



Releasing and Forward Movement

Letting Go - Release

by Author Anonymous

To Let Go... does not mean to stop caring. It means I cannot do it for someone else.

To Let Go... is not to cut myself off. It is the realization that I cannot control another.

To Let Go... is to admit powerlessness, which means the outcome is not in my hand.

To Let Go... is not change or blame another. It is to make the most of myself.

To Let Go... is not to care for but care about.

To Let Go... is not be in the middle arranging all the outcomes, but to allow others to affect their own destinies.

To Let Go... is not to be protective. It is to permit another to face reality.

To Let Go... is not to deny, but to accept.

To Let Go... is not to nag, scold or argue, but instead to search out my own short comings and to correct them.

To Let Go... is not to adjust everything to my own desires, but to take each day as it comes and to cherish myself in it.

To Let Go... is not to criticize and regulate anybody, but to try to become which I dream I can be.

To Let Go... is not to regret the past, but to grow and to live for today.

To Let Go... is to fear less and love more.

Letting Go...

Perhaps it is letting go of a rebellious child, a burden of sorrow,
losing a loved one or learning to live with a heartache.

You will find that letting go will allow your spirit to soar...to be free.