

## Memories and Attachments

The actual reality of any experience is only in the very instant it is happening. A second later it is then the past or a part of the collective bank of memory. The second ahead at any given moment is in the realm of possibilities.

Once in the memory zone or past it is once again fluid and can be rearranged or changed, re-figured, as it is not solid as in the physical sense. It can be altered.

The future is also fluid and can be expanded to include many possibilities. Only one split second is ever solid, the rest is imaginal.

The past can be changed as it is not solid, it is fluid once again and can join the future of possibilities. It is not solid as one thinks. It is open for exploration and change. Take the memory and imagine it different, design a new picture, add to it, take away from it, brighten it, whatever you want. Imagine it different.

Remember the cup full of water that spilled all over your lap. At the time it made your clothes wet but that moment has slipped into the past and is a memory that can be recalled.

Now imagine the same cup with water in it. Change the action of the memory. Now the cup doesn't spill at all. Instead you imagine the moment and recreate it. The water

is cold, you are thirsty and it gives you great pleasure to drink it.

The memory has been changed, it now resides differently and new focus has been brought to it. The water sustained life and was absorbed in the body. The mind accepts that and benefits from the change of action, be it imaginal or real. It is up to you what you do with your memories.

Help or hinder.

Release or harbour.

Enlighten or fester.

–BARBARA LYNN