

Can you begin anew

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Is it really that hard to start again? Do you feel like “I just can’t do it one more time”? Have just one too many things gone wrong? Will it ever end? Many of us feel this way when all we see ahead are unresolved problems from the past. Living life this way is like driving a car looking in your rear view mirror. All you see is the pain and heart ache from the past. By not looking ahead to prevent more problems you accidentally create yet more to deal with.

It doesn’t matter whether you are dealing with a recent divorce, a death in the family, the loss of a pet or a natural disaster like our recent hurricanes. Any one of these events requires a great deal of positive energy just to accept to say nothing about dealing with it. Then when several are piled on top of each other it seems to be an almost insurmountable task to overcome. It is very important to stay focused, look to the future and put aside the rear view mirror mentality.

To overcome major and often difficult events in ones life it helps to begin by looking at your surroundings, both material things and people. So often through the years we collect people around us that either say exactly what we want them to say or find only negative things in life to focus on. The more negative the people are that you’ve surrounded yourself with the less positive energy you receive from them. When in a time of crisis whether personal or created by a natural disaster, it is very important to surround yourself only with persons that are uplifting, encouraging and help you reenergize yourself. That may mean you need to see negative energy people less during such times in your life and spend more time with those that positively help you through the issues you are currently dealing with. You may also wish to look to other places such as professional self help organizations to find new positive energy people that will provide you encouragement and that much needed uplifting.

When it comes to your surroundings, you have a great deal of self control. In order to stop living your life by looking in your rear view mirror, evaluate those material things surrounding you that directly connect you with the past. Carefully go through every room in your house looking for anything that constantly reminds you to focus your energy on those past negative events in your life. Every time you look to the past you reinforce that negative energy and it rules your life. Remove from your home everything that takes your focus backwards to the negative energy events and issues. You can give those things away, throw them away or even sell them if appropriate. Once those items are gone it will be much easier for you to focus on the future. Follow the same procedure in your office or work space.

One additional thing you must do is deliberately focus your energy on creating the positive future you so desire. If you've recently lost a pet, instead of placing a recent picture of your pet on the refrigerator which only reminds you of your loss, place something there that you can do or someplace you can go while you decide if you want to take on the responsibility of another pet. If you've already decided to get another pet place a magazine article or picture there featuring the type of pet you are interested in. That will help you focus on the future not the past. Follow the same procedure for all negative events in your life. If you are mopping up from the hurricanes, place new paint chips for damaged walls or new rug or curtain swatches that will replace those things in the damaged areas of your home. That will help you focus on the positive energy to come not the destructive energy of the past.

Looking ahead and focusing your energy on a positive future is very uplifting and contagious. The more positive energy you can bring into your life the better you will be able to deal with the existing negatives. Instead of using your rear view mirror to live, live your life every day by looking forward and increasing your positive energy. You will be able to better deal with life's negatives and have left over positive energy for a new day.