



How the Past Impacts Our Now

By Bridget Engel

A good rule of thumb is to spend no more than 10 percent of your time focusing on the past. Why do we even need to go to the past? We have such a rich pool of learning that we do not need to repeat the past. Instead, we can be using this valuable knowledge to serve us in our present time.

We can go back to the times in the past when things worked for us and actually break down what we did, and then bring these things forward. We can nourish our emotional bodies by going back to the times we felt good, when we did something good for another person or when we received something wonderful. This can re-energize us and help build our self-esteem and confidence.

For the times when things did not go our way, we need to acknowledge them. We do not need to keep focusing on them or using them as an excuse to beat ourselves up or to feel negative or guilty about. We can use these valuable experiences to reflect upon how we can strategize to do things differently in the future. Maybe it's learning a new skill set, developing the courage to say no, or speaking your truth, etc.

We get what we think about whether we want it or not. Think about that for a moment. Can you recall a time when you put your thoughts on what was going wrong? Your energy probably dipped, your thoughts become negative and people did not respond to you very well.

Our subconscious mind cannot tell the difference between the past, present or the future. The past does not actually exist - it only exists as a memory in our mind and the mind of others. That's why we can recall the same events very differently, as the events pass through our personal beliefs, perceptions and filtering systems.

There is only this now moment. If your thoughts keep going back to the past and replaying events over and over, then you are re-living the past and giving away your vital life force. Make a decision to stop doing this and to recognize that your emotional body needs help.

I have a great meditation for healing the emotional body and creating inner peace. ([Click here to listen](#)). Our physical bodies get washed and cleaned every day, and our emotional bodies often need to be cleansed to. Some tools to help with this would be to

reframe the past, feel and express gratitude and forgiveness and then let go.
Exercises:

1) If your emotional body needs cleansing, then choose to make yourself a priority by creating the time and space to heal it. Use one of the methods I mentioned.

2) You can go back into the past and re-write an event that may have traumatized you, or go to a place where you simply want a different outcome. That's right! You have the power within you to change the past. You can use your imagination to do this in-depth and visualize the outcome of your choosing play by play. You can write down a totally different story. Create a vision board. Get creative and choose what works for you.

3) Start noticing how much of your thoughts and energy go to the past. If you find yourself repeating the old, then ask yourself how you can let it go? And what are you getting from holding onto old stories?

4) As always the Angels are only an ask away. Archangel Jophiel is a wonderful angel to call upon to help transform old thought patterns and create uplifting thoughts.

Sending you all much love, light, laughter, ease and joy.

Angel Hugs,

A handwritten signature in cursive script that reads "Bridget".

Bridget
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