

The Art  
of  
Letting Go



gözde  
eyce

# Content

Introduction

The journey

Before you begin...

Slow-down

Look inward

Let go

Unfold

Grow

Little things that matter

Gentle realization

Before you go on

# Introduction

I am Gozde, I am a visual artist & a dedicated yogi. Over the years of illustrating and practicing yoga, my own journey has gradually led me to the colour blue, to becoming kinder & softer with myself (easier said than done) and to trusting the quiet power of simple, intentional line work.

In my yoga practice, I work with words and breath. In my visual work, I speak through images and shades of blue, expressing intention, feeling, and thought. This book is where these two meet - a space where I meet myself, through slowing down, looking inward, softening, & reconnecting. It is not about arriving somewhere, but about honouring the actual journey.

Nice to meet you through these pages.  
This is not a book to move through quickly.  
Take your time. Pause.

Meet yourself gently along the way.

I hope that as you turn these pages, something opens up in you, too.

gozde

Before you begin...

Put your phone away.

Take this book slowly.

Grab a glass of water.

Take a long, deep breath.

There is no right way to move through these pages.

Skip.

Return.

Pause.

Stay.

Let this be yours.

# Chapter 1

slow-  
down

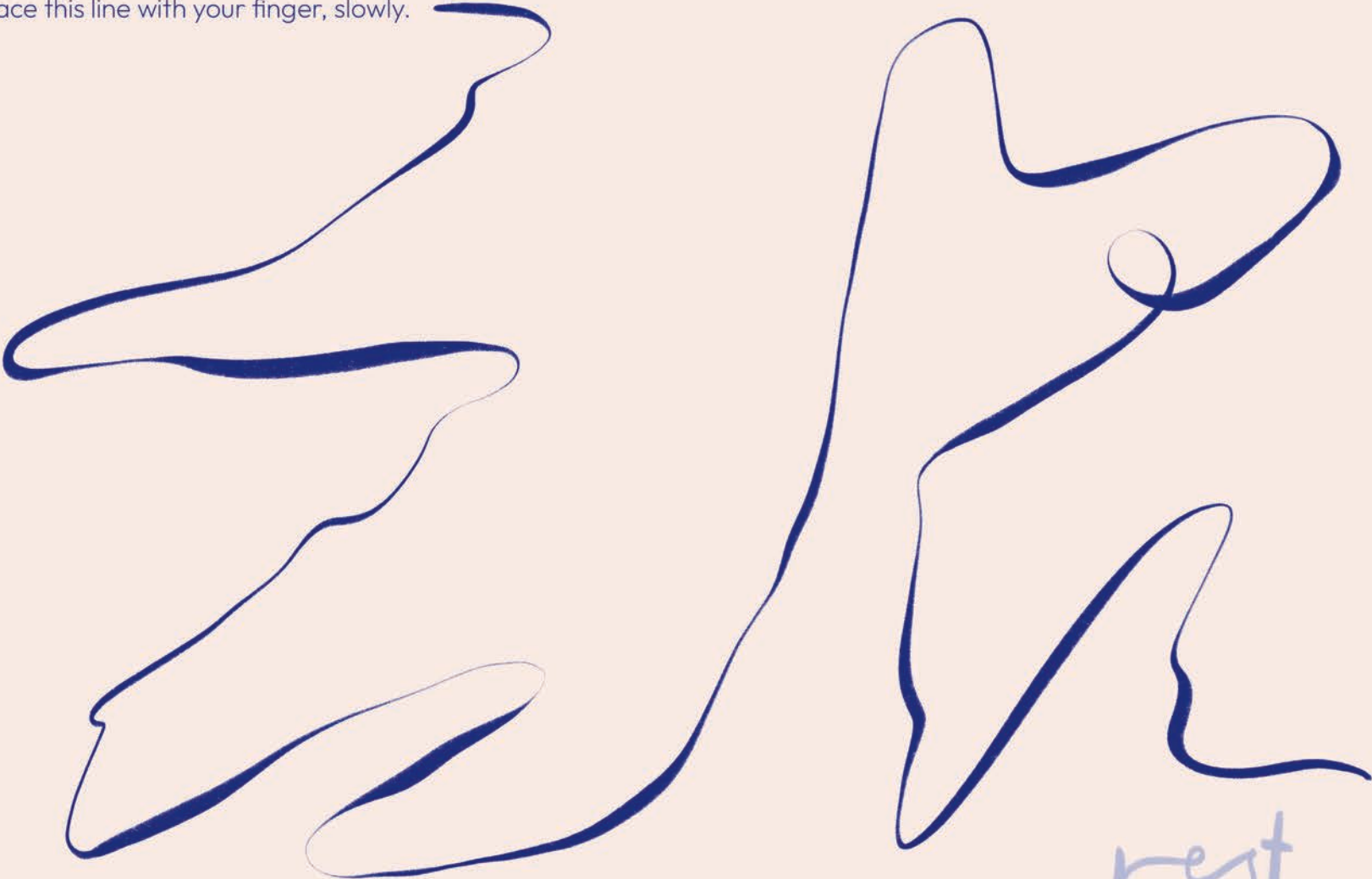


## Slow down

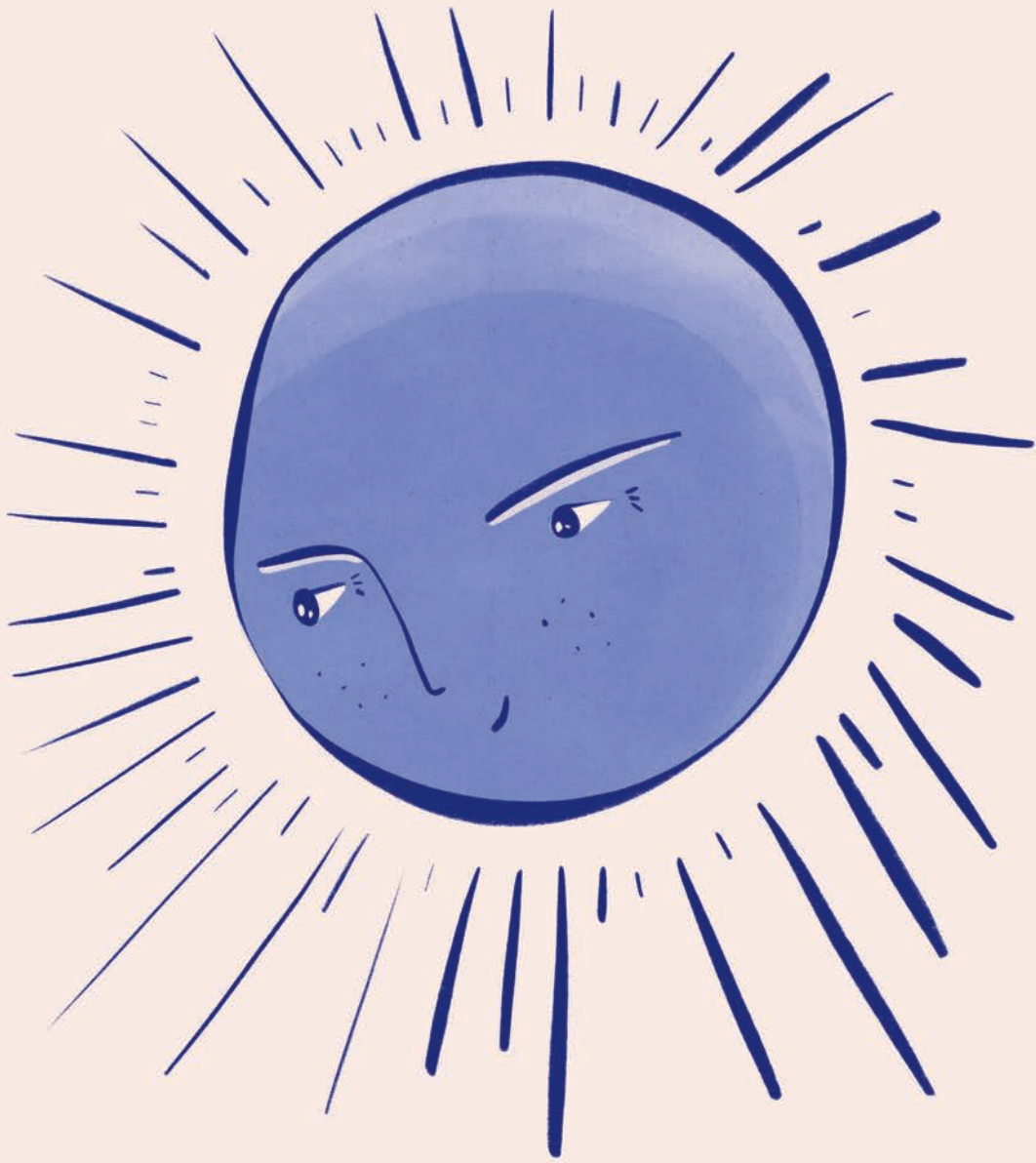
(noun):

A soft journey to the  
place where your soul  
catches up.

Trace this line with your finger, slowly.



rest  
here



Joy of being  
paused.  
Plenty lives  
in the PRESENT.



Maybe doing  
your best looks  
different today.



Nothing  
meaningful  
asks to be  
rushed.