

Broken-Heart Recovery Meditation

Excerpt from Dr. Ronald Alexander's book, [Wise Mind, Open Mind](#) (New Harbinger)

Relax and gently sit on your meditation cushion or in a sturdy, straight-back chair (if you have back pain, lie down on a solid floor), and begin to notice your inhalation and your exhalation. As your breath brings more and more comfort to you, and you can notice that your lungs are supporting your brain with more and more oxygen, settle deeply into that space of mindful relaxation and exploration. Go now to your heart and feel the pain, emptiness, or sadness. Breathe deeply and bring mindful awareness to the suffering within your heart.

You may become surprised and delighted to discover that while you're simply noticing your grief or sorrow and experiencing compassion for yourself, a wondrous mind flow has begun. Like ice melting in the mountains, pain and sorrow ebb away, flowing out of your heart and your body, out from your feet and hands. Continue to breathe and allow these powerful and painful feelings, sensations, and thoughts to move through you and out of you.

If your suffering isn't alleviated, allow yourself to become curious and imagine someone who suffered terribly and overcame their loss, someone whose story you know well. Picture this person in your mind's eye and take yourself through their story of loss and pain from its inception in all its intensity and agony. Place yourself inside their heart, mind, and body. Allow yourself to feel every feeling, and experience each and every dark moment and mood you imagine they suffered. Draw strength from their tragedy and triumph. Visualize and bring mindful awareness to the exact moment in their mind when they made the decision to heal, to transform the direction of pain and sorrow in order to move from internalization to expressive flow. See, feel, and experience yourself as this person as they drew strength, wisdom, and compassion from this heartache.

Envision your heart and imagine the tissue within its wounds begin to repair itself. Feel a stirring of vitality as your heart beats and you imagine seedlings in the earth beginning to awaken from dormancy and buds on the branches of trees beginning to open to the sunlight as flowers burst forth with a new aliveness and energy.

Notice that your heart and mind are beginning to transform. Be mindful of the feelings in your heart as you draw from your inner resource of compassionate awareness. Notice the loss, sorrow, and sadness beginning to shift toward feelings and sensations of vitality, passion, and well-being.

By recreating in your own mind someone else's pain *and* subsequent recovery, you may find yourself feeling less overwhelmed and better able to avoid getting caught up in an unwholesome series of thoughts, feelings, and sensations. You can also try envisioning yourself going through a series of steps to move from emotional depletion to recovery, a process of combining mindful awareness with core creative resources available to you in your unconscious mind. However, that can be more difficult to do, because the mind has to access creativity to give you some idea of how your life might unfold in the days to come. Your grief or anger may be too powerful for you to enter a creative state, so it may be easier to pretend to be this person who has successfully navigated their transformation.