

Freedom from the Past

All of us have had unpleasant experiences in our past. These can range from failing an exam in school to losing a sweetheart (for whatever reason) to being bullied in school to the death of a loved one to getting cut from an athletic team to suffering through an ugly divorce, and everything in between. These are the kinds of painful experiences that stay with most of us throughout our life.

Some of our past experiences we feel ashamed of or angry about. Some things from our past just sap the energy out of us. Whenever we have left over emotions from past events that have not been cleared out, it will clog the flow of our Dynamis (life energy) and prevent us from creating the life of our dreams.

Our inability to let go of the past is like a prison. Others can open the door and help us out in various ways, but we have to do the work – we are the only ones who can truly free ourselves. There are many techniques to free our Dynamis, and the most appropriate technique in any given circumstance depends on how deep the wound from the past event is. Often, however, we will find that even a minor unpleasant past experience is directly or indirectly caused by a soul wound, and Dynamism (the study of Dynamis and a set of techniques to clear all decayed Dynamis) is the best tool to handle this.

Our reaction to unpleasant past experiences can be to allow it to destroy the remainder of this life to completely clearing all the decayed Dynamis, and everything in between.

Minor distasteful incidents, if there is no Dynamism Clearing Practitioner around, can sometimes be intellectualized. Remind yourself that no matter what you do the rest of this lifetime, the past can never be changed, but your reaction to it can be. Holding on to resentment has been likened to drinking poison and expecting the other person to die. Sometimes remembering this is enough for you to let go of the negative energy.

Another tool for letting go of the past is to stop using excuses, which often involves using the word “but”. For example, “I know it is not healthy to constantly think about how I got shafted by my ex-spouse, but I just can’t stop”. Another example is “I know there is nothing I can do about it now, but if my boss had given me the opportunity, I would be in a much better position today.”

Obviously there are thousands of similar variations, and the essence of each one is always the same: these thoughts are used as a crutch to hang on to the past and a way to avoid personal responsibility. We may or may not be responsible for the event, but we are always responsible for the way we react to the event. Blaming other people for circumstances is a major gateway to failure.

Learn to rephrase your thoughts and eliminate the word “but”. You can say things like, “I know it’s wrong to dwell on the past, so I’m going to stop” or “I understand I can’t do anything to change the past, which is why I’m going to learn the lessons and move on.”

The major contribution of the past is the experience you gained and the lessons you have learned. It is your responsibility to convert these into wisdom. A common saying I hear is the past is the past and the most rational way to live one's life is to forget about the past. Another one is to forgive and forget. To me both of these are asking for trouble. If you forget about the past then you are likely to have to learn those lessons all over again. It is far better to safely remove the negatively charged energy so that you remember the lessons but the event does not control your life any more, and Dynamism is the best way I have found to do this.

Dynamism is NOT therapy, NLP, or anything weird. Dynamism never assumes you are broken in any way. In simple terms, Dynamism is the study of life energy and the development of methods to help remove barriers that impede one's natural ability to live abundantly. Dynamism is a procedure to help you get great results in your life. The procedures and processes of Dynamism steer the person to independent thought, personal sovereignty, and respect for the sovereignty of others.