



MARINER WELLNESS

collectively healing the mind, body & spirit

Break Free And Thrive In Your Soul's Purpose

*“According to Buddhist Scripture, compassion is the quivering of the pure heart when we have allowed ourselves to be touched by the pain of life. The knowledge that we can do this and survive, helps us awaken the greatness within our hearts. With the greatness of the heart, we can sustain a presence in the midst of life’s sufferings, in the midst of life’s fleeting impermanence. We can open to the world, its ten thousand joys and its ten thousand sorrows. As we allow the world to touch us deeply, we recognize that just as there is pain in our own lives, so there is pain in everyone else’s life. This is the birth of wise understanding. Wise understanding accepts life as a whole. With wise understanding, we allow ourselves to contain all things, both dark and light and we come to a sense of peace. **This is not the peace of denial or running away, but the peace we find in our heart that has rejected nothing, that touches all things with compassion.**”*

Jack Kornfield, A Path With Heart

Welcome to session three of Break Free And Thrive In Your Soul's Purpose!

Are you ready to reach all of the parts of your broken heart with the power of your own Compassionate Presence? If so, let's begin!

But first,

We hope you have been able to begin to grasp the divine perfection encoded in your original heart and feel that part more alive inside you. It is essential to get to know who you really are at the heart of yourself, beyond your pain and brokenness.

Now, you are going to learn how to alchemize the wounded parts of yourself by making conscious contact with your broken heart. This is done in a close relationship with your wise adult who is aligned with your infinite multidimensional self.

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Making Conscious Contact With My Broken Heart

An Overview

1-How does my heartbreak?

2-What happens when my heart breaks?

3-How do I heal my broken heart?

1- As a child, I walked into darkness/dysfunction/nonrecognition/abuse/neglect and my innocent original heart get crushed

2-The pain is so great that I have to disconnect from it and seek refuge in my defense mechanisms and develop distorted core beliefs

3-There are several portals for healing that can and should be used simultaneously:

a- Reconnecting With My Original Heart

b- Identifying and Making Conscious My Various Defense Mechanisms and Distorted Core Beliefs of My Survival Heart

c- Being Present to and Holding Tenderly the Pain From My Past

In this session we focus on this third and last portal

Nine Means That Help Me To Become More Present To My Buried Pain

1-Identify My Disproportionate and Recurring Reactions: The Golden Gateway

2-Recognize This Disproportionate Pain As A Trauma Response From My Wounded Child

3-Help My Wise Loving Adult Develop A Personal, Tender, and Parental Relationship With This Wounded Child

4- Make Contact With My Infinite Multidimensional Self To Anchor In Divine Love

5-Remind My Child That Whatever Caused This Pain Is All Over, Even When I Am Feeling The Pain In This Present Moment

6-Honor All The Survival Strategies That My Child Put Into Place To Not Feel The Pain and REASSURE Myself That I Am Able to Release This Pain Now

7- Be Present And Lovingly Feel The Pain, Rather Than Becoming Too Caught Up In The Events That Caused It

8-Seek Professional Help To Facilitate This Healing Process. I May Need to Feel The Tender And Stabilizing Presence From Another Before I Can Internalize It

9-Be Patient With Myself. My Broken Heart Needs A Lot Of Safety And Love To Let Go Of My Protective Walls

1- Where am I at today in the skill of being present to my past pain? Which of the nine means discussed above have I utilized? I evaluate (0-10) my progress on each of the nine.

2- What, if anything, do I feel invited to put into place for my healing after this evening's exploration?

Ongoing Practices To Heal Your Broken Heart:

Here are some journal prompts to get to know the parts of your heart that were broken so that you can accelerate your healing and full becoming:

1-What can I say about my broken heart? What seemed to crush her the most being on this planet?

2-How did I protect myself/cope with this crushing pain?

3- What defense mechanisms and distorted core beliefs did I develop?

4- What do I feel invited to do in order to become more loving towards my broken parts?

Listen to the meditations for this session in your portal. Practice the steps we reviewed tonight on how to become skilled at tending to your broken heart. In time, these skills will become well developed and you will experience more and more freedom from suffering.

We are beyond honored to support you in making the shift into living in your heart!

We look forward to seeing you next session!