

If It Hurts, Let It Die

Let go of any **negative emotions** and ties to the past. **Leave everything behind and let it die.**

Embrace Life's Full Spectrum

Accept both the **negative and positive** aspects of your life and past. Don't cling to grudges or pain. Instead, **move onward with open arms**, ready to embrace all of life's complexities.

"Hold no grudges and welcome every experience as part of your journey."