

Broad Switchword: REMISSION

By Kat Miller

REMISSION - release and forget the ills of the past; look to the future with positive expectations

I see REMISSION as being somewhat similar to DEDICATE (stop clinging) in many respects. By focusing on experiences we have interpreted as negative in the past, we tend to bring into our future more similar experiences.

REMISSION is about letting it remain in the past and not coloring our future with it.

When we FORGIVE, if we do not also forget, whenever we return focus to the incident, we tend to draw some of the negative energy which was associated with it back into our experience. REMISSION helps us also to forget it.

FORGIVE-REMISSION - eliminate remorse and forget about it

BE is to BE unaffected by ridicule. BE may be useful for helping to keep the focus where we want it once we use FORGIVE and REMISSION.

FORGIVE-REMISSION-BE - eliminate remorse, forget about it, leave it in the past and remain unaffected by it in the now.

ELATE is about turning setbacks into uplifts.

ELATE-REMISSION - turn setbacks into uplifts and let go of the ill effects. Allow yourself to move into the future with positive expectations.

Stop letting past relationships enter into your current ones. Use REMISSION to leave those past hurts in the past and experience the new with OPENness and ALLOWing.

If Tom left you and hurt you, do not bring him into your new relationship with Jerry. Jerry is not Tom. Jerry comes to you from a very different place than Tom did. Put Tom into the past. Leave him there. Use REMISSION to help you do that, to start with a clean slate with Jerry. Use REMISSION to help you quit painting the new people in your life with old colors.

If your old job was monotonous and you hated doing it, put it into REMISSION when you start your new job. Do not bring the old problems to the new situation. Do not put your new boss in the shoes of your former boss. Use REMISSION to let go of and forget all those past ills and let yourself live in the now, looking with positive expectation to the future.

The past is past. Leave it in the past. Let yourself live in the now. Let yourself discover new horizons every day. Stop looking at the now and the future through the lens of the past. Put that past into REMISSION. Forgive and forget.

Enjoy the now. Enjoy the future.

FORGIVE-ELATE-REMISSION-BE.