

How to let go

By Sarah 7V

Take a deep breath and exhale.
Feel all your worries flow out of you.
Unclench your fist,
There's nothing to hold on
It's time to let go.



There's a knot in your silk thread.
Don't rush fixing it.
It might break apart.
Slowly and carefully untie it
And once it's untied,
You know
You're ready to let go.



Although you grew together with them.
Some leaves must fall in order for the new season to begin.
To make new space, the old must end,
So seasons shift, and hearts can mend.

