

## **WHEN LOVE ENDS**

I am in shock! I have just been told by my sweetheart my soulmate of four years “*Susana, I love you however I don't want to be in a relationship with you.*” Now what?...

Sadly, even the greatest love stories have an ending; whether through choice (yours or theirs), or life and death. The cycle of love (as in life) always has a beginning and...a conclusion.

Have you ever loved someone so much that breaking up with this person, or even the thought of being apart seems or seemed unbearable?

Have you had a love end so drastically or so painfully that you have considered going on alone in life or wondered if you will ever recover and love again?

Can we love, be in love and share love without losing ourselves, giving parts of our self-worth and value and keep ourselves in full integrity without compromising who we are?

These are the questions and many more that I had no choice but to ask, be still and listen in my year of total body lock down when I was diagnosed with Myalgic Encephalomyelitis (ME) – Chronic Fatigue Syndrome.

*“I can't believe this is all ending. I am getting sicker and sicker everyday. All the doctors want to do is medicate me. I need to find out what is causing my body to shut down and I need this out-of-this world head pain to disappear. For the first time in my life I am truly scared! I am all alone and can't help but feel that life has abandoned me!”*

These are snippets of my personal diary entries, revealing one of the most painful, scariest and transformational years of my life. As an expert on leading and inspiring women to be their best, going from being sought after by the media to present and promote healthy self image on television, I never imagined that this could happen to me. Why me? ...was the question I kept asking myself . Why ME?

Allow me to share with you one of the many valuable insights I learned through my year of total body-lockdown, while struggling with a chronic illness, the hardest break-up of my life with the man whom I considered to be my soulmate, unable to work with sky-high medical bills which nearly set me on the verge of financial bankruptcy and while the only words I could see and read where ‘A2L6’ attached to the roof of my bedroom sprinkler.

The seven lessons I have learnt about LOVE that every woman should have been told are:

### **1. Be realistic**

Relationships are a cycle of life. We grow, they grow, life expands and change is inevitable. In nature there is birth, renewal and rebirth.

If a relationship is looking like it is at coming to an end, don't self-blame or project that onto the next. It is just nature creating room for a new and better version of yourself to emerge.

Yes, the NEW version of you is simply exquisite!

### **2. Stay away from emotional poison**

Feelings of guilt, blame, “he or she did this”, “how could they”, “the audacity of that man”, “after all that I have done for him”, fear of the future, victimisation and feeling alone are all lower frequency feelings that keep us stuck and locked into a paradigm that there is something or someone is wrong.

Honour how you feel, recognise you are feeling pain and know that there is a process of renewal taking place. As your biochemistry is being rearranged, just like your life, this is to strengthen you into your next life cycle. Treat yourself to beautiful life-enhancing feelings, people and circumstances.

This is your chance to make it all about YOU with gusto!

### 3. **Become clear of who you are NOW.**

The woman that entered your previous or maybe your current partnership no longer exists. You are different whether it be positive or negative; nothing in this universe stands still.

Go and find the most peaceful setting by nature and ask for the TRUE RENEWED YOU (your future self) to make herself known. Have this person coach you and lead you into this incredible exciting phase of your life.

Oh, yes. Break-ups as I now call them 'Break-throughs' can be truly magnificent.

### 4. **LOVE yourself fully**

Ask yourself an honest heart-to-heart question:

Did you truly love him, or was it the idea of you and him together more than whether you loved or love yourself?

Life will continue to mirror people and the circumstances in your life to remind you of such self-worth. And it's usually the ones who you struggle the most are the ones that are mirroring the most unloved parts of who we think we are or not.

You are always the number one love of YOUR life!

### 5. **Create space for a new love to land.**

Now, this is not another man. As society quickly wants us to get back on the horse, patch the pain and move on. You don't want to date the same men with different faces and with similar spaces. No, no no! Create room for the true you, your magnificent self to soar!

What are some of the things you abandoned or didn't have time to entertain or willing to try while you were in a relationship? Did you love to draw and cook? Or have you have been thinking of taking that night school photography class, yoga practice or salsa lesson?

Move, grow and create new energy in your life.

You will feel so renewed and refreshed when you tap into this energy that your friends will be asking you "What are you doing differently? You look great!"

### 6. **Build a strong sisterhood**

In business it is said it is your network that determines your net worth. Well in personal relationships it is not so different. These women are your foundation pillars to your new transformative phase. Be discerning with whom you choose to be in your circle of powerhouse trusted friends. Tell all of your friends about your renewal plan and keep them all accountable.

.. to continue reading by purchasing *Love "Glitter for the Soul"* ...

### **MEET THE AUTHOR**

Susana Tuya Sarmiento is an international celebrity speaker, tv presenter and author.

A truly passionate and high energy Latina now living in New Zealand who embodies and lives her life's work. When you read her words, watch her present and in her presence you can't help to be magnetised by her delivered messages of inner and outer authentic beauty.

With over twenty-five years of background experience in Fashion, Body & Self-Image Psychology, Personal Branding and Holistic Well-being, Susana delivers cutting-edge, life-enhancing tools and techniques that has earned her popularity and respect of the media and top Fortune 500 companies. Including securing her own television segment on New Zealand's Breakfast show and appearing on 10-years younger and A Season of Change Lifestyle Show.

Susana's life recently came to a total halt. After increasingly becoming chronically ill and later diagnosed with ME (Myalgic Encephalomyelitis), she experienced a complete body lock down for a year and was unable to move from the intensity of muscle and nerve pain. However, this only has strengthened and deepened her commitment and message. It is a true testament to her life calling to lead and inspire women to look and feel their greatness as she inspires us with her powerful messages of self-love, value, living our truths and fully loving ourselves.

“Everyone deserves inner peace and true love. The type that fills you up from the inside out and the one that never leaves. Everyone deserves to discover their TRUE YOU.