



# MARINER WELLNESS

*collectively healing the mind, body & spirit*

## Break Free And Thrive In Your Soul's Purpose

***“ The heart of our survival heart is our intellect. When we were children, we saw our world through the eyes of our original child's heart. Our intellect did not have the maturity or the safety to express ourselves freely. As children, we trust the adults that are caring for us. We think, "they must be right." We then begin to see ourselves through their eyes, which is where our distorted beliefs are formulated. It is not until our intellect has had time to mature, that we can then revisit our childhood, question what happened, and begin to bring into focus the amazing, loving Beings that we naturally knew ourselves to be. Thus begins our intellect's transformation. Instead of dis-believing in ourselves, we begin believing in ourselves once more. I strongly believe that the survival heart transforms. In our transformation, our intellect becomes our champion instead of our represser. Bit by bit we are able to feel the deep feelings we locked away, healing our broken hearts, and recognizing our original and sacred hearts. The very part of us that separated ourselves from our authenticity is now the very part of us that brings ourselves back into wholeness. We then live from the level of our Being. All is right in our world.”***

**Cynthia Bergstedt**

Welcome to session four of Break Free And Thrive In Your Soul's Purpose!  
We hope that you are consciously cultivating more presence to your broken heart and getting the support you need to release the pain from your body.

There are times in our lives when we are ready for deeper healing work. If you are at that stage in your own journey, trust the process and provide yourself with what you need to accelerate the healing of your broken heart.

Often at this stage of your awakening, it is highly recommended that you find a one on one seasoned mentor to assist you in your healing and emergence process.

When we learn to trust our feelings and surrender to the intelligence they hold for us, we are one step closer to the light of our original and intact essence. Our challenge is to say yes to this natural process of surrendering into the energy, rather than repressing it or staying stuck in an old narrative. This outdated survival pattern was based upon faulty core beliefs and dysfunctional mechanisms that we are now able to shed with the proper instruction, tools, practices, and support.

This is an exciting time in our evolution as we are now learning how to consciously partner with the love frequency more and more and witness our personal and collective evolution.

In this module, you will learn more about the magnificence of the survival heart and how to gently release the protective mechanisms and distorted core beliefs that have, until now held you back from thriving. So let's begin!

## Making Conscious Contact With Your Survival Heart

**1-When, in childhood, our heart becomes too intolerably full of pain, another part of us miraculously shows up to save and protect us: our survival heart. We instinctively develop a set of defense mechanisms to guard against our heartbreak. These mechanisms can take many and multiple forms: denial, insensitivity, withdrawal, minimization, procrastination, lashing out toward others, blaming, etc.**

**2-In an effort to protect our original heart, we become a dimmed-down version of ourselves adapted to the environment in which we are existing. We become predominantly mind-dominated, fear-based, linear, egoic, judgmental, over-analytical, myopic, worriers, controlling, manipulative, stubborn, rigid, etc.**

**3- In the survival heart, we also formulate a myriad of distorted core beliefs about ourselves and life in an effort to make sense of our heartbreak.**

**We either internalize the pain or externalize it.**

**Some examples of internalizing include: "I'm responsible for others' well-being", "I have to fix and rescue others", "It's not safe in this world", "It's all my fault", I'm too needy", "nobody cares about me", "I'm bad", "I don't belong", "I hate myself", "I'm not enough", "I'm stupid" "I'm worthless", "I'm lazy", "I am disgusting", "I always bring bad luck", "nobody would want to be with me if they really knew me", " I'm a failure", etc.**

***Examples of externalizing the pain include: "what an asshole", "what a bitch", "he's such a jerk", "she's so mean", "he's disgusting" "she is so selfish", " they are so warped", "what a loser", "they suck", etc.***

***If you notice, it is the same critical and shaming voice that operates when we internalize or externalize. This energy is toxic to our well-being and deprives us of the peace we wish to experience and share with others.***

***These negative patterns we experience can also show up in the following ways such as being self-righteous and judgmental. For example, we may find ourselves thinking or saying things such as: "I would never do this or that". " I am glad I am not like THEM", etc.***

***We can also engage in the poisonous mechanism of comparing ourselves to others and, as a result, feel less or better than others.***

***These distorted perceptions greatly obscure our unique magnificence and block us from experiencing the unconditional love of our original heart, and our sacred worth. This innate energy at the source of our existence is inside us. It is always available to each and every one of us, as we are right here right NOW.***

***The list of the intelligent but misguided energy of our survival heart's creative ways to avoid feeling the original heartbreak is endless. There is a part of us that clings to the familiar even when we feel miserable in it. Anything that is right outside of the familiar zone of survival feels uncomfortable, but IF we want to thrive, we must choose again and again to shed those patterns.***

***Perhaps you can add your own creative ways that you have utilized in your own life in order to survive.***

***4-Over time, we have become so invested in our survival patterns that we often unconsciously re-enact the same situation that created these beliefs in the first place. So if we think we are stupid, for example, we will likely not succeed in school. And if we think we bring bad luck, we will attract it again and again. We “cherry-pick” what we see to make it conform to our distorted beliefs about ourselves and others.***

***5-The wonderful news is that we have access to a higher consciousness now. Access to this higher consciousness get easier and easier with practice and devotion to becoming familiar with it. As a result, we are ready and capable at this time to free ourselves from this precious survival heart, experience more and more of our re-emerging heart and sacred heart. We can free ourselves from our instinctive defense mechanisms and long-held distorted beliefs simply by becoming aware of them and holding the pure intention to let go of them today. We are powerless if we don't know we are living a certain defense mechanism or holding a particular distorted belief. Bringing our thoughts and behavior into the light, thanking our survival heart for doing its job all these years, and then claiming our right to let our original heart now live fully can turn things around quite quickly.***

CONSCIOUSNESS IS THE KEY TO UNLOCKING OUR POWER TO  
BREAK FREE FROM SURVIVAL AND THRIVE.

*6-Underneath the defense mechanisms and core beliefs, remnants of the deep heartbreak remain. When we remember to shift into our heart and consciously connect to our inner wise loving adult ( our higher consciousness) we may now fearlessly and tenderly face this deeply encrusted pain. We can learn how to gently and patiently approach these patterns and acknowledge them with love. One layer at a time, we can allow the defense mechanisms and distorted beliefs to fully dissolve. The pain may want to tell us that it is still happening to us, but the events that led to this heartbreak are all over. Learning to "bless and release" each and every survival pattern empowers you to break free and experience more of your true nature and original birthright, which is to abundantly thrive.*

### **Questions For Reflection**

*1- Am I able to touch the majesty of my survival heart and all that it has done for me to get to where I am today? If so, in what ways? If I am not able to do this, what would help me see this magnificence more?*

*2-I identify a few of the defense mechanisms and distorted core beliefs that are blocking me from feeling my innate magnificence or*

*from thriving more in my relationships, work, and other aspects of life.*

*3-I bring each of these mechanisms and beliefs into the light, thank them for the purpose they served and express my intention to let them go now so I can be fully who I am created to be. For each mechanism and belief, I write a new narrative in line with my original heart. (From “I am worthless”, to “I am worthy”, from “I need to be in control”, “I can let go of control” From “they are all assholes” to “they are all doing the best they can with the level of consciousness they have”).*

*4-If any painful feelings surrounding my old beliefs and patterns show up, I hold them tenderly and remind myself that the events that led to this pain no longer exist. A good mantra to use here is: “that was then, this is NOW.”*

*5- What am I experiencing after this time of inner reflection? I describe it in one brief sentence.*

## Ongoing Practices To Transform Your Survival Heart

- 1-Listen to the meditations included in your portal for this session*
- 2-Record in your journal times when you notice you are in survival functioning*
- 3. Practice loving and embracing these patterns and releasing any judgment of yourself and others*
- 4. Record and celebrate every pattern you identify and release in your journal*
- 5. Post your celebrations, questions, and challenges in the Facebook Community or email them to us*

*We look forward to seeing you all at the next session. Until then know that we are holding you in our hearts. We are grateful that you are walking this path home to your heart. Together, we are collectively transforming our world by choosing to say yes to love more and more. As we make this conscious choice, we access our power to **be the change** from the inside out.*



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