

Heartbreak to Wholeness: ...the tumultuous journey that brought me my Knight in Shining Armor

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Heartbreak

To

Wholeness

...the tumultuous journey

that brought me my

Knight in Shining Armor

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Third edition

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“Insanity is repeating the same steps over and over yet expecting a different outcome.”

Albert Einstein

Dedication

To all of the men in my life. You have taught me and stretched me, awakening me to the amazing woman I am.

And to my true Knight and Shining Armor.

Acknowledgements

Carol Kelling:

You were the first to read my words in book form. I am honored by your friendship and support, love you soul sister.

Marcie Ellis:

The selfish part of me wants to believe that you bought Creek House and Hobbit House just for me. It is my refuge, my sacred space. I love you and thank you for allowing me to partake of its beauty.

Thank you my lovely friends and clients, you have graced me with your presence, tolerated and encouraged all my phases of growth and loved me anyway.

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Once Upon a Time I fell in love...and then I really fell in love...

Heartbreak to Wholeness is a love story, but indeed a messy love story. It includes my history, the bliss, the crash and the muddling over and over and over again on the seemingly endless date-go-round looking for love. Life and love is filled with much of this muddling because we're so afraid to be alone and not brave enough to look in the mirror and change. We would rather continue to blame him/her, the circumstances, or whatever else conveniently deflects our personal responsibility, hopping right back onto the date-go-round as fast as we can, avoiding even one minuscule second of honest reflection.

Most of us like to show up with our made-up faces, hiding the muddling as best we can to the world that seems to keep going despite the tremendous heartbreak ripping us apart on the inside. With open vulnerability and transparency, I exploit myself and my muddling fully. I know my story resonates with many, for many have shared with me their own intimate stories of love lost, hearts shattered, and not knowing how to pick up the pieces. Many feel desperately alone, as did I. Many depended on someone else to feel whole, making the mistake that a person could do the job. My tumultuous journey confirmed the undeniable truth: you cannot run from the Divine. Our heart is ever vigilant as it pursues us for only Divine Love can fill the void.

But you won't find consciousness too much in these pages. Not unlike many people I see walking around today, I was born and raised in the faith, but I was a mess and I certainly was not free, like they promised me. My quest for a man, to find someone to love me, was my goal. It took the pain of this fruitless journey to see that drawing near to God was the only way to LIFE, to love and to a beautiful relationship. Sure I had belief and loved Jesus, the ultimate teacher of how to love. But walking around as free in my thoughts and actions was not as transferable from my childhood

faith to an adult seeking my knight. I had incredibly low self-esteem. Low self-worth and having infinite confidence in the fact that I am beautifully and wonderfully made (psalm 139:13-14) by the creator of the Universe and am endowed with a uniqueness and gifts only I can bring, do not belong in the same sentence.

You will notice Spirit's whisper in these pages. Most of the time I was too ego-centrally steeped in my wounds and grasping at any temporary relief to hear these utterances.

This story is an autobiography. I was raised in a strong dogmatic faith, and my journey included breaking free from its stronghold and discovering that Love is the true message of religion...but that was a slow unfolding.

Unfortunately, most of us choose the more arduous journey, the journey of deep pain before we wake up and see that living the precepts of love and forgiveness of self and others brings the peace that passes understanding. Philippians 4:6. Since I am a coach now and have helped empower many people who have similar stories such as mine, I know there are many of you out there struggling. My hope is that the cathartic healing that writing this book did for me, will create a higher catharsis for you. Maybe you are in the midst of heartbreak yourself or maybe you seek someone else to fill the void.

With honest transparency; low self-esteem, rejection, doubt, loneliness, and mistakenly using sex to get love are characters in this tale. They make their appearance as we discuss my knight in shining armor quest, which included a severe heartbreak. They are worth examining for they are the tricksters who cause us to date those we probably shouldn't be dating in the first place and they are great inhibitors to wholeness. It's an emotional roller coaster becoming whole.

My self-esteem was dependent on whether a man liked me or not. I sought men to give me attention and love me, so I could ignore any pain or bad feelings I had stuffed about myself. The mere opportunity to experience what I thought were love feelings was my driving force in life. I didn't feel so alone when I was with a man. The feeling was so tragically temporary that it kept me on the constant prowl. Keep in mind, this behavior was not sexually motivated. Mine was more of what psychology calls Love Addiction. I wanted love because I did not fully recognize Divine love for me thus I didn't have enough love for myself. I genuinely hoped one of my encounters would finally give me my fairytale, someone who would love me unconditionally and never leave.

The men I chose were not in sync with my faltered musings. My knight in shining armor, a gallant gentleman riding on his white horse swooping me up into his arms and riding off into the sunset living happily ever after, were cowards ready and willing to stomp all over my boundary-less, frail humanity. Instead of a horse, they rode in on a donkey. They were not strong enough to hold me let alone swoop me into their arms. And the sunsets were dark, cloudy and ominous.

Maybe my story will resonate with you. Maybe you will see yourself in some of my feelings and actions. I am quite certain you will recognize many of the men I attempted to date and earn love from, men incapable of loving themselves too, for that is the only type of guy I could attract, we do reap what we sow. When we sow thoughts of such low self-image and desperation, we reap a harvest that reflects the same and supports our beliefs about ourselves. My greatest hope is that you will be encouraged to see the beauty of your own path, accept the ups and downs and discover how everything can turn to gold if we are willing.

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Galatians 6:9

The Spiritual Truth Inside Dating

Who is out there dating?

I typically don't believe in blanket statements, but we must be aware of who is out there: people who have been dumped or dumped someone else. Unfortunately most of these people have not taken a moment to reflect and discover their role in the demise of the relationship, to do so may invoke pain. It may require conviction and change. The world avoids pain, conviction and change like the plague. First, it takes time. Secondly, you have to look in the mirror deeply. It also may include time alone and that just sounds depressing. Our convoluted hurt flesh/ego cries to us to stuff or numb it and put our hook out in the pond for another bite. Are you in this group? We can get pretty for our date, forget about our insecurities and pretend for a while that we are happy and whole. Eventually our true colors and those of our date come shining through and what felt amazing in the beginning, gets messy...I call this The Fairytale Effect.

You Reap What You Sow is the exact same concept that science calls: The Law of Attraction. Like energy is attracted to like energy. The energy we carry within ourselves (the thoughts and actions we sow) emanates out of us and finds like energy, especially if there is something for us to heal. Imagine if we sowed these thoughts: Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if anything is excellent or praiseworthy, think about such things. Philippians 4:8

Our soul conspires with the Divine Universe because it has our healing as its highest priority and will bring the very person to trigger our wounds to give us another chance to heal them. If we don't take the opportunity to heal with that person, guaranteed someone just like them will show up again. Thus, the date-go-round perpetuates. This is the brutal truth of the situation for many. Truth stings but it is our motivator. Do not confuse the sting of truth with feeling bad about ourselves or carrying shame. Quite the contrary! Truth awakens, and we can use it to reach upward out of our choices. No more seeing the speck in your neighbors' eye and not seeing the plank in your own. Matt 7:3

You Reap What You Sow is The Law of Attraction and it is a gift for it forces us to be accountable of our thoughts, actions, and life. I believe we are held accountable to learn too. If we continue to reap the same harvest of pain, resentment, disappointment, hurt...then we must seek and gain wisdom. Whoever heeds life-giving correction will be at home among the wise. Proverbs 15:31

This must be our prayer: Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting. Psalm 23:24

Let us not forget the compassion we have available to us:

He heals the brokenhearted and binds their wounds. Psalm 147:3

Cast all your anxiety on Him because He cares for you. 1 Peter 5:7

Come to me, all who are weary and burdened, and I will give you rest. Matt 11:28

The Lord is good, a refuge in times of trouble. He cares for those who trust in Him. Nahum 1:7

How did we get here?

Loneliness is a strong, driving force. Most of us will do anything to avoid that sinking feeling of

loneliness. It feels like we're a loser if we admit we are lonely.

How can we come to grips with loneliness?

We have to be in the present, free from our wounded past which haunts us when we continue to believe its old story. It stifles our present. Crazy enough, many who claim to be forgiven, do not practice self or other forgiveness very well. It is sorely lacking. Too many of us take things personally, become offended, and don't even forgive ourselves. People must understand that we are to emulate Jesus and forgive too. We must understand that people need our love, not our condemnation. And, we must offer that compassion, not condemnation, to ourselves too.

For far too many souls, our past beliefs and wounds continue to reside in our psyche and we live them out, unknowingly. We have hurts and traumas that we experienced in those precious, formative years. I promise, if the same situation/partner continues to occur but in different clothes, you are on the date-go-round living out your past childhood wounds. Pretending they are not there, stuffing, or numbing out in the plethora of ways society chooses to numb out, does not get rid of them. *

Oh how I dreamt of my Knight since I could twirl in my Easter Sunday dress. He would swoop me up into his gallant arms and we would ride off into the sunset living happily ever after...Then I grew up…Where was he? Why didn’t any man want to love me?I was good, kind and would do anything for him?What was the problem?I must not be good enough. Yes, I loved God, but I did not love me, and that has everything to do with why I could not find my Knight. This is not a religious tale, but Spirit is a character. I discovered along the way the true message of Jesus is LOVE of self first so we can then love others. Come on my journey from childhood through today as my starry-eyed hopeless romantic musings take me through the dark, lonely valley of heartbreak.You will see yourself in me. You will laugh and cry with me. And hopefully, you will find your Knight too for He is available right now. Your journey could begin today.Seek and you shall find. If you are struggling with self-worth - loving, valuing, and honoring yourself, this book is for you.If you are frustrated in dating, desiring to meet your mate and cannot understand why it's not happening, this book is for you.Sharing stories makes us not feel so alone...and it gives us hope that if she can do it, I can too. I hope my story inspires you and can save you some heartache. Blessings to You! You are Beautiful and Worth it!Kim Oak

The growth of truth a true story of the heaven and hell of a - Editorial Reviews. About the Author. Kim Oak is a Bible-based Dating/Divorce/Relationship tumultuous journey that brought me my Knight in Shining Armor - Kindle edition Want to know our Editors' picks for the best books of the month? Heartbreak to Wholeness:the tumultuous

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