



Break Free And Thrive In Your Soul's Purpose

"There is a field. Out beyond ideas of wrongdoing and rightdoing there is a field. I'll meet you there. When the soul lies down in that grass, the world is too full to talk about. Ideas, language, even the phrase "each other" doesn't make sense. The breeze at dawn has secrets to tell you. Don't go back to sleep. You must ask for what you really want. Don't go back to sleep. People are going back and forth across the doorsill. Where the two wolds touch. Don't go back to sleep." Rumi

Welcome to session two of Break Free And Thrive In Your Soul's Purpose. We hope you had a chance to integrate session one and become familiar with how these 5 hearts are woven into our everyday experiences.

Have you noticed that at times you are primarily experiencing one heart or another?

Even if you have noticed this, they are all operating simultaneously, but our consciousness may be focused on one that is predominant at the time.

But with focused intention and attention, you can consciously tune into that realm within you right below the surface of your awareness. As you learn to do that more and more, your connection with states of spontaneous joy,

well being, bliss, compassion, interconnection, freedom, etc. will increase and your tendency to get stuck in survival heart will decrease.

However, in order to do this, it is essential to remember that we need one another in order to break free of survival functioning.

As Rumi says in his poem. “There is a field, I will meet you there.” When our hearts beat as ONE we find connection, communion and salve for our broken hearts. The more we consent to opening our hearts to receive what we need in order to heal, and rise up in our innate magnificence, the more we accelerate our journey of recovery and discovery.

You being a part of this collective journey of transformation is providing you and all of us with a potent opportunity to rapidly accelerate our heart’s awakening and expansion into oneness.

Sacred Pause: Notice how it feels in your body

Take a deep breath and celebrate that you are saying a deeper YES to breaking free and let that yes fill every cell of your body. Notice how it ***feels in your body*** to say a deeper YES to choosing to free yourself more and more.

Notice how it feels in your body to know that you were mysteriously drawn to this sacred container of heart awakened companions. Notice how ***it feels in your body*** to feel less alone and that part of you that was hungry and thirsty for more nourishment has finally found a sacred space to go deeper into yourself. This choice you made will support your heart’s desire to access your power to rise up from heartbreak and experience more of the truth of who you really are and why you are here.

So why are you here? How often have you asked yourself that question? We would imagine quite often as this 3D world is dense with pain, darkness, duality, and conflict. But *the truth is you are not your pain, you*

are not your victim story. You are so much more! You are a radiant being made from stardust encoded with divine perfection.

As you flow through this program and integrate this material, you will remember this truth more and more. And answers to questions such as “why am I here?” will be revealed. The answers will flow from your wise heart *when you are ready to receive them.*

In order to experience the answers you must learn to be attuned to your heart and become familiar with its language. The language of the heart is not linear, nor bound to time and space. The language of the heart is felt as an energy. It is encoded with Divine Intelligence. It holds ancient wisdom beyond what our mind can grasp. It can feel subtle and barely perceptible. But it is always waiting for you to tune in and live more in the mystery, the magic, and the miracle zone within you.

You hold the keys to unlocking this innate knowledge. However your human self forgot what your soul knows is true! You have the power to choose to live in your heart!

In fact, when you arrived on the planet, you came fully encoded with everything you needed in order to fully blossom and thrive. It natural and innate to be in this state.

In this model, we call that part of you, your Original Heart. We are inviting you into a deeper state of *remembering this truth.*

No matter how lost you are in survival functioning, rest assured your original heart is whole, intact, and complete. However, it needs certain nutrients of growth in order to break free from its frozen state.

Your original heart is waiting for you to create the best conditions for you to heal your broken heart, and most importantly rediscover your original essence underneath the pain.

How do you do that? First, by hearing the good news that this original heart is there waiting for you. Second, by organizing your current life around your full healing and emergence. Third, by seeking out your original heart from the layers of buried pain and trauma. Fourth, by remembering your original heart is there and is waiting for you to release yourself from captivity. Your higher self has the power to do just that. In time, your higher self will help you harness the energy of love so that you vibrate out of survival functioning more and more.

And we are here to create a safe supportive container for you to feel held in a field of reverence, respect, empowering energy, and compassion so that your heart can open more and more in its own time in a rhythm that is right for you.

Remember, you had the power the whole time. You just forgot what you already knew. And you needed the optimal conditions for your heart to open to the truth and free yourself from the toxic 3D Matrix of fear, lies, and manipulation.

It's time to wake up more and "real eyes" who you truly are and unleash your infinite power within.

Wherever you are on your journey, this next exercise will help you go deeper into your original heart and discover brand new realms of joy, happiness, magic, and your unique magnificence within you. It will help you remember who you really are in your original essence.

Everytime you seek this part of yourself out and consciously connect with your original heart, you are developing a loving relationship with your authentic self. Because of your attention and devotion to cultivating your original heart, you will grow stronger and feel more energized from within.

In time, you will notice that you feel more and more equipped to overcome the inner and outer obstacles you face on your earthly journey. Your faith in the life within yourself will become an anchor and an inner assurance will replace mistrust, doubt, fear, and insecurity.

As you do, there comes a time when you are ready to “kiss survival functioning goodbye”. And when you come to that point, there is no going back to the old ways. The old ways easily release, like a snake shedding its skin. Take your time with this process. Go at your own pace. Let go of attachment to “when you will get there”. Enjoy the process and trust that the intelligence of your heart that knows precisely when and how this magical manifestation will unfold. It has already occurred in the energetic realm long before it manifests into physical form. Use your imagination to FEEL this truth and you will more easily embody it when the time is ripe.

Session two is designed to help you access your original heart. Here are the various portals that will help you and that we will explore together:

- 1-Your Original Blueprint
- 2-Your Childlike Innocence and Wonder
- 3-Your Attitude of Not Knowing.
- 4- Laughter and Play

We will begin the session with a sacred breath meditation to access your original heart. Then we will give you time to answer the following questions:

Questions For Self Inquiry

1-What is stirring in me after the meditation? I name all of the sensations that I am experiencing. If I am interested, I explore one of the sensations in depth.

2-I make a list spontaneously of some of my key positive qualities, talents, aspirations, and soul connections.

3a-I recall a moment when I felt my heart deeply alive in a state of childlike joy, wonder, or innocence, and describe it as fully as I can.

3b-Recalling that moment now, I let that childlike sensation come alive in my body, if I can. I give it as much room as I can and luxuriate in it.

3c- If I am unable to access this reality, what am I experiencing at this moment? I describe my experience, giving myself full permission to be here now as I AM.

4-What is stirring in my heart right now after this reflection? I honor it and give it room. I describe it in images, words, sound/ and/or movement allowing my spontaneous self- expression full room.

SUGGESTED PRACTICES FOR IN BETWEEN MEETINGS

The practices suggested below are designed to support you in between gatherings. Remember that these are optional. It is essential that you focus on keeping this simple and find your freedom to go at a pace that works for you.

In your journal, take time each morning or evening to reflect upon the following questions:

1. When did I notice I was living in my original heart?

I briefly describe what I noticed.

Was I able to welcome these states and allow myself to linger there longer?

I evaluate my ability to cultivate a state of witnessing in this way on a scale of 0-9.

If my capacity to witness these realms is not a 9, what steps can I take to evolve in my power to witness the totality of my experience with this attitude?

2. What steps can I take to consciously access more magic, play, mystery, miracles, and joy in my life? I make a list and I choose three action steps that I can insert into my daily life in order to make room for my original heart to blossom.

Below is an ongoing list of practices that you can weave into your daily life at your leisure. Remember to practice this from your heart's desire and not a mechanical list of "to do's".

Choose to step into your sovereignty and practice what leaps out at you and that you feel inspired to experience.

- *Listen to the recorded affirmations for session two daily.*
- *Gradually increase the time you invest accessing your original heart*
- *Listen to the Original Heart Meditation as often as you need to*
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- *Listen to the Safety Activation if you are needing to ground and stabilize*
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- *Listen to the Sacred Breath Meditation if you are needing to calm your heart*

- *Take advantage of an access this link to several heart activations if you feel you need an energy boost or help with a certain area by clicking here:*

<https://marciamariner.com/sacred-activations/>

- *For those of you who are in the Facebook Community, post your challenges, questions and discoveries when inspired to do so! We love hearing from you!*