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Empowered Living #40 – Dealing with loss

October 2020

October has always been my favourite month, with spectacular fall colours, Thanksgiving turkey and apple crisp, my birthday celebrations, and little kids in cute Halloween costumes!

But as the leaves fall, it can sometimes provoke feelings of sadness that we've been avoiding...sadness over relationships that have ended and people we've lost from our lives. The seasons are a constant reminder that things rarely stay the same for long, and there are cycles to life that include both beginnings and endings.

But endings don't have to be so tragic and healing doesn't have to take so long when we know how to process our emotions and get back to a place of feeling joyful and empowered again. So this month's issue includes resources to help you process any losses in your life, so you can heal and get back to feeling like the happy, energetic person you really are.

Upcoming events

- **October 6** – [Empaths and narcissists: Why loving women attract toxic partners](#) (online event)
- **October 15** – [Lemons to lemonade: How to turn your heartbreak into a breakthrough](#) (online event)

Resources

Grab a warm beverage and enjoy this month's articles:



When a relationship ends, it can be excruciatingly painful, regardless of the reason.

Instead of taking 7 years to heal, learn how to feel better faster in:
[What to do \(and not to do\) when a relationship ends](#)



Autumn provides a perfect opportunity for us to let go of things we no longer need or want in our lives (objects, people, bad habits, etc.).

Learn how in: [Letting go of what doesn't serve you](#)



If you need help healing your heart from past break-ups and making sure you don't choose the wrong partner again, I invite you to attend my super-low-cost 1-day online workshop on November 14:

[Heartbreak to breakthrough: Heal your heart, take back your power!](#)
(Early bird rate in effect until October 6, spaces are limited)



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They aren't all the same...

When we've been hurt by a man, it can be tempting to lump all men into the same category. To think that because one guy cheated, all guys will. Or because one chose a younger woman, they all will. Or because SOME men are jerks, they ALL are.

The men you've encountered are a very small sample of who is out there. A HANDFUL out of BILLIONS. If you seem to keep attracting the same type, you have a pattern going on, with root causes that likely trace back to childhood.

Not all men are the same. Any more than all women are the same. Women cheat, lie, steal, hurt and leave too. You wouldn't want to be held accountable for another woman's mistakes...So please don't hold innocent men accountable for one man's mistakes.

Are there jerks out there? You bet! People who cheat and lie and break hearts? Sadly yes. AND there are really great men out there too...The kind that treat women with respect and love...The kind you'd be proud to tell your friends about.

If you keep attracting undesirable men, there's a lesson you simply haven't learned yet. Cynicism will only attract more wrong ones. Learn who to avoid...and who is worth your time. Get better at choosing...not at hating.

I feel your pain, I've been there. But it won't get better by hardening your heart and building a wall that good guys can't get through. It gets better by learning how to love yourself better, and to do this dating and relationships thing better. If you need some help with fixing your partner-picker, I invite you to my next FREE online masterclass called [Lemons to Lemonade](#). Spaces are limited, so register ASAP!

Healthy hints



[Breast Cancer Awareness Month](#)

Rockin' recipes



[Delicious October Recipes](#)

Creativity corner



[Homemade Halloween Decorations](#)

Comedy central



[Hilariously Weird Dating Stories](#)

Happy Thanksgiving! 😊

xo Karen

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