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You've Been Dumped Then What

By Timeo Busyanya

YOU'VE BEEN DUMPED THEN WHAT?

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Every 5:00 A.M. I hear a noise of Waste management truck taking trash. The trash is taken to the dumper.

It is just trash, it has no use any more. Not only it has no use but also it has forgotten in our memories.

Have you ever thought what it would be like if you were treated like trash, somebody uses you and then dumped you?

How would you feel?

Do you want to know the truth?

Surprise...! .

There are lots of people who have been dumped like trash after been used, every single minute?

Unlike regular trash these are humans who are not supposed to be treated like that.

Do you know how much it cost to clean up the person who has been treated like trash?

At this point this person has to start a long journey to be cleaned. It is a process that takes time. Most people try to find another partner while they still stink...yes I said stink (have not been cleaned in their mind)

It usually ends up in disappointment.

So our friend has been dumped then what?

It is a journey that has few steps.

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1. **Love yourself**

Let say our friend who has been treated like nothing, can find his way out. The dumper has not show love to our friend, which make him feel less.

Before he does anything he has to love himself by concentrating on himself first. He can do this by spending his time and energy doing things he likes, things like talking to friends, listening music etc, those things that he values the most. This will lead him...

2. **To get connected to himself.**

When people are in this situation of been dumped they usually feel lonely. When I say lonely I mean emptiness their mind.

Most people miss understand between been alone and been lonely. You can be alone but not lonely. There are lots of people who are in relationships but are lonely.

Our Friend who has been dumped has lost his connection, to the true source of happiness. He has to find himself and get connected to his source of freedom.

3. **Find the source.**

The source of freedom is found in oneself, inside the mind. This is when a lonely person can learn how mind works and how he can use the power of the mind to change his life.

Let me explain,

Remember the time you were driving and suddenly you had to push on the break pedal, because of D***s who didn't know where he was going. Did you have to think about it or just push the pedal?

Now if that process of pushing the pedal when.... happen and other things like the way you breath right now are controlled by your subconscious mind which does not forget to do it's job. Can't we use the same tool to **feel good about us?** be happy and confident all the time without forgetting to love us? ... Yes a lot of people forget to even love themselves.

4. **Go Out to look for another Partner**

sincerely,
Timeo Busyanya,

Helping individuals, improve their self image
"lonelyou.com" .

This article is written by Timeo Busyanya. The author is committed to help individuals, improve their self image. He provides a FREE e course at: "

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The Reason Why Your Ex Dumped You

By Timeo Busyanya

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I have seen many people in my life that were having very good relationships and they ended up breaking up. Why can something like that happen to those couples?

If you have been recently dumped, probably you are in deep pain and you think that every thing on this world is up side down. I understand, I've been there too that's why I decided to help those who have ended their bad relationships to

forget their ex in just 24hrs.

You might be wondering why this is happening to you right now or even why you're reading these words at this moment but I want to tell you that things happen for a reason. There is no way out of billion of pages on the Internet, you pick this one up to read, it must be for a reason. I do believe so.

Things always happen for a specific purpose and some time we might not be aware of that or even hate the situation but definitely there is a reason. Ask your self if you were to stay with your ex for ten more years and end up getting dumped. Would you wish that to happen? Even though it is hard for you now, think of this situation as a bridge to cross to the new wonderful future, the future of new love life.

Use this time to learn about your self, about what you like and dislike. Learn from your mistake and build a brighter future. Spend most of your time to do what you like, your hobbies, interest and anything that pleases you..

Use this time to become more confident; there is a saying in the bible that my strength is in my

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weakness. What this means is that when we become weak we get connected with our true feelings, soul and our power. There is no faking in this state; we get in touch with who we really are at our core. When we get to know our true self we become strong.

Sincerely,
Timeo Busyanya

P.S there must be a reason.

This article is written by Timeo Busyanya. The author is committed to help individuals, to improve there self image.

He provides a FREE e course at:"

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