

Letting Go

by Rev. Dr. Deborah Tanksley-Brown

Now a days my Bp(Blood Pressure) let's me know when I need to let it go
When I watch the news and scream and shout to get the frustration out, the Bp
lets me know it's time to let it go.

When my heart beat starts to flutter because my thoughts are all cluttered the
Bp lets me know it's time to let it go.

Writing has become the way I express feelings that I might otherwise try to
suppress and would ultimately depress me.

Writing is my way of letting go as the emotions high and low flow through the
words on the page.

Writing is the vehicle whereby my thoughts are not confined in my mind but find
release for peace to be.

Letting go through writing minimizes my anxiety and maximizes calm like a balm
Letting go through writing is God's restoration gift so I do not go adrift. Word!



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