



## What Does It Really Mean to Let Go of the Past?

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We are told to leave the past behind and live in the present moment as a means to release stress, experience more happiness, and attract more prosperity and love as well as to reach enlightenment.

### But how do we REALLY leave the past behind?

Our experiences and beliefs, our past history and families, the people we spend time with, the work we do, the time in which we live ... are all factors that influence how we see the world, how we live our lives and how we react to situations.

A major factor regarding our relationship with the past is that our experiences and **the way we feel about them** ... get encoded in our cells and influence our *default reactor patterns* -- how we automatically respond to people and situations around us....E.G. the past influences how we respond in the present to a large extent...and does so out of our conscious awareness more often than not.

Whether we recognize it or not, most of us have particular triggers ... things that knock us off balance. Although the triggers may in fact be happening in the NOW of a present situation or interaction, in reality the intensity and quality of our response may be more influenced by a deeply rooted belief or experience from the past.

*Our challenge is learning how to let go of the past so we may more freely live in the present.  
What are some ways that can help us do that?*

First—it is helpful to understand HOW our Biography becomes our Biology as Carolyn Myss says. This provides a clearer idea of how past influences the present and motivates us to take charge and DO something that is really effective to leave the past behind. Because of how we are constructed this must be something we work with on a deeper level than just an intellectual awareness of the concept.

Our Mind and Bodies are one deeply intertwined unit not separate entities. Most of us know this today but may not realize the ramifications for health, change, leaving the past behind and creating a better life for ourselves.

### **Our life experiences are imprinted deep within us via our energy systems.**

We experience our world and our lives **first** through our energy system. Think of your experience as little packets of information...which is fundamentally what they turn out to be!



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This information/experience gets transferred into our nervous system then into our endocrine system, then passes to our circulatory system and ultimately lands in our cell tissue.

The easiest place to influence and shift is our energy system especially before the information has traveled deeper into our mind-body. Since a disruption in energy begins the process of disturbance throughout the rest of our system, by focusing on it we are going to the source or root of our issues.

Our past can live on within our body-mind forever. We carry our memories and their effects forward in time if negative experiences are not processed in a way that allows for healing and integration. I cannot tell you the number of clients who have issues that go back 25, 30, 40 years or more and are still suffering effects from prior history. They understand, can tell the story, have analyzed, had insight etc. but until the nervous system/brain/gut/heart/cells—take your pick of how to talk about this!—is addressed they live with ghosts of the past in some way. Essentially, the past affected us **then** and it can be affecting us **now** AND can impede any change we want to make in life.

Unraveling the effects of negativity, trauma, and misperception where they most deeply live is like pulling the taproot of a weed...it is the most efficient and effective way to let go of the past.

### **Why we do not let go of the past**

The simplest answer to why we do not let go of the past is that we don't know how or that it is important to do so. Next in line are the secondary gains that we may receive from clinging to our past and its wounds.

### **We may unconsciously have beliefs such as:**

Our way of being provides safety for self or other

Our woundedness provides a kind of belonging, a way of fitting into a tribe

Our wound is a kind of Identity; we know who we are

Habit...our conditioning is a strong force within

Change means stepping into territory we would sooner avoid; the challenges would be too great

### **Tools for get erasing the effects of past**

Insight is a first step to releasing the effects of our past and our conditioned responses. However it does not usually erase the effects from deep within so that we can be truly free. It is helpful to tell our story and communicate it to a trusted other, to really be clear on how it has affected us. But then we need to have a way to uproot it—to allow the energy bound up in the experience to be release and the experience/learning integrated into our system.



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### **Tools that help to do that are:**

EFT, Imagery, Chakra/Energy work  
Inner child work  
Meditation  
Hypnosis  
Past Life Regression Therapy

### **Summary:**

In summary, it is really important to leave the past behind in order to effectively move forward with your life and have the experiences you dream about. The more you become fully present and release the past from your body and from your mind, the more ease, flow, creativity and synchronicity you are likely to experience in your life. You will probably find that you develop a healthier perspective about things and that you are happier.

### **Helpful Tips**

Suspend any doubt you have and begin with a tool or technique that works for you, or one that fits into your understanding or way of being.

Just begin wherever you are. Begin today.

Begin by being fully present and fully conscious of your thoughts, feeling and reactions to people and events as you go through your day.

Be completely honest with yourself. Look for the patterns in your life. You can begin by taking just one step forward.

For a list of tips, tools and techniques for letting go of the past, go to

<http://www.livingenergyworks.com/articles.html>.

For more posts about beliefs, energy and personal growth visit our blog here:

<http://livingenergyworks.com/blog/>

Our recording **Letting Go: The Heart of Healing** guides you through three methods for releasing the effects of the past and living in the present moment.

Click here to view: <http://bit.ly/YZpqLg>

In addition, our other programs include a wide array of information and tools for releasing past conditioning and arriving in the Now.

<http://bit.ly/YZpqLg>