



Just Because

By: Katrina Boersma

Just because you get hurt,
 doesn't mean you should give up.
 Just because you fall,
 doesn't mean you can't get up.
 Just because everyone left you,
 doesn't mean you should give up on people.
 Just because you cry,
 doesn't mean you're weak.
 Just because hope is fading,
 doesn't mean you should stop hoping.
 Just because you're scared,
 doesn't mean you shouldn't take a chance.
 Just because everything gets dark in life,
 doesn't mean the light won't come back on.

From Hurt . . . To Healing

Suicide Prevention for Teenagers and Adults

Simple Thoughts to Complex Issues

Lesson 4: Heart





Katrina Boersma

I have been taught natural laws since birth . . .

A Poet who was a king once said . . .

“Delight thyself also in the LORD; and he shall give thee the desires of thine heart”

What If . . . I could find a natural law or laws which would help me to learn how to think in a different way and help others to as well?

I now know that it takes a lot to heal a heart. It won't heal overnight but if I trust in Truth and seek to discover a higher Truth, that over time I will be set free.

NATURAL LAWS

From Hurt . . . To Healing!

The 5 H's To Healing

1. HOPE
2. Head
3. Heart
4. Hands
5. HELP

What do people need to learn "Heart" to overcome depression, fears, hurt and suicidal thoughts/feelings?

What Shape do you like the most?		What would cause you the most frustration?	
		Things being out of order	Things being out of control
OR		Conflict with others	Things being boring or not fun
		Not Sure... or, I Think This is a Stupid Question	
Click Here For Full Personality Masteries Grid			

Understanding . . .

What Shape do you like the most?		What would cause you the most frustration?	
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The Short-Term

The Past

The Present

The Long-Term

Simple Thoughts To Heal Our Heart . . .

Find healthy person who is a similar shape . . .

What if . . . we discovered that to heal our heart it helps to have the opposite energy touch us . . .

Magic Atomic Ball Principle

When hurt/pain/abuse enters into our lives it produces energy. That energy is neither good or bad inherently. Because of the terrible thing that has happened, we associate this new energy with being bad, but it does not have to be.

1. Often our hearts have been hurt the most is when, we feel that, someone we have deeply loved has hurt us.

2. That person is often the opposite personality type with the opposite energy we have.

3. We naturally like people who are like us and fall in love with people who are opposite.

4. Learning to give up . . . what we so often desire, structure, organization and "things being right" often helps us to strengthen our heart.

Unlimited Power/Energy

Pain Energy Hurt

NATURAL LAWS

Simple Thoughts To Heal Our Heart . . .

Find healthy person who is a similar shape . . .

It seems . . . that while the driver seems to tough on the outside that deep inside they desire intimacy, closeness, and connection.

Walls Of Opportunity

1. Over the Wall
2. Under the Wall
3. To the Left
4. To the Right
5. Blow it Up
6. Tear it Down

My Current Way Of Thinking

1. More Do This

There are at least 6 different ways to think about a situation that are usually very hard to see. When we learn Personality Materials and the discipline of training our brains to see at least six ways to think, we see greater success.

1. Often the driver personality will drive people away, be mean and say things which push people away from them.

2. The amiable personality, with their own unique energy is often the type of personality which is able to touch the heart of the driver, at a very deep level.

3. For the driver personality it is important to get in touch with their own feelings and understand at a deep level, the importance of strengthening our heart.

NATURAL LAWS

Simple Thoughts To Heal Our Heart . . .

Find healthy person who is a similar shape . . .

Often as an expressive, we are "all heart" at least it feels that way. Often the deepest part of our heart is touched by the analytic personality in how they see the world in a very different way.

Crab In A Bucket Principle

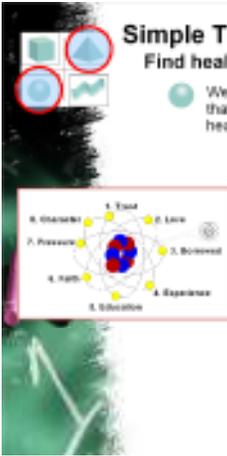
This principle was discovered by an Lakota Indian Chief in South Dakota. He said that the Lakota Indians are like crabs in a bucket. When one tries to crawl out the others pull them back in. That is how poverty happens is when one person succeeds others, around them pull them down.

1. What we think is heart might be just passion that we have.

2. Often we discover the deepest part of our heart, at the most unlikely time in our lives, which often seems to be at the lowest point in our life.

3. Find someone who has a broken heart and show your kindness, love, energy and passion to help them discover how their heart can be healed.

NATURAL LAWS



Simple Thoughts To Heal Our Heart . . .

Find healthy person who is a similar shape . . .

We often . . . feel the hearts of others so deeply that we don't even know how to feel our own hearts.

1. Often through the strength of the driver personality, we as amiable personalities will discover our own heart's desires.
2. While there is safety in feeling, very deeply the hurts of others, there is also a great risk in not feeling our own heart.
3. Make a list of different things which you believe touch / heal your heart and then focus on those things daily. Focus on knowing yourself rather than others and the healing of your heart will start.





From Hurt . . . To Healing!

Questions . . .

There are consultants, coaches, and thought leaders who are certified to speak to groups, do TV/radio interviews, and/or provide individual/group coaching. Contact the individual, organization, or company who introduced you to this valuable lesson to you, or you may call toll free at:

888.230.2300





From Hurt . . . To Healing!

Dear New Friends,

When I was presented with the opportunity to co-author Teenage/Adult Suicide . . . From Hurt . . . To Healing!, I thought, "WOW! That is real scary!"

I then thought, "I have been given a second chance, there are many teens and adults who have not." I felt all the pain of my attempted suicide all over again and the pain of millions of others . . . and . . . know that all that pain could be healed, which took away my fear.

If you know of anyone who is hurting in any way, let's get connected. None of us know how close we could be or others are.

Live no regrets!

With sooooo much love,
Katrina