogant or condescending  
 Defensive and reactive  
 You can bully others or manipulate others  
 You dismiss emotions and feelings as weak and are intolerant of them in others  
 You gossip and like to be involved in other people's business  
 Very hard on yourself and others  
 Self-absorbed  
 Blame others for your predicaments  
 Distant, cold, aloof or severe  
 Poor at building and maintaining relationships  
 Self esteem and self worth are tied into external achievements and relationships

Other people's opinions of you matter

Paranoid or fearful others will spot your insecurities and perceived faults

Of course such behaviours and attitudes are seen in everyone at times. You are not trying to stop all of the above from appearing in your life anymore, that is not only impossible but totally futile and a sure recipe for keeping the mind centred way dominant in your life. What you are aiming for is to strengthen your ability to manage yourself more effectively so that such behaviours and attitudes become less prevalent in your daily life. The best way to do this is to focus on the behaviours and attitudes you wish to experience more of in life and this is summed up in the heart centred state.

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### The Heart Centred Life

Being heart centred allows you to be resilient, patient, open, relaxed, determined, calm, process focused, collaborative, challenging and present. This is a genuinely strong person who is aware of their own presence and the potential it contains. You fill the moment with your presence. You are very aware of your environment, the people you are with and the actions that need to be taken, if any. Your relationships are open, honest, respectful and built on mutual trust. You take responsibility for yourself only and encourage the same in others. Being heart strong means you can overcome life's traumas, learn the lessons from painful episodes and genuinely let go of the past. You have no need for mind games or blame games. Your self acceptance makes you impenetrable to others' manipulation and attempts at control.

Once you make the choice to be heart centred you need to let go of 'how' to do it. Hand control over to your heart, listen to it and follow it as best you can. Act in the moment, allow yourself to be more spontaneous, say what you genuinely feel and practice compassion with yourself and others. This may feel very uncomfortable and even unnatural at first, but with patience and support you will become more relaxed in this way of living and much more confident in yourself. In time, this state will feel like being at home and that is because you are!

#### Heart Centred Behaviours and Attitudes:

More relaxed  
 More open  
 Trusting  
 Willing to forgive  
 Able to have fun, laugh more  
 Lighter in attitude  
 Optimistic  
 Accepting of what life presents in the moment  
 Willing to give it a go  
 Good at listening  
 Very supportive  
 Energetically attractive to others  
 Aware of others and your surroundings

Good at making decisions using your intuition  
 Able and willing to understand others  
 Can empathise with others  
 More patience  
 Can express yourself honestly and appropriately  
 Are responsible for yourself  
 Are creative and spontaneous  
 Are curious and open to learning  
 Willing to make mistakes to learn and grow  
 Aware of your physical wellbeing and emotional needs  
 More grounded and present  
 More confident and congruent  
 More insightful and reflective  
 Assertive and respectful  
 Loving, affectionate and kind  
 Clear boundaries and respect them in others  
 Can challenge effectively  
 Genuinely grateful for all life has provided you with  
 Resilient, determined, focused and reliable  
 Open to healing yourself and accepting your shadow side  
 Willing to go with the flow in the moment  
 Direct, clear and encouraging or affirming  
 Courageous when required  
 Peaceful and intolerant of injustice  
 More inclusive and supportive  
 Engage easily and give willingly  
 Able to respond to a given situation rather than react  
 Powerful because you are being humble and vulnerable  
 Not interested in other people's business  
 Passionate  
 Focus on validating and valuing others and see your role as providing a positive impact on others

Focus on the behaviours and attitudes more in your daily life and the heart is instantly being brought into your experience. Such behaviours and attitudes validate you and the life you live. They contribute to a more healthy life on every level, strengthening your immune system and ability to cope with stressful life events. They also ensure you experience greater love, happiness and contentment in life.

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### How to make the Choice

It is far too common for people to choose to be mind centred to get through life's challenges and to cope with the normal everyday stuff, not realising there is a better way. Anyone can be mind centred, it is seen as 'normal' by much of society and the price paid is very significant in terms of physical, mental and emotional stress. By choosing to be heart centred you engage with and resolve life's challenges in a more congruent and effortless manner. Stress is absent from this approach.

Embracing life from your heart is the single most important and the most powerful choice you can make at any time. Being heart centred means you instinctively know your own worth, and that of others. You realise you are bigger than any single situation and can cope with whatever life throws at you. You know pain and pleasure are just emotions or experiences and do not in any way define or limit you. You can sense the bigger picture without losing sight of the detail of what really matters. The quality of your actions, decisions and choices are far superior than anything you could produce from the old mind centred perspective. The heart centred person engenders peace and engagement from others.

Doing this is not always easy. It takes practice, patience and awareness. Here are a number of simple strategies for being more heart centred:

- During the day make a habit of paying attention to your heart space (put a hand on it if that helps) and imagine yourself breathing into the space, breathing out the negative feeling and breathing in peace or light. Bring your full attention and presence to the heart space and feel the space opening up, relax into it and meet the moment from here. Then notice what you are feeling and take action if needed from this calm state.
- Pay attention to physical sensations in the body. Begin to notice when you are feeling restricted, tight inside, afraid, angry, upset, annoyed, frustrated, worried or any other so called negative state or emotion and ask yourself what can you do to change this state now? It is important to notice how you are feeling, feel it and then make the choice to stay mind centred or become heart centred. It is not about fighting the feeling or analysing it, just accept how it is right now and then focus on your heart space in the centre of your chest.
- Focus on those around you and choose to validate them. Seek to be as intimate and deeply connected to others as possible, look for what you have in common with others rather than what separates you from others. Listen to others through your heart, paying attention to them as you seek to really understand where they are coming from. Meeting people with a neutral attitude is essential to help you be heart centred in their company. Ask yourself questions such as these to help relax in the company of others-  
*If I knew everyone loved me what would I do?*  
*If I knew everyone wanted me to be wealthy and successful, what would I do?*  
*If I knew that others' success in life was dependent upon my success, what would I do?*  
*If I knew that my success was guaranteed, as long as I took action, what would I do?*
- Every person you meet is an invitation or an opportunity to be heart centred. Everyone, whether they are aware of it or not, is longing to be met with an open heart and be brought into their heart. The Irish poet John O'Donoghue describes people's faces as doorways into their own unique inner world. He suggests you look at a person for a few moments, take a couple of minutes to relax and empty the mind, and look at the person again empty of thinking and self-consciousness. Then see and feel how much more of the person you take in.

- After an upsetting or difficult encounter or conversation with someone take time out by yourself to explore what just happened. In such situations the mind centred approach would have you go into fear quickly and become angry or defensive, blaming or feeling hurt. With a heart centred approach you look at it honestly asking yourself what is going on here for me? What is the deeper lesson or message for me to get in this experience so that I can understand the truth of the situation and not take it personally?
- Challenge the belief within you that prioritises other people's opinions of you over your opinion of yourself. Instead, choose to be true to who you are. Face your fear of rejection by ceasing to reject yourself. You know that trying to live your life based on others' opinions of you is not only incredibly stressful, but a form of collective madness.
- Show compassion and love towards You. Be gentle, patient, kind and affectionate with yourself just as you would be with a child. This way of treating yourself builds trust and helps the heart to open up more. Laugh and have fun. Hug people, physical contact is essential for well-being and happiness. Appreciate yourself and all that life is giving you each day.

Realise that life is meant to be felt all the time. Reality happens on the inside; inside you. Become switched on to life by feeling everything you feel without being consumed by it. You are never what you feel, do not identify with what you are feeling. Feelings and emotions are the body's way of communicating; it is an information flow happening inside you. Being heart centred means you can feel and manage yourself as you feel. Give yourself permission to feel, to accept, to let go of resistance.

Start being heart centred right now. Begin right now by placing a hand over your heart area and listening (maybe close your eyes). Drop your awareness into this part of you. What do you sense there? Can you sense your breath moving the tissues under your hand? Can you feel your heart beating? Breathe into this space and let it open up more. You may find yourself beginning to feel calmer just by listening this way to your heart.

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### Case studies

The following two case studies illustrate the practical application of being heart centred.

John is the only son of Tom and Mary. John rarely sees his parents due to his work schedule and he lives in a different city. Each thanksgiving he returns home to spend it with them and always finds it a difficult experience. He gets bored and impatient with them and finds the conversation hard to endure. His parents are in their mid sixties and retired. They spend their time reading and watching TV. John sees this as a huge waste of time and judges them as being lazy and dull. At thanksgiving he talks little and answers his questions as briefly as possible. As soon as he steps into

the house he feels like a young boy again and feels he is treated like that by his parents. Consequently he reacts to things they say and can be quite snappy and abrupt with them. At the same time this frustrates John as he would like to be more relaxed and comfortable at home when he is with his parents. It is rare he sees them and after he leaves he feels a lot of guilt over his behaviour and attitude towards them when he was staying with them.

It is clear John is meeting his parents from a mind centred perspective. He arrives with preconceived ideas in his head expecting things to be as they were the last time he was there. His mindset is stuck in the past and so is reinforcing the past in his present. He sits at the dinner table with his parents wishing he was not there, resisting the situation in his mind. He is judging them and dismissing them in his mind which is only causing him more stress and separating him further from his parents. He reacts to the feeling inside of being treated like a child again and resents the role he seems to fall into when he is how with them. Eventually he leaves partly relieved, but full of guilt for the way he behaved while in their company.

At any moment he could have changed the situation completely by choosing to be heart centred. He could have arrived at his parents' house with an open or neutral attitude, accepting the reality that this is what is happening and the past is irrelevant. He could choose to meet them as they are right now, without judging them on his past experiences. He could choose to open up to them, decide to be genuinely interested in them for the time he is there and engage with them in their conversation. He could allow himself to relax and ignore the critic commenting away in his head. By keeping his attention inside in his heart space and his attention outside on his parents he is more likely to feel love and compassion for them which will make the whole encounter a far more peaceful and joyful experience for everyone. This is a simple shift in focus on the inside which will bring significant change to how he experiences the event.

He could choose to see his parents as just two human beings who happen to be interested in him and love him for who he is. It can be as simple as that. If John could focus on that reality the situation becomes very clear and very simple. All the drama and story about his past and how old or boring or petty his parents are falls away. From his heart he can see the truth of the situation and meet it fully without any expectation or fear or resistance. This is intimacy and love in action.

Jane and Joe were dating a short time together. Jane was happy to have a relationship with Joe but was frustrated about how Joe gave mixed messages about their new relationship. Sometimes he talked about how much he loved being with her and how he wanted their relationship to really work and other times he'd say stuff like *"well I am not sure I want to be in a relationship now"*, *"lets keep things simple and slow"*. This jumping in and out of enthusiasm for the relationship was leaving Jane feeling very confused and frustrated. Some of her friends had been advising her to get out now as clearly the guy was messing her around, but she was reluctant to do this as she genuinely cared for him. She wanted the relationship to work.

Jane's frustration was the result of looking at the situation from a mind centred perspective. This was all about focusing on him as the problem, on what was wrong,

judging him and his actions, being impatient or intolerant of what he was saying or doing because it did not fit in with her view of how it should be.

From the heart centred perspective his opening up and then pulling back was really not the issue. The real issue for Jane was how she was responding to it. She needed to ask herself *“What is the impact of it on me and how am I responding to this impact?”* If Jane wants this relationship to have any chance of working then she needs to be as real, present and open as she can possibly be. Waiting for him to be open or at least consistent was a waste of time and only resulted in them playing mind games with each other. What she needed to be was honest and speak from her heart, be fully present with him so that each and every time she witnessed him doing his drama of opening up and pulling back all she would have to do is be present to it, not react to it or engage with it and feed it. She needed to let him be himself and simply take care of herself in the relationship. By doing this she was giving him the space to catch himself doing his drama, assuming he is ready and wants the relationship to work also.

She needed to stop trying to control the situation, investing energy trying to figure him out and get him to change or behave in a way that might make her feel more secure. Her only responsibility in this scenario was to be secure in herself and meet him from that strong, open and real space within her (from your heart). That way no matter what happens in the long term she can always look back and genuinely feel and know that she gave it her best shot, gave it everything, so there would be no regrets and no wondering *“what if I had opened up more and not been so afraid of getting hurt?”*.

She needed to let him be himself and be with him because it is what she wants, in meeting and being with him in this relaxed and accepting manner he will either eventually relax into the relationship and meet her where she is at or realise that he is not ready to open up and love, and so leave. Either way she cannot loose because she will have been true to herself; how the relationship develops or ends was never in her control anyway. She must trust that the end result will be right for her if she can be in her heart for both of them.

If she refuses to accept him now as he is then how is the relationship ever going to improve? If she wants to be with him then she must focus on the fact that she is with a guy she cares for and is in a relationship that brings her substantial happiness. Of course it could be better and more secure in her opinion, but focusing on this only results in conflict and dissatisfaction.

By the way, do not confuse the approach described above with encouraging someone to put up with abuse or disrespectful behaviour in a relationship. If you are in your heart then such behaviour would be intolerable and would be named immediately, as the heart takes no prisoners. The heart can accept the person but never their drama. All relationships flourish when we open our hearts to them and in them. Be *‘all heart’* and see how life shows its gratitude to you for being so brave and real.

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## Science of the Heart

We start life as a heart. The first organ of the foetus to form in the womb is the heart and from this all else springs. So while we are wired energetically to be heart centred, society and all around us pushes us to be mind centred, which is going against our very nature, all in an effort to achieve and fit in. The stress this causes on our bodies and heart is incredibly destructive.

The solution and one of the best stress reduction strategies is to be heart centred as we live each day. This not only reduces our exposure to stress, it also prevents the build up of stress in our system and keeps us grounded and calm. It brings us back to our true nature.

Physiologically the heart is a very powerful organ. It is far more than just a simple pump. According to the Heart Math Institute ([www.heartmath.org](http://www.heartmath.org)) the electrical impulse of each heart beat can be measured three to four feet from the body. The electrical impulse of the heart is up to sixty times stronger than the brain. The heart sends more information to the brain, than the brain does to the heart. The electricity generated by the heart can be detected and measured in the brain patterns of another person nearby

The heart has its own intelligence and scientists refer to it as the heart brain or neural intelligence. The term coherence is used to describe when the brain and heart are in synch. When we have or feel coherence the signal between the heart and the brain is strongest. This enables the brain to produce life enhancing chemicals such as DHEA (an anti ageing chemical which is increased 100% through coherence) and others which strengthen the immune system. This then activates and supports our healing systems. We also become more peaceful, more open, more relaxed and this in turn affects those around us through the magnetic field of the heart transmitting this coherence.

People have long been aware of the connection between stress, mental and emotional attitudes, physiological health and overall well-being. However, in recent years, a growing body of compelling evidence is bringing these crucial relationships to the forefront of the scientific arena. Scientific research now tells us that anger, anxiety and worry significantly increase the risk of heart disease, including sudden cardiac death. Studies conducted by Dr. Hans Eysenck and colleagues at the University of London have shown that chronic unmanaged emotional stress is as much as six times more predictive of cancer and heart disease than cigarette smoking, cholesterol level or blood pressure, and much more responsive to intervention.

When we have become disconnected from our hearts, our health suffers. Heart Math Institute research has revealed that heart coherence, associated with positive emotional states like appreciation, gratitude and love enhance our health and general state of well-being. Negative emotional states, like anger and impatience relate to chaotic heart rhythms and issues with mental and physical health. We can use our minds to support our hearts through mindfulness practices which are beneficial for our health and release of stress.

Dan Buettner, a National Geographic explorer and writer was one of a group of scientists who studied the world's longest living peoples in various locations such as Sardinia, California and Okinawa, distilling the secrets into a simple plan for a long

and healthy life. One of the factors common to all these healthy, aged populations was a sense of meaning in life; something that will give a sense of purpose, hope and faith in the future. Having a sense of meaning or purpose helps you live longer, why? Scientists are not sure of how this happens, but from a common sense perspective we can see that if we feel we matter, that we count and give value, if we believe that we can contribute to the well being of others and are appreciated for being present in this world, in other words if we live life from the heart, then why would we want to leave the party early?!

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**Want a free discovery session with me? I offer a free 30 minute discovery session to help you get clarity and focus on what you need to do to be more heart centred and happy in your career and relationships.**

**The Next Step!**

In this e-book you have instructions on how to live your life in a more authentic, loving and heart centred manner.

However, I know that we all can do with support and encouragement from time to time, having the information and knowledge is important, but action is essential. If you need help in putting these strategies into consistent action or want support in creating a personal action plan to be more heart centred, then please contact me for a coaching session.

In this session we can identify your specific needs and blocks and how I can best support you in applying these strategies in your everyday life.

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**Skype** (eoin.mccabe41), **call** (00353 (0) 872465570) or **email** me ([info@eoinmccabe.com](mailto:info@eoinmccabe.com)) and let's see how I can help you.

Here are some testimonials from clients I have coached recently:

My breakthrough session with Eoin was one long session rather than a number of shorter ones. It was very intense and not for the faint hearted! Eoin didn't waste any time talking round issues but helped me to get directly in touch with my feelings as I presented them on the day. He used a range of techniques to guide me and it was obvious that Eoin is very intuitive, experienced and caring. He gave me a lot of guidance and work to practice on my own afterwards and he makes himself available for ongoing support. I found the session very powerful. It brought clarity and with the practice afterwards has freed me from demons that have haunted me all my life. Numerous counselling sessions, seminars and self – help books failed to free me in the same way. I would love to do some more sessions with him in the future. Eoin is genuinely interested in improving people's lives and has developed techniques that work.

*Margaret Morris*

When I went to see Eoin I was feeling stuck and unsure of myself. As a result of the breakthrough session everything has begun to change in so many areas of my life. I am no longer afraid to operate from the heart and just take things as they come. New opportunities have arisen that I would not have taken before I met Eoin. I have asked for what I want and things have fallen into place for me. My relationships in work and at home have improved hugely and I have learned to let go of old hurts from the past that were holding me back in my life. I feel more free and happier in myself. I have a new motto 'I will never again turn down an opportunity or the chance of an adventure'.

*Patricia Walter*

My coaching session with Eoin McCabe was very professional. He was sensitive to the fact that I needed to develop awareness around certain important issues in my life, he gave me plenty of time to express myself but he was very efficient at helping me get to the core issues. My behavioural pattern of people pleasing and my sensitivity was rooted in my childhood. I brought it into my marriage and my parenting; I met everyone's needs and neglected my own. In my coaching session with Eoin I realised this pattern was still sabotaging my progress in life. Thanks to Eoin raising my awareness I have become more focused on my needs and where my life is going. I feel less frustrated with my own behaviour and I am less easily distracted. I have become very selective about how I spend my time and with whom. I enjoy my life much better and I am not frantic pleasing other people. This level of awareness is so valuable.

*Noirin O Tighearnaigh*

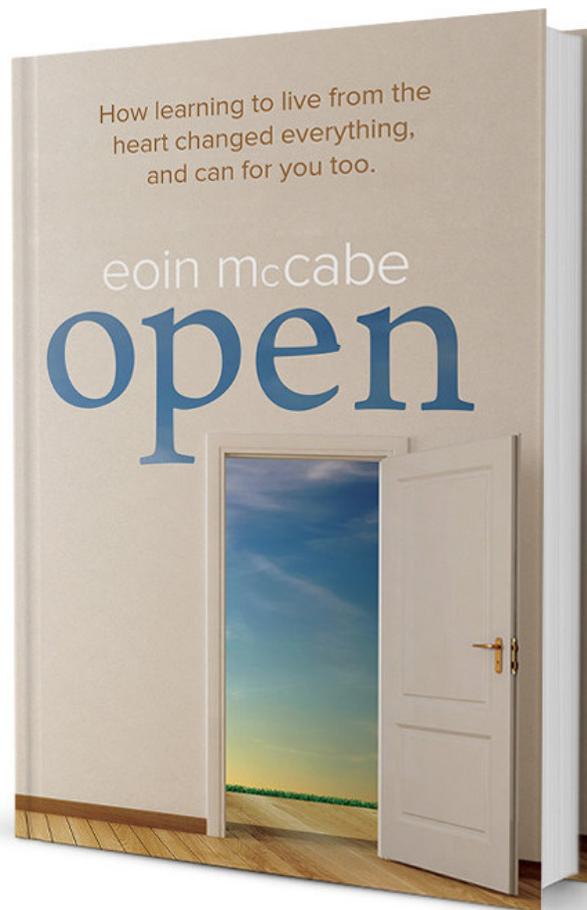
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Eoin McCabe

00 353 (0)87 2465570 [www.eoinmccabe.com](http://www.eoinmccabe.com)

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