

"The things we cling to are the things we most need to let go of. Inconvenient truth!!!
Recently I was forced to let go of something I've been clinging to for over a decade.
The truth is that I knew I was clinging to it. Doing all I could to hold it together.
But for some reason, way deep down I felt I needed it. To fill something in me.
I also knew that by clinging to it I was stopping myself from filling myself up with goodness,
moving into wholeness and letting something better/more fabulous/deserving in.
As painful as it was to let go of (and the pain always comes first), I am so grateful that life finally
forced me to do so.
And, today with you as my witness, I'm making a promise to myself to not cling tightly (or loosely)
to anything anymore."

<https://rebeccacampbell.me/instant-guidance/>