

Letting Go

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Create Inner Peace

As we move toward the end of another year it might be a good time to clear away all the niggling grudges and painful memories of people who may have hurt us. If you are feeling exhausted, drained and worn down by the weight of it all, it might be time to choose peace over smouldering resentment.

The other person may be totally

resolve them. Trying to get others to see things our way is often a waste of time and energy. Letting go and finding inner peace is worth far more in the long run.

Letting go and forgiving them can help us to move forward. We make space for new beginnings by releasing old grudges and past hurts. Letting



unaware of how you are feeling and by forgiving them you free yourself.

Sometimes we feel we need closure, an explanation or an apology but maybe they are never going to come. Carrying the invisible weight of these broken promises keeps our attention in the past and our energy tied up in trying to

go of the old story allows a new version to be created.

Remember to forgive yourself too. Letting go helps you to grow and creates space for whatever wonderful dreams you are trying to realize.

Happy Holidays

Marie Wellness Clinic

This month the theme is all about finding inner peace and opening up to living in the now.

Unfinished, incomplete and painful situations keep our attention in the past and our energy tied up there too. Our past has influenced us but it need not hold us captive.

Sometimes we hang on to a fantasy of the past because it can look more attractive in hindsight, without the struggles we had at that time. Confronting our present circumstances, may be harder but is necessary for our growth and future happiness.

“Holding on is believing that there’s only a past; letting go is knowing that there’s a future.” Anon

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