



The Art of Letting Go

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Let go of the unhealed trauma that shadows your nights,
Of pain that clings like a ghost in silence.
Let go of faces that smile but carry deceit,
Of friends who despise the light you hold,
Of envy that whispers against your blessings.

Let go of love that never found its way home,
Unfinished stories that weigh your heart.
Let go of diseases that haunted your body,
Of the scars that tried to write your fate.

Let go again and again,
Until you are free enough to rise like a phoenix.
For letting go is a true response,
Not silence, not surrender,
But reflection turned into action,
A decision to release the inner turmoil and be free.