

HEALERS

healing

THEIR OWN HEARTBREAK

by Janice Masters,

the Shaman Mama

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Have you ever noticed...

Have you noticed how being on a conscious spiritual path, coupled with working as a healer, can make healing heartbreak even more challenging?

Do you ever hear inner messages like:

- “I should be farther along than this.”
- “I should be over this by now.”
- “What? This? Me? Now? You must be freakin’ KIDDING me!!!”
- “Hey, come ON! This is the stuff I HELP people with! WTF!”
- Understanding the timing of how things change in our lives
- Listening more deeply to your heart and soul
- Knowing that you don’t have to stay stuck where you are
- Realizing that you have what it takes to move forward
- Anticipating just how FABULOUS your life can be!

We’re people too....so let’s get a grip on our expectations of ourselves and step deeper into our human vulnerable selves.

I count myself in this group as a healer, so I know what I’m talking about. First of all, it’s humbling. Very, very humbling to deal with heartbreak, loss, and the deep pain that accompanies it.

We can get on kind of a superiority trip with our spirituality at least in the early days on our path, giddy and high with the newness of it, but that doesn’t last long at all. We have set up situations, relationships, conditions before even coming into this life that will knock us down the proverbial ‘peg or two’.

Been there, done that!

Yep. Been there, been knocked down....over and over, actually. Ugh.

I'm going to talk here about the idea of choosing our challenges, setting up our heartbreak ahead of time, planning for our comeuppance in a loving way so that we can expand in consciousness, love and compassion for ourselves and others. Most people I know on a conscious spiritual path agree that Soul Plans and Soul Agreements and Soul Relationships and Soul Conditions contain the blueprints for our evolution as spiritual beings on a Spiral Path of expanding consciousness and deeper and deeper healing. Our personalities don't come up with these, our Souls do. There are themes that we wish to explore, lessons we decide to learn, and outcomes we hope to achieve with these plans and agreements and their enactment in our lives. They're based on lessons already integrated and what feels like is next for us in the life of our Soul.

For me, the Plans and Agreements and Relationships forced, yes forced, me to finally relinquish my ego's pride about myself as a mother, and about my close-knit family, and about having a smokin' hot sexy body, among other things. A dear soul friend told me decades ago that, 'this lifetime is all about family for you.' She was right, and that was my Achilles heel, as it were.

My Sicilian-American 'family is everything' ingrained belief set me up for a great big fall. So, it was these tightly-held, prideful images of myself that got punched in the gut, and as the robot in the movie *Short Circuit* says, "DIS-assembled". And it wasn't over in a minute. It. Took. Time. Serious. Time.

It takes time.

For my clients, a variety of life issues are on the table in this way, dependent upon their unique Life and Soul paths. For one it may be a failed relationship, for another the death of a child, and for yet another serious health challenges, or financial struggles.

For you, it will be around a set of 'issues' particular to you, but trust me, it's gonna happen. It. Is. Gonna. Happen. And you might not see it coming since you'll be all focused on the Light, Love, and Joy that we cherish so much on our spiritual path and... yeah, like that. And you won't believe how fast the Shadow aspects that you have worked so hard to keep hidden, get thrown into blinding light for the world to see, revealing more of who you are...to yourself primarily.

None of this is a bad thing. It just FEELS bad. Really bad. Because of our resistance. These Soul Challenges are designed to wrench at our deepest vulnerabilities, pull out our false pride by the roots, and shred our superiority about any number of things. And we do not like it one tiny bit. And the work of healing this kind of thing takes guts and heart, lots of both.

It's heartbreak. It is very human heartbreak. Yes, it is. And it hurts like hell. Yes, it does. We might actually feel the very worst we have ever felt in this life. I know I did.

So bottom line, Soul Plans, Life Lessons or not, healers need healing, too. And grieving is a necessity for your spiritual expansion. Let me run that one by you again: GRIEVING is necessary on a spiritual path!

Grieving is necessary.

They don't tell you that do they? We have to find that out for ourselves. We have to figure out that grieving is what will clear the blocks that keep us stuck, clear the energy field, and allow us to progress, ascend, and mature spiritually, and perhaps be more fully human.

In fact, 'Grief as a Spiritual Path' is something some of us are called to follow. In this calling, which generally is triggered by massive loss, grief asks for your heart, for your open embrace to all that is felt, all that was lost, and all that calls to be honored. The mystics have written about this path, and about the dark night of the soul, and the arduous, agonizing, and deeply soulful journey it is. And yet, so many turn away from their grief, believing it is weak to 'overindulge' it, missing the riches found at the bottom of the path.

And if you are hiding all of this, then you are doing your tribe, the ones to whom you offer healing, a disservice. They need to know that you know how to heal, for real. They need to know that you know how to heal your own heartbreak and grief, and that you know how to ask for help when you need it. They need to see your humanity, your vulnerability.

I sat my butt in the hot seat faithfully, willingly and eagerly, weekly for over a year to get the support I needed to heal my heartbreak and get clear on what the Soul relationships, conditions, agreements and plans were and how to see it all from a higher perspective, even while I was in agonizing pain. And it wasn't over when the year was up...the healing continued...and still does.

What have you done?

What have you done? Gotten support? Asked for help? Or are you trying to tough it out alone, healing yourself? Are you signing up for programs and buying books so you can keep trying to heal on your own with the latest techniques and tools? Or are you in a healing relationship with someone trusted, who can hold the lantern, and guide and support you?

I'm not making any of this up. I have worked with hundreds and hundreds of healers and women in the helping professions for over thirty-five years. They tell me they feel like failures when they encounter heartbreak and the pain lasts a long time without them being able to 'transform' it. Here is what one deeply gifted woman said to me, "In my grieving process I sometimes tell myself I'm a failure. The truth is that it takes courage to grieve, and as you said Jan, "Ascension is not for sissies!" I wish there was more of a shared reality in the world about the necessity of grieving for spiritual growth. So many people do the bypass and think they are evolving." Have you ever thought any of that? I sure have.

Buzz words like 'transform' or 'instantly' don't impress at a time like this. The idea of Soul Plans and Soul Agreements make us want to scream sometimes in frustration and rage. We're like, "WTF do you mean, I CHOSE this???" We're in agony and bewildered.

Look, we cut and we bleed like anyone else. And hiding that makes it worse, much worse. So I am telling you in no uncertain terms, that heartbreak and grieving are essential to your spiritual growth and progress. Essential. Not negotiable.

Be real. Be human.

And with time and more and more acceptance, the lessons and other higher truths will come clear and be understood for what they are, signposts pointing the way on your own personal Spiral Path of Healing.

You don't need to tell me what you're doing. I'm only writing this to support you, and all healers and helpers in getting the support we need when we need it. Without shame, embarrassment or guilt. Putting our money where our mouth is, is a powerful act that validates the work we do and the necessity of it for all of us. I mean, we're all on the planet together so we DON'T have to experience this kind of thing in isolation.

So for heaven's sake, don't run and hide and pull the covers over your head 'until this passes'. Get out there and share about it. Share how it hurts. Share what works. Share what hasn't worked for you. Save someone else in pain the time and trouble by sifting through, and sharing.

Be real. Be human. Be humble. It will make you so much more relatable, and easy to connect with.

I have become what one powerful healer calls a 'warrior for the wounded'.

A student of mine says I am "...a fierce, staunch and protective advocate for women." Yes, and yes. The Shaman Mama emerged when I fully owned that yes, that IS who I am, who I have always been. And grief carved deep the bowl that holds those blessings and gifts of mine...and the Joy.

I love you.

Tell me who you are and how your own heartbreak is transmuting you, how your lead is being changed into gold through the alchemy of grief, how you are being turned into the healer you really were born to be, and how you are being shown what you chose to experience in this life, on this Spiral Path.

That's all. I love you.

Janice Masters, the Shaman Mama

