Letting Go

Letting go does not mean to stop caring;
   It means I can’t do it for someone else.
Letting go is not to cut myself off;
   It’s the realization I can’t control another.
Letting go is not to enable;
   But to allow learning from natural consequences.
Letting go is to admit powerlessness;
   Which means the outcome is not in my hands.
Letting go is not to try to change or blame another;
   It’s to make the most of myself.
Letting go is not to care for; but to care about.
Letting go is not to fix: but to be supportive.
   It’s not to judge but to allow another to be a human being;
Letting go is not to be in the middle arranging the outcome;
   But to allow others to affect their own destinies.
Letting go is not to be protective;
   It’s to permit another to face reality.
Letting go is not to deny; but to accept.
Letting go is not to nag, scold or argue;
   But instead to search out my own shortcomings and correct them.
Letting go is not to adjust everything to my own desires;
   But to take each day as it comes and cherish myself in it.
Letting go is not to criticize and regulate anybody;
   But to try to become what I dream I can be.
Letting go is not to regret the past;
   But to grow and live for the future.
Letting go is to fear less and live more.