



Love Magic: The Good Witch's Guide To Healing Your Heart

Ariana Ariana, Sephera Giron

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Love Magic: The Good Witch's Guide To Healing Your Heart Ariana Ariana, Sephera Giron Some break ups are inevitable. Some are sudden. Sometimes relationships just fade away. Some relationships are volatile from the first date until long after the break-up. No matter what, it's often difficult to break-up with someone, even if you've grown to despise him or her. If we've loved someone, it can take a lot of work to erase his or her presence from your life. After all, you both shared some pretty intimate moments and now it's all gone. Almost everyone has lost a romantic someone at some point in his or her life. Most adults have the ache from these experiences echoing somewhere in their soul. We should be able to all bond about it. Sometimes we all can. But some people are afraid to be vulnerable. It can be hard to fill the void without resorting back to negative behaviours that attracted an incompatible match towards us to begin with. Do your lovers often lie to you? Do your lovers cheat on you? Are you cheating with someone right now? Remember that a relationship that starts in a lie seldom evolves into anything more than a lie. You can never heal your heart if you're emeshed in a lie. We all lie. We lie to ourselves. We lie to each other. We tell white lies to soothe people's feelings or avoid confrontation. Where's the line? Some people are better at spotting liars than others. We all have our different levels of "gut instinct." The trick is learning to trust it and to listen to it. We can all enhance this ability and learn how to steer away from people who will disrupt our lives. Astrology, feng shui, meditation, and personal growth exercises are some of the tools used to experience self-awareness in healing our hearts. Whether our bad relationship lasted ten days or ten years, we can learn how to focus on the future instead of the past. Learning from our mistakes and acting on red flags are important tools to carry forward. Ariana is the author of "House Magic: The Good Witch's Guide to Bringing Grace to Your Space" from Conari/Red Wheel/Weisner.

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