

From Heartbreak to Hell and Back 1071 words

by Evelyn Cole

Part I

How to Heal a Broken Heart

I hope you have had a broken heart by the time you're 22. If not, you have closed your heart to keep it from being broken and that may be worse than a broken one.

It's not always a lover who breaks our hearts, either. Sometimes, it's parents or children.

In any case, here are Five Do's and Five Don't's for healing a broken heart:

1. Do mourn for a brief period. Mourn your loss.

1. Don't mourn more than a month or two.

2. Do recognize that romantic love is an illusion that breaks up on the rocks of reality. The break-up has less to do with any shortcomings you have than the fact that your love faced reality before you did.

2. Don't assume there is something wrong with you.

3. Do associate with good friends.

3. Don't talk about your heartbreak more than 25% of the time with your friends.

4. Do exercise. It's impossible to be sad while running.

4. Don't avoid the one who broke your heart. See him or her clearly and you won't feel so bereft.

5. Write rapidly every day for ten minutes.

5. Don't stop laughing! According to articles in Mind Power News, laughing cuts medical bills by 30%. Ongoing research is fascinating.

I had my first heartbreak at age 15, my second at 34, and my third at 60. The one at 15 was the worst. I didn't know how to heal my heart then.

Heartbreaks hurt like hell. If you're in one now, my heart goes out to you. Just remember, they make you human. Keep your heart open to them for a wonderful life.

And love your friends.

Part II

Secrets Your Mother Never Told You

1. The honeymoon was over before it began. Cousin Joe came to the wedding reception drunk, made a speech about the bride and her old boyfriend, infuriating your father. The old boyfriend's father kicked Joe in the shins. Joe howled with rage. The best man dragged him outside and your mother spilled red wine on her \$1000.00 wedding gown.
2. The reception cost \$10,000.00. Your mother's parents put up \$2,000. That's all they could afford. Your Dad's parents didn't put up any money but they gave them \$500 for the honeymoon.
3. The honeymoon cost \$6,000.00 and it rained the whole week.
4. Your parents spent the first ten years of their marriage paying off their wedding. That's why they waited so long to have you. Those years weren't a whole lot of fun.

That's one story. There are too many like it.

The point: our culture builds fantastic illusions about weddings. We spend far too much on them and suffer great disappointment.

I want to spare you that disappointment.

I want you to experience the joy of everyday love and laughter, of an inexpensive wedding, of friends you don't need to impress, of a marriage that lasts because it's based on reality, not illusion and hype.

I write from bitter experience. I married twice for the wrong reasons. When I finally learned to live alone, support myself, find my own strength, my own values, I married again for the right reasons. What a relief. What a joy. And the wedding reception cost just \$300. All hundred in attendance had a fabulous time.

So, prospective brides and grooms, be careful when you read those bridal magazines and honeymoon ads. Broken illusions are not only painful, they're expensive!

Part III

You survived heartbreak and wedding without too much debt, now . . .

How to Keep Your Love Alive

Remember the first time you fell in love? Glorious, wasn't it.

I'm sure you know why the phrase is "fall in love" not "step in love" or "crawl in love". You fall, "head over heels".

There is nothing rational about sexual love. It's called "blind love" because the frontal lobes of the brain are not involved at all.

But where does that great love go? And it does go.

The romantic phase of a relationship is blind. When the blinders wear off you begin to see each others as individuals. You begin to compete, like siblings. If you grew up with a brother or sister close to your age, you know how to fight and get over it. But, if you didn't have a close sibling, you don't know how--and your spouse does!

Then, when the fighting starts the love dies hard, unless . . .

you both decide to keep it alive,

not the crazy "in love"

but a conscious, willing exploration of your own subconscious mind, and an open sharing of your discoveries.

For example, one man told me that he doesn't like to French kiss. He said it gave him "the willies". His wife was terribly hurt. She felt rejected by him. He loved her every other way, but his tongue embarrassed him.

In writing about his tongue he uncovered the source of his embarrassment and spit it out for good.

Another way to keep love alive involves recognizing the role of projection in everyday life. Everyone projects his feelings about himself onto others at some time. If I think I am clumsy today, I notice how clumsy everyone is. If I feel fat, I notice everyone else's fat. If I feel good, I notice how pleasant everyone is today.

We tend to project our self-criticism onto the ones we love, killing love. Recognizing self-criticism will keep love alive.

Since love is more important than vitamins for good health, make sure you keep it alive.

As long as you keep uncovering your whole mind and share it with your lover, you will keep love alive and live long and wealthily. There are several ways to do this.

If you have read this far, you are a reader. I am a reader, too. But I have found that to really learn anything you have to write after you read, while you read, before you read, before you sleep, as soon as you wake up, in the dentist chair, on the chair lift, everywhere. Let your mind flow free. Discover its beauty and its pain.

Evelyn Cole
The Whole-mind Writer

P.S. The hidden advantage of using your whole mind with your lover is laughter, and that really keeps love alive. Cuts your medical bills by 30%, too.

Evelyn Cole, MA, MFA, known as the Whole-mind Writer, publishes a weekly ezine, "Mind Nudges" and offers an e-course called Brainsweep at www.write-for-wealth.com. She writes, "My chief aim in life is to convince everyone to capture the power of the subconscious mind and synchronize it with the conscious mind. That takes knowing how your own subconscious mind operates." She has published three novels and poetry that dramatize that passion.