



Break Free And Thrive In Your Soul's Purpose

“When we know our mission is to serve others, it is essential that we learn the art of living in our hearts. We recognize that our power to assist humanity starts by us becoming who we are divinely encoded to be. We recognize we cannot do it alone. As we embark upon this journey, we encounter others who feel like our spiritual family. There is a feeling of “deja vu” as if we already know one another. This feeling is felt in the heart and as we open up to each other, we become MORE of who we are encoded to be. The power of the collective massively accelerates our healing and emergence. We feel more empowered and freer from the lower energies that have kept us in a dimmed-down perception of our power, our potential, and what is possible for us and our planet.

This “family of light” that we feel a part of has no other agenda but to transform humanity and help Gaia evolve. When we are willing to give and receive love to each other, we raise our vibration and the vibration of the world. We enter the miracle zone and we can feel the transformation occurring within our hearts.

As the first wave of newly awakening divine humans, we hold a pure intention of embodying love, reclaiming our power as divine beings, and we are in love with humanity and all lifeforms. Meeting and being with like-hearted companions elevates our hearts and reveals to us more of our power, our innate worth. As we journey deeper into ourselves, in time, we discover our unique post in our evolving world.”

Marcia Mariner

The Sacred Heart

“We are divine beings through and through. It may not be apparent, but every fiber of our being is indeed sacred. This heart sits at our core. Its depth and breadth are all-knowing, all-loving, all-powerful, and ever-present. The slightest taste of this heart leaves us with a feeling of being full. We feel connected to all, to everyone and everything. Unconditional love radiates. As we touch it, the eternal flame that sits within us begins to glow. As we open to our sacred heart others will feel it as well whether conscious of it or not for this is the Universal Heart.

Once we feel it our longing to rest in this heart will spur us on to heal and grow until we are once more our wholehearted selves. In truth, we are Divine Beings incarnated in human form. We are awakening to this truth now because there is sufficient consciousness to support us.

The Sacred Heart longs to fill our consciousness. We are entering into the final phase of actualizing Heaven on Earth in the flesh. Glory Be! “

Cynthia Bergstedt

Welcome To Session Six Of Break Free And Thrive In Your Soul's Purpose!

In prior sessions, we explored the original heart, the broken heart, the survival heart, and the re-emerging heart. In this session, we will introduce you to the **sacred heart**.

This eight-session program is intended to be an overview of how the transformation of the heart occurs. Remember, this is not a linear process. As consciously evolving humans committed to living in our hearts, we must be patient with ourselves. We are learning a new operating system and unlearning patterns that have helped us survive but are no longer sustainable. We are learning to do more of what works to help us thrive, and doing less of what does not serve us or our planet.

It is an ongoing process to integrate this information and develop self-mastery. Every step we take to free ourselves from survival functioning is one step closer to creating lives we love and to helping humanity evolve.

In this session, we will learn about the sacred heart, which is the fifth heart.

1-The fifth heart is the culmination and the realization of the other four hearts. It is the most spiritual of the five hearts. Here we actualize our divinity as humans.

2. The sacred heart is the least developed, individually and collectively, of the five hearts on our planet right now. It is the heart that will see the most growth and newness in the decades to come.

3. Some of the indicators that we are experiencing our sacred heart include:

- Our heart seeks nothing more than to be a vessel of radiant love so that the planet can ascend

- We no longer see ourselves as separate from other human beings, or from creation itself

- We recognize and break out of limiting narratives about ourselves and what we can do and open up to infinite possibilities in our life

- We allow things to happen in our lives because we believe fully in our connection to Source and in the power we are endowed with as Creators to manifest reality

-We exude a radiant heart filled with unconditional love, benevolence, the forgiveness of ourselves and others, and compassion

-We are courageously vulnerable and experience a growing unity with all of the parts of ourselves

-We see Mother Earth as our partner and ally in this ascension process and receive from Her sustenance daily

-We recognize indelibly in our hearts how essential the collective and community are for our own and the planet's ascension

- The veil appears to be thinning between our 3D world, and other dimensions

-Death no longer feels like something to fear as we identify more with our light body and less with our physical body

-We become more and more interested and attuned to synchronicity and miracles become ordinary events

-Our notion of time begins to change from a linear past, present, and future to a sense that all three may be all happening at one and the same time

-We begin to remember past lives and more easily access our Soul's wisdom

-Our hearts are on fire with love for all life forms

-Our pain is seen as an integral and essential part of the ascension process, not something that takes us away from it

-We are open to the possibility that there are many beings (ancestors, angels, ascended masters, galactic beings) in the universe supporting our planet's ascension beyond what our science has yet been able to detect.

- We encounter a deeply personal and intimate presence within our heart of hearts that reveals our sacredness to ourselves

-Our brokenness becomes a portal to divine grace and can reveal to us our soul's purpose

-We take life on the earth plane less seriously, as we awaken to our soul's eternal nature

We find ourselves laughing more as we reclaim our purpose: which is to live in JOY

Questions For Reflection

1-Do I have a sense of experiencing my own sacred heart? If so, what does that look like for me? I describe it as fully as I can.

2- Do I recognize having experienced any of the indicators of the sacred heart mentioned above in paragraph 3? If so, I describe each experience.

3- What do I sense would help me access my own sacred heart? I follow my intuitions.

4- Are there any aspects of my sacred heart that I have personally discovered not listed here that I would like to share with the group? If so, I make a list.

Ongoing Practices To Access Your Sacred Heart

- 1. Listen to the meditations included in your portal for this session.*
- 2. Record in your journal times when you notice you are touching the most profound and sacred within yourself.*
- 3. Cultivate a sense of reverence for every and all life forms.*
- 4. Take time to go deeply into contemplation and learn to see the sacred in ordinary life.*
- 5. Look for the mystery, the miracle, and the magic in everyday life and allow it to penetrate your heart. Notice what you feel when you do this. Focus on anchoring in those energies until they become your new normal.*
- 6. Be open to realms beyond the familiar and let yourself feel the discomfort of new information that shakes up your current perception of reality.*
- 7. Learn to embrace the non-linear and become comfortable not knowing.*

8. Participate in “acts of timelessness” by slowing down the pace of your life and remembering the sacred in the “ordinary”.

8. Record and celebrate your evolving consciousness of your sacred heart in your journal.