

CAN'T DECIDE WHETHER YOU WANT TO MOVE ON? THE WAR WE FIGHT WITHIN OURSELVES.

If your heart and mind are at war, you can find out what you truly align with by flipping a coin. If the coin lands on tails, you move on. If it lands on heads, you hold on. The beauty of this is the moment when the coin is in the air. You already know what you truly want (whichever you are hoping for). There is no need to fight what is. If you truly wish to hold on, allow yourself to do so.

Allow yourself the space to heal. The reason you are at war with yourself is because of your expectations of what you "need" to do. Maybe this stage of your healing process isn't "getting over them". This is your permission to hold space for yourself. You cannot let go unless you truly want to. Healing is many things, but it is not forced.

If you are still thinking you "have to move on" or "need to get over them", it's important to realize that what you resist, persists. The point isn't to force yourself to feel a certain way, or to repress a certain feeling. It's allowing the emotion to flow through you, to allow it to be. Surrender to it, accept it, and show it love and compassion. You can never truly move forward until you are willing to. It doesn't matter what self-help books you read or what rituals you do, letting go is a process that you will self-sabotage if you don't truly want to let go. Take time to truly figure out if you want to let