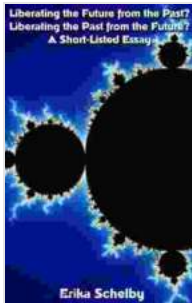


# Liberating The Future From The Past, Liberating The Past From The Future



## Liberating the Future from the Past? Liberating the Past from the Future? by Erika Schelby

★★★★☆ 4.4 out of 5

Language : English  
File size : 1598 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 61 pages  
Lending : Enabled  
X-Ray for textbooks : Enabled



The past is a powerful force. It can shape our present and our future in profound ways. But the past can also be a prison, trapping us in old ways of thinking and behaving. And the future can be a source of anxiety and fear, preventing us from living in the present moment.

We need to liberate the future from the past and the past from the future. We need to create a future that is not bound by the mistakes of the past or the fears of the future, but that is instead open to possibility and change.

### **The Past as a Prison**

The past can be a prison in many ways. It can trap us in old ways of thinking and behaving. It can prevent us from seeing new possibilities. And

it can make us afraid to take risks.

For example, if we have experienced trauma in the past, we may be afraid to trust people or to try new things. We may be stuck in a cycle of negative thoughts and behaviors that we cannot seem to break free from.

The past can also be a prison when we hold on to grudges or resentments. These negative emotions can weigh us down and prevent us from moving forward with our lives.

### **The Future as a Source of Anxiety**

The future can also be a source of anxiety and fear. We may worry about what the future holds for us, our loved ones, and the world. We may be afraid of failure, change, or the unknown.

This anxiety can lead us to procrastinate, to avoid taking risks, or to make decisions that are not in our best interests.

### **Liberating the Future from the Past**

We need to liberate the future from the past by letting go of the things that hold us back. We need to forgive ourselves and others for past mistakes. We need to let go of grudges and resentments. And we need to stop worrying about what the future holds.

This is not to say that we should forget the past. The past can be a valuable teacher. But we need to learn from the past without letting it define us. We need to be able to move on from the past and create a future that is different from the past.

## **Liberating the Past from the Future**

We also need to liberate the past from the future. We need to stop judging the past by the standards of the present. We need to understand that the past was a different time and place, with different values and beliefs.

For example, we may judge our ancestors for their racism or sexism. But we need to remember that they lived in a different time and place, and that their values and beliefs were shaped by the society they lived in.

We need to be able to understand the past without judging it. We need to be able to learn from the past without letting it define us. And we need to be able to move on from the past and create a future that is different from the past.

## **A Liberated Future**

A liberated future is one that is not bound by the mistakes of the past or the fears of the future. It is a future that is open to possibility and change. It is a future that we create for ourselves.

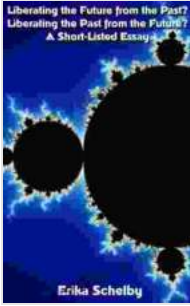
We can create a liberated future by letting go of the things that hold us back. We can create a liberated future by understanding the past without judging it. And we can create a liberated future by being open to possibility and change.

The future is ours to create. Let's make it a liberated future.

## **Liberating the Future from the Past? Liberating the Past from the Future?** by Erika Schelby

★★★★☆ 4.4 out of 5

Language : English



File size : 1598 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 61 pages  
Lending : Enabled  
X-Ray for textbooks : Enabled



## Barbara Randle: More Crazy Quilting With Attitude - Unlocking the Secrets of Fabric Fusion

A Trailblazing Pioneer in Crazy Quilting Barbara Randle, a true icon in the world of textile art, has dedicated her life to revolutionizing the traditional...



## Lapax: A Dystopian Novel by Juan Villalba Explores the Perils of a Controlled Society

In the realm of dystopian literature, Juan Villalba's "Lapax" stands as a thought-provoking and unsettling exploration of a society suffocated by surveillance and control....