



Break Free And Thrive In Your Soul's Purpose

## ***A Full Heart***

It has always been meant that we live with a full heart. Deep within us, we know this. It is one of the reasons that we have felt an emptiness within us.

To be full is to love ourselves and others with a whole heart. WE are designed to be in a constant state of breathing in love and breathing out love, to live in accordance with our deep intuition, and to trust wholeheartedly our deep intuition.

As small children, we naturally believe in love. Being evolutionary beings on a biological planet with the power of free will has its challenges. We are capable of choosing an altered path. We are capable of believing in ourselves or not believing in ourselves.

We are capable of loving ourselves or hating ourselves. We are capable of flowing with our natural self or staunching our natural self.

It is our free will that is now being called upon to choose our innate, wondrous self instead of hiding it under a bushel. Our consciousness has been rising over the years. Throughout the generations we have been

gradually awakening, realizing that we are more than flesh and blood. We are realizing that we are eternal beings with an infinite capacity to enjoy this gift of being human.

The “Five Hearts” helps us to clarify where we need to listen within and heal from the wounds inflicted when we were children. It is with understanding and compassion that we recognize that our parents, their parents, and so on, were wounded as children as well.

We are on the verge of breaking through the restrictive thinking of the Survival Heart. We are poised to exercise our free will in a new way. We no longer need to stay in the old patterns. It is safe to come out of hiding because we are aligning with the truth that we are worthy of love and belonging. We are able to support ourselves independently because we now realize that we have direct access to the Loving Source within. We are falling back in love with ourselves, returning to our natural state of being.

Living with a full heart feels glorious. We breathe in our emotions fully. We express ourselves lovingly. We hold ourselves with tenderness. The peace that surpasses all understanding is no longer a dream but a reality. Our bodies heal because the flow of love moves freely within us. As the restoration of our heart deepens, we may notice that we sleep well at night and awaken in the morning renewed to live another day. We feel connected to Mother Gaia and marvel at the wonders She creates. We drink in the bounty of Her creation, which sustains us. Gratitude flows unstaunched. Our eyes are open. Our senses heightened. Alive, we feel alive!

Cynthia Bergstedt

## **Welcome To Session Eight Of Break Free And Thrive In Your Soul's Purpose!**

We have come so far together in the last few months! And as this time comes to a close, please remember that this is only the beginning of a whole new way of functioning, a whole new us, and a whole new world. By choosing to become who you are already encoded to be and choosing to anchor unconditional love in your heart, YOU are a powerful catalyst of change on planet earth. YOU are doing your sacred part by giving the gift of yourself to the shift upon us right now.

Breathe in the gift of this truth. Can you feel it in your cells, your tissues, and in every bone of your body?

Can you sense with your heart intelligence that we are entering a new timeline as we kiss survival functioning goodbye, hold each other's hands and hearts and leap into the great mystery, the great unknown, "KNOWING" in our heart of hearts that this direction of our true North feels so right that it can never be wrong?

If you can sense that, even a flicker of that knowing, then you are well on your way home. You are coming closer and closer to the most sacred, holy realm within you. You are landing in your inner promised land. Hallelujah!! Even if only one small toe is in this new land within you, you know it's real and there is no going back to the old ways. There is no going back to tolerating being in your survival state because now you know better. There IS a way out of survival functioning. And we CAN fully unleash our power to thrive in ways our mind cannot fully grasp. In the depths of our hearts, there is a place that knows this without a doubt. This part of us remembers what our human self forgot. And that knowing is strong, invincible, filled with power, might, and glory.

This place within has no beginning and it has no end. And it is here NOW waiting to pour out all of its riches to you and bless us with overflowing love. All we need to do is release the walls and protective mechanisms that block our full access to this place within, one layer at a time.

How? By saying YES to LOVE. It sounds simple but we all know it does not mean it's easy. That's why we are here together. So we can learn the way to the Sacred Heart and assist one another in our inner pilgrimage.

After the prior 7 sessions, it is our intention that you are well aware of the non-linearity of the five hearts. We also want you to trust that you are always exactly where you are meant to be and that you are having the exact experience you are meant to have for your spiritual evolution and for you to achieve your soul's purpose. It will not make sense to your human mind or fit into your logical coherency. But we all must trust and become like little children if we want to enter the kingdom within our hearts.

You have enrolled in this program and that means you are part of the collective shift that is happening on GAIA right now. We remind you that you are part of the first wave of new humans here to anchor in the light of unconditional love for yourself and for all life, seen and unseen.

We recognize the earthly challenges you face and we are walking with you every step of the way. We hold your magnificence, celebrate your steps to break free from survival patterns and witness your pain and trauma with great tenderness. We reverently embrace all the hearts with compassion and awe. We SEE who you are beyond the veil and bow to your sacred magnificence. We transmit to you what we practice regularly with ourselves as committed disciples of the Sacred Heart. As you end this eight-session series, we want you to have some guidelines that can support you in sustaining the higher frequencies that are here for you. Below are six means that we will explore together. You can refer to it as a guide when you transition out of the program.

## **The Shift Is Upon Us**

We have described in detail these last four months the journey we humans have taken from our Original Heart to our Broken Heart to our Survival Heart. And we have held each of these hearts with great reverence and compassion.

Today it is given to us more than ever in our history to collectively step out of the groove of these three hearts and experience more and more fully our Re-emerging Heart and Sacred Heart. We have hit a thick wall in survival functioning, creating for us a great opportunity to break through with fresh eyes into the depths of our hearts and touch a higher and purer frequency within us.

### ***We do this by:***

- 1-catching ourselves when we are bound up by mind dominated, linear, myopic behavior and opening up to what we are feeling in the moment;
- 2-holding tenderly and releasing any pain that may surface as our mind lets go of control, while also realizing that this pain is most likely old pain that is no longer happening;
- 3-opening our hearts to the new that wants to be given to us in the present moment and waiting for intuitions to reveal themselves;
- 4-standing resolutely in the truth of these intuitions, cognizing them fully so that we open up the energetic field around us and make room for synchronicity and heart expansion.
- 5-proactively taking every opportunity in the day to day to raise our vibration of joy, love, peace, and gratitude by focusing on the people, places, creatures, things, and activities that activate these inner states; and

6-remembering that the universe is behind this shift into greater access to our Re-emerging Heart and Sacred Heart and is supporting us all the way.

### ***Questions For Self-Inquiry***

1- Do I feel in my bones the imminence of this collective and individual shift out of survival functioning? What comes up for me as I ponder this?

2-I reflect on each of these six means and, for each, I evaluate my level of understanding and integration (0-10). If one of these means jumps out at me right now, I take the time to explore it.

3- What have been the greatest benefits for me in this four-month Breaking Free program? What if any changes have I noticed in myself as a result of the program?

4- What steps, if any, do I feel invited to take in the next few months to deepen into these practices?

## ***Ongoing Practices To Access Your Sacred Heart***

1. Listen to the meditations included in your portal for this session.
2. Continue to 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 yourself, each experience you have, and practice radical self-compassion with yourself.
4. Consciously choose to be of service to others in a way that nourishes your soul.
5. Continue practicing gratitude for all of your experiences and seek out the golden lining to the hardships you must endure.
6. Remember YOU are a catalyst for change and that the vibration you transmit is the most important contribution you can make to our evolving world.
7. Continue to take time to go deeply into contemplation and learn to see the sacred in ordinary life.
8. Continue to 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.
9. Continue to be open to realms beyond the familiar and let yourself feel the discomfort of new information that shakes up your current perception of yourself and of reality.
10. Continue to embrace the non-linear and become comfortable not knowing.
11. Record and celebrate your evolving consciousness of your sacred heart in your journal
12. Open up to your multidimensional self more by learning about your soul's origins, Starseed essence, and your galactic roots.
13. Trust what you feel, sense, and know energetically, and let your heart compass guide you no matter what shows up in your earthly life.

It has been our sacred honor to walk with you. Thank you for saying YES to this journey with us! We love you and we wish you all the best in your journey home to your Sacred Heart.

Much Love,  
Marcia, Mark, and Cynthia