

Heartsong @ 1917 This Week – “Let It Go’ – A New Anthem for Living Vibrantly”
Wednesday, June 25, 2014, 10:45 a.m. – 12:00 noon
UAB 1917 Clinic, 1st Floor Library, Room 151
Facilitators: Chris Hamlin and Joe Elmore

Heartsong @ 1917 is a weekly, open discussion about spirituality and finding meaning and purpose in life. Everyone is welcome to attend who is interested in connecting to the spiritual side of life. 1917 Staff are welcome. If you do not want to receive this weekly email, just reply with “unsubscribe” in the subject line.

UAB 1917 CLINIC WEBSITE: <http://www.uab.edu/1917clinic/>

Video:

<http://www.youtube.com/watch?v=0HtACLaRDk0>

Disney’s *Frozen* – “Let it Go” Sing-Along Version
Walt Disney Animation

Words on the Theme:

“It’s time to say goodbye, but I think goodbyes are sad and I’d much rather say hello. Hello to a new adventure.”

Unknown

“Letting go of someone dear to you is hard, but holding on to someone who doesn’t even feel the same is much harder. Giving up doesn’t mean you are weak! It only means that you are strong enough to let go!”

“Many times we’ve been taught fear instead of love, which is insecurity, and low self-esteem. What if we just choose to let go and let love.”

Unknown

“Don’t think about what you should have done in the past think about what you should be doing in the present.”

Sonya Parker

“Never beg people to stay against their will. Sometimes the gift of goodbye opens another door for you. Move on, and create the next chapter of your life.”

Unknown

“Laugh when you can,
apologize when you should,
and let go of what you can’t change.

Life's too short to be anything... but happy.”

Anonymous

“Anger will never disappear so long as thoughts of resentment are cherished in the mind. Anger will disappear just as soon as thoughts of resentment are forgotten.”

Buddha

“Moving on doesn’t mean you forget about things, it just means you have to accept what happened and continue living.”

Unknown

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

Unknown

“Sometimes all you have to do is erase the messages, delete the numbers and move on.”

Unknown



References:

http://www.searchquotes.com/quotes/about/Letting_Go/



NEXT

Heartsong@1917

Wednesday, July 02, 2014

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Chris Hamlin, Facilitating