



EQUANIMITY  
PODCAST  
WORKBOOK

# Heartbreak & Healing

A Self-Care Guide for  
Times of Emotional Pain



by  
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See more information on  
our website at [Rinda.One](https://Rinda.One)

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# Introduction

This guide is meant to be read slowly. You do not need to finish it in one sitting. You can come back to it whenever your heart feels heavy or unsure.

There is nothing here you need to believe, fix, or force. Simply allow the words to meet you where you are.

If you are reading this during a time of heartbreak, know this first: nothing is wrong with you. Heartbreak is not a sign of weakness. It is a sign that you cared deeply.

This guide is here to support you in healing with kindness, patience, and self-trust.

Master Rinda

# When Your Heart Hurts

Heartbreak can arrive in many forms. It can come from the end of a relationship, a loss, unmet expectations, or a future that did not unfold as you hoped. Sometimes it is loud and overwhelming. Sometimes it is quiet and heavy.

When you are hurting, it may feel like something inside you has broken. You may feel tired, distracted, emotional, or numb. You may wonder when you will feel like yourself again.

There is no timeline for healing. There is no correct way to grieve. Your experience is your own.

Instead of trying to rush through this pain, this guide invites you to walk with it gently.

# Three Truths To Hold Gently

In Buddhism, there are three natural laws that shape all human experience. You do not need to study them or label them. You only need to notice them in your own life.

- Nothing is permanent.
- Nothing is perfect.
- Nothing is fully controllable.

These truths are not meant to take comfort away from you. They are meant to soften your resistance to what is already happening.

Heartbreak feels endless when we forget that everything changes. Pain feels personal when we expect ourselves to be perfect. Suffering grows when we believe we should be able to control outcomes.

Healing begins when we loosen our grip.



# Impermanence: This Will Change

When your heart is hurting, it may feel like this pain will stay forever. But feelings, like seasons, move. You do not need to push the pain away. You only need to remind yourself that it is not permanent.

Try this reflection:

Sit quietly for a moment. Notice your breath. Without judging it, simply notice how it moves in and out.

Now notice your emotions. Are they shifting, even slightly? Becoming stronger, softer, heavier, lighter?

This is impermanence at work.

Your feelings are already changing, even if slowly. You do not need to know when healing will come.

Trust that it will.



# Imperfection: You Are Allowed to Be Human

Heartbreak often brings self-criticism. You may replay conversations, decisions, or moments, wishing you had been different.

This is the mind searching for control.

You are not meant to be flawless. You are meant to learn.

Instead of asking, “What did I do wrong?” try asking, “What did this experience show me about myself?”

Gentle practice:

Write down three ways you showed care, courage, or honesty during this experience. They do not need to be dramatic. Small moments matter.

This practice helps return your focus from blame to understanding.

# Uncontrollability: Releasing the Need to Fix

Much of heartbreak comes from trying to control what cannot be changed. Another person's choices. The past. The outcome.

Control promises safety, but it often creates tension. Peace begins when you allow life to move without your constant correction.

Try this exercise:

## I Can Control

- My breath.
- My actions.
- My boundaries.
- My care for myself.

## I Cannot Control

- Other people's feelings.
- The past.
- Timing.

Gently commit to tending only what is in your care.

# An Exercise

## Daily Self-Care

## During Healing

Self-care during heartbreak is not about fixing yourself. It is about supporting yourself. Simple daily anchors:

- Begin the day with one slow breath before checking your phone
- Eat regular meals, even when you do not feel like it
- Move your body gently, such as walking or stretching
- Create small moments of quiet without distraction
- Rest without guilt

### My Daily List

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



Consistency matters more than intensity.





# Re-Engaging With the World

When you are ready, healing invites you back into life. This does not mean forcing happiness. It means allowing connection.

Start small.

Sit in a café. Step outside. Listen to music. Notice the sky. Speak kindly to someone.

Life will meet you where you are.

You do not need to wait until you feel whole to participate. Wholeness grows through engagement.

Start with some simple goals and experience success.



# Engagement Plan

## Goals for my mind



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## Goals for my body



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## Goals for my spirit



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# Strengthening Your Inner Trust

Heartbreak can shake your confidence. You may feel unsure of your choices or instincts.

This is an opportunity to rebuild trust with yourself.

Ask yourself each day:

“What would support me right now?”

Then listen for the quiet answer.

Trust does not return all at once. It grows through small acts of self-respect.

# A Closing Reflection

You are not broken.

You are experiencing change.

You are allowed to grieve.

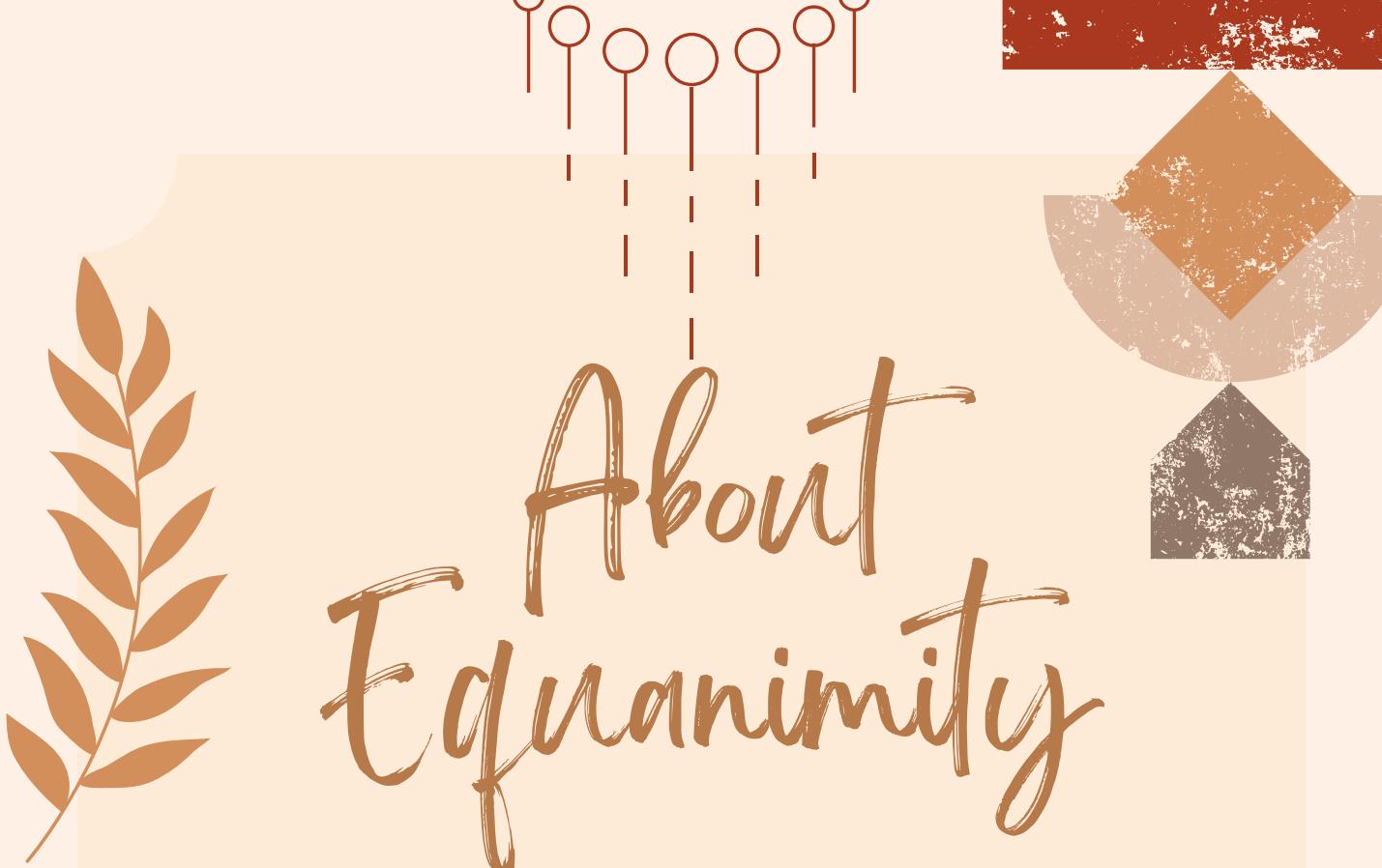
You are allowed to rest.

And you are allowed to heal in your own time.

Nothing about this moment defines your future. Nothing about this pain takes away your worth.

Your heart knows how to heal.

Move gently. Breathe deeply. Let life return to you, one moment at a time.



# About Equanimity

Equanimity: Letting Go of Attachments is a reflective podcast created by Rinda for anyone navigating emotional change, pressure, and uncertainty. Rooted in the understanding that life is impermanent, imperfect, and uncontrollable, the podcast offers calm guidance on healing, self-worth, balance, and resilience. Each episode invites listeners to slow down, let go of what weighs them down, and reconnect with inner steadiness and compassion.



MRP Master Rinda



See more information on our  
websites at [Rinda.One](http://Rinda.One) and  
about MRP at [TheMasters.One](http://TheMasters.One)