

## October 2015 -Letting Go Quotes

- Oct. 1. The hardest part is what to leave behind,...It's time to let go! A. A. Milne  
(Winnie The Pooh)
- Oct. 2. Some of us think holding on makes us strong, but sometimes it is letting go.  
Hermann Hesse
- Oct. 3. There's a trick to the Graceful Exit. It begins with the vision to recognize when a job, a life stage, a relationship is over – and to let go. It means leaving what's over without denying its value  
Ellen Goodman
- Oct. 4. When I let go of what I am, I become what I might be. Lao Tzu
- Oct. 5. It's easy to come up with new ideas; the hard part is letting go of what worked for you two years ago, but will soon be out of date.  
Roger von Oech
- Oct. 6. We must let go of the life we have planned, so as to accept the one that is waiting for us.  
Joseph Campbell
- Oct. 7. Anything I can not transform into something marvelous, I let go. Anais Nin
- Oct. 8. Our work is to interpret this Life/Death/Life cycle, to live it as gracefully as we know how, to howl like a mad dog when we cannot...and to go on...  
Clarissa Pinkola Estés
- Oct. 9. When you're passionate about something, you want it to be all it can be. But in the endgame of life, I fundamentally believe the key to happiness is letting go of that idea of perfection.  
Debra Messing
- Oct. 10. I realize there's something incredibly honest about trees in winter, how they're experts at letting things go.  
Jeffrey McDaniel
- Oct. 11. Let Go, Let God  
Anonymous
- Oct 12. Even as kids reach adolescence, they need more than ever for us to watch over them. Adolescence is not about letting go. It's about hanging on during a very bumpy ride.  
Ron Taffel
- Oct. 13. Creativity can be described as letting go of certainties. Gail Sheehy
- Oct. 14. Letting go means closing a door in order to be able to open another one.  
Bettye Barclay

- Oct. 15. Can you let go of words and ideas, attitudes and expectations? If so, then the Tao will loom into view.  
Lao Tzu
- Oct. 16. Some people believe holding on and hanging in there are signs of great strength. However, there are times when it takes much more strength to know when to let go and then do it.  
Ann Landers
- Oct. 17. You must have been warned against letting the golden hours slip by. Yes, but some of them are golden only because we let them slip.  
J. M. Barrie
- Oct. 18. All the art of living lies in a fine mingling of letting go and holding on.  
Henry Havelock Ellis
- Oct. 19. Letting go of expectations makes it possible to approach life with expectancy  
Bettye Barclay
- Oct. 20. Before moving on you have to clear away your cherished beliefs.  
Dick Raymond
- Oct. 21. Be willing to let go of those beliefs that represent your parents' opinions, or your communities opinions, rather than your own. Those beliefs that withstand rigorous testing should become the foundation of your being-your reason for living. Take action on those beliefs.  
Jonathan Lockwood Huie
- Oct. 22. Inner peace can be reached only when we practice forgiveness. Forgiveness is letting go of the past, and is therefore the means for correcting our misperceptions.  
Gerald Jampolsky
- Oct. 23. Let go of the past and move on with creating a joyful new future for yourself  
Jonathan Lockwood Huie
- Oct. 24. Could you risk believing that everything will unfold just fine if you completely let go of all concern about everything else, and simply are here, now – if only for a moment.  
Dmitri Bilgere
- Oct. 25. Letting go doesn't mean giving up...it means moving on. Anonymous
- Oct. 26. A big part of letting go is recognizing when it is time to stay in a situation and when it is time to move on.  
Darren L. Johnson
- Oct. 27. Everything flows and nothing abides, everything gives way and nothing stays fixed.  
Heraclitus
- Oct. 28. Letting go isn't the end of the world, it's the beginning of a new life. Unknown

Oct. 29. The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking.  
Albert Einstein

Oct. 30. Letting go gives us freedom, and freedom is the only condition for happiness.  
Thich Naht Hanh

Oct. 31. Detachment means letting go and nonattachment means simply letting be.  
Stephen Levine