


A digital painting of a woman with long, flowing brown hair, wearing a white, off-the-shoulder dress. She is standing on a rocky cliff, looking out over a vast ocean under a sunset sky. Her hair and dress are blowing in the wind. The ocean has white-capped waves, and the sky is filled with soft, golden clouds.

*I held on longer than I
should have.*

Out of habit. Out of fear

*But I'm learning to let go—
of people,
of pain,
of pressure.*






Letting go isn't giving up.

*It's choosing peace
over pressure.*

A person with brown hair tied back, wearing a light blue t-shirt and dark pants, sits cross-legged on a grassy bank. They are looking out over a calm lake towards a sunset. The sun is a bright yellow circle on the horizon, with its light reflecting as a shimmering path on the water. The sky is filled with soft, wispy clouds in shades of orange, pink, and purple. Lush green trees frame the scene on both sides, and in the foreground, there are green reeds and small pink flowers. The overall mood is peaceful and contemplative.

*Letting go makes room for
something softer to enter.*

*Something calm,
Something true.*

A digital painting of a woman with wavy brown hair, wearing a blue spaghetti-strap dress, standing in a field of white daisies and purple flowers. The scene is bathed in warm, golden light, suggesting a sunset or sunrise. The woman has a gentle smile and is looking slightly off-camera.

*In every release, I
return a little more
to myself.*

*That's where kindness
begins.*

@theElementofCalm