

Immerse Your Entire Being in It:



Wisdom From the Past

The now, the past, the future ~ where are you living today?

While being mindful of the present and allowing yourself every opportunity to thoroughly experience ALL of life and embrace each moment with your ENTIRE BEING, do you sometimes feel like you're "stuck?" At one point or another in each of our lives, I think that this has happened. Some event from long ago (or even recent history) has created various beliefs within us that have the potential to hold us back from our ability to fully thrive; our ability to immerse our entire being in life has become "stuck" somewhere along the way.

It doesn't have to be this way for all of our existence, though. We don't have to STAY stuck. :-)

In fact, to recognize that we ARE getting stuck in our attempts to thrive in life is really the first step towards rectifying this. We can ask, "Where has this breakdown come from?" In seeing where it has come from, we can then inquire further, "how can this breakdown be CHANGED so that we CAN fully embrace the here and now, every moment, and move into manifesting our dreams?" In taking the first step to find out where the breakdown came from and then rectify that area in which we have become stuck, we are allowing ourselves the ability to COMPLETELY embrace all of what life has to offer in the here and now, manifesting our dreams in the process.

There is often much talk about not living in the past, and that is *surely* no place to live. It was THEN, and this is NOW! Frequently, we get wrapped up in thinking too intently about some past experience *or* some future event, and being mindful of the present becomes a distant second.

HOWEVER.....

There is occasionally an event from our past that has created a certain belief structure that we are still harboring in our present day thinking.

Unconscious, at first, this belief structure can begin to become conscious as we make attempts to thoroughly thrive in life. We may begin to realize that there is something in our minds holding us back from being able to FULLY embrace the present.



What are we to do?!? The past was then, the future is untold, and the present is all we have.

Except there *is* a little secret here...

While still in the present, we have the awesome power of creating goals for our future, dreams and wishes, desires and intents. We aren't living there, but we THINK about it.

Of course we do. :-) It is what DRIVES our present day actions. And the same goes for our past. While still in the present, we have the awesome power of restructuring beliefs that just don't serve us any more, the power to CHANGE a previous way of thinking that DRIVES our present day actions, as well!

I, personally, hold a belief that we are allowed (yes, we have permission – from ourselves) to honor these abilities within us to create goals and

intents for our future, as well as honor these abilities within us to restructure our thought processes created from past experiences.

If we need to, it's OK to move away from the present for a few moments to examine other moments in time. In doing so, we get to return to our present awareness to truly THRIVE in our greatest capacity!



I would like to offer an example of what it means to live in the now, while also taking a moment to revisit a past experience as it became necessary for allowing me to immerse my entire being in the experience of life:

A childhood memory that held a strong internal belief system and thought process for me had to be completely renegotiated when I began to truly experience life. It was a latent memory that would seldom come into consciousness. In fact, I thought I had come to a resolution with it and had "let it go." I had not really *rectified* that experience, though. And I found that to completely and utterly enjoy life I was going to *have* to revisit it...

{Jumping through time}

It was an absolutely gorgeous day (the sky was crystal clear, and the weather was flawless); EVERYTHING was magnificent! I was 7 years old, and I was on top of the world!!!! I was riding my bike down a steep hill, towing a friend on my handlebars. We were daring and adventurous; it was pure FUN!!! But adventure and fun changed as rapidly as the flick of a light switch! As our momentum down the hill increased, I began to lose control of the bicycle. The handlebars jiggled from side to side in my lack of control, and my friend leapt off. This caused me to flip over the handlebars and land face first onto the cement. All I saw initially after the incident was blood gushing from my nose and the view of it cascading like a waterfall everywhere. Not much pain was involved, and this was probably due to shock. I ran home to see the look of horror on my

mother's face. There was a subsequent trip to the hospital, of course. And the stitches, fat lip, and deviated septum that followed were physical reminders of beauty lost. Not only that, my friendship was lost, as well.



But all of that is not really as important as the thoughts and beliefs that were formed from this incident.

I had realized my friend had merely scraped her knee. My face was completely mangled! My thoughts screamed instantly that she was still beautiful, and I was not. I was not thinking about what SHE might have felt or thought at the time. I was completely consumed by the thought that had she not jumped off the bike, perhaps I would still be beautiful. And I placed BLAME. And I felt HATRED. And I wondered WHY it happened to ME and not HER! Unconsciously, I carried these thoughts with me for YEARS!!! The main thought being that I was not beautiful. In that single thought and belief, it caused me to carry out a multitude of actions surrounding it – from more negative self-talk to numbing techniques to self-hate actions, including eating issues all the way to suicide attempts. One single life incident had gotten in the way of allowing me to fully embrace the beauty of LIFE. In fact, in all of the thought processes I had continued to harbor, it had nearly caused me to take my own.

In realizing that one single life incident from my past could get in the way of allowing me to thrive in life, I knew I had to revisit this incident and do some restructuring.

Was this incident and my thoughts surrounding it REALLY all of what I had ORIGINALLY perceived it to be? My compassion for myself and others had certainly changed over the years and my beliefs had thus

changed, as well. I definitely had some renegotiating to do. The past would have to be revisited. I didn't have to LIVE there, but I decided that I did have to re-evaluate.

{Jumping through time}

In my re-evaluation, I saw, first, a growing compassion for the girl, my friend, who jumped from my bike. In my new awareness, I know that she, in that very moment in time, was scared and acted on instinct. There is no BLAME for ANY of what happened. We were having fun, and it turned around on us both. How could I hold any kind of resentment any more for a couple of kids who were just involved in an experience?

Secondly, how was I to know that SHE didn't feel terrible for only scraping her knee while my face was in disarray? How was I to know that she didn't feel some kind of guilt that perhaps SHE might be living with to this day? And I have a huge compassion for that. IN that, I know that I can no longer harbor any kind of "hatred" for what was simply an experience... for her or for me.

And lastly, I realized that I AM beautiful. After many years of looking for the beauty outside of myself, I found that that is not where it lies.

Beauty shines from within.

By revisiting this past experience and restructuring my thoughts surrounding it, I found that beauty within. (That light that shines within each of us.) It is in me. It is in her. It is in all of us! :-)



Sometimes we HAVE to revisit the past in order to restructure beliefs that just don't serve us any more.

If we continue to allow ourselves to keep on living in a broken belief structure, our life will continue to be in disarrangement to SOME degree. If we can allow ourselves to revisit a past experience that has created this belief system in us, then we can begin to notice where the breakdown actually lies. Upon further analysis, we can pinpoint each belief within that experience that has led us to our thought patterns of today that we no longer wish to honor. In doing so, in the simple recognition of where these breakdowns in beliefs lie, we have the tremendous power to CHANGE them all!

We CAN renegotiate our past thoughts of our experiences and encourage them to be reformed so that we may embrace all of who we are NOW. We can then live in our *greatest* capacity!

Each experience of our present day becomes part of our NEW belief system and our NEW thought processes. Our “here and now” becomes as beautiful as we allow it to be.

So, this is my hope for YOU ~ that you may fully embrace life!

If there is something holding you back – a past experience that harbors a thought process that no longer serves you: analyze it.

That's OK!

My hope is that when you find that experience and that belief that is no longer serving you, that you will be kind to yourself, and allow yourself to re-frame it and rectify it.

And then, let your *new* belief FILL YOUR SOUL!

Let it guide you to EXPERIENCE LIFE - in the now!

Let it DRIVE you towards the manifestations of your dreams! :-)



Be kind to yourself, and if you're ever stuck, go ahead and get unstuck!
And then, with your wisdom from the past, EXPERIENCE LIFE,
EMBRACE YOURSELF IN THE MAGIC OF IT:

IMMERSE YOUR ENTIRE BEING IN IT!

Much Love,

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