



I trust that my past was perfect



A Course in Miracles teaches us that **all circumstances are neutral. We give things all the meaning they have for us.** Forgiveness does not change what happened. It changes what we make it mean about or to us. Love helps us heal our interpretations. It helps us change what we focus on.

You will find that as you heal in the present, you heal your past as well. As you come to experience yourself as whole and beautiful and full of strength and vitality, you realize that **whatever happened in the past did not affect your true nature.** Your essence has always remained unharmed and unlimited. Your pristine identity was established by God and remains the same, no matter what. You are not your circumstances, labels, conditions, or whatever has happened to your body. You are the presence of unlimited love. You are spirit.

What are things in your past that you have not forgiven? Are there people you can't think about without feeling a charge, repulsion, or some kind of volatility? What events or memories still hurt, frustrate, or plague you? What would it feel like to be neutral and free—or even grateful?

You are not asked to “just let go” or pretend to be happy or okay. That would be damaging. In fact, many of us need to feel the anger and betrayal first before we can heal. We may benefit from therapy. But when it feels right, **there is only one way to total peace and that's forgiveness.** When it feels right, we offer our willingness to forgive, our willingness to look at things differently than we did before, and our willingness, finally, to set ourselves free.

You might say something like this, **“Spirit, I don't know how to let go or see this differently. But I want to.** I want to see the innocence in this person or circumstance. I want to see the innocence in myself.” Sometimes it helps to list the gifts you got from the experience or useful actions you took because of it. (A student of mine was raped when she was a young woman. She went to therapy after that. The therapy helped her discover more of who she was and helped her create the life she wanted.)



Who have you become because of this experience? I am not saying that the gifts justify the harm. I am saying that **you can choose to focus on the gifts**. You can choose to see that there is something in this experience that may have prompted you to take a path that has been beneficial or life-defining.

I'll give you an example. Growing up, I didn't feel very seen or heard or safe in my family. I sometimes felt like a chair that was in the way. My parents often fought with each other. There was a lot of screaming, harsh words, and even physical incidents. And the rest of the time, they ran a business out of our house. We had clipboards, paper clips, and client files on the kitchen table. No one had time to listen to a sensitive child like me. Looking back, I can also see, that neither of my parents had the emotional breadth to understand or meet the needs of a creative, intuitive child. Their behavior had nothing to do with who I was. Still, I grew up desperately wanting someone to see and hear my true desires and perspectives, to validate my world, to share my life.

Today, one of my greatest strengths is that I know how to listen to others and make them feel safe. I am a witness for people's journeys. I see what makes them unique and fabulous and precious and I feed their strengths. This gift has helped my career enormously and has given me a great deal of joy and meaning in life. It's obvious to me now that I was "trained" in how to give to others by growing up the way I did. The great psychiatrist Carl Jung taught that, as do many healing traditions, **where you are wounded, you are gifted**. Forgiveness helps us look at the positive aspects that came out of our past and to give the events a different meaning.

If my journey is a walk with God, then I believe no piece of it is flawed or random or amiss. **I believe my past helped me to become what I am in my present. And when I love who I am in the present, I will forgive the past.**

What part of yourself are you not loving in the present? Perhaps you blame the past for this behavior, wound, fear, shame, or doubt in you. But I'd bet money that you are attacking yourself in some way....and attributing it to the past. For instance, do you reject yourself because someone rejected you? Do you doubt your gifts because someone else didn't value them? "They" are not doing this to you. You have picked up that torch. Put it down.

Let go of causality for a moment and just deal with what exists for you in this moment. How can you accept yourself totally right now and move forward from here? Can you try on the belief that Spirit can help you achieve absolutely anything...and that your past can never block the grace of God? This week, I invite you **to love exactly who you are in this present moment**, to turn to Spirit for anything you think you need, and to choose to stop focusing on aspects of the past that keep you stuck in any way.



Trust in Action

Your weekly assignment.



Okay, Dear One, here's another chance to trust guidance. Pick one or more of these suggestions and let it guide you where you need to go.

- **Write a letter to the person who harmed you (that you do not send.)** Now write a letter back to yourself from them. Yes, make it up. Write it as though it is coming from their Highest Self, perhaps a self they were not in touch with at that time. See if that Highest Self can help you understand that they never meant to harm you and that they are deeply sorry. Perhaps you will see that whatever happened, had nothing to do with you. See if you can have a flicker of compassion for them. Is there a part of yourself that you might need to forgive, too?
- **Think about a time when you said something cruel to someone else or did something you don't feel all that great about.** Did you mean to harm them? Of course, in the heat of the moment, you may have wanted them to feel pain. But what was really going on for you? Do you wish you could take it back? Can you forgive yourself for whatever happened? Can you write a letter to them making amends? You do not have to send it unless you feel called to do so.

Fake it till you make it: Write out a gratitude statement about the event in the past that has upset you. List every good that has come of it, everything you have learned or chosen since. Write, I am grateful for this experience because...

- **Sometimes we can't let go of the past, until we let go of it with love.** When I was grieving the end of a relationship, I couldn't just let go. I couldn't just move on. Part of me still loved this man and secretly hoped that he might come back. That part of me didn't want to move on. It wanted to wait. So I did a powerful visualization with myself. I put that part of myself with him next to our favorite lake. I told her that she could stay with him here, but I needed to go on. I asked her "do you want to come with me?" She



shook her head. I allowed her to stay there in the past and love him forever. I told her and him goodbye and I started walking away. I saw them turn to black and white by that mountain lake. I moved on in the present, in color. Is there someone you need to say goodbye with all the love you can muster? Is there a part of yourself that you need to say goodbye to as well? When I did this meditation, I chose to live in the present. I chose to stop looking back to the past.

- **Pretend that your whole life is a movie and that you chose the script.** When the live-in boyfriend I adored left me for another woman, I pretended that I chose that movie script. I asked myself, if my soul chose this script, what did it have in mind for me? What would I learn in this circumstance or how could I grow? I realized that that "script" helped me get in touch with where I was rejecting myself, where I felt like I'd die if I didn't have another human being, where I secretly believed no one would be there for me. It forced me to go on a rigorous path of self-love. I could even imagine that on a soul level, my boyfriend had chosen this role and "acted" his part to help me. How about you?
- **Try this meditation from *A Course in Miracles*.** Get quiet and let these words sink into your soul. "I have no cause for anger or for fear, for You surround me. And in every need that I perceive, Your grace suffices me. Father, let me remember You are here, and I am not alone. Surrounding me is everlasting Love. I have no cause for anything except the perfect peace and joy I share with you. What need have I for anger or for fear? Surrounding me is perfect safety." p.477 Workbook Lesson 348
- **How do you feel about this statement from *A Course in Miracles*?**
"The present now remains the only time. Here in the present is the world set free. For as you let the past be lifted and release the future from your ancient fears, you find escape and give it to the world. You have enslaved the world with all your fears, your doubts and miseries, your pain and tears, and all your sorrows press on it, and keep the world a prisoner to your beliefs." p.242 Workbook Lesson