



# MARINER WELLNESS

*collectively healing the mind, body & spirit*



Break Free And Thrive In Your Soul's Purpose

## **The Power Is Within**

“The saying goes, ‘All roads lead to Rome.’ Touching any one of the five hearts will bring us closer to thriving in our Original Heart. Our heart’s desire is to live authentically. In every moment our inner guidance, our North Star, is leading us to live fully as we were always meant to live.

Being human has its challenges. Survival is first and foremost for existing on this magnificent biologic planet. Mother Gaia is calling us to be back in a relationship with Her. Our Sacred Heart is calling us to be back in relationship with the sacredness of all, everyone, and everything.

Our Survival Heart, while necessary, was only meant to exist until we could pick up the reins for ourselves consciously. The time has come for us to recognize the personal responsibility we each have for caring for ourselves and our wellbeing.

Each of us is the Captain of our ship and the Ruler of our kingdom. Always have been, are, and always will be. Realizing this moves us away from the erroneous

belief that others have any true power over us. We are the ones in charge of ourselves and only ourselves. We have no true power over anyone else. It is the relationship that we have with ourselves that will bring us into thriving in this world. The question is, do we love ourselves wholeheartedly, or do we remain in the judgment of ourselves? Long-Standing beliefs of codependency, that without others' consent, their approval, and love, we cannot thrive, is erroneous. It is our own love for ourselves that is critical. The journey of the five hearts brings us within ourselves and the relationship we hold with ourselves.

Inner feelings awaken within us.

Paying attention to them will step by step bring us along the path of full healing. It does not matter which heart is most alive in each moment. Rest in the heart that is calling, give it room to guide us and it will reveal what parts of us have been in need

of our love and understanding.  
When we commit to this process,  
we will find ourselves naturally  
moving between the five hearts.  
Each heart has a gift to offer. Bit by  
bit, we are breaking free of survival  
and the erroneous beliefs that kept  
us from fully realizing our full truth.  
We are Divine Beings of light and  
love made flesh. “

Cynthia Bergstedt  
Welcome Beloveds to Session 7 of  
Break Free From Survival And  
Thrive In Your Soul's Purpose!

It is one thing to have an intellectual  
knowing that we are Divine Beings of  
light and love made flesh. It is another  
thing to FEEL that truth energetically

takes up room in our hearts and in every cell of our body.

This experience can feel like a homecoming. And as we come home to our true selves, we begin to remember more and more of who we are, why we are here and the power we hold to create our own reality. This sacred power that we are endowed with is the key to successfully navigating this earthly journey where we are constantly traversing our five hearts. When we consciously use this power aligned with our heart, we easily move in the direction of our true north, which is our soul's destiny. The power we hold to manifest our heart's desire is unlimited. And yet, the degree we believe this in an embodied way reflects the degree we can master the art of living from our heart and thriving in our soul's purpose.

In this module, we will explore our power as sovereign beings to co-create with the Source of our Life within our hearts. More specifically, we will reflect upon the power of belief and how essential it is for us to work with that power in a way that supports us in aligning with our deep intuitions. By doing so, we can gracefully manifest our heart's desire for us, and for our evolving world.

### ***The Power Of Belief***

As we open ourselves to entering more fully into our sacred heart, it becomes vital to recognize the “power of belief”. When we have a deep intuition that comes from our soul, we are invited to “lean in” on that intuition and “cognize” it. In doing so, we open up the energetic field around us and make greater room for synchronicity.

When we doubt ourselves and our deep intuitions, we hinder the actualization of what we carry. Just like we tragically reenact the distorted core beliefs grounded in past trauma, we happily reinforce the realization of the deep intuitions of our core self when we stand resolutely in their truth and expect doorways to be opened to make them happen.

### Questions For Reflection

1-Over the course of lifetimes, we have received many beliefs and perceptions from those around us ( our parents, our culture, our peers, our mentors, etc) and from my own inner world. Some of those beliefs I have “made my own” because they ring true to my heart. I identify a few of my own deep intuitions of my core self regarding myself, my identity, humanity, and the planet. For each one, how strong is my belief (0-10)? Can I stand resolutely in this intuition and cognize it? I evaluate this capacity (0-10)

2-What would help today stand more resolutely in these intuitions?

3- Do I resonate with Cynthia's statement that no one has any power over us and that we alone have power over ourselves? What stirs in me around this?

4- Have I experienced the sense that it matters little which heart I am because "all roads lead to Rome"?

5- Do I believe fully that it is my hour and humanity's time to free ourselves from survival functioning and reconnect with our reemerging and sacred hearts? I evaluate the strength of my belief in this (0-10).

6-Do I believe fully in my own magnificence as a fragment of Creative Source? I evaluate the strength of this belief (0-10).

7- I explore the most alive feeling and any inner invitations that come to me after doing this work.

## Practices To Access And Embody Your Sacred Heart

- 1. Practice noticing moments of experiencing your sacred heart, no matter how brief.*
- 2. Record in your journal what you notice is characteristic of your sacred heart.*
- 3. Continue cultivating a practice of fully embracing ALL of your hearts as they show up with an attitude of reverence.*
- 4. Continue to take time to go deeply into the present moment and practice deep contemplation. Learn to see the sacred in ordinary, “mundane” life.*
- 5. Practice focusing on the power you have to choose what you believe and what it feels like to believe with your heart intelligence.*
- 6. Continue to open to realms beyond the familiar and let yourself feel the discomfort of new information that shakes up your current perception of reality.*
- 7. Continue to embrace the non linear and become comfortable not knowing.*
- 8. Continue to record and celebrate the discovery of, and the embodiment of your sacred heart in your journal!*