

# Awakened Heart

## FULL REPORT

*As the Awakened Heart Archetype you clearly listen to your heart. You have learned to understand the unique language of your heart.*

You regularly experience heart/brain coherence and recognize when you are in sync. You have connected with your Divine Design and live it daily. Everything flows with the rhythm of your heart.

This archetype is living a fully heart centered life. You recognize your gifts and use them as a way to experience life and express yourself. It is a lifestyle.



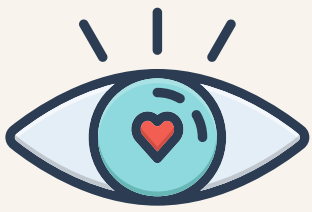
You quickly recognize when you are being led away from your heart center and immediately get back on course. Your passion for life is contagious and you attract the right people and situations into your life. It is a level of synchronicity that has become the “norm” for you. Knowing you are living your heart centered life, you easily share your gifts with the world.

Flow is the natural state of the Awakened Heart. Not saying that there are times you have to get centered and refocus - the world is sometimes difficult for you to navigate, but being connected to your heart always brings you back to your “true North.” Your soul and spirit are your guide and life moves into alignment with ease.

You have worked hard to make this connection and you value it greatly. It is a priority for you because you understand the importance of your contribution to the changing world. Being a light, living your passion, and sharing it with the world is your “call”!

# A Deeper Dive into Awakened Heart

- **MOTIVE:** To live fully and express your Divine Design.
- **FEAR:** To slip back into old habits and behaviors that keep you distracted from your heart and purpose.
- **NEED:** To stay true to yourself (your heart) and live it fully without exception.
- **STRATEGY:** A commitment to stay true to yourself and live your divine expression fully. Knowing that you will be led to the right situations, people and places. There is a peace that envelops you.



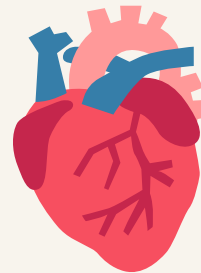
*"It is only with the heart  
that one can see rightly:  
what is essential is  
invisible to the eye."*

*- Antoine de Saint-Exupery*

## Higher Heart Intelligence

"There is compelling evidence to suggest the physical heart is coupled to a field of information not bound by the classical limits of time and space. This evidence comes from a rigorous experimental study that demonstrated the heart receives and processes information about a future event before the event actually happens."

- The HeartMath Institute





# A Deeper Dive into ...





# Action Plan



## CONNECTION Practice

*Create a daily connection practice. A way for you to connect with your heart and keep the bond strong. It could be meditation, yoga, art, or what ever brings you into heart coherence! You know what does it!*



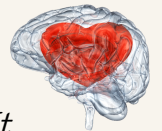
## Focus on Your VISION

*You are clear on your vision. Find the tools that you can use to keep you headed in that direction. Create a Mind Movie or a Vision Board or something that keeps you focused on your bigger vision!*



## JOURNAL

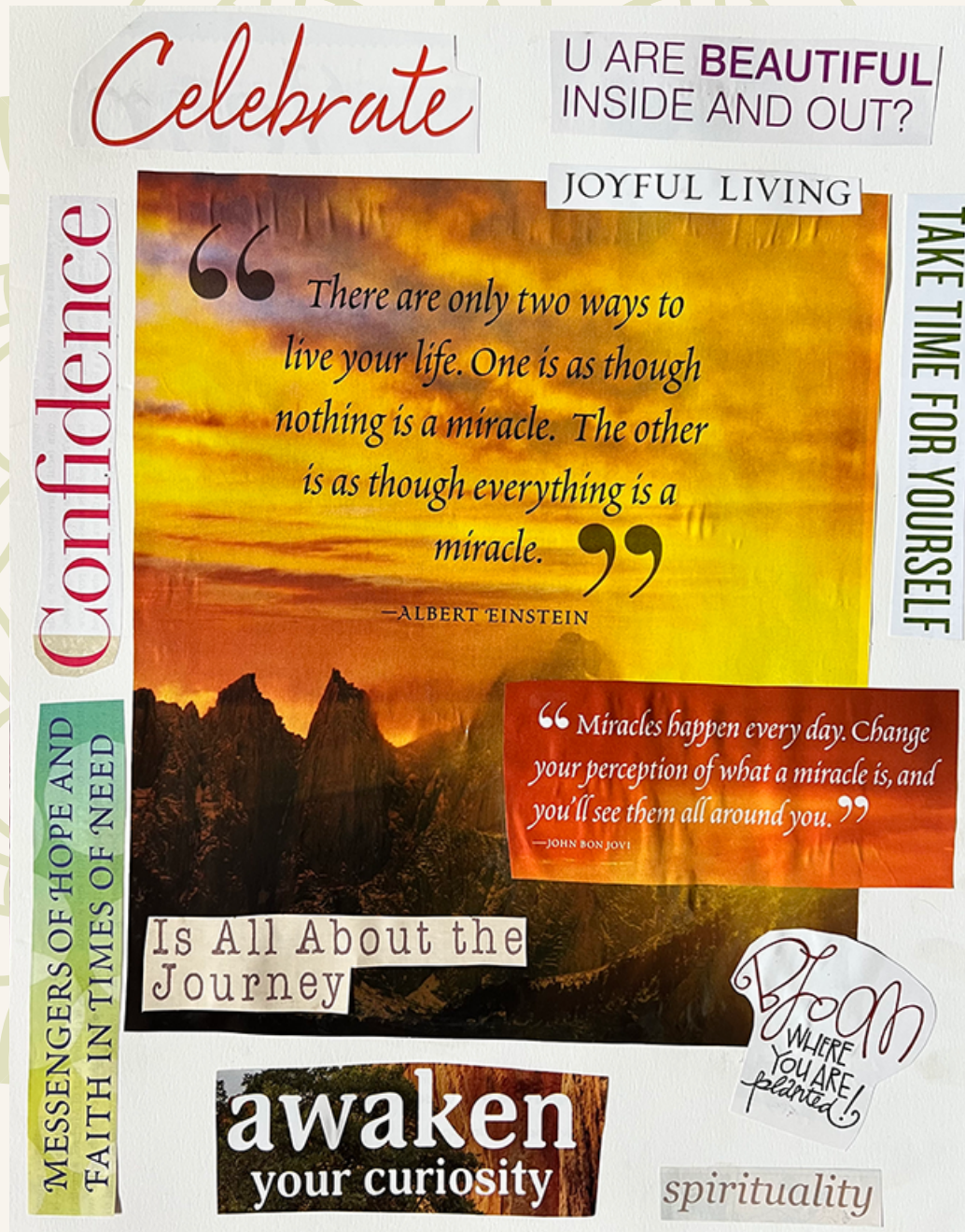
*A journal is your place to keep your connection strong. It's a special way to express yourself and see the vision for your life before it even becomes real! It is a way for your heart and brain to work together.*



## SHARE Your Gifts

*With the power of the Awakened Heart you know you have to first own and accept your gifts. Then you must share them with the world. Your gifts are needed like never before!*

# Keep a Strong Connection







# Awakened Heart Stories

*Here are some stories to help you better understand the Awakened Heart Archetype. Read them and see if any of them feel familiar. When you read, don't use your mind, check in with your feelings*

## Jan

*Jan spent many years of her life overcoming a difficult childhood. When she came to realize that the difficulties were something more, she looked at them as clues to her life purpose. When she learned to step back, and be the witness to her life, instead of being enmeshed in her suffering (ego), everything changed. She released all the blame and self-judgement and became curious. She saw the common thread that ran through all the experiences and the deeper meaning it had in her life. She began to practice mindfulness - paying attention to how things moved through her life and how she processed them. She began a meditation practice - where she would become quiet and listen to her heart. She became clear that the language of her heart didn't come in words, but feelings and intuition. The more she practiced the more connected she became. Over time things became more and more clear and her life transformed. A lot of the things she had previously thought important, lost their allure. She began to live her life more true to her heart. She began to see her dreams in a new way and acted on them. As she did, people and situations began to come into her life that aligned with deepest hearts desires. The difficulties from her childhood turned into gifts. She released the pain and connected to the wisdom and it set her free.*

## Nathan

*Nathan always knew his heart. As long as he could remember he loved painting. He could express himself with brushes and color in ways he couldn't do with words. His parents recognized his gift, but were concerned that the artist's life would be a struggle, and they wanted security for him. They encouraged his painting, and even enrolled him in art classes, but considered it his "hobby".*

con't



# Awakened Heart Stories

Nathan con't

*They made that clear. But, his art teacher recognized his gift and encouraged him. Little did he know how the support and acknowledgement from the art teacher would impact his life. The voice of that teacher stayed in his head when life situations called him in other directions. The calling from his heart was strong and he knew that his creativity was his true nature. When he painted, time disappeared and melded into the bigger oneness. He understood it was his Divine calling. The knowing was bigger than the pressure he felt from his parents and society at large. All the trappings of the material world didn't phase him. Because he was so connected to his heart and his calling he was able to live more simply and found joy in the act of expressing himself. Over time he began to sell his paintings and opened a small gallery in a lovely beach town on the Central Coast of California. Something his family had deemed as impossible, but he never doubted! He became well known for his work and became quiet successful. Although success wasn't his motive, it was wonderful to have his gifts recognized and enjoyed by people, which enabled him his passion. His life was full in every way. He knew his heart would always guide him.*

Karen

*Karen always knew what she wanted to do with her life. She wanted to be a doctor. Every since she was a child she loved the idea of helping people feel better. As she matured she understood she wanted a family practice in a small town. She wanted to be the town doctor and be an asset to the community. She envisioned herself in her office on main street treating her patients - kids to seniors. It was an idealistic vision that she held firmly in her heart and mind.*

con't

# Awakened Heart Stories

Karen con't

*Through medical school she was criticized and looked down on for having such a simplistic vision for her practice. Her fellow students were seeking internships at prestigious hospitals, and she applied at rural hospitals. As fate would have it, she was accepted at a hospital in a small mountain community in Colorado. During her internship she met her husband, a local contractor who had been injured on the job. Together they began their life. She opened her practice on Main Street, and her husband remodeled the building. Her practice grew leaps and bounds and within a few years they were both embedded in the community. They started a family and grew their roots more deeply. Karen loved her life. Her practice was serving the community in more way than she ever dreamed. Her husbands company grew as the community grew and he was doing what he loved. They were both active in their little town and were committed to its well being. She was living the life of her dreams and it was fulfilling beyond measure.*



*"listen to your heart. It knows all things, because it came from the soul of the world and it will one day return there."*

- Paulo Coelho

[Check out the other Heart Archetypes!](#)