

Balloons



- ***‘There are times in life when people must know when not to let go. Balloons are designed to teach small children this.’***

Terry Pratchett

- One of life’s hardest decisions can be whether to hold on or let go. Autumn can be a time of change and letting go, just as trees shed their leaves to prepare for a new season.
- Are you stepping into a new season? Is there anything you’re holding onto that’s preventing you from moving on? We can’t always grow until we learn to let go.
- Knowing when to let go can take generosity and open-handedness. Sometimes we need to know when to set our balloon free - or when to set ourselves free.
- At other times we have to hold on to that balloon really tightly, and not let it slip away.
- Is this a time for holding on or for letting go? Trust your instincts to make the right decision. Or phone a friend.

‘All the art of living lies in a fine mingling of letting go and holding on.’

Havelock Ellis