

International Metaphysical Academy

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Winning in Life by Letting Go

By Anneli Driessen Ph.D., Ph.D., MCC – March 19, 2021

Those with very little Self-love have a tough time letting go.

The process of letting go pervades through all our private as well as our job-related life phases. Holding on to something and not letting go occurs by unhealthy clinging to people, activities, and objects. This includes fear of loss, fear of failure, fear of exams, jealousy, self-doubt, bemoaning one's fate, fear of death, loss of a loved one, fear of aging, fear of sleep, etc.

All this belongs in some way to letting go.

Letting go also means letting go of the past to create the future from what is happening now.

Don't wait until you are forced to let go, such as divorce, layoff, or getting fired, for example. Rather be alert and proactive. Use your mind to discern early. Being truly free includes recognizing that material things, including obsessions with certain activities that keep us 'busy and entertained', are not the only fulfillment in life.

Not everything in life is fate. Spirit rules matter, and thoughts frame life. If you believe in a negative work environment, it will be like that. If you think you don't have enough money, it becomes a reality. If you feel you have to 'struggle' for your survival, you will. Are you convinced that only deadbeats show up in your life? They surround you. And so everyone is always right.

The laws of nature are given to us, and no one can revoke them. They imply that everyone can have a good and enjoyable life by working on oneself and letting go of negative and limiting views instead of believing in unlimited positive possibilities.

The enormous power of the unconscious is little recognized. The Metaphysical Academy provides a gateway, a path, to learn about and deal with these things. With knowledge and by working on ourselves, we can bring our consciousness to a place where we can truly let go and lead a happy life.