



Healing
for a
Broken Heart

CINDIE CHAVEZ

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Practical Tips and Workable Wisdom

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Healing a Broken Heart

Table of Contents

| | |
|-----------------------------------|----|
| Introduction..... | 6 |
| Chapter 1 | 7 |
| Why Does This Hurt So Much?..... | 7 |
| Chapter 2..... | 9 |
| Red Flags? What Red Flags?..... | 9 |
| Chapter 3..... | 10 |
| Ready, Set ...Stop..... | 10 |
| Chapter 4..... | 11 |
| Needs vs. Neediness | 11 |
| Chapter 5..... | 12 |
| Healing For Your Body..... | 12 |
| Chapter 6..... | 14 |
| Healing For Your Soul & Mind..... | 14 |
| Chapter 7..... | 16 |
| Healing For Your Spirit..... | 16 |
| Chapter 8 | 17 |
| What Next?..... | 17 |

Healing a Broken Heart

Introduction

The broken heart... it seems to be a pain without sufficient words to describe it.

And yet, anyone who has ever experienced a broken heart will understand the pain instantly upon hearing those two words...broken hearted.

I, too, have experienced a broken heart, and in fact at one time I resisted becoming a relationship coach because I imagined it would be too painful to deal with broken hearts on a regular basis!

In hindsight, that seems silly to me now, because I recognize that when we have the right tools we all have the amazing power to become whole, to heal our broken hearts, and to love again.

Although this short offering's focus is on heartbreak that you may have encountered through a romantic connection, heartbreak can also be the result of any loss deeply felt.

In fact, I firmly believe that everything you want is on the other side of your broken heart.

Until your heartbreak begins to mend, that emotional pain will pop up repeatedly and get in the way of you being able to experience living your fullest life.

So, whatever the root cause associated with your heartbreak, be it romantic or otherwise, this small book of practical tips and workable wisdom when applied with intention will surely help to heal, soothe, and begin the process of mending your broken heart.

Once your broken heart heals you will feel free and empowered to live (and love!) fully, again.

My wish is for you to experience a complete healing for your broken heart, and the love and magic that will certainly follow.

Cindie Chavez

Healing a Broken Heart

Chapter 1

Why Does This Hurt So Much?

I never knew until that moment how bad it could hurt to lose something you never really had.

~FROM THE TELEVISION SHOW THE WONDER YEARS

Indeed, heartbreak is painful, and many times when we are suffering the pain of heartbreak those who care about us are at a loss for what to do, what to say, to help.

“Cheer up”, they might say, “You’re better off without him!” But that does little to ease the pain and sometimes can leave us feeling that something is wrong with us to be hurting so much.

Let’s clear that up right away! Your feelings are valid. You are hurting. And no wonder! Something you’ve been building has just fallen apart!

It is completely understandable that you would feel disappointed about this. You had invested yourself in a relationship. Whether it was short term or long term, you were invested, and any investor can tell you that it stings to lose an investment.

Chances are you invested time...you spent time together, you spent time doing nice things, learning about each other, talking on the phone, going on dates, and now maybe it all seems like a waste of time.

Chances are you invested yourself...you opened up, you got vulnerable, maybe even sharing your deepest hopes, thoughts, dreams, fears and maybe even your secrets with this person, and now you feel embarrassed that someone you opened up to is no longer close enough to know these things. You may feel regret that you allowed yourself to be so open, to trust so much.

Chances are you may have invested your body...it takes a measure of vulnerability to share your body with someone, a measure of trust, a bit of bravery, and now...you may be wishing that you never gave such a precious gift to someone who obviously didn’t appreciate it.

You may have invested money...maybe you bought gifts, or even helped this person financially and now you feel like you just threw that money away.

All of these things are very common occurrences, and all of your feelings are valid.

Can you imagine spending your time, money, and your mental and physical energy to build a house with your own two hands and then watching it burn down? Who wouldn’t feel sympathy for you?! And so it is with a broken heart, it is okay to feel sad, angry, disappointed, regretful, confused, hopeless, and any other feeling you may be experiencing.

Or maybe your heart is broken because you’ve lost a loved one, a family member, a partner, a friend, or even a pet.

Healing a Broken Heart

Maybe you've lost something else that you've invested your heart and soul in, like a home, a business, your health, or maybe a missed opportunity has left you with an ache in your heart.

Perhaps you've had a falling out with a friend, a misunderstanding with a loved one and you feel crushed and confused about it.

All sorts of experiences can leave us with an ache in our heart. And it is completely normal and natural that these events have produced painful and uncomfortable feelings and emotions.

And, although we all want to avoid pain and experience pleasure as much as possible, ALL of your feelings and emotions are valid, and valuable.

Now that we've established the validity of your feelings I want to mention something important about them.

“Your feelings are a miracle.”

And your deepest wounds are directly connected to your life purpose.

There is always a treasure buried within a painful experience if are willing to see it.

Understandably, right now, you might not feel like that could possibly be true. That's okay. The treasure will surface eventually, when you are ready.

The tips and wisdom within these pages may help you to find the treasure.



Healing a Broken Heart

Chapter 2

Red Flags? What Red Flags?

Almost everyone I've ever asked about a past relationship can tell me that looking back they can recognize the exact time when they knew it wouldn't last, and it is often very soon after the relationship began.

We suddenly see all sorts of things we didn't pay attention to at the time, and yet there they were. Things that didn't feel right to us, things that we can't believe we would ever accept, we call those things "red flags".

I once heard someone say that there were only two types of red flags...the ones you see, and the ones you ignore.

If you are looking back and recognizing red flags that you wish you would have paid attention to, Congratulations!

Please don't beat yourself up for ignoring them or for thinking that they just weren't a big deal at the time.

You know that treasure I was speaking of in Chapter 1? This is all part of finding that treasure.

When you look back and see the red flags that are SO obvious now, you can know that those are very important treasures that you can put into the category of "things I have paid dearly for and value greatly."

Knowing how these things affected you will come in very handy next time around.

Speaking of next time...

Healing a Broken Heart

Chapter 3

Ready, Set ...Stop

“Time heals what reason cannot.” ~SENECA

At this point you may be saying, “I never want to be in a relationship again as long as I live.”

I understand. I’ve said those exact words, and at the time I really meant them.

But you might be of the mindset that the easiest way to put this relationship in the past is to get right into a new relationship.

I don’t believe there is any prescribed waiting period between relationships.

However, I *do* believe that there is a better option than jumping immediately into a new relationship.

And that is to first take the time to heal up, and to really find out what it is you want in a relationship. Then you can make sure that the next relationship has all of the ingredients it needs to thrive.

How long does healing take? It is sort of like losing weight, or healing a broken arm, or learning to play the violin.

It won’t be overnight, it usually doesn’t happen in an instant, but it *will* be determined by your actions, your intentions, how much support you seek, and how much support you accept.

You’ve already shown your intention, taken action, and reached out for support just by reading this book.

You’re on your way to healing your broken heart. The amount of time will vary.

That depends on you.

Healing a Broken Heart

Chapter 4

Needs vs. Neediness

“What the world needs now is love sweet love...” ~HAL DAVID

We all have needs, from the most basic of human needs like oxygen, food, water, shelter, to the more complex needs like the need for community, contribution, touch, affection, and laughter.

When we think that we need a *certain* action to be performed by a *certain* person it is not a true need, but a strategy to get our need met.

You do need love, you do need affection, you need to be seen and to be heard...those are all valid needs.

We all need love.

But, it is a misconception when we believe we need a certain person to provide it. This is when need turns into neediness.

Having needs is a part of the human experience. Being needy is expecting our needs to always be met by someone else.

Neediness is something we want to avoid as it is generally not attractive and is a symptom of giving our power away.

We have a much better chance of getting our needs met when we take the responsibility for getting them met. This also helps us to avoid neediness.

It is easy to fall into the neediness trap when our heart feels bruised. And that's okay, as long as we recognize it, take into account what it is we need, and then take responsibility to get those needs met.

Healing a Broken Heart

Chapter 5

Healing For Your Body

“Everybody needs a hug. It changes your metabolism.” LEO BUSCAGLIA

The power of love to change bodies is legendary, built into folklore, common sense, and everyday experience. Love moves the flesh, it pushes matter around.... Throughout history, "tender loving care" has uniformly been recognized as a valuable element in healing. ~LARRY DOSSEY

We are holistic beings. We can speak of a broken heart, a sprained ankle, a stressed out mind, a wounded spirit, but we are ONE being and everything affects everything else.

This book's intent is to help you heal your broken heart. Taking good care of your body, mind, soul, and spirit are all actions that will contribute to the ease of your heartache.

Every one of us has different ideas about health. We may have different actions that we take to support our body. The main idea is to have an intention of supporting your body's overall health, and then to make choices congruent with that intention.

Show your body how much you value and appreciate it.

If your break-up was because of infidelity or you have any reason to suspect that you may have been exposed to sexually transmitted diseases (STDs), please get a check-up right away.

In fact, if you haven't had a complete physical in the last year it's a good idea to schedule one. It sends a wonderful message to your subconscious that you are pro-active about caring for yourself.

Below is a short list of actions you can take to support your body's overall health. The extra spaces are for you to add your own ideas. You already know many things that support your body's health.

For some it may be eating extra protein or watching less television, for others it may be eating vegetarian more often or allowing yourself to relax enough to watch a bit of television!

We are all different. Find what works for you. Start by making one or two changes.

Let it be easy.

- Stretching/yoga
- Drinking pure water
- Eating organic foods
- Taking a multi-vitamin

Healing a Broken Heart

- Walking
- Laughing
- Dancing
- Getting enough sleep
- Get a massage
- Manicure/Pedicure/Facial – treat yourself to a spa treatment or do your own at home
- Limit your caffeine and alcohol consumption
- Soak in the bath - add 1 cup of Epsom salts and 10 drops of lavender or rose essential oil
- Deep condition your hair
- Go for a bike ride
- _____
- _____
- _____
- _____
- _____



Healing a Broken Heart

Chapter 6

Healing For Your Soul & Mind

To a mind that is still, the whole universe surrenders. ~CHUANG TZŪ

"If someone should ask me, 'What does the soul do?', I would say, 'It does two things. It loves. And it creates. Those are its primary acts.'" ~SUE MONK KIDD

When your heart is hurting your mind can really be a problem! Mental chatter, replaying conversations, hearing hurtful words over and over; all of this “monkey mind” can cause sleepless nights and make it hard to focus during the day.

It is one thing to decide that you are NOT going to think about it anymore. But unless you replace those thoughts with new thoughts, the old ones just creep back in.

Imagine you decided to move that old coffee table out of the living room because you just can't take looking at such a shabby table anymore. So you move it out into the garage. Unless you replace it with a new table you will inevitably end up dragging it back into the house because you need a place to put your coffee cup!

Thoughts are like this. And when we are dealing with those awful thoughts that come with a broken heart we need to throw them out and then replace them with new, healthy thoughts.

First, you must make the decision that you will stop looking at your ex's Facebook Page, reading his twitter feed, looking at the old emails and text messages from him, driving by his house, listening to the song that was “your song”, looking at pictures of the two of you (or pictures of him), calling to hear his voicemail, etc. All of these activities just keep those thoughts that are causing you pain fresh in your mind. This is a train of thought that you must get off of NOW. If you want to go to a new place, you have to get on a different train!

Actions that support your mind, your mental health and your soul will generally be learning new things, filling your mind with healthy ideas, and letting yourself be open and creative.

If you already have a creative outlet or hobby (painting, needlework, drawing, making music, building things, sewing, crafting, bird watching, etc.) now is the time to allow yourself the time to immerse yourself in a creative project or venture.

Learning something new is also great. Expand your mind; put some new thoughts in there!

So, a few ideas:

- Read a book, better yet...join a book club
- Start an art journal...writing and drawing in a sketchbook
- Research something that interests you

Healing a Broken Heart

- Listen to happy music, learn the words and sing along
- Create something...paint, draw, knit, crochet, write, craft, sew, build
- Learn a new language
- Work a puzzle
- Write a poem or memorize a classic
- Start a list of things you want to do “someday”, then make a plan for the first thing
- Create a vision board to support your “someday” list
- Plant a garden or a tree
- Learn to play a musical instrument
- Visit a museum or an art gallery
- Go on a picnic
- _____
- _____
- _____
- _____

I’m sure you can think of other activities that expand your mind and feed your soul.

Whatever it is that brings a smile to your face and causes you to lose track of time is surely something that will nurture your soul and help to bring healing your broken heart.

And if possible, be sure to do a few of these things with people who bring joy to your life!



Healing a Broken Heart

Chapter 7

Healing For Your Spirit

“Something opens our wings. Something makes boredom and hurt disappear. Someone fills the cup in front of us: We taste only sacredness.” RUMI

Do you have a spiritual practice? This can mean different things to different people. If you already have something you do or someplace you visit to nurture your spirit take some time to make sure you tend to this area of your life.

If you don't have a spiritual practice you may want to begin one. Or you may want to add something new to your existing ideas.

Some ideas for spiritual health and support...

- Meditate using a guided meditation
- Spend time in silence
- Sit quietly with your bare feet in the grass
- Listen to the birds singing
- Read something inspirational
- Sing a lullaby or a hymn
- Listen to spiritual music
- Pray or read a prayer-book
- Visit a place of worship
- Visit the ocean or the forest or some other place in nature that feels comforting
- Clean your closets and your drawers
- Use Feng Shui
- Walk a labyrinth
- Light a candle
- Make a mandala
- Start a dream journal
- Make an altar or a sacred space
- Start a gratitude journal
- _____
- _____
- _____

“Some changes look negative on the surface but you will soon realize that space is being created in your life for something new to emerge.” ECKHART TOLLE

Healing a Broken Heart

Chapter 8

What Next?

We can only be said to be alive in those moments when our hearts are conscious of our treasures. ~THORNTON WILDER

Although a broken heart is painful, it can actually be a wonderful opportunity to learn a lot about yourself, and in learning about yourself you will find the treasure that was hidden in the pain.

As you begin to bring more health to your body, mind, and spirit, your heart will mend and your thought processes will become clearer.

Then you will begin to gain clarity about what you require in a partner, what your purpose is in this life, and what you want to build or create for yourself in this lifetime.

If you want to go deeper and learn a process that will support you in all areas of your life, especially relationships and fulfillment, be sure to check out [The Peaceful Power Process](#).

On the surface it's all about communication and resolving both inner and outer conflicts. But really it's a process that you will use each and every day to empower yourself, get all of your needs met, and find deep and lasting peace.

I'm grateful that you've chosen to spend some of your valuable time reading this guide.

Be sure to let me know how it has helped you move towards healing.

It is an honor to be able to contribute to the mending of your broken heart, and the building up of your body, soul, mind, and spirit.

I look forward to helping you attract and create the relationship and life of your dreams!

Love & Magic,

Cindie Chavez

Healing a Broken Heart
