

LET IT ALL GO



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Let it all go

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Sometimes you need to stop analysing the past, stop planning the future, stop figuring out precisely how you feel, stop deciding exactly what you want, and start trusting the process, believing in timing, going with the flow and just see what happens. Knowing yourself is the process of understanding what human being you are on a deeper level.

It is an unpredictable road that you must be willing to explore. It brings you face to face with your deep self-doubts and insecurities.

It makes you take a serious look at the way you are living your life. It will take a while, but in the end it will all be worth it because of the abundance that will be showered from the universe. Knowing yourself means respecting your values in life, your beliefs, personality, priorities, moods, habits, and getting to know your body and your personal relationships. Knowing yourself means understanding your desires and dreams. Knowing your life purpose to fulfil before returning back home.

0. Introduction

1. The past as a base for the future

2. Knowing who you are

3. It comes all from within

4. The mind as a powerful tool

5. Wanting and needing are different emotions

6. What you get is what you gave - Karma

7. Knowing and trusting the process

8. Forgiving and healing

9. Cutting cords

10. You are enough

11. Testimonials

12. Thank you

13. Gita Kurdpoor

If you can't do anything about it, then let it go.
Don't be a prisoner to things you cannot change.

0: Introduction

Have you ever wondered how your life would have turned out if you hadn't walked down the path you are on at present? Have you ever noticed after all you went through, the rollercoaster moments experienced and been on, the anxiety and depression kicked in and felt, the sleepless nights, vivid experiences lived, that all you ever wanted and wished for became reality eventually in the strangest but also surprising ways at the right time?

Have you ever imagined one day you would wake up and feel the freshness and lightness within your heart, the freedom and love within yourself? That is the moment you have come back home, returned to the start, closed chapters that needed to be left behind, learned important lessons presented on a silver plate to become a better version of yourself, and experience pure and clean love from within. Decide to trust the process, but mostly see the clear vision at the end of the tunnel. All you ever needed to do was to let it all go.

No one said it would be easy and no one would have taken a step or walked a mile in your shoes, but looking back you have realised life has a funny way of working things out exactly at the right time, not a second before or after. What you gave out in this process of personal growth you got back in return in the most magical ways. The soul has been set free and living in the moment was essential to find the peace you had been looking for so long in others around you, when it was always there in you.