

Article 8: Is It Wise to Forget the Past?

How many times have you heard someone say, "Forget the past, ...get on with living today," or "Let bygones be bygones"? In many regards, this is wise advice, ...well, it is advice, but it may not be so wise.

Let's consider *forgetting the past* from a different point-of-view. No matter whether you are reading this sentence, scratching your nose, or eating a sandwich, all of these actions depend upon memory! Your breathing and beating heart depend upon remembering how to breathe and pump blood; ...these are not automatic actions, ...they are memory-functions, ...or memory in action. Your life, from the moment of conception ...and even before, depends upon memory; ...you did not enter this life as an "empty vessel" waiting to be fulfilled, for without memories, you could not survive even the first moment after conception. You entered this life with a complete set of memories to serve you in deciding what memories you would embody anew.

And now, having remembered yourself to this point in your life, it is vital that you understand that, though it may seem otherwise, all things in your self and life are forever; ...there is no failure to register and retain your experiences, sensations, emotions, knowledge, ideas, or thoughts, ...and they are, to one degree or another, always active within your lifeseif. And you cannot forget, release, or dispose of these things from the past; ...actually, your existence and life and future depend upon your memory and memories.

Not remembering is not forgetting; ...and though memory-recall means "to reproduce in consciousness", unfortunately, this reproduction is often faulty or misleading ...simply because, in most instances, the reproduced memory is intermixed with other events, experiences, knowledge, hopes and desires, beliefs, and thoughts. And since your present life depends upon your memories, with such a tangled mix of memories and other matters, are you beginning to understand why your lifeseif is so complicated and confusing ...and so difficult to interpret and comprehend?

You have a constant and continuing effect upon others through their memory of you and your beliefs, attitudes, emotions, words, and actions, ...were you as worthy and memorable as you wanted to be? Keep yourself open and sensitive to, and aware and accepting of, all that you want to remember and be remembered for, ...and what you want others to remember. Believe, think, feel, say, and do only those things which are worthy of being remembered and recalled. Opportunities worthy of recall are all around you, and you alone make the choices that determine your own memories ...and others' memories of you. You are intended to live

abundantly ...and remember completely; for what you are willing to remember determines what comes to you.

Yes, your memories are your future, for every goal or desire you choose is chosen from a memory and projected into the future. You are dependent upon memory and making connections, ...and, as such, you are the embodiment of your yesterdays. As tomorrow is the sum of today and yesterday and all days past, your future is the sum of today and yesterday and all days past carried in memory. Instead of setting goals, set memories; sow the seeds of your finest memories. Do not waste time or energy searching for memories, ...create them. *A new memory is born every moment.* What memories are you creating at this moment? Are they worthy of your self and life? ...for that's what those memories are costing you ...or bringing you. It is not only unwise to forget your memories, ...you cannot forget them.

You can find the path that has always been there by living the memories you truly desire.