

## Living in the Past

It was a rollercoaster of emotions coming up to this full moon. For most of us it has been a struggle to find the middle road. Realising that only once you release your emotions can you reach the red road, the middle path. It is interesting how old wounds can creep up so unexpectedly when stuck emotions are triggered by current experiences. We lose sight of all of our strengths and forget what we accomplished thus far. Instead of focusing where we are at, we focus on where we once were and stop living in the present.

We fall in to the negative emotions.

We forget that we are no longer the same person, all that we have accomplished and all that we have learnt so far. Our experiences have helped shaped who we are. We are not the same person, yet we react like we once did in the past. We fall back in to the old patterns and forget all that we have learnt. It is so easy for us to focus on what we don't have instead of all that we do have or have achieved.

A client who came to see me was feeling depressed, anxious and very sad because his girlfriend had broken up with him. His shoulders were shrug down, despair written all over his face. Energy was depleted.

Instantly he started blaming himself, what he could've done, if only he was "this" or "that" and started beating himself up.

There is no greater torturer than the one created in our minds. That is how strong the mind is. However, we must always remember that the opposite also exists.

When we are in such an emotional state it is impossible for us to see the bigger picture. There is no clarity. We are too busy drowning in our emotions, punishing ourselves for what we aren't instead of looking at all that we are.

After the treatment, he realised that he relied on her for happiness. In his mind, it was she who made him happy. Unable to see, until now, that joy can only come from within. It is not up to someone else to make us happy. That responsibility is ours. He couldn't believe that someone could love him because he had no love for himself. He got so caught up in beating himself up that he didn't see that she too had her wounds to heal. They were projecting off each other. He thought he had failed and could not see any of the positive aspects of that experience.

There is no failure, merely experiences with lessons in which to learn. Once he thought about it, he realised that he had an incredible time and learnt that he too was capable of love. For the first time he saw that he was not alone in not being perfect. He then spoke of what he wants in a relationship and what he deserves to have.

It's incredible how our energy changes once we let go and surrender the emotions. He took his power back and then started to see his strength. For the first time, he could feel the possibilities, his accomplishments and stopped tormenting himself. He realised that until he starts loving himself he will be unable to attract someone that would love him the way he wants. He was so busy punishing himself that he hadn't even acknowledged any of his incredible achievements, that being the fact that he had lost 80kgs on his own.

Can you imagine losing that much weight and not giving yourself a pat on the back? He was too busy putting himself down.

He couldn't see the incredible strength it takes to decide that enough is enough and to go against all that you know in order to change things. He took responsibility for his life. He didn't like what he saw and had the incredible courage to do something about it.

He lost 80kgs and without the help of The Biggest Loser.

What an inspiration. That took courage and strength and he didn't even see it, thinking with the old thought patterns that he was weak.

Suddenly the light came on and he was able to shift his belief system. He saw himself differently. He saw himself as he is now and not as he once was.

It's amazing how we start to look at things with different eyes once we start living in the now. It's when we live in the moment we can begin to see all the opportunities that life has to offer.

Next time instead of beating yourself up on what you should have done give yourself permission to be proud of making it this far. Acknowledge all the lessons that you have learnt. If there is something you don't like then it is up to you to change it.

It is only when we are honest with ourselves are we able to attract what we seek, and most importantly, what we deserve.

**"The world is a looking glass that gives back to everyman a true reflection of his own thought. Rule your mind or it will rule you." Buddha**

Thank you for your support as always.

With love,

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