

# Foreword

Letting go is merely arriving at a decision – no more allowing something from the past tense to influence your life today or to cut down your inner sense of peace and welfare. So all we have to do is to relinquish the beliefs and mental attitudes that keep us from receiving the pleasure of the moment. The issue comes in discovering precisely what that means; we have so many notions that keep us from living in the present moment, from becoming content and peaceful inside.....

***Letting Go, Moving On!***

***Don't be held back by the past - face your guilt and fears and move on!***

# Synopsis

*What would you enjoy changing in your personal life? What ambitions are you aspiring to, but restrain from doing because of a preceding notion or set of conditions which cause damaging thinking for you? What are you harboring that you recognize isn't for you any longer? What relationship has disturbed you? What huge change are you putting off? Are you feeling more solace in distressed familiarity instead of delving into alien territories? What vocation changes, possibly even an overall change of direction, may bring about more gratification?*