Healing for the Broken Heart
GUIDEBOOK

Nicole Guillaume
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Thank you to Kendra Hurteau for mentoring me through the process of creating this deck.
Dedication:

This book goes out to everyone who has experienced a broken heart, and had the courage to work through it.
A Note From The Author

Thank you, dear soul, for purchasing the Healing for the Broken Heart guidance cards. I hope that they provide lots of insight for you and the people you use them for.

Before we get started, I want to remind you that these are your cards. Margarita and I designed them, but they were created for you. As such, I want you to know that you can use these cards however you want. You can choose to read them right side up or in reverse. You can (and should) create your own keywords for each card. If there are cards you prefer not to use, you can dismiss them from the deck. I can not stress this enough: This is YOUR deck, so use the cards in a way that makes sense to you.

This guidebook is more of a ‘suggestion’ book. In it, I will provide you with suggestions on how to read and interpret the cards. The information in this book is brief. If you would like a deeper understanding of the cards, you can sign up for the Healing for the Broken Heart Online Certification Course.

The details of this course are available at http://guidingechoes.com/hbh-course
Introduction

Heartbreak doesn’t discriminate. It affects the young and the old, the weak and the strong, male and female. It can affect any person at any time.

As a professional medium and card reader, it has been my honor to read for people during some of the most confusing and traumatizing periods of their lives. This could be from a divorce, a scary health diagnosis, the death of a loved one, the loss of a job, the foreclosure of their house, or the pain of watching their adult children go down a path of drugs and self-destruction, just to name a few.

Through all of these readings, I have done my best to be a compassionate guide that could lead them through these traumas, and offer the words needed to help them get through this. As their hearts broke, mine broke with them, for that is what happens when an energy healer aligns her energy with yours. She will go through the pain with you so that she can get an idea of how to help you heal.

The cards that you hold in your hand can be that guide for you. They can help you, your friends, family, and the people you read for gain answers and guidance that will help them to maneuver through their own experience of heartbreak.

The idea for this deck came to me when I was experiencing my own heartbreak. My abusive partner of 7 years had threatened to beat me up, and bullied me out of my home, causing me to be homeless and broke. I stayed with 4 sets of different friends during this time, and I bounced from house to house so that no one would become tired of me. It was kind of fun the first 3 weeks, but after that, I was exhausted and wanted a place to call home.

Eventually, I made the decision to leave California, the state where I was born and raised, to move to Mississippi to live with a good friend of mine. My stay there was supposed to be temporary, but I ended up staying there a lot longer than I had anticipated.

When I first moved to Mississippi, I struggled with a severe case of homesickness. I didn’t miss my ex at all, but I did miss my dog, who I knew I would never see again. I missed my friends who had welcomed me into their homes and made me feel like part of their families, and I missed my hangouts.
After I had been in Mississippi for only a few weeks, some random kid on a bike came up to me and slapped me in my face. I didn’t know this kid, and I hadn’t even said a word to him. I was walking down a walking trail, laughing and talking with my new boyfriend, when this kid came up and hit me for no reason. I called the cops, and they did absolutely nothing about it. They didn’t even take down a report, and they told me I should consider getting a gun.

To say that I was experiencing culture shock was a total understatement.

I felt overwhelmed, stressed, and sad, especially during my birthday and the holidays. I cried a lot. I missed my home so much, and I was still struggling with the anger and resentment I felt towards my ex.

I was mad at him for tricking me into an abusive relationship. I was mad at him for being so mean and controlling during those seven years I was with him. I was mad at him for stealing the joy I should have been experiencing during the prime of my life. I was mad at him for putting me down so much, and for making me self conscious over things that I loved to do, like singing and dancing…things that other people in my life had always complimented me on. I was mad at him for putting me in this situation, where I was broke, scared, and feeling so very alone.

One cold lonely morning, as I sat on my ugly, stained thrift store couch, I spoke to my angels, and the idea for The Healing for the Broken Heart oracle was born. I don’t remember the conversation that lead to it, but I do remember the tears and emptiness that were heavy in my heart. Once I received the guidance to create this deck, I felt a sense of hope. I spoke to a couple of friends and ran the idea by them, and both of them were very excited, and encouraged me to move forward with the deck. So I did.

The cards you hold in your hands are the cards I could have used during this and other difficult transitions in my own life, and I hope they will guide you, and those you read for, through the process of healing a broken heart.
The Cards

As you look through the cards, you will notice that there are a few different things that make them unique.

They don’t have borders.
Borderless cards allowed me to use the entire width and height of the cards for the images, so that you can get the full effect of each picture. Also, I made these cards borderless because a lot of card readers prefer borderless cards.

They don’t have any words printed on them.
When you gaze into each card, I want the images to speak to you. I want your intuition to sing and to tell you precisely what you need to know. For this reason, I didn’t put any words on the cards. I feel that it is important for you to build your own relationship with the cards. This means that you will come up with keywords, phrases and meanings that resonate with you, and work for you and your clients whenever you do a reading.

They have numbers on them
Even as an intuitive reader, you may still look at some of the images in the deck and go, “huh?!" For this reason, I have numbered the cards so that you can look up the corresponding number for each card in this guidebook. If you become stuck, and an image isn’t speaking to you, then please turn to the guidebook for inspiration and guidance about that card.

The Groups

The cards are separated into 4 different groups.

Cards 1-10 are what I call “validation cards.” These cards represent the raw emotions that one feels during trauma or heartbreak. As you may notice, some of the images are a little scary and uncomfortable, and that’s because trauma and heartbreak ARE uncomfortable. When we deny our strong, painful emotions, we can’t heal them. Therefore, I felt it was important to include this part of the heartbreak experience in the deck.

Cards 11 - 28 are action cards. You will see images such as journaling, meditate, prayer, and other activities that will help you to heal from heartbreak and trauma.
Cards 29 - 42 are healing cards. These are the experiences and feelings that people have once they are able to navigate through the troubled waters of heartbreak and onto steady ground.

Cards 43 - 47 are focus cards. They allow you to place your focus and attention on a specific topic as you conduct your reading. Heartbreak and trauma usually take place in 1 of 5 areas of a person’s life, and they are health, career, money, dreams, family, and romance. (Card number 17 in the deck can be used as a significator for health.)
Card Interpretations

1. Heartbreak

Heartbreak leaves a mark on you. When the heartbreak first occurs, you feel as if you have been cut down to size. It’s normal to feel detached or cut off from family, friends and even yourself.

2. Lost

You feel lost and hopeless. You are tired, and even the smallest chores require a lot of effort. You’re depressed and you wonder if you will ever recover.
3. Denial
You are unstable or unwilling to see the truth about a situation, because it is just too painful. The inner turmoil you feel seems unbearable.

4. Sadness
You feel intense sadness but you are afraid to show it. You put on a mask so that others can’t see it, but little do you know that the sadness is leaking right through.
5. Overwhelmed

Your life and your emotions are out of control. You’re afraid that if you let the tears flow, they will never stop.

6. Cycles

You have moments of peace mixed with moments of frustration. The cycles are exhausting, but please remember that cycles are a natural part of the healing process.
7. Regret

Your mind insists on playing movies from the past and you can’t seem to make it stop. You find yourself wondering if there’s anything you could have done to change the situation, and you may also find yourself struggling with feelings of guilt and despair.

8. Shattered

Your hopes and dreams have been shattered into a thousand pieces, and this has shaken you to your core. You feel like a completely different person, and you hardly recognize your own reflection.
9. Confusion

You may find yourself asking, “Where do I go from here?” You know that you have many options, but it’s hard to know which one is the right one. At this point, hope seems mute, and you doubt that any decision you make will be a good one.

10. Anger

When sadness subsides, anger arises. Your anger is understandable, as is your desire to express it. Do so carefully, as actions created through anger often cause destruction and chaos. What is said can not be unsaid.
11. Reach Out

There is no shame in asking for help when you need it. Right now, the ache in your heart is new, and it has you feeling powerless and exhausted. Reach out to those in your community, and open up to them. Tell them what you need and allow them to assist you.

12. Boundaries

Many of us have poor boundaries due to our desire to be accepted and loved. However, boundaries are important, as they prevent us from getting hurt. Allowing people to cross your boundaries is to give them permission to hurt you. Create your boundaries, and don't be afraid to stick to them.
13. Change Things Up

Energies can get stuck in our environments and our bodies. This can cause us to feel stuck, and this is when we live unhealthy and unhappy memories over and over again. Changing your routine and your environment will prevent this. Even the smallest changes can have a huge effect.

14. Solitude

As you go through the healing process, you will still experience moments of sadness. Spending time in solitude to release and contemplate these emotions is perfectly healthy, so long as they don’t consume you.
15. Reflection

Your outside world might be wonderful, but on the inside, you are dying. Pay attention to your thoughts, and the emotions accompanying them. Reflect on why you are feeling this way, and what steps you can take to change your inner world.

16. Journaling

Get cozy, grab a pen and paper, and write your story. This is a profound and wonderful way to reflect on your life lessons, adventures, and what you aspire to be. Journaling can remind you of how far you’ve come and where you want to go. It was a way of making abstract ideas seem more concrete.
17. First Aid

Emotional wounds require just as much attention as physical wounds. Please do not ignore them. Become aware of where you are emotionally, and ask yourself, “What am I feeling? What do I need in this moment?” You may even want to create an emotional first aid kit filled with things that make you feel good.

18. Prayer

In prayer, you can bring your requests and concerns to the Universe. You can ask for guidance and know that it will be given. Prayer also has a therapeutic quality because it gives you the opportunity to safely approach the god within.
19. Meditation

Meditation is a necessary practice in the recovery of heartbreak, because it encourages you to clear your mind and be in the present moment. When this card comes up, it is an invitation to sit with the Divine, open your energy, feel the Oneness with all that is, and soak up as much peace, love, and light as your body can handle.

20. Friends

Good friends can be good medicine, and it's important to seek them out. Spend time with your friends who truly love you and accept you for who you are. Find the ones who will listen without judgment and will support you during difficult times. Good friends will always do their best to care for you and bring out the best in you.
21. Healthy Habits

It’s time to start taking better care of yourself by developing healthy habits. This includes eating healthier, going outside, and getting some light exercise. These habits can restructure your brain, build immunity, and boost your mood. Commit to adopting (and sticking with) at least one healthy habit this week.

22. Escape

When was the last time you took a vacation? Looks like it’s time to go again. Pack up your bags, book a hotel room, and just get away. If you don’t have the funds for an actual vacation, then check in with a good friend or family member to see if you can stay with them for a few days. You’ll be surprised at the insight that will come to you when you take a break from your routine.
23 Time

You’ve heard it said that time heals all wounds, but this isn’t necessarily true. This card indicates that you feel trapped in a particular space and time. You may want to utilize healing forms like reiki, EFT, or even counseling to help you release that energy so you can move forward.

24. Treat Yourself

You’ve been through a lot, and the road to healing is a long one. In the meantime, treat yourself by doing some of the things that you enjoy. Plan your perfect date and take yourself out. Go for some ice cream, go to the movies…do whatever you want, and do it for you.
25. Create

What is it that you want to create? Have you thought about starting a new business? Do you want to take up art and crafts again? Honor your creative talents and let them shine!

26. Volunteer

When we help others, we can take the focus off of ourselves and our own problems. Volunteering allows us to open our hearts and do our part to heal the world.
27. Balance

Life feels like a balancing act, and you’re afraid of falling. You have too much on your plate right now. Don’t be afraid to delegate, and remember to take your time while focusing on each task.

28. Lists

Lists are boring but extremely practical. They keep you productive even on days when you feel like giving up or staying in bed. What do you need to get done today? Create a list to keep yourself on track, and feel the satisfaction of checking off each completed task.
29. Courage

Be brave. You have the courage to do what needs to be done.

30. Awakening

You’re beginning to understand why this experience took place, how it has shaped you as a person. You have made the conscious decision to allow this experience to make you better, and not bitter.
31. Compassion

Nourish your mind with thoughts of kindness and compassion. As you do this, you will see these qualities manifest in your life. Remember that in addition to being compassionate towards others, you must be compassionate towards yourself, too.

32. Hope

Hope and fear are often the driving forces behind our actions. If we fear something, we stay away from it. If we hope for something, we move towards it. Continue to nurture the hope that you feel, and allow it to grow. One day, it will grow wings and will carry you towards the things you love.
33. Peaceful

You have come to a place where you can accept your situation. This acceptance leads to true peace. The stress, anger, and sadness of the past no longer have any power over you.

34. Forgive

The path to freedom is through forgiveness. You may not want to forgive the person who harmed you, yet when we recognize that forgiveness means “I will no longer allow my energy, my health, and my life to be affected by the memories of what you did to me.” it becomes easier to let go, heal, and move on.
35. Moving On

You’re ready for a fresh start, and you have everything you need to begin a new life. The journey may be difficult and even scary at times, but it also comes with the hope of a better tomorrow.

36. Growth

In order for a tree to grow, it requires good soil, plenty of water, and sunlight. What most people don’t know is that for a tree to be strong, it must have strong roots. We are the same way. Give yourself permission to grow, and to create a strong spiritual foundation for yourself. Prayer, meditation, a good support system, and positive thoughts will help you do this.
27. Inner Child

Patterns from your childhood are playing out right now. As an adult, you are capable of nurturing your inner child with the love, acceptance, understanding, and gentle direction that you may not have received when you were a child.

38. Renewal

As you continue to heal, there are parts of your life which will feel luscious and full, and there are other parts that will continue to feel empty. Healing is a process of integrating our painful experiences along with the happy ones. All of these experiences work together to help us gain even more insight into life. They help us to be better, stronger, healthier people.
39. Wholeness

You have been struggling with wholeness for a long time, and the pieces are starting to come together. As you continue to forgive the past, and work on yourself, you become healthier and happier.

40. Joy

You have the opportunity to cultivate moments of joy nearly every day. Tune into your spirit to guide you towards those experiences that bring you laughter, playfulness, and true happiness.
41. Safety

You are safe, and you are loved. If you're in a situation where your well-being is threatened, than it is time to get out. Seek out friends, family members, and communities that will allow you to be safe.

42. Rest

Rest allows our bodies to repair, and our emotions to unwind. The recovery from heartbreak is one that requires plenty of rest, and lots of self-care. It's okay to put your responsibilities on hold so that you can gain some much needed rest. Always remember that your health - both physical and emotional - comes first.
Focus Cards

The following cards are called ‘focus cards.’ These are cards that you can use when you want to focus on a specific topic.

For example, if you want to do a reading about your family life, you would pull the family card (number 46) from the deck, and focus on it as you shuffle your cards and lay them out.

Some people have found that their readings do better when they have a specific image to focus on. If you prefer not to use focus cards, you can remove them from your deck, or assign them with different keywords to use as regular oracle cards.

43. CAREER
46. FAMILY

47. LOVE
The Card Layouts

There are three card layouts unique to this deck. The most basic of these is a three card spread called “The Bridge.”

For this card layout, choose a card that best represents how your client is feeling, or what she is dealing with. Put that card in the position 1.

Ask your client what type of outcome she is hoping for. If she wants to feel safe, then choose card number 41. If she wants to make more money, choose card 44, and so on. Once you know what outcome the client wants, pull the appropriate card from the deck, and place it in position 3.

Shuffle the remaining cards, and place a card in position number 2. This card is the card that will either tell your client what action she can take to achieve her outcome, or it will tell her what she needs to work on to achieve her goal.
5 Card Layout

For this 5 card spread, all you need to do is shuffle the cards, and lay them out accordingly.

**Card 1 - Situation.** It tells you what your client is going through and how it is affecting her.

**Card 2 - Strength.** This card reveals a strength your client has that will help her through this situation.

**Card 3 - Challenge.** This is the challenge that is interfering (or could interfere) with your clients desired outcome. This card usually reveals a weakness or fear that the the client is unaware of, or not ready to confront.
Card 4 - Advice. This card will offer some type of insight to the client. It may suggest a new way to look at the situation, or a different action that can be taken to overcome any challenges she is facing.

Card 5 - Outcome. This card represents the outcome of if the advice is taken. If desired, you can pull a 6th card to see what the outcome will be if the advice is not taken.

The Pyramid

The Pyramid is a 12 card layout that offers insight and guidance to anyone who is attempting to overcome emotional trauma. It’s very in-depth, and in order to get the most out of it, it’s best if you see it in action, and download the PDF tutorial of it here:

http://guidingechoes.com/soul-healing-card-spread/
To order additional copies of the Healing for the Broken Heart Oracle, visit:

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