

Article 10: Are Your Memories Working For You Or Against You?

You can change your past! Also, consider how wondrous it is to know that divine memories are within everyone ...and that you can help arouse those memories today ...and for the future. Memories offer new opportunities to expand your self-awareness, for they are the source and power within and behind your purpose and strength and future, ...and your love. Use your memories wisely. Look forward to each moment as a wondrous opportunity to create delicious memories, ...for you are creating your future right now; ...what will your future be? And, by the way you are creating your past; ...what will that be?

Memory is not, necessarily, what you consciously recall; memory is what is within you ...and upon which you build your self and life; ...therefore, where will you find truth if not in memory? ...for memory is your trueself and divine nature. Rise above adversity and enjoy your memories of the past and those you are creating right now. Avoid the tendency to remember and build upon thoughtless or judgmental words or actions, ...seek renewal and guidance from your greatest and finest trueself-memories. Wise and compassionate memories circulate through your words and actions and mindful body to inspire, renew, and uplift you and others. Are you confident in the memories within you? ...in every cell of your mindful body? Create and live the memories that increase your willingness to venture forward into life, ...for inspiring memories make the difference by encouraging you to reach. Offer wondrous memories to those in need.

Are you calm about and at ease with your memories? Are you willing to understand, renew, strengthen, and inspire your memories? ...and live those revitalized memories? ...or will you continue living your self and life "as usual" ...with your anxious memories "as usual"? Is that wise? How do you expect to live anew while living and generating old memories "as usual"? Who or what do you expect will change those memories? Or will you struggle to release them ...and then wonder what is controlling you and your life? ...while they continue being active in your life "undercover". Are you so unwilling to call upon your divine memories? Thinking great memories and acting upon them creates even finer memories for your self and life. Hold kind memories of people, ...for memories of love and consideration have a healing and rejuvenating effect.

Imagine how you can enrich your self and life with prospering memories, ...and be willing to accept delightful new memories. Are you willing to keep your memories intimately receptive ...and free of judgments? Are you willing to gain new vigorous memories? All of your memories work together to create the self and life you desire, ...are you

struggling against your memories? ...or cooperating with them? The environment of memories in which you live and with which you create your being is constantly changing, ...are you changing with your self-created memory-environment? Are you willing to stretch yourself past what you now believe you can remember? There are many more desirable memories within your grasp than you realize, ...are you willing to see that they are filled with blessings waiting to be treasured and lived? Will you resurrect your self and life out of memories of conflict and antagonism? ...of resentment and regret? ...of doubt and controversy? Rise into your fullest, enriching memories. Do not overlook valuable memories. Are you willing to honor the divinity of and opportunities within all of your memories? Well done! is a fine memory-gift to give others ...and yourself.

Cooperate with others' unfolding, help them create a wondrous pattern of inspiring memories. Though it is often difficult to see and understand the harmony and goodness in all memories, you can get in tune with your highest and finest memories by letting go of outgrown and undesirable memories, which only requires that you create finer memories with every belief, thought, attitude, emotion, word, and action. Memories not worth remembering are not worth living, ...but that is exactly what you have been doing: reliving undesirable memories over and over.

Do you look forward to exciting new memories? Learning to be forgiving through personal change is an important aspect of joyous memory-making. Being considerate of and helpful toward those struggling with hard times or difficult situations will give them, and you, supportive memories to build upon. Are you willing to enter into a life of enriching memories ...and offer those to others? Will you stop supporting, renewing, and reliving a limiting or unhealthy memory today? Your memories provide guidance and inspiration as you go forth to live and fulfill your self and purpose; ...are you willing to embark on a life and career of new memories?

Stop thinking that you today cannot change what has happened ...and must continue struggling against your limiting and undesirable past, for that past is only alive for you in the memories of every cell of your body. Take a few moments each day to relax your memories.