

How To Say Sorry After Breaking Someone's Heart

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Did you break up with someone or break someone's heart and now are feeling guilty about it?

Do you wish there was an easy way to say sorry?

With this easy 5-step guide you can easily say sorry to an ex or to anyone whom you've hurt in the past and resolve your Karma.

Let's get started!

STEP 1 | OPENING MEDITATION

STEP 2 | SAYING SORRY

STEP 3 | FORGIVENESS MEDITATION

STEP 4 | STOP THINKING BAD THINGS ABOUT YOUR EX

STEP 5 | CLOSING MEDITATION

STEP 1 | OPENING MEDITATION

In this simple opening meditation, we let the Universe know that we are ready to say sorry, resolve our guilt, and work on our Karma, We humbly ask for help with the process.

[Listen to the meditation here.](#)

Time: 2:34 mins

STEP 2 | SAYING SORRY

In order to make progress in healing any relationship, you have to first take ownership of the part you played in the whole thing going “wrong”.

Once you realize that you also played a part, build up the courage to say sorry.

Saying sorry is not easy but it is the fastest way to break the ice, dissolve resentment, and progress healing in a karmic relationship.

Here's a simple message you can send your ex via email, Facebook Messenger, Whatsapp or whatever messenger you use:

"Hi _____,

It's been a long time and I hope you're well. A lot has changed on my end and I've been thinking about how things ended between us.

And I just want to say sorry.

I hope you'll forgive my mistakes in our relationship and all the pain I caused you.

If you want to talk about this, I'm available. Just reply to this message.

If you never want to talk to me again, I'll understand.

With my love,

____your name____

STEP 3 | FORGIVENESS MEDITATION

Here's a simple guided meditation for asking for forgiveness in your heart.

[Listen to the meditation here.](#)

Time: 3:07 mins

STEP 4 | STOP THINKING BAD THINGS ABOUT YOUR EX

This is the easiest and at the same time the hardest way for healing karmic relationships. The easiest because all you have to do is stop thinking bad things about the other person and stop wishing them unwell. At the same time, it is the hardest because it's not so easy to control your thoughts and to control your mind.

Instead, focus on the positive qualities about the other person without being snarky and without secretly hating on them for being good at some things.

Everyone has good and bad in them. You are not an exception and neither is the other person in your Karmic relationship.

So, focus on their positive qualities and acknowledge and if possible, try to admire them for it.

STEP 5 | CLOSING MEDITATION

In this closing meditation, we thank the Universe for helping us finish our Karma with our ex. We ask for guidance so that everything we need to let go of our pain comes easily to us.

[Listen to the meditation here.](#)

Time: 2:08 mins

Thank you and good luck on your Karmic journey!

Questions? Let me know at ritu@thelifester.com

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