



10 STEPS TO *healing* YOUR HEARTBREAK

by Janice Masters,

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10 Steps to Healing Heartbreak

SO YOU CAN THRIVE AGAIN

I handed my business card to our young waitress on the deck overlooking the ocean yesterday. I invited her to visit my blog telling her that it's "...for women, about spirituality, healing, heartbreak, thriving, that kind of thing". Most of the time women are pleased that I am sharing it with them. This time, she was not only happy, but she said, "Heartbreak...I had an aortic dissection and lived to tell about it. Most people don't."

This is a literal heartbreak, isn't it?. She was not the typical 'male in his 60's' who represents the usual demographic for this life-threatening cardiac condition. She was in her twenties and a beautiful young woman, Karen by name. And she had a charming, lilting laugh which we enjoyed hearing often as she served us and her other customers who were dining at the restaurant.

All kinds of heartbreak can slow us down, bring us to our knees and cause great suffering. I told her she must have some important work to do in the world. She smiled and said, "I know.", and went on to say how this event had shifted her perspective and changed her life. That frequent lilting laugh told me this was true.

The heart has an energy field five thousand times larger and more powerful than the brain, and so when we are in heartbreak mode, we feel cut off, enveloped in a gray cloud, in a world apart, alone. And very often, we don't know what to do to heal and recover, and so we go underground, and stay there wondering when and if, we might ever feel whole and alive again.

Most people are afraid to take the deep dive into the painful feelings, and embrace them, walk with them, live with them, that would open the door to real healing, recovery and eventually thriving again...or maybe for the first time. And so they shut the door on those feelings and turn off the tears, fearful of being overwhelmed and out of control with them. I understand the impulse to do this, and it is exactly what our society encourages us to do.

Get over it. It's time. Come on now! Stop wallowing. Move on with your life.

And so we follow the societal norm to cover it up, bury it, and we go on.

However, if what you want is to live a conscious life, a meaningful existence, and thrive rather than survive, that's not going to cut it. Besides the helpful advice to spend some time with good friends, and get a bit of light physical activity, here are some steps to take with a different approach for healing heartbreak and genuine grief from one who's been there...and back, and who has helped countless clients on this journey.

This report on **TEN TIPS TO HEALING YOUR HEARTBREAK....So You Can Thrive Again** includes links to ten articles I have written on very important aspects of the healing and thriving process, so take your time reading this.

You will be invited to allow space and time to explore all of the information, intuitive suggestions, empathic guidance about how to honor your heartbreak and grief, express your emotions in a healthy way, give yourself space and time for healing, and bring all of yourself into the healing mode. Keep coming back to it, read it again and again and let it sink in and truly support you.

So here you go...

1. Slow down, take a minute, and stop pushing yourself to 'get back to normal'. There is a natural cycle to these kinds of things and they have a life of their own.

2. Find ways to comfort and nurture yourself, emotionally, physically, spiritually. Naps, music, friendship, foods, prayer, movies, anything that soothes and comforts is good right now. Clearing and balancing your energy is an effective practice too.

3. Connect with your heart and start asking questions and listening for answers. If you ask, you will hear or 'get' the answers you're seeking.

4. Pay attention to your nighttime dreams. They bring you messages from your deeper self that can guide you through this healing process and into thriving again. Ask your dreaming self to give you messages in language you can understand.

5. Journal about how you're feeling, how stuck you are, how hopeless you feel. Grief cuts deep and hurts like crazy, and eventually that changes and softens, and it comes in waves. But in the meantime, give it a voice.

6. Set aside your fear about indulging the feelings and how that might make things worse. You have a lot of human company on this path of healing heart-break and it's a lot better than traveling it alone.

7. Read uplifting spiritual and inspirational literature that reminds you that heartbreak is a temporary condition, and keep your touchstones close by... your crystals, rosaries, feathers... etc. We need reminders to look outside of the lens of our heartbreak.

8. Pray, connect with your guides, petition your angels, ask for help and support from the unseen world. They won't interfere, but they're there to help if you ask.

9. Spend some time in nature, outdoors, in sunlight, by water whenever you can. Tune into the spiritual, deep messages that are coming to you from the natural world. We are connected to the natural world in deeply satisfying ways and this is a good time to let that into your awareness.

10. Find a trusted, compassionate professional who can accompany you, support you, and guide you on this very essential healing journey. You don't need to go it alone, and there are good souls out there who've been on their own healing journeys and are ready to help you on yours.

All of this takes time. True healing takes time. You're worth taking the time. Thriving again will feel so amazing once you have done the sacred work of healing your heartbreak, no matter what caused it. Life will be richer because of the contrast this suffering created. Your appreciation for small blessings will grow immeasurably. You will be a different person. In some ways, you will be an improved version of yourself. You will be more human, more aware of your vulnerability, more compassionate. You will discover parts of yourself you didn't even know were missing, and you will welcome them home.

All this and more will be yours if you take the time and tend to the real healing. I am very happy to offer you this support send you warm blessings and much love.

Janice Masters, the Shaman Mama