

## DEAREST PAST

I now understand what is really holding me back.... I've begun to realise that all the things that I have not resolved from my past keep tripping me up in the present.... I have acted as if, if I pretend those things are not there, then all will be well and it doesn't really matter.... This has worked for a time and sometimes gets me through the day or a phase in my life.... But every so often something from the past taps me on the shoulder and I can see through my moods, attitudes and behaviours I am still influenced by the things I thought I had left behind.... I have realised that I have hurt the hearts and minds of others, mostly unintentionally, but at times with intention if I have felt hurt in some way.... It is clear to me now that one cannot leave such a trail without consequence.... To hurt the hearts and minds of others means I almost certainly will have negatively impacted on the decisions, choices and destinies of those individuals.... How sad... As I realise my actions have impacted on others in this way, I feel upset and uncomfortable....

How can I put that right? I want to, I need to make amends.... The moment may well have passed and some of the individuals may no longer be in my life, but I have realised this does not prevent me from sending out a positive intention and a sincere apology into the 'ether of time'.... Thoughts are things with positive and negative values and intentions are forces that have completely shaped our world.... So, I can offer my heart's pure desire for resolution....

Dearest Past, I call on both the purest thoughts of my mind and the highest intentions of my heart to help me now, to right my wrongs.... To those hearts and minds that I have negatively affected, wherever you may be, I ask for your forgiveness.... Where my actions may have altered the course of your life I ask now that time and destiny will remove these negative influences from you and that your life finds a better course.... I am so sorry for any harm that I have caused in the world, because I realise now that in blocking others I have also blocked myself.... The things blocking me today are the very things that I have not resolved from yesterday that keep calling in their debt.... I want to put that right, both for myself and those I have affected....

May the force of my sincerity and good intentions unblock the path of those I have hurt and hindered.... To those of you who are faceless and nameless to me now, to those of you to whom I was once close and may now as a result of time and events be separated from, to those of you who are currently in my life and I from time to time take for granted, I ask you all for your forgiveness.... I'm so sorry for those times when I've let you down.... As I ask for those whom I have affected to find peace, light and joy in their lives, that peace, light and joy slowly become present in my life.... I can feel it emerging.... As the burden of the past begins to lift.... The past now slips away fading into the background, leaving only the fragrance of its lessons behind....

I give thanks for this opportunity to make peace with the past and to also make peace with those whom I have negatively affected.... Thank you, thank you....