

Love Is Letting Go Of Fear Gerald G Jampolsky

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Letting go of someone you truly love is one of the most difficult things in the world. Unfortunately, sometimes...it's necessary. Since the pain you experience from letting go of someone you love can stop you right in your tracks, you need to take action now if you hope to move forward with your life and find happiness elsewhere.

Love Is Letting Go of Fear Quotes by Gerald G. Jampolsky

'Love is letting go of fear' reminds us that we can choose how to look at reality, and that we do have the power to change our thoughts. Some of the lessons are "I am determined to see things differently", "I could see peace instead of this", and "I can elect to change all thoughts that hurt".

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Instead, letting go is a process of surrendering painful beliefs and emotions, and welcoming in love, understanding, forgiveness, and self-compassion. There is no easy quick-fix or five-step-solution for letting go of feelings such as anger, fear, and grief because letting go is a process.

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