



Zelda Marsh

# Life Goes On

Be you-Be love-Be true-Be happy-  
Be Authentic-Simply Be

# After Divorce

**Nobody has experienced loss until they've been divorced!**



They just haven't.

No longer living in the same person.

Not having the same routines.

Having to Lose the life we knew.

Having to Lose your Job, your Gym ,your kids school, your hobbies, Your lifestyle, Your environment, your belongings, Your Cars, your Children, Friends,Families, Pets, finances, securities, loves of your lives.

Living in a new place that is not better known as your Marital home, or simply Home.

Familiarity is just a word not a feeling.

Comfort gone!

Families broken, torn ended lost!

Destruction comes in many forms, allow me to reassure you that there are no simple solutions no easy answers nor the correct for all actions we should be taking.



## Self Destruction after divorce



How often do you believe you are destroying yourself?

Self destruction or self sabotage if you want to call it that, is what you are doing by not consciously doing the right thing for yourself, and sometimes its because your mind has too many things to deal with right now, and your heart is broken, whether it was your decision to end the marriage or not, it still hits you, its still a massive change in your life, and massive shifts are occurring in your own world.

Like it or not you are abusing yourselves, by neglecting your needs giving yourself permission to feel the pain, not allowing yourself to grieve, depriving the anger to be released.

I know all about these traits, I too have worn all the t-shirts and you may have to wear your own in order to recover and heal, or at least prevent too much self-destruction

Many of you will experience different situations, Many of you may never understand some of the ways others deal with their adjustments from married life to single-hood.

For many of you, your options are limited or taken away from you, you may use different strategies or take different actions in a way of forgetting /hiding and avoiding the real underlying issues to why you act the way you will once the divorce is over and left with nothing but to wonder what's next in store for you in the uncertain future that looms ahead.

Destruction comes in many forms, please do allow me the pleasure of reassurance that it is not all doom and gloom, as much as you may well have choices you can make, not being in the right place of mind, will affect the way you deal with the new life you're faced with and will quite possibly not make the best decisions for your health, whether it be spiritual, mental, physical or emotional, because although there are simple solutions, with the right support, there are no easy ways of recovering without feeling, you won't find all the answers you're searching for, nor will you take the correct route every time. and that's ok, you are after all human.

Using addictions, like drugs, foods, sex and alcohol are the most common forms of go to's



Getting High-low-drunk enough to numb the pain, decisions and the memories, or drunk enough to be able to spurt out the anger, frustrations, regrets or emotions. Taking narcotics for the same purpose as above, self-destruction

How about you don't starve yourselves, after all, why would you want to function anymore? ooh or maybe if you Stuff your faces with crap ( better known as unhealthy comforts foods), let's face it you all know this one makes you feel fabulous for like the whole 2 minutes it takes to eat it then it takes like the rest of your lives feeling guilty , more self-destruction

Heres a good one, another one of them that I chose.... Sleep with every Tom, Dick and Harry to make yourselves feel better, feel the love you're craving or at least attention you're wanting, well wanted for like 3 minutes, Sleeping with anyone that will have you -after all any feeling is a feeling right?

Well in the short term this is going to fix all the wanting or needing to the feel loved again, however, in the real light of day better known as the long term, you've just handed yourself a whole lot of lack of self-worth/hatred , regret and shame thrown into the mix, self-destruction

Self-pity will destroy you!

How about getting lots of tattoos to mark the occasion

yet another little beauty I also picked up later on, this is a good one because you'll constantly be reminded of what you where moving away from, not one of your cleverest ideas ..but on the upside you could be wearing your new piece of art!.Self-destruction

Self-destruction

You could always flip it around and just go around and blame everyone for what they either did do or give it a go and try blaming them for what they didn't or couldn't do because thats really helpful isn't it?

Or better still yourselves for what you didn't, couldn't or wouldn't do either?-Self-destruction

Be prepared to really do the damage as you continue to totally criticise everything about yourselves and everyone around you self-destruction and self sabotage because yet again thats really helping you heal isn't it?

Disrespecting yourselves, not giving a damn about what you do how you behave or what you feel, this is anger, resentment, shame, not forgiving or loving-how you feel about yourself is a choice! so how about you make some nice choices, you actually deserve to have pleasant and loving thoughts and feelings.

So- here's what you do....You Turn it around!!

you start by being forgiving and grateful for all and who you are whatever you may have or not done-theres nothing you can do about the pst, thats done!

You find ways to appreciate all the wonderful things about yourselves and all that surrounds you, look around, use your senses and admire what mother nature supplies us with.

Open your eyes and your hearts and see all that is good.

Be nice, kind and considerate, firstly to yourselves then to others, I absolutely guarantee you'll get it all back in abundance.

Feel the love in your heart again, firstly to yourselves then to others to others you'll soon reap the rewards.

I can't express to you enough, how the more you love, respect and accept yourselves, the more you'll be loved respected and accepted in return, the energy we hold, we emit

No More Self Destruction



And remember - just because your ex hurt you so badly- this doesn't mean you have to continue to hurt yourself or others.



read my blog on this matter click the link [SELF DESTRUCTION](#).

## Letting go of your ex or your past

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There no secret that it hurts like hell losing the love of your life, your soulmate, your life partner, that someone you have loved with all your heart and soul.

It's even harder when you still feel like you love them or you believe you still have an attachment or emotional bond with the one you cant let go of, even when you know you have to to heal.

Leaving a relationship or marriage changes everything in your world. it opens you up to so many new opportunities, even if you don't want them, you don't have a choice in the matter about that, you have to learn to come to terms with it and accept that this has to happen in order for you to grow.

New life will bring you many obstacles, you'll have many of times that everything holds a memory of your past and you'll be triggered time and time again, and you'll have to learn how to live with that and accept that facing these will help you recover and heal.

You'll need to learn to break away from all that you knew, remove yourself away from that life, that person you was, before you can admit to yourself your're over them. stop yourself from keeping them there at arms length for a comfort blanket, whether you like to admit it or not, you gotta let them go.

The reasons you'll often feel the need or like to hold on to the ex, is because it's safer there, I know that sounds crazy but it's true, You don't want to face the future you wasn't prepared for, you may not like what you see, you may not wish to have to make choices, you possibly may struggle to become independent, which will keep you as a co-dependent and reliant on a your ex unnecessarily because it feels safe or comfortable or plain old familiar.

Try some of my top tips on how you too can let go safer, easier and the sane way.

## My 10 Top Tips



1. Separate your emotional energy from theirs, this will need some tremendous boundary-setting skills.
2. Check out-remind yourself what wasn't working in that relationship,
3. Allow yourself to feel, embrace in the Anger, feel the pain, go through the grieving phase, be sad, it all ok
4. Journal-this is my favorite tip that heals all, write a letter including all the stuff you miss about him, Do not send it
5. journal some more, this time reply to yourself all the things you definitely don't miss, remember do not send.
6. stop yourself from thinking you know what's going on in his head! you don't, his story is his, so stop making it up as you go along.
7. Do a visualisation of him gone, include watching him leave, with you have forgiven him, imagine how happy he is without you, i know this sounds tough, but to forgive and let go is a useful and powerful tip .
8. Go and talk to some of your friends, maybe a good Coach/Therapist and talk independently to them about it, just get it off your chest and release some of those thoughts and emotions. Please remember to take on board the words of those that know you best

9. Spend time to focus on your own self-development.

10. Increase your own self-care routine, being kind and take plenty of care for yourself and feel good inside and out. Remember you can't fix anyone else, just use your time, and energy setting yourself, reduce your expectations on how you should feel and then you'll be amazed how free, present and alive you'll feel once you've let go.

The thing here to remember is that no matter what you can do, you definitely can't change the past, so holding on to it equally does not allow you to move forwards with your life, you cannot control them either, nor would you want to be controlled, so make it easier on yourself and let them go.

Accept what is .

No longer compromise your true chance of happiness and true love, pull your finger out, point it in front of you and follow it.



# Trusting again After Divorce

WOW- well I believe it's safe to agree that you all know how much of a big a deal this one is and you know how challenging this one is going to be!

Firstly I'm sure many of you would have placed around you the barriers and put up all those walls.

For me they couldn't have gone up any faster if I tried! my walls were right up, firm and my reliable little shields and they weren't coming down for anyone anytime quick.

They were my defensive mechanisms and I had them kicked right in, straight away, oh my did I have reasons! I can still picture myself now...full of it...I always found an answer or an excuse for my actions, I trusted no one, I mean let's face it I couldn't even trust myself. I had no

Trust any longer in my own judgement I didn't listen to my intuition, every decision I made had failed me, so how in the heck could I ever going to consider trusting anyone-ever!! this is how I know and understand why you will also have some of the same trust issues

Having held on to all those fears, doubts, emotions and feelings even I could work it out that i was in for a long process. I don't know about you, but for me, I did absolutely anything I could to avoid being in a position where I had to show my real emotions to anyone, I wasn't about to reveal my pain, my real hurt wasn't going to be shown to anyone, so I avoided me, I wasn't being me, I made everything about other stuff, because I was doing just fine, thank you very much...what did that make me? Fake, real fast, a liar, a deceiver, false, dishonest, all that living behind a mask and again i was failing, failing myself, distrusting not only the world, I distrusted myself.

I was failing to be authentic.

Does any of this resonate with you?

Now you can see, why all of this healing and learning to trust yourselves again is going to take quite some time and energy plus some effort working on yourselves to get trust back in your life.

I even understand the feelings that you'll never ever trust anyone ever again. After all who wants to get let down again. Secondly, we know only too well that we quite often hide a large part of who we really are, to protect our true feelings and vulnerabilities. Hiding what we really think, and how we really feel that's all ok, it's all an excellent form of protection that we give to ourselves.-because we don't trust we won't get hurt again.



Nobody wants to be hurt, obviously, however, the truth is you need to feel some pain, get the flow of the emotions going,, the need to have the ability to deal with pain in the first place, instead of overprotecting yourselves , because that too can cause the opposite effect and prevent you from healing and learn to truly trust again.

What I have learned over the years is that I now recognise and accept who I am now. I have discovered who I truly am and what I want.

Now don't get me wrong, this hasn't been an easy passage, i've spent years on my journey of self development and transformational work with coaches, teacher, courses and programs to get me here, and in return the work has given me wisdom, growth, the freedom to set really healthy personal boundaries, I started with myself and I have learned to listen and observe my needs enough to trust myself.

How will you possibly use all that you have learnt to trust in yourself and others again?



# Vulnerability

Setting boundaries allowed me to know what I will and will not tolerate. Setting boundaries has taught me how to love and respect myself again, and this has given me the ability to once again find trust in others. Once you do reach this level in your growth and development and you have finally forgiven yourself, you will see how fast you move forward.

To then have the trust in yourself, you've made an opening to trust others again. The question I ask you now is "are you ready to trust again"? If you need guidance or support getting through to this stage again, get in touch and let's have a chat and see if I can help you through this. After all who wants to live behind a closed door?





This ladies is how you are allowing your weakness to become your courage and strength after divorce.without even trying.

I know how hard it is to admit it when we are vulnerable also know the last thing we want is for our babies, families and friends to see our weaknesses. I mean we're warriors right, born make do-ers created to take on the world and still wear a freaking smile, so why the bloody hell do we feel this urge to be perfect for the sake of others?

Why can't we just accept we are perfect as we are and show up for ourselves.No need to pretend or put those bloody masks on day after day, night after night, why do we want to please everyone else yet neglect who we really are?

Imagine a life without self-punishment.

I've been with you on the days when you're too sad to even want to get out of bed, I've witnessed the pain, that griping in the stomach when we look at couples in the street or restaurants having fun when we're alone. All those times you would have been sat at home resenting all those perfect couples and those young, free and easy-going women, that look like they're having the time of their lives, thinking that they are not being controlled by another half, like yourself that was too afraid speak or move.

Being hurt and controlled to the point that you no longer know who you are, what you want or what to do, and the worse part of all this is, by not being honest or open about how you feel, and that can lead you to a very dark place. I once tried to remove myself from this earth because i couldn't see any further than the pain i was in at the time, and for what?, Not for myself that's for sure, i can however assure you that i no longer live with that pain or shame.

Are you able to see the entirety of the damage that us women are capable of doing to ourselves? just because we get good at hiding who we are and not sharing our vulnerabilities, That doesn't need to be the end, How about like me, you give yourself a break, show yourselves some love and respect.

A little task is to try out is to shout out as out as loud as you can to whoever will or won't listen "I'm weak right now and need support".you'll be freaking amazed how hard it starts off then ends up empowering and releasing.

Don't be alone-don't get yourselves to a place you don't need to be, Use all that you have to show your strength through your weakness and don't look back down that nasty dark tunnel, just look ahead for the light, and if you need guidance finding your light-do what it takes-there is life after dark I promise you that with love, you can live with love you are strong love you = love yourself too

## Waking up with Passion

Imagine you're at that stage where you're waking up with passion in your heart every single day after your divorce, not wondering what your ex is up to, or who they are with, imagining that their life is better now without you!!

Just imagine that you only have the heart fixed enough to care about your day, your world, your life!

When was the last time you woke up thinking this is the best day of your life?

So, you've been hurt and let down, abused or disappointed. So what?

What's done is done and cannot be undone, and that reality really hurts doesn't it?

I used to despise the saying "get over it" when in all reality of things I actually realised that I had spent my entire life "getting over it." but guess what? I did, we really do, in fact eventually we all do "get over it."

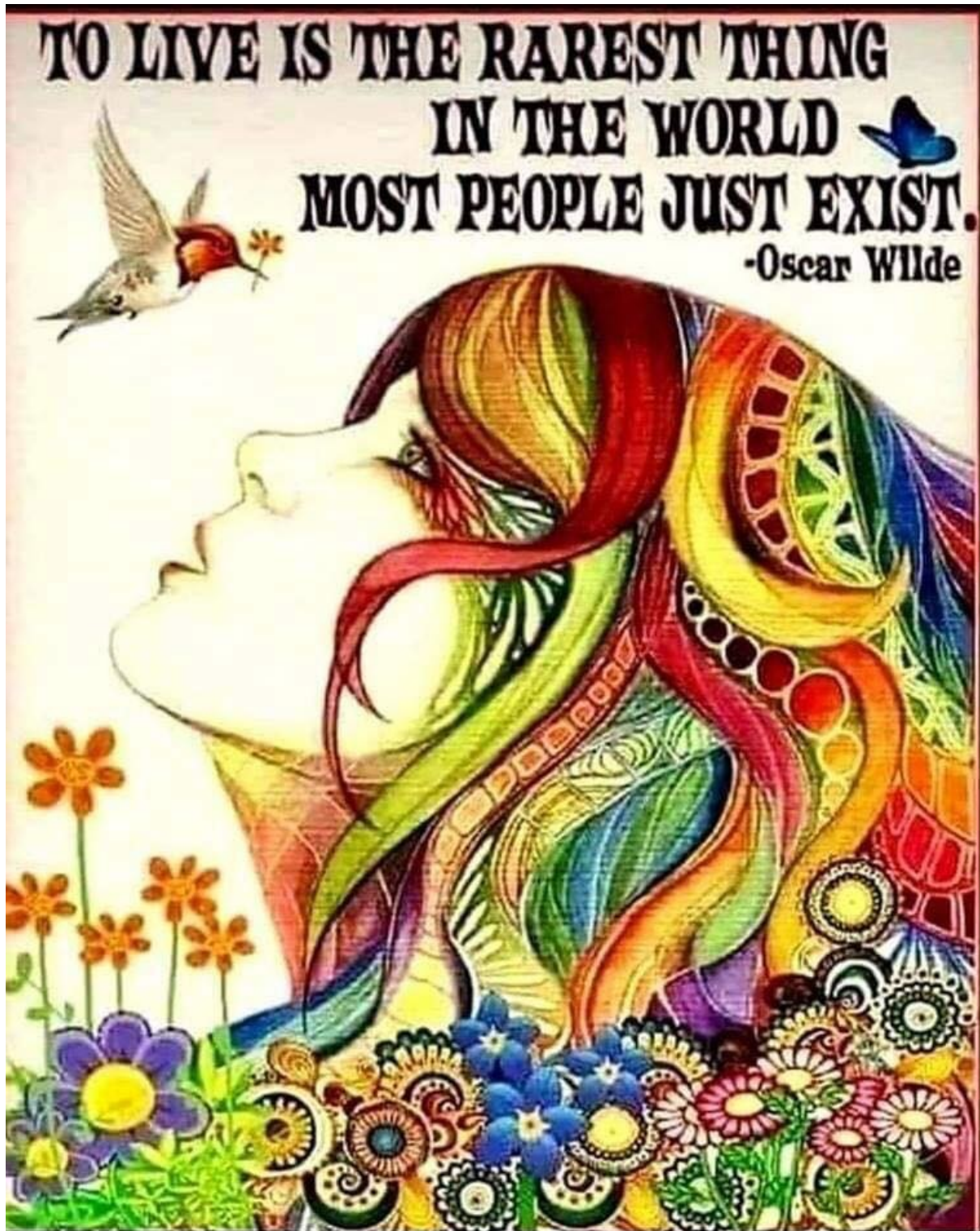
Shocked to read these words? Well, none of really want to hear the words that are either true, trigger or hurt our feelings, I'm so sorry to hit you with it but there are more shocking revelations, unveilings and emotional triggers to come.

Divorce happened for a reason, and for many of you, you're the one that's really choosing to forget that. You need to realise that the divorce was inevitable from the day you married, and you weren't even aware of it.

Obviously, otherwise you would not have married in the first place, would you? Or would you indeed? Because let me tell you, I have come across so many women that actually marry and hope that it will last, now that's not the basis of a hopeful start to a lifetime commitment is it?

Hope, such an interesting word to use at a time like that don't you think? See the thing is many of you gorgeous girls feel ok with having hope that the marriage will work.





Why do so many of you lose sight of hope when it comes to recovery or a happier future for yourself? See I'm shocked by this.

Hope is used as and when you feel worthy, and not allowing yourselves to be truly worthy is where you're losing out on so many fantastic opportunities to have a great day, or even a great life, big time by not implementing this.

You really do have to stop yourselves from all this negativity and seriously find the good again and find the passion that lights your moo, and fills your heart,.go and find the passion that brings you back to life. do something silly or childlike go crazy if that's what it takes, just do something otherwise you'll rot and die in misery.

Do whatever it takes to wake up every single day smiling and happy to exist, choose not to feel blue.

Create laughter and love at the smallest of opportunities that can and do arise, gift yourself with bliss. Just do whatever it is going to take to make you love every day of your life. After all, in this body on this earth, you only get one chance to get it right for you. so make this time count on your terms and remember its never too late to start living. .

Zelda Marsh

Manifest Merriment

[www.manifestmerriment.com](http://www.manifestmerriment.com)

## Manifest Merriment after Divorce

Be You. Be True. Be Love. Be Happy. Be Authentic.  
Simply Be. With heart activation after Divorce.

# The Break Up Cure

**6  
WEEK**

Life Enhancing and Nourishing  
Immersion journey that includes:

- ✓ 1 x 90 minutes Loved Goddess heartbreak to healed heart consultation
- ✓ 6 x 60 minutes Soul Connecting Classes, combined coaching and guidance sessions
- ✓ 3 x 60 minutes Goddess Sacred Healing The Heart : Personal healing sessions to reach out to your Inner Child
- ✓ 1 Copy of the BounceBackAbility - Reclaim Your Power and Passion After Divorce

*All of these value at \$3,000*

**PAY IN FULL**

*get the Bonuses value at \$1500*

### Investment Payment Plan:

Pay in Full : \$1,500

Payment Plan 1 : \$500 upfront + 3 monthly payments of \$350



The Break Up Cure



## Manifest Merriment after Divorce

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# The Break Up Cure

**3 MONTH** Life Enhancing and Nourishing  
Immersion journey that includes:

- ✓ 1 x 90 minutes Loved Goddess heartbreak to healed heart consultation
- ✓ 4 x 60 minutes Soul Connecting Classes, combined coaching and guidance sessions
- ✓ 3 x 60 minutes Goddess Sacred Healing The Heart : Personal healing sessions to reach out to your Inner Child
- ✓ 1 x 60 minutes Activate The Heart
- ✓ 1 x 60 minutes Ho'oponopono Healing The Goddess : Hawaiaian deep healing session

*All of these value at \$10,485*

### **PAY IN FULL**

*get the Bonuses value at \$891*



**Bonus 1 – The Goddess Daily Sensual Ritual Guidebook**  
Raise your vibration and prepare your heart and soul on this sacred journey into your magnificent new life.



**Bonus 2 – Divine Feminine Self-Love Activation Meditation**  
Skyrocket your inner sense of value, worthiness, and confidence and leave you feeling nourished inside and out.



**Bonus 3 – BounceBackAbility – Reclaim your Power and Passion after Divorce**  
Book personally signed

This book will help you activate and fill with healing love to inspire, motivate and impact you to step away from your past self, as you learn my story, challenges and recovery and embrace the gorgeous Goddess inside you.



**Bonus 4 – 1 x 30 minutes Distance Reiki/Energy Healing Session**



**Bonus 5 – 1 x 60 minutes Full Past Life Card Reading**

### **PAY WITHIN 48 HOURS**

*you'll receive these value at \$3744*



1 x 45 minutes Healy Resonance Reading value at \$747



1 x 45 minutes Aura <sup>or</sup> Reading value at \$747



12 x 15 minutes weekly Goddess <sup>plus</sup> Support value at \$2,997

### Investment Payment Plan:

Pay in Full : \$5,497

Payment Plan 1 : \$1,997 upfront + 2 monthly payments of \$1850

Payment Plan 2 : \$2,500 upfront + 2 monthly payments of \$997



## The Break Up Cure

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Simply Be. With heart activation after Divorce.

# The Break Up Cure

**6 MONTH** Life Enhancing and Nourishing  
Immersion journey that includes:

- ✓ 1 x 90 minutes Loved Goddess heartbreak to healed heart consultation
- ✓ 12 x 60 minutes Soul Connecting Classes, combined coaching and guidance sessions
- ✓ 12 x 60 minutes Goddess Sacred Healing The Heart : Personal healing sessions to reach out to your Inner Child
- ✓ 6 x 60 minutes Activate The Heart
- ✓ 1 x 60 minutes Ho'oponopono Healing The Goddess : Hawaiaian deep healing session

*All of these value at \$26,485*

### **PAY IN FULL**

*get the Bonuses value at \$891*



**Bonus 1 – The Goddess Daily Sensual Ritual Guidebook**  
Raise your vibration and prepare your heart and soul on this sacred journey into your magnificent new life.



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**Bonus 4 – 1 x 30 minutes Distance Reiki/Energy Healing Session**



**Bonus 5 – 1 x 60 minutes Full Past Life Card Reading**

### **PAY WITHIN 48 HOURS**

*you'll receive these value at \$3744*



1 x 45 minutes Healy Resonance Reading value at \$747



1 x 45 minutes Aura <sup>or</sup> Reading value at \$747



26 x 15 minutes weekly Goddess Support <sup>plus</sup> value at \$5,497

### Investment Payment Plan:

Pay in Full : \$8,497

Payment Plan 1 : \$3,350 upfront + 2 monthly payments of \$2,574

Payment Plan 2 : \$2,750 upfront + 4 monthly payments of \$997



The Break Up Cure

Lifetime access to [The Break Up Cure](#) FB Group

For support resources and events email [manifestmerriment@gmail.com](mailto:manifestmerriment@gmail.com)

Complimentary connection and Discovery Call- to assess compatibility and find the correct program/path for you. Book your Heart-to-Heart Consultation [here](#).



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Be You. Be True. Be Love. Be Happy. Be Authentic.  
Simply Be. With heart activation after Divorce.

YES! I AM READY TO HEAL

[www.manifestmerriment.com](http://www.manifestmerriment.com)

Grab our offer above before slots run out!

### Questions?

Still wondering if "THE **BREAK UP** CURE " program is for you?  
Book you FREE consultation here:

[www.thebreakupcureconsult.com](http://www.thebreakupcureconsult.com)

### ABOUT *Zelda Marsh*

Twenty years + Qualified in sports, holistic and beauty therapies, working in health and social care. Certified NLP and Spiritual life coach. A holistic life coach for divorced women. Intuitive with psychic abilities. Author of the book "BounceBackAbility, Reclaim Your Power and Passion after Divorce" - The Amazon Number 1 Book for Divorced Women. Leading Holistic Therapist, Relationship Soul Activator, Divorce Recovery Coach & Author



The **Break Up** Cure

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# The Break Up Cure

## *Success Stories*



### GEMMA, England

Zelda listens and is able to see from all points of view in any situation. She has never let me down. Always has the knack to make me smile. I couldn't be more thankful to have her in my life.

### LIZ, England

Fantastic book. 100% genuine, written by an inspirational lady who has experienced it all. Live d through it and has now put it in writing to help and inspire others. The book will make you mile, laugh, cry and remind you actually how strong you are or can be. What you can achieve both on your own and with your family/friends support.



### VICTORIA, England

Zelda is an amazing, wonderful person and I am very honored to have her in my life as a lifelong friend. I have always known that if verve I neede her she would be there- I'll love her always.

The Break Up Cure

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# The Break Up Cure

*Success Stories*



**DEB, Australia**

Zelda is one of the most positively energized woman I know. She sprinkles her magic upon all those that into contact with her. Her energy is bright and colorful. She has a beautifully natural way of connecting with others and simply allows them to be. She is a rainbow that shines. She makes a difference to others and leaves something all the better to have crossed her path.

**MELANIE, England**

Zelda is genuine, compassionate and level headed. SHE can always be counted on, offers hard, honest advice and support when needed and above all she listens.

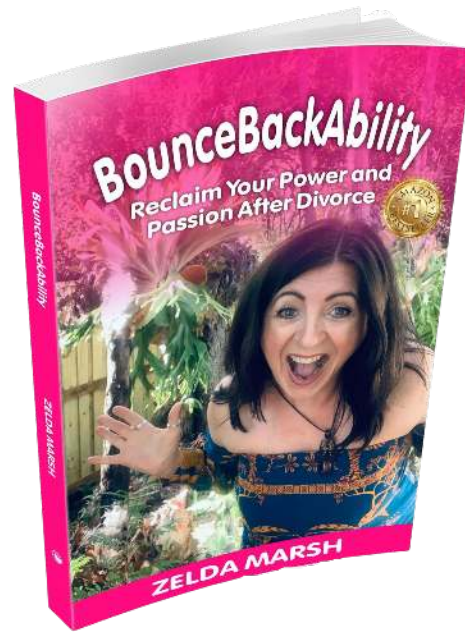


**BARRIE, USA**

I learned that I am valuable just the way I am. My confidence is much improved and i have grown emotionally. The program was so worthwhile! I'm thankful for Zelda's work with me.



The Break Up Cure



**BounceBackAbility - Reclaim Your Power and Passion After Divorce**

**#1 Amazon Bestseller, the Book for women after divorce  
BounceBackAbility reclaim your power & passion after divorce A\$29.99(A\$5.00 shipping)**

**Grab your Book Copy Here!**