

Letting Go - To Grow

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Letting Go

Our tendency to hold on to unnecessary items and repeated routines keeps us repeating old patterns that we might really want to break.

All that is associated and connected with the clutter and junk, whether in our home or in our mind as stored memories, is stopping us from making room for something new.

living and growing through the changes ahead.

"All the trees are losing their leaves and not one of them is worried."

Daniel Miller

Letting go takes courage and trust that we will find fulfilment in the changes and challenges in the future.



*"If we are not a little bit uncomfortable every day, we're not growing. All the good stuff is outside our comfort zone."
~ Jack Canfield*

All that we are carrying and all that is weighing us down can drain our enthusiasm and energy, making it difficult to feel that there might be something better. Notice the bravery and courage of an oak tree in autumn, it lets go of all its precious leaves that it spent months cultivating and trusts that new growth will appear in the Spring. It seems to know that it will have a wonderful time

Whatever difficulties you are facing, holding on to what no longer helps you will clog your thinking and your progress. Growth can feel frightening and uncomfortable but you always gain confidence and grow stronger by moving forward. Growing and learning are what make life exciting.

Growth starts the moment you let go.

Marie Wellness Clinic

This month the theme is all about letting go to grow.

Letting go can feel like a failure, as if we are giving up, but clinging on to what should be released prevents growth and the opportunity to see new ways of being and new perspectives.

The past is gone and holding on to regret only brings pain. We need to let go to make space for the future we want to create. And we can learn from these past situations about what matters to us and about what we no longer want in our lives.

Growth is exciting but like the big oak tree we need to trust in new beginnings and let go of the withered leaves to prepare the way for a new and better future.

Remember: When things change inside you, things change around you.

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