

# HOW TO LET GO OF THE PAST ...

*...and find yourself!*

BY  
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**A book on releasing the past  
to fearlessly move forwards**

# **Content**

CHAPTER 1:

All about Liz

CHAPTER 2:

How

CHAPTER 3:

Story

CHAPTER 4:

Let it go

CHAPTER 5:

Stepping Stones

CHAPTER 6:

Trust the process

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## CHAPTER 1

Elizabeth Taylor was a woman of abundance. She was endowed with outsized beauty, outsized fame and outsized appetites.



Though a brilliant actress, her remarkable talent was frequently outshone by her offscreen antics. "My troubles all started because I have a woman's body and a child's emotions," she once said.

Over the years, she would become as famous (if not more) for her love life as for her acting.

She was married a staggering eight times to seven men -- she wed Richard Burton, the love of her life, twice. She died March 23, 2011.

Here's a look back at her many marriages:

1. Conrad "Nicky" Hilton: May 1950 - Feb. 1951

At age 18 she married the heir to the Hilton hotel empire. Conrad Hilton (the great-uncle of Paris Hilton) was a socialite, playboy, gambler and

businessman. The union was brief and tumultuous: Hilton, an alcoholic, was physically and emotionally abusive to Taylor.

## 2. Michael Wilding: February 1952 - January 1957

Lasting five years, this marriage was more successful. The marriage was also Wilding's second. He was twice Taylor's age and gave her stability in the wreckage of her marriage to Hilton. The couple had two sons together -- Michael Jr. and Christopher -- but like the movie "A Star Is Born" the relationship soured as Taylor's stardom increasingly *outshone* that of her husband.

## 3. Michael Todd: February 1957 - March 1958

Taylor was already pregnant with Todd's daughter, Liza, when they married. The flamboyant producer had wooed Taylor with lavish gifts and grand gestures. The relationship would be tempestuous, but apparently happy. Taylor was supposed to have been on the plane that crashed, killing Todd in 1958, but stayed home with a cold.

## 4. Eddie Fisher: May 1959 - March 1964

One of the world's most famous and successful singers in the 1950s he scandalously divorced his first wife, Debbie Reynolds, to marry Taylor. Fisher,

who was a comfort to Taylor at Todd's funeral, had been Todd's best friend (and best man at their wedding). When Taylor and Fisher wed, Taylor ostentatiously declared "Our honeymoon will last 40 years." Their marriage lasted only five.

5. Richard Burton: March 1964 - June 1974

And 6. Richard Burton: Oct 1975 - Aug 1976

Their relationship is the stuff of legend. One of the most famous and turbulent duos in Hollywood history, Taylor and Burton met on the set of Cleopatra in 1962 -- both were married at the time -- and launched into a passionate affair. On their first meeting on the set, Burton said "Has anyone ever told you that you're a very pretty girl?" Taylor later recalled, "I said to myself, Oy gevalt, here's the great lover, the great wit, the great intellectual of Wales, and he comes out with a line like that."

So scandalous was their union that the Vatican denounced their relationship as an affront to morality. An undaunted Taylor said of their tempestuous relationship, "If Richard and I divorce, I swear I will never marry anyone again. I love him insanely." Their first marriage would be Taylor's longest, lasting a full decade.

Between her marriages to Burton, Taylor was the companion to the Iranian ambassador to

Washington, Ardeshir Zahedi. The relationship began while she was still with Burton -- both divorced their partners during the relationship -- and Taylor travelled with him to Tehran for a time. Ultimately, Shah Reza Pahlavi convinced Zahedi to end his affair with Taylor, and Taylor returned to Burton.

They would remarry 16 months after their divorce. The two starred in several films together, most notably in "Who's Afraid of Virginia Woolf?" which was likened in the popular imagination to the couple's real-life marriage.

The tumult of their stormy relationship, however, was exacerbated by Burton's *drinking* and within a year the couple would be divorced again. Burton would marry twice more before his death in 1984.

## 7. John Warner: December 1976 - November 1982

A World War II veteran, Republican politician and five-term Senator, Warner met Taylor on the Washington diplomatic circuit when he was serving as Nixon's secretary of the Navy. Despite being a lifelong Democrat, Taylor bucked her party to assiduously campaign for Warner in his first successful bid for senator of Virginia. He would hold the seat much longer than he would Taylor -- the couple divorced in 1982.

8. Larry Fortensky: Oct. 1991 - Oct. 1996

Taylor's last marriage was also her unlikeliest. She met the mullet-topped Fortensky -- a construction worker 20 years her junior -- when they were both doing a stint at the Betty Ford Clinic. The two were married at Michael Jackson's Neverland Ranch. "This is it, forever," she said at the time. Five years later she would file for divorce.



She's probably the last person on earth you would ever look for life relationship advice, which is why she's the perfect place to start.

She attracted alcoholics, abuse, jealousy and conflict, again and again and carried energy from past relationships forward into the next as well as not dealing with her inner child.

Stories like Elizabeth Taylor are the bread and butter of our cultural narrative. Taylor's life embodies what happens to many relationships. Marry forever. Divorce. Marry forever. Divorce.

We look at stories like this and say "See? She never learnt the lesson and went on to repeat the same pattern!"



## CHAPTER 2

So, how do you let go of past hurts and move on? It's a question many of us ask ourselves each time we experience heartache or emotional pain.

Why is it so difficult to let go of experiences that have caused us pain and suffering?

There is nothing more personal than being left by someone you love. No matter what, we are left with the belief that we aren't good enough. That we are missing some personality trait that makes us unlovable. This reduced self-esteem is one of the reasons why it is so hard to let go of someone you love.

Few experiences are as painful as severing the ties with a romantic partner — even if you're the one who initiated the breakup.

Your world may feel shaken, colourless, empty as you grieve the death of the relationship.

However, a heartbreak can also inspire surprising self-growth and gift you with a sense of independence and vitality that you didn't know was possible.

**Wanting positive experience is a negative experience; accepting negative experience is a positive experience.**

It's what the philosopher Alan Watts used to refer to as "the backwards law" – the idea that the more you pursue feeling better all the time, the less satisfied you become, as pursuing something only reinforces the fact that you lack it in the first place.

The more desperately you want to be sexy and desired, the uglier you come to see yourself, regardless of your actual physical appearance.

The more you desperately want to be happy and loved, the lonelier and more afraid you become, regardless of those who surround you.

The pain of honest confrontation is what generates the greatest trust and respect in your relationships. Suffering through your fears and anxieties is what allows you to build courage and perseverance.

Everything worthwhile in life is won through surmounting the associated negative experience.

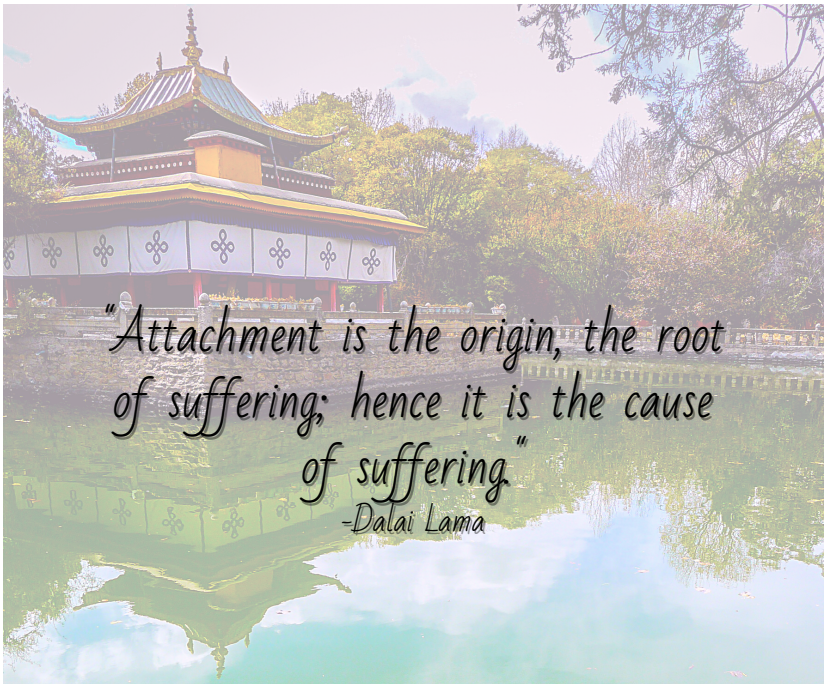
Often tears fertilise the seeds of self-transformation and nurture the discovery of your true self that has been hidden by years of mud being thrown at you, if you have experienced abuse, control and manipulation which has damaged your self-esteem, self-belief and self-confidence.

I felt like a bomb had gone off in my life at the end of my 34-year-old relationship. We had met before my 16th birthday and married when I was 21. We have 3 wonderful children but just before my 50th birthday, he left. Going from being 'we' to becoming 'me' is the hardest thing I've ever experienced, which is why I wish to help you let go of the past and move forwards fearlessly.

If you find yourself consistently caring about stuff that bothers you – your ex's new Facebook picture, the holiday he went on with his new girlfriend - chances are you haven't let go of the past.

Reframing our relationship with our past requires us to stop thinking of how things should be and accept them for what they are.

As Dalai Lama said...



This is liberating. We no longer need to feel upset about it. Life is just what it is. We accept, warts and all. We realise that we're never going to be with them again. And that's okay. Life goes on.

We don't need to unconsciously start blaming ourselves. So, if you have felt as though something is inherently wrong with you, which has driven you to all sorts of compensation, like buying twenty pairs of shoes or downing anti-depressants with a bottle of red, it's time to STOP.

## CHAPTER 3

Let me share a short story about the butterfly...



A young boy came across a butterfly cocoon and brought it into his house. He watched, over the course of hours, as the butterfly struggled to break free from its confinement. It managed to create a small hole in the cocoon, but its body was too large to emerge. It tired and became still.

Thinking the butterfly was in trouble, and wanting to help the butterfly, the boy snipped a slit in the cocoon with a pair of scissors. But the butterfly was small, weak, and its wings crumpled. The boy expected the insect to take flight, but instead it could only drag its undeveloped body along the ground. It was incapable of flying, and it died.

The boy, in his eagerness to help the butterfly, stunted its development. What he did not know was that the butterfly needed to go through the process of struggling against the cocoon to gain strength and fill its wings with blood. It was the struggle that made it stronger.

This is a great lesson for us all.

As Robert Tew once wrote, “The struggle you’re in today is developing the strength you need for tomorrow. Don’t give up.”

You might find yourself swinging back and forth between foggy disbelief, moment by moment rediscovery of the magnitude of your loss, and glimpses of clarity that it’s truly over.

It can become easy for the pain and confusion that comes with this to be all that you think about. The desperation for answers to make sense of something so jarring compels you to debate friends, family, peers, co-workers, even people you just met, about why the relationship ended — all while justifying the reasons why it shouldn’t have in a way that makes you feel you are also convincing your ex.

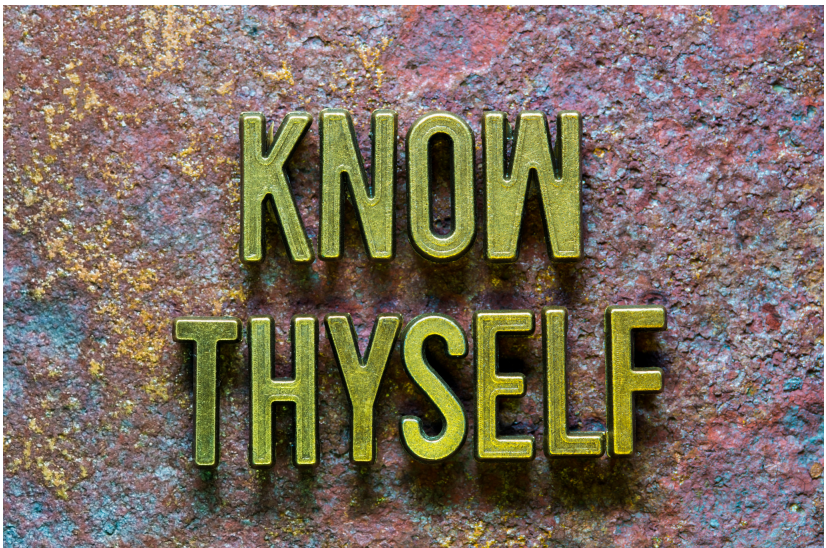
This book will turn your pain into a tool, your trauma into power, and your problems into slightly better problems. That is real progress. It’s a book about moving lightly despite your heavy burdens, resting easier with your greatest fears, laughing at your tears as you cry them.

This book will teach you how to lose and let go. It will teach you to close your eyes and trust that you can fall backwards and still be okay. It will help you find your true self which will bring more awareness of who you are, and accepting of your feelings, thoughts, personality, goals, and dreams

The early Greeks instructed us to “know thyself.”

This maxim is the key to self-improvement and self-enlightenment.

Knowing yourself is about knowing who you are, what you do, your tendencies, your weaknesses, your strengths, and uncovering the hidden things about you that control you.



It is our need for certainty that results in getting stuck in the past. One of the six basic human needs is certainty and is fundamentally about survival.

We all have a need for certainty, safety, stability and predictability in our lives. This affects how much risk we're willing to take in life—in our jobs, in our investments, and in our relationships. The higher the need for certainty, the less risk you'll be willing to take or emotionally bear.

When we state that we "believe" something, what we are really claiming is "I hold certainty of it". For example, you may be certain that you are intelligent, or you may be certain that you always fail at your relationships.

We need a sense of certainty in our lives to experience a sense of order, emotional health, and well-being. We all need to feel certain that we can avoid pain and, ideally, find some comfort in our lives.



Letting go of the past also means stepping into the unknown future. It means having the courage to let go of what is familiar – even if it was negative – and being vulnerable enough to embrace and learn from what's ahead.

The other reason it's so difficult to learn how to let go of the past has to do with the way we link emotion to information. Consider, for example, a woman whose partner does something that causes her emotional pain, such as cheat on her with her best friend, she will bring it up repeatedly.

But there is a very real reason why she can't figure out how to let go of the past.

Think back to the tragic day when Princess Diana died. Chances are you can probably picture who you were with and what you were doing when you heard about her death.



Can you say the same for July 31, 1997? Your memory is likely very blurry when it comes to those details. Few people can remember what was happening a month before she died. This is because we do not retain information that does not have feelings attached to it.

Informationation with emotion makes an indelible impression. A woman will attach emotion to anything that impacts them in a significant way, especially if it causes them pain or suffering – and it makes letting go of the past more difficult for them.

Compare that to someone with a masculine core. A highly masculine person does care and feel things deeply, but masculine energy is about breaking through and letting go while feminine energy is about filling up and gathering.

When there is still emotion tied to a memory, moving on from the past becomes increasingly difficult for those who are biologically predisposed to gather.

## CHAPTER 4

How do we loosen our grip so we can move forward in a healthier, happier way?

If much of your time is spent daydreaming of a reconciliation with your ex, it becomes difficult to heal. Too much fantasising keeps you stuck in the past and results in a state of pain.

Holding on to the past can be a conscious decision just like letting go and moving forward can be a conscious decision.

You need to make the commitment to 'let it go.' If you don't make this conscious choice up-front, you could end up self-sabotaging any effort to move on from this past hurt.

When we try not to think of something, a part of our mind calls to mind the very thought we are forbidden to think. This doesn't mean that it's okay to live in the past. But by allowing yourself the occasional fantasy, you may eventually think about your ex less.

This decision involves action: retraining your mind from replaying old memories to envisioning an optimistic future.

It means taking accountability for our thoughts and behaviours.

Let's say you've made a conscious decision to let go and are doing your best to retrain your thoughts, but your brain still gets stuck on fantasies about your ex.

That's okay.

Allow the occasional obsession. Progress is uneven. By suppressing the thoughts, you might make matters worse.



With any breakup comes the sharp pangs of emptiness. The hours spent with a loved one is now an empty void, leaving a gap in your heart. Especially difficult are hearing your songs on the radio or passing restaurants you visited together or films you watched, reminding you of memories shared.

While it's tempting to distract ourselves from the pain with things that offer temporary relief, a straighter route to healing is to stay with the loneliness — to go through it, not around it.

When you experience the deep pain of loneliness, it is understandable that your thoughts go out to the person who was able to take the loneliness away, even if only for a moment.

When you feel a huge absence that makes everything look useless, your heart wants only one thing – to be with the person who once was able to dispel these horrible emotions. But it is the absence itself, the emptiness within you, that you must be willing to experience, not the one who could temporarily take it away.

The most important first step I found was to first understand the emotions I was experiencing as I felt each one. I never shut out the emotions as they

came, and this is an imperative part of the process: allowing yourself to feel.

If we can get comfortable with the idea that everything in life is transient, we free ourselves to experience people, places, and things more fully and spare ourselves the pain associated with attachment.

This is according to the Buddhist tradition. The belief is that much of our suffering is born in clinging to relationships and material items in our lives, attaching ourselves to their permanent status.

Pain exposes us to the work that needs to be done to feel joy that isn't dependent on anything or anyone. We are brought to our knees, immersed in the rubble and dirt of grief. However, such a perspective allows us to build a new foundation and begin to define who we are and what we aspire to be.

You may be bitter, hurt, disillusioned. You never want to trust someone again. However, the fastest way to heal from a breakup is to continue to love deeply and to open your heart to the possibility of future love.

Start living a life full of more joy and freedom by learning how to move on from the past.

I will share stepping stones, but do consider the uniqueness of each one of us as human beings and that no two experiences are identical.

Emotions are neither orderly nor linear, meaning they don't follow any specific timeline or schedule. You might find yourself crying in the bathroom one minute, furious beyond belief the next, disconnected the following, and empty beyond recognition by the end of the week.

Remember, this is your personal experience, and this is an unsettling time that has no template. Remember to be kind to yourself during this difficult time and allow yourself to experience every aspect of this event as you uniquely should.



## CHAPTER 5

### STEPPING STONES

#### **FORGIVENESS...**

Forgiveness is key, so that you can let go of anger and step into a more peaceful state. The first choice is giving yourself permission to forgive.

If it's about a past relationship or relationships – you may have been waiting for the other person to apologise but waiting stops the process of letting go.

And you may be thinking “I can't forgive them for betrayal, abandonment or abuse – whether it was verbal or physical”

If it's to do with something else, you may be blaming yourself, so self-forgiveness is a must.

Here's the truth.

Forgiveness is vital to the healing process because it allows you to let go of anger, guilt, shame, sadness, or any other feeling you may be experiencing and move on.



## **BLOCKS...**

Acknowledge what is holding you back and think about why you must move on. Fear of failure holds you back because when you're afraid to fail, you're afraid to risk anything. You reject opportunities for growth or advancement because it means stepping outside your comfort zone and opening yourself up to failing.

You **HAVE** to risk failure and lean into the uncertainty in order to move forwards. Here are a few tell-tale signs your fear of failure is currently holding you back - whether you've already admitted it to yourself or not.

You hesitate to try new things.

You're settling for less than you deserve.

You insist you're not afraid of anything.

You tend to fall apart when things start going south.



Once you have identified what's holding you back, ask yourself:

What are the reasons that I absolutely must move beyond this?

How will your life change when you learn how to move on from the past?

How will it change the trajectory of your relationships?

And how will you feel in this new chapter of your life?

This is one of the most important parts of the process because it will help you stay committed to letting go of the past. Gaining a clear sense of purpose is essential to establishing any goal. Your purpose will serve as your emotional drive when you feel like giving up. You are inevitably going to face setbacks and challenges, but if you have a strong enough reason and a purpose that drives you, you will stay focused and dedicated.

## LIMITING BELIEFS...

Limiting beliefs are thoughts, opinions that we believe to be the absolute truth. They tend to have a negative impact on our life by stopping us from moving forward and growing.

Our unique emotional habits can have profound influence on the way we look at life, the way we act and how good we are at learning to let go of the past.

So why settle for a life where we empower the negative emotions and disempower the positive?

By identifying your emotional habits, you can start to make the shift toward actively preparing yourself toward a more positive experience.

Your emotions are like a muscle: You can train yourself to feel frustrated, sad, stressed or even depressed after a challenging situation arises.



Or you can train yourself to feel passionate, joyful and strong, even when something bad happens in your life.

You can learn how to let go of the past in a way that makes you feel lighter and freer instead of fearful.

When you catch yourself falling into a negative emotional habit, cut off the thought and switch gears immediately. The more you condition yourself, the more wired those emotions become and the more easily you can adapt to any situation thrown your way

This is one of the most challenging parts of letting go of the past because it requires deep introspection.

What are your limiting beliefs?

For example, “bad things always happen to me”, “I’m no good at speaking to people”, or “all my relationships are painful”.

Limiting beliefs are simply assumptions about your reality that come from your perceptions of life experiences.

When you grow accustomed to certain emotions, even negative ones, you don't really notice how they impact you daily. You don't realise that you're stuck in a negative emotional loop - you just believe you're reacting as anyone would to any given situation.

But our unique emotional habits can have profound influence on the way we look at life, the way we act and how good we are at moving on from the past. So why settle for a life where we empower the negative emotions and disempower the positive?



## **STORY...**

The ultimate breakthroughs in life happen by learning strategies, developing an empowering story, moving from 'victim' to 'victor' and ensuring you're in the right state to move forward.

If you don't take the time to examine and change your habits, life just starts to happen to you instead of for you. No matter how smart you are, how savvy you are or how inspired you are, if you don't stand guard at the door of your mind, then you are giving tacit approval of the disempowering, disenchanting and disillusioning. Instead of focusing on how to let go of the past, you'll find yourself distracted by thoughts that keep you rooted in negative patterns.

Tell yourself empowering stories instead of limiting ones. Identifying my story about not being good enough was surprisingly difficult for me initially because I told myself that story for so long that I didn't think of it as a story at all.

I thought of it as true and that was, at its heart, quite ridiculous. It took a lot of thought before I even realised that this was the story, I was telling myself.

What limiting story are you telling yourself?

Maybe it's that you'll never find love. Maybe it's that you are too shy to meet someone or that you are terrible at small talk.

All these things are stories. The difference between you and the people doing the thing that you've always wanted to do is the stories you tell yourselves.

Changing that story is one of the most important steps to changing your life.

Now that you've identified your story, you must make a new one for yourself.

For me, it was simply deciding that I was just as good as anyone else, and I deserved just as much as anyone else.

It's a simple non-specific story, but it countered my previous limiting one. Think about your limiting story. How can you change that story to make it empowered?

A new story is not always enough. That story needs to be rooted in something. You must believe it and changing your beliefs can be the

most difficult thing of all. When I decided to change my story about myself, I looked around at my life for evidence that the new story was true.

For example, I knew I had friends and family who loved me and certainly thought I was good enough to receive that love.

When I looked at my life objectively, I realised that I'd accomplished quite a bit. I'd always done well in school. I'd written three published books.

I always went out of my way to be loving, kind and helpful to others. These are all things that, in my eyes, made me just as good as anyone else.

As I started to look at my situation more, I realised that one of my core problems was "the anyone else" part of my story. I was comparing myself to others, and that will lead to unhappiness most of the time.

Instead of thinking of myself as just as good as anyone else, I started to change my story again to simply say that I am ENOUGH.





Can you find evidence around you that can support your new story?

Does looking at that evidence make you realise that you need to make any changes to your new story?

## CREATE...

Letting go of the past isn't easy. Someone once said this quote, "If you love someone, let them go. If they return, they were always yours. If they don't, they never were."

Empowering habits can help you. There's a reason that the world's most successful people all establish daily routines that include things like a healthy breakfast, meditation, exercise and learning new things. It's the small habits that you do every day that build momentum and lead to massive change.

Practicing gratitude is another habit that can help you live in the moment, instead of in the past.

Start a gratitude journal or practice it during your morning meditation. I light a candle each morning and say out loud what I appreciate.



Think about all that you appreciate in your current life. Realise that everything that happened to you in the past is what made you the person you are now: a strong, powerful person who can bounce back from anything. When you love yourself and your life, it's easier to let go of the past for good.

A relationship is a habit, and like any other habit, when you lose it, you have to replace it with something else. Take the energy you spent on your ex and put it back into yourself. Find a new hobby. Whatever you do it, make it fulfilling and make it about you.

Instead of getting stuck in, "I can't believe this happened to me!" try a positive mantra such as, "I am fortunate to be able to find a new path in life — one that is good for me."



## **SELF CONTROL...**

Know this. We have no control over anyone or anything else other than ourselves. We have total control over our actions and decisions. So much pain in life is caused by trying to control the way other people feel and act. We think that our circumstances are the result of some mysterious force when they are really the result of our own decisions. We can turn negatives into positives, setbacks into opportunities, failures into lessons.

Self-control is defined as the ability to manage your actions, feelings and emotions. An example of self-control is when you want to ring or message your ex, but you use your willpower to avoid doing it because you know it isn't good for you.

You can't take back an unhealthy relationship, but you can learn from it. Your past does not equal your future. Every day is a chance to start over. From the minute you wake up, you make choices. Learning how to let go of the past means breaking the pattern and focusing on creating the life you deserve, not dwelling on the one you used to have.

## **PERSONAL GROWTH...**

It's unfortunate, but sometimes the most profound personal growth comes from periods of hurt, loss and despair. However, it is through these emotions and the introspection and healing that can follow that we are able to show up for our next relationship healed and in a way that we want our partners to show up for us.

Marianne Williamson has said that "relationships are assignments that are part of a vast plan for our enlightenment." No one enters our lives without reason and no relationship is ever a failure. Instead of beating ourselves up when something doesn't work out, we should congratulate ourselves for taking the first steps in figuring out what does.

Breakups allow us to be introspective in ways that we likely won't be when in relationships.

They allow us to analyse what was and wasn't working, what we need from a partner and what we can legitimately give to another person. If we take the time to really do this work, our next relationship can only be healthier and stronger.

If we truly believe that no one enters our lives without reason and that the universe (or God or whomever/whatever you choose to believe in) will not support relationships that no longer facilitate personal growth, we can look at a breakup as a step that brings us even closer to the life we are meant to have. It's an opportunity to build a life that better suits us.

Breakups also afford us an incredible opportunity in learning how to self-soothe. While it may be tempting to drown our sorrows with any multitude of substances or jump into a quick rebound with the next available person, if we're constantly masking our pain and using substances or even other people to make us feel better, we can't ever learn how to be happy with just ourselves.

Expecting someone else to make you happy is too much pressure to place on somebody else's shoulders. When we end a relationship, it is a chance to practice self-compassion, to be kind and forgiving of ourselves, something most of us are not very good at. We can now reflect on the moments where we could have chosen differently and process them, without judgment so that we forgive ourselves and learn how to choose differently in the future.

So, while it may feel like a breakup is the end of your world, it's also an opportunity to rebuild a healthier, more mature you.

Someone who is able to love more completely free of the emotional baggage that we sometimes enter into relationships with. While it's true, nobody is perfect and everyone has some baggage, entering into a relationship as the best version of yourself is what's likely to give you the best chance for a healthier, happier love life.



## **POSITIVE PEOPLE...**

Letting go of the past is much more difficult if you are around people who are constantly reminding you about it. When you surround yourself with positive people who are committed to growth and progress, you'll find it much easier to move on. You're more likely to adopt empowering beliefs and see life as happening for you instead of to you.

Just as you benefit when you surround yourself with people who make you happy, you suffer when those in your social circles are negative or narrow-minded.

The quality of a person's life is most often a direct reflection of the expectations of who they surround themselves with.





Nothing inspires me more than my friendship with the people who have attended my meditation group; workshops and retreats. I think it's so important to find and be a part of a community of like-minded people who share your beliefs and values.

Take a class and meet like minded people. Risk feeling vulnerable and new and imperfect. There are wonderful online classes if you need more flexibility. Try something that scares you or something you dreamt about trying. You never know where you'll find creative inspiration.

However afraid we are of change, the question that we must ultimately answer is this: What's the greater risk? Letting go of what people think or letting go of how I feel, what I believe and who I am?

It's about cultivating the courage, compassion, and connection to wake up in the morning and think, No matter what gets done and how much is left undone, I am enough.

## GIVE BACK...

As you strive to understand how to let go of the past, find something you want to serve that is greater than yourself. Live for your family, for your community, for humanity. Motive does matter, so find motives that go beyond yourself.

No matter how broke you may be or how broken you feel, you have something to offer others – even if it's something as common as a smile or a listening ear. When you finally realise that the secret to happiness is giving, your life will improve dramatically, and you will be able to see how to move on from the past.

Your life matters – and if you align yourself with the truth that you're here not just to “get” but to give, then other people will feel your authenticity and open to you. Giving back reminds you what you're made for.



## CHAPTER 6

Focusing on the needs of others has a way of empowering you to do more than you thought possible. You feel the benefits immediately and you will become grounded in the moment. You become more productive, and you find creative solutions to problems. You find strength when you're exhausted, and you'll learn how to let go of the past and step forward into the future in a more loving, conscious and compassionate way.

There is no finite timeline for everyone's grief process. For some, the process can last weeks while for others, they can experience residual impact years in the future. What is most important is to remember, not only that what you are experiencing is both normal as well as expected, but to also allow for the opportunity to redirect your life in a way that caters to you.

Your grieving is part of the human condition. Without it, we would not be wired the way we are to handle the many pains and losses that occur throughout our lives.

As the grieving process unfolds, you will soon begin to see your way through, leading you to a

point where you can let go in a self-protective way — a way you will eventually come to realise is an opportunity for a new beginning.

A fulfilling, whole relationship has an equal balance of giving and receiving. To receive love, we must give love and to give love we must be with someone who can receive. If we are giving without receiving, we are trying too hard to convince someone that we are worthy of love.

If we are receiving without giving, we are out of touch with our emotional centre and limiting our ability to share love with others.

But for some, that means giving so that someone will see their value, see them as wonderful and appreciate the love they give. They have confused love with validation and are disappointed when these kinds of relationships are emotionally unsatisfying.

To receive love, we must give love but, and this is important, we must give it to someone who is able to give back to us. Our goal in manifesting a loving, fulfilling relationship is to have one that is fulfilling because it is balanced in its giving/receiving aspects.

If you're struggling to let go of a painful experience, you may benefit from talking to a professional.

Sometimes it's difficult to implement these tips on your own, and you need an experienced professional to help guide you through the process.

That's why I have created the **Fearlessly Moving Forwards Method**.

Transformational training you can enjoy at your own pace, with weekly questions and answers, this mentoring gives you an ecosystem of guidance, wisdom that accelerates your growth. And because I know you're busy, everything is designed to fit seamlessly into your lifestyle.

# Heather Prince

Founder of the  
'Fearlessly Moving Forwards Method'  
90 Day Online Program



For more information about the Fearlessly  
Moving Forwards Method or about any of  
my other programmes and books please  
find me online at

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