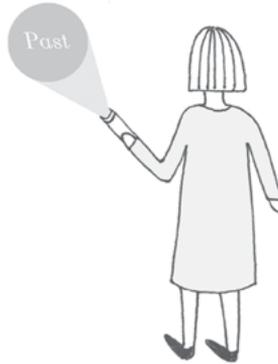


Spotlight on the Past



The only way out is through – John Bradshaw



Where to begin – Insightful Questions

- **How much of your past is affecting your life right now? Think about that for just a moment.....**
- **How does your past influence your future?**
- **What thoughts, feelings and emotions are you experiencing regularly that are unpleasant and unwanted repetitions of the past?**
- **What scenarios are you playing out in your mind that are projections into the future - based on old, outdated memories or negative beliefs about how things will work out?**
- **Are you really living your life right now, or are you living in the past?**
- **What proportion of past negative thinking gets in the way from having the love and relationship you would like?**
- **When you think more positively about love and relationships, what does this give you?**
- **If you made the decision today to always operate from the place of love (thinking through the eyes of love, feeling love in your heart and filtering for love all around you) how will this make a difference to your future?**