

“LET GO”

If you want to be healthy morally, mentally and physically, just “LET IT GO.” Let go of the little annoyances of everyday life, the irritations and the petty vexations that cross your path daily. Don’t take them up, nurse them, pet the, and brood over them. They are not worthwhile. Let them go!

That little hurt you got from your friend. Perhaps it wasn’t intended, perhaps it was, but never mind, let go. Refuse to think about it. Let go of that felling of hatred you have for another, the jealousy, the envy, the malice, let go of all such thought. Sweep them out of your mind, and you will be surprised what a cleansing and rejuvenating effect it will have upon you, both physically and mentally. Let them all go; you house them at a deadly risk.

But the big troubles, the bitter disappointments, the deep wrongs and the heartbreaking sorrows, tragedies of life, what about them? Why, just let them go, too. Drop them, softly maybe, but surely. Put away all regret and bitterness and let sorrow be only a softening influence. Yes, let them go, too, and make the most of the future.

Then, that little pet ailment you have been hanging on to and taking about, let it go! It will be good riddance. You have treated it royally, but abandon it; let it go. Talk about health instead, and health will come. Quiet nursing that pet ailment, and let it go.

It is not hard once you get used to the habit of it—letting go of these things. You will find it such an easy way to get rid of the things that mar and embitter life that you will enjoy letting them go. You will find the world such a beautiful place. You will find it beautiful because you will be free to enjoy it—free in mind and body.

Learn to let go. As you value health of body and peace of mind, let go—just simply let go!

The greatest factor in helping us to “Let Go” is to see with the eye of faith that God permits, if He does not will, these daily, nay hourly, annoyances. If we look at them in the light of eternity, we shall profit by them in this life and in the life to come.

LET GO! LET GO! Wise people adjust themselves to this universe over which God rules with infinite wisdom and infinite love. It is the first condition of sanity to believe it!

YOU CAN BANK ON GOD! LET GO!