

Love Is Letting Go Of Fear Gerald G Jampolsky

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You can love people, let go of them and keep the door open on your terms, for whenever they are ready to treat you with love, respect and kindness. This is one of the hardest lessons but one of the most life-giving and courageous ones. Sometimes there are not two sides. There is only one.

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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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