



Letting Go

What if we let go? What if we let go of misconceptions of who we need to be, how we are supposed to act, what the world wants from us and instead think about what we, ourselves, want for our lives. Letting go allows us to live. Letting go allows for those things in our life that are waiting for an opening to arrive. For some of us we are holding on to past hurts, regrets, mistakes. For others we are holding on to victimization, hurt and heartache. For others we are holding on to “Joneses Mentality”, meaning we are trying too hard to keep up with everyone else...in life, business and love. But what if we just Let Go? “Let Go and Let God” my mother used to say. Let go of the past. Let go and give it to your higher power, the universe, or the sky. Just let it go. Tell yourself “This no longer serves me. I am ready to let go of this hurt, anguish, heartache, or story”. Once you can truly let go, you can truly Just Be. When you can release those things that are weighing you down or holding you back, amazing miraculous things will start to happen in your life!

Take a moment, meditate, close your eyes, breathe in a good deep breath, let it fill your belly and chest, then exhale and think for a moment...What Am I willing To Let Go?

Write Down What Are You Willing To Let Go:

1. _____
2. _____
3. _____
4. _____
5. _____
