



# Girlfriend - It's Time To Move On!

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Ladies, have you ever been confronted with the thought of releasing something old from your life to prepare for something new? Facing the choice of letting go or holding on to the past can be a difficult one. Old memories of what used to be or wishful thoughts of what could be can give a false sense of comfort. The truth is, we can never go back—whether it is good or not so good.

Part of moving forward is being honest and transparent about where you really are. That's not easy to do, especially when what you want isn't what you have. To move into greater purpose, one must accept and embrace change. Relationships that tie you to lack, negativity, and depression cannot give you the support and sense of well-being

necessary to experience a better life

If you are facing the dilemma of letting go of something or someone in your past, I ask you to consider the answer to this question: Why am I holding on to this possession, person or situation? Your honest answer may give you the courage to let the past return to its rightful place and allow space in your life for new possibilities of your heart's true desires.

It may seem a little scary to leave your comfort zone, but it's worth it! Just taking the first step promises to open up your pathway to a richer and more fulfilling life. Here's a poem that I wrote when I had to make the decision to let go of a relationship that no longer brought joy:

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a little scary  
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## SOUL TIES

*The soul cleaves to familiar memories, refusing to let go.*

*Talking about what was aborts what is, turning possibilities ice cold.*

*Holding to the past sabotages the now, while new beginnings give way to old.*

*Letting bygones be gone and yesterday be done unlaces the ties of one's soul.*