

Heart healing after breakup- a workbook

by Marion Baldwin

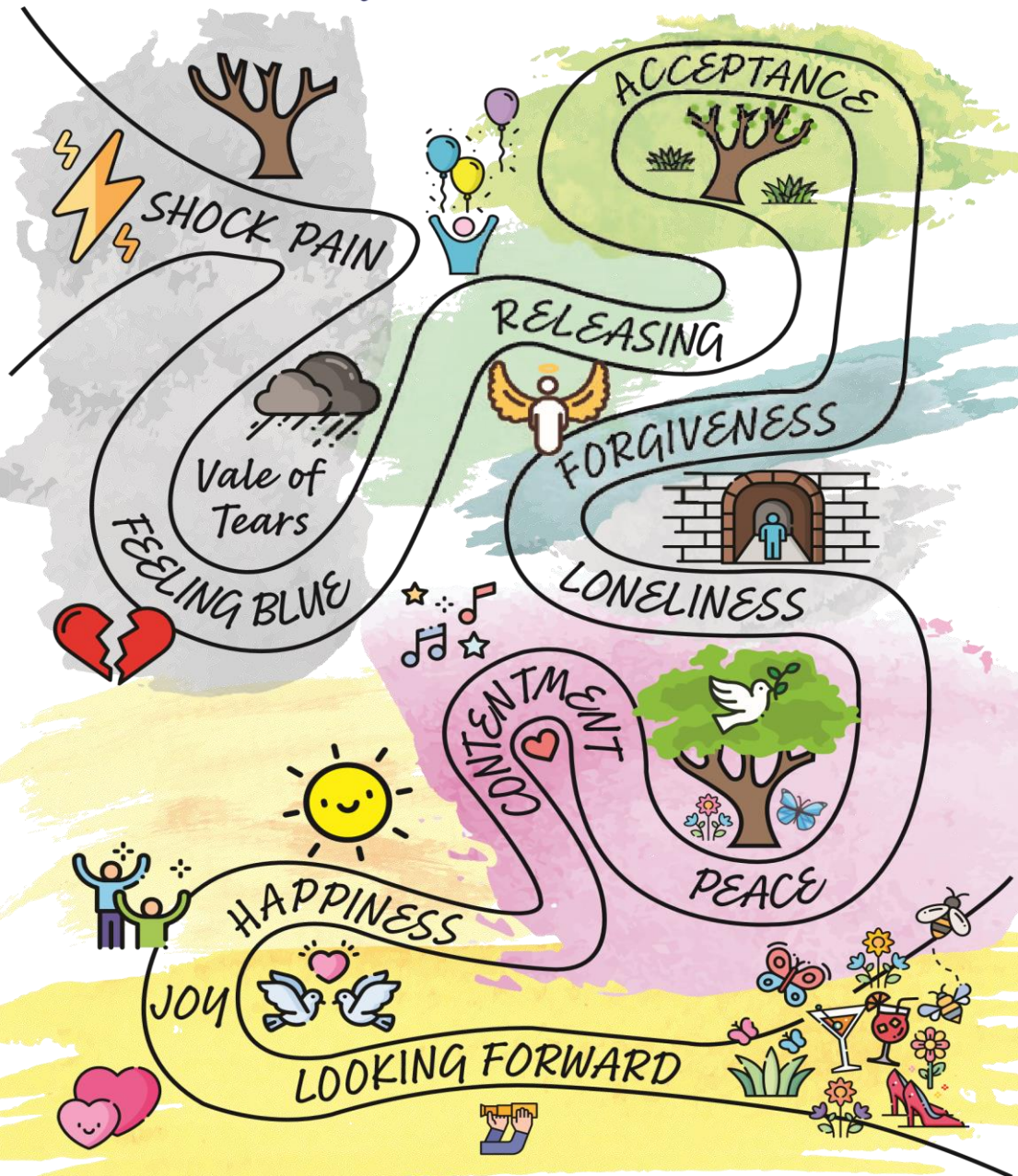


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ABOUT THE AUTHOR



Marion is an inspiring natural healer and professional course leader. She has spent many years researching and experiencing natural healing methods. She is an enthusiastic ambassador for the happiness and healing changes they can bring to your life.

This workbook (and course) is the result of her own healing journey after a particularly upsetting breakup a few years ago. After using the techniques in this workbook, she has now found peace, happiness and love. While difficult at the time, she now feels that the healing journey she experienced has resulted in more love and happiness in her life.

This workbook accompanies the 'Heart Healing after Breakup' course. However, stands alone as a guide for those who would like more privacy following a relationship breakup and prefer one to one support rather than being part of a group.

This is one of several courses Marion has developed. She would love to welcome you onto her courses so that you too can learn about the benefits of these wonderful healing methods.

More details can be found at www.spiritedwoman.co.uk

INTRODUCTION

This workbook is about how to navigate the journey from heartache to happiness after the breakup of a relationship.

You have chosen it for a reason. Right now, your heart may be hurting, you feel unhappy and life may look grey. Know that one day you will feel better than you do today, and that you are NOT alone in this.

It is part of being human to experience loss and grief, it does have a place on the wheel of life, but so does healing, joy, peace and love.

I hope that this book will encourage you along your journey, offering comfort, solace and a route to your own inner wisdom and healing. Then, when the time is right, you will find yourself back on the road to love and happiness again.

I invite you to read on

ABOUT THIS BOOK

The written word is a linear process, but the healing journey is not. It leads you the way of your own inner wisdom. It's more meandering, as shown on the roadmap. It is certainly not a straight road.

There is no right or wrong way to go. This is your unique journey and however it is done is entirely right for you. Choose which part of the workbook feels right at any given time. You may come back to the same section many times, or start at the middle or end, or leave some of it out altogether. Its entirely up to you.

As a linear book, it is divided into sections, each section representing a well-documented stage on the healing journey. You may experience some or all of these stages, as well as other stages unique to you.

At the end of each section there is a summary of 'The Healing Companions' recommended for that particular part of the journey. These include natural remedies, inspiring reading, music and meditation. You will find more details about 'The Healing Companions' and how to use them next.

When going through a breakup you can often feel tender and confused, with your mind in turmoil. In view of this, I have created the workbook in an 'easy to read' style with clear words and few technical terms.

'The spiritual (healing) journey is individual and highly personal. It can't be organised or regulated. It isn't true that everyone should follow one path. Listen to your own truth'

Ram Dass - American spiritual teacher, psychologist and author of 'Be Here Now'.

THE HEALING COMPANIONS

These are the things I have found enormously helpful on my own healing journey, I hope you will find some of them supportive on your journey. If they are unfamiliar to you, I would suggest you try them with an open mind and heart. You will soon know if they are for you or not, and that is fine. Trying new things will bring you closer to finding what works for you. Trust your own instincts and feelings.

Note that some of the remedies appear often as they are multifunctional and beneficial for many stages of this journey.

Physical	These are suggestions to comfort and nurture your body and soul in the early stages of this journey. As you move on there are suggestions to energise, bring confidence, indulge and beautify as your journey progresses.
Music	Music has the capacity to change or enhance your mood. It doesn't matter what song or piece of music you listen to, just choose one you like. It's personal. Look up 'Inspiring music' on YouTube.
Inspiring Reading	There is so much solace and wisdom to be found in books, articles and postings online. Your intuition will guide you to the things that are right for you. Sometimes you'll come across a book or words that provide just what you need in the present moment - you might call it 'serendipity' - a seeming gift or finding something good accidentally.
Meditate	The physical and emotional benefits of Meditation are many – stress, anxiety and depression diminish as you feel more peaceful.

<p>Affirm</p>	<p>Affirmations are sayings or helpful words that you think, read, and/or write down. They imprint into your subconscious and can change the way you feel. They are immensely helpful in moving your minds attention from repetitive negative thoughts into a more positive place.</p> <p>It's a loving action you can do for yourself.</p>
<p>Essential Oils</p>	<p>Essential oils have been used therapeutically for centuries. They are the potent essence of plants, trees and flowers with remarkable healing properties for body, mind and spirit. Their molecules are very fine and are quickly assimilated into the body through the senses.</p> <p>There are a wide range of oils available to heal and support the physical and emotional states we experience as human beings.</p>
<p>Plant and Flower Remedies</p>	<p>Plant and Flower Remedies are an energetic medicine made from the imprint of the living plant's vibrations in water. They have been developed by devoted and gifted therapists over many years.</p>
<p>Havening Touch</p>	<p>Havening Touch Technique is a self-healing method using four simple exercises that can be done anywhere. The exercises are very comforting bringing healing to the mind, body and spirit at a deep level. Over time, regular use can bring healing and peace to negative emotional or traumatic experiences, reducing anxiety and depression.</p>

And more ..

