



## 6. ALLOW YOURSELF TO MOVE ON

As Neville Goddard once said,

“Do not waste one moment in regret,  
for to think feelingly of the mistakes of the past  
is to re-infect yourself.”

So instead of spending anymore of your  
precious time and energy  
dwelling on the situation you are currently  
dealing with or one that's been on your mind for a while,  
try to look at it from your soul's point of view.

What is (or was) this life lesson here to teach you?

Then take a deep breath in and let this be  
a new beginning where you allow yourself to move on...

One day at a time; one minute at a time;  
one step at a time.



[Ask Your Soul Message Cards \(Small Version\)](#)

[Ask Your Soul Message Cards \(Large Version\)](#)

Created with ❤️ by Olga B.

[Linktr.ee/AskYourSoul](https://linktr.ee/AskYourSoul)