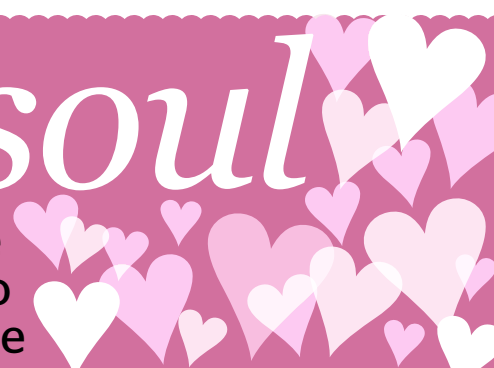




Heart & soul

Cate Mackenzie, our new resident love coach, helps readers open their hearts to relationships they never thought possible



Heal your heartbreak

In her second column, Cate reveals rituals to nurse your emotional wounds

Heartbreak is a hugely painful and mentally debilitating experience. So much so that experts still argue whether a relationship ending can increase your chances of having a heart attack.

Dr Ronald Stram, a specialist in holistic medicine, explains why the psychological fallout of heartbreak is so painful. 'The emotional wounds of rejection literally hurt. The adrenal gland releases adrenalin. Your cortisol levels and heart rate

go up. Your gut shuts down and your blood pressure rises.'

The severity of the heartbreak also depends on how the situation ended and how we feel about it. A death of someone who was good to us and who we loved can be devastating, while the betrayal of an affair may make us doubt the sincerity of the original connection. This can leave us confused about whether there was love in the first place or it was all just a lie.

If you're experiencing heartbreak, use this time as an opportunity to heal and take yourself deeper into a state where you feel better about who you are and are kinder to yourself. Do this by slowing down and calming your mind, body and spirit. The visualisations I've chosen will help you on the journey of finding peace in what has happened.

The rituals

CLEAR THE DECKS

Prepare by relaxing and breathing, and connect with your higher self. Put two chairs opposite each other and sit in one. Let your higher self communicate to the higher self of the person you've lost, then ask them all the questions you need to and tell them the things you want

bonds between you and the person. Visualise the powerful Archangel Michael with his great silver sword cutting the ties between you. This won't get rid of love, but will help to clear any unhealthy bonds.

REPAIR YOUR HEART

Ask your angels or helpers in your own words to support you as you heal. Sit or lie down and take deep

'A betrayal can leave us confused about whether there was love in the first place or it was all just a lie'

to share. Wait in this quiet space, noticing how you feel and allowing a sense of completion. Ask your higher self what you need for *you*.

CUTTING THE TIES

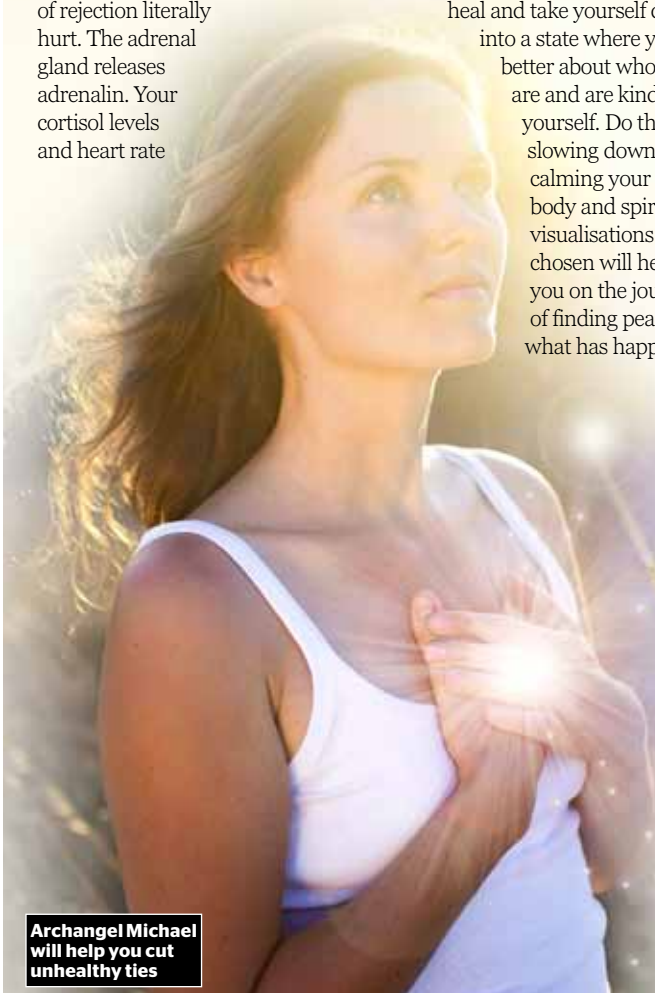
Letting go can be particularly painful if we've put down roots with someone that go very deep. In order to release them, we need to be ready to cut the ties. Imagine a huge pair of scissors releasing the

breaths in and out. See the rise and fall of your chest as you breathe. Inhale peace and exhale pain. Imagine you're releasing all the hurt and sadness with each breath.

Picture yourself surrounded by a golden egg of light healing your heart. You're becoming softer as you breathe out all the worries and heartache, and they're being turned into light. Breathe more of the golden light into your body and sense your heart being released.

Allow yourself to feel calmer and loved, then breathe in the golden light so it heals all of your body. Picture yourself as happy. What does it look or feel like? Visualise this more contented version of yourself appearing before you, and let her tell you what you need to love yourself right now.

Imagine your wise self guiding you and telling you all you need to soothe yourself. When you're ready, write down what they've said. ■



PHOTOS ALAMY, ROBIN PALMER

Archangel Michael will help you cut unhealthy ties

WANT TO FIND OUT MORE?

Cate Mackenzie is a love coach and couples counsellor with more than 20 years' experience. For more information about her work, visit catemackenzie.com