

# Love Hurts: Buddhist Wisdom for Healing Your Broken Heart

Love is one of the most powerful and transformative emotions we can experience. It can make us feel alive, happy, and connected to others. But when love goes wrong, it can also cause some of the most intense pain we've ever felt.

If you're going through a heartbreak, you're not alone. Millions of people experience heartbreak every year. And while there's no one-size-fits-all solution to healing a broken heart, there are some things that can help, such as seeking support from friends and family, practicing self-care, and seeking professional help if needed.



## Love Hurts: Buddhist Advice for the Heartbroken

by Lodro Rinzler

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Another thing that can be helpful is to turn to the wisdom of Buddhism. Buddhism has a long tradition of helping people to deal with suffering,

including the suffering of heartbreak.

In this article, we'll explore some of the Buddhist teachings on heartbreak and offer some advice on how to use these teachings to heal your own broken heart.

## **Buddhist Teachings on Heartbreak**

Buddhism teaches that all of life is subject to change. Nothing is permanent, including our relationships.

This can be a difficult teaching to accept, especially when we're in the midst of a heartbreak. We may feel like our world is falling apart and that we'll never be happy again.

But the truth is, all things change. Even the most painful experiences will eventually come to an end.

Another Buddhist teaching that can be helpful in dealing with heartbreak is the concept of non-attachment.

Non-attachment doesn't mean that we don't care about others or that we don't want to be in relationships. It simply means that we don't cling to people or things as if they were permanent.

When we practice non-attachment, we're less likely to be devastated when things change. We can still love and care for others, but we don't expect them to always be there for us.

## **Advice for Healing Your Broken Heart**

Here are some specific Buddhist teachings and practices that can help you to heal your broken heart:

- **Practice mindfulness.** Mindfulness is the practice of paying attention to the present moment without judgment. When you're heartbroken, it can be easy to get caught up in negative thoughts and emotions. Mindfulness can help you to bring your attention back to the present moment and to observe your thoughts and emotions without getting caught up in them.
- **Meditate on compassion.** Compassion is the practice of opening your heart to others and wishing them well. When you're heartbroken, it can be difficult to feel compassion for yourself, let alone for others. But practicing compassion can help you to develop a more positive and loving attitude towards yourself and others.
- **Seek refuge in the Three Jewels.** The Three Jewels are the Buddha, the Dharma, and the Sangha. The Buddha is the founder of Buddhism, the Dharma is the teachings of Buddhism, and the Sangha is the community of Buddhist practitioners. Seeking refuge in the Three Jewels can help you to find support and guidance on your journey of healing.

Healing a broken heart takes time and effort. But by following the Buddhist teachings and practices outlined in this article, you can begin to heal your heart and find peace and happiness again.

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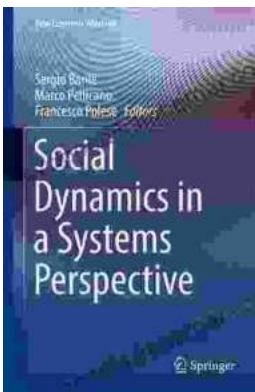
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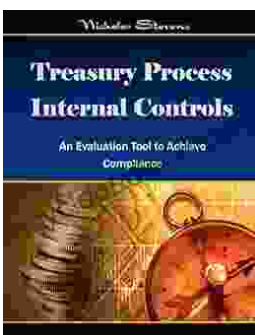


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