

GHOSTS OF PAST — CREATURES OF YOUR PRESENT (QDO24)

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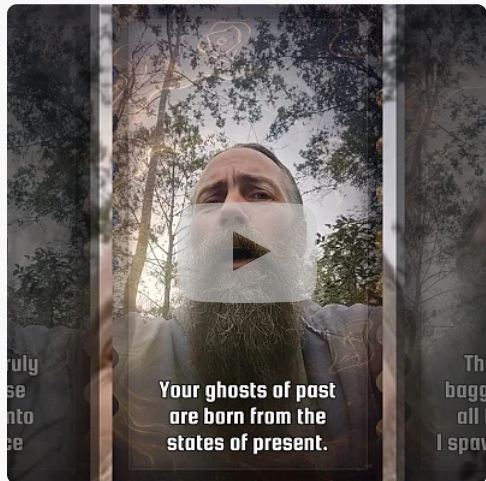
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Ghosts of the past haunting you? So that happens. But why do you keep creating yet more in the present? When you try and freeze the ever-changing flux of time, You birth all these impossible states of never-foreverness.



— Positive side: Lock that in — and forever hold on to it! —
Negative side: How deeply unpleasant — ever to avoid that!

Frozen in the present. Echoing from the past into your future.
Ghost cycles are born of your preferential states and reactivity.

When you snapshot your present into a fixed identity reference
– You craft a frame of friction that grinds against perpetual
change. If you could simply let the environment evolve in its
nature, Adapt and evolve without fixation into what exactly you
should be?

Then suppose I'll resign from this subjective master-fixer's role.
Stop meddling and embrace the emergent intelligence in all
things... Then what of the baggage I carry – the ghosts I
spawned in the past? We can't obliterate the past. We can
reconcile, integrate, liberate.

In time, as the records of past are released from the fixer's
grasp, The cacophonic orchestra in your little music box will
grow fainter. Liberating the fixed states of reality from your
subject stronghold, Lay down your burdens of the beast, light
and free is your passage...

#QuickDrops #Fixation #GhostStory #SelfHaunting
#FrozenPresent #ChangeResistance #LifeRecords #Integration
#Liberation #AnandaICU

Your ghosts of past are born from the states of present. All of this, an ever-changing flux, but at a particular point you take reaction, you establish a state.

Positive side: The environment now supports my preference. Lock that in, hold that. On the negative side: This is deeply unpleasant. Avoid that. Another state of perpetuity. Another ghost born. To haunt you through your life – from the past into your future.

But must you truly establish these ghost cycles into your existence by reactivity, by preferential states? Can you simply not let the environment be in its flux, unfold as necessary over a gradient of evolution, development?

Whatever that comes, that is the present state. Whatever the present, it need not be snapshot and locked in place, into an engram you identify with, that keeps on haunting you, that keeps on pitting you against the flow of perpetual change.

Now suppose I have let go, let flow, let each plane of existence, let each concern domain have its own intelligence and reactivity, without me meddling with

it. Then what of the baggage that I carry, all the ghosts that I spawned in the past? How do I get rid of those?

Well you cannot really get rid of the past. Any more than you can avoid the future. What you can do is you can reconcile and you can integrate, you can dissociate from your ghosts of past. Bring them onboard as aspects of what you have been and what you may become, as records of what has passed. But you need not latch on to them as me, I, my preference.

With this simple release, the cacophonic orchestra in your little music box will grow more and more faint, will begin to evaporate as it reintegrates. Offer liberation to the composites in your consciousness, allow for reality to return unto itself from your stronghold.


How much lighter your gate, how much freer your mind, when these burdens of the beast have been released, laid to rest. When you no longer have to carry this bizarre accumulation of baggage everywhere you go.

Life in itself has a certain heaviness, yes, but it grows an order of magnitude heavier when you dump in all of your baggage and let it be churned by every one of your ghosts of past – want this, avoid that. It becomes

unbearable. It becomes a pool of suffering. That is unnecessary.

Yet none other than you can cut asunder, let go of the chains that bind you to your sleigh of baggage. The responsibility for your past is yours, the responsibility for your present release too is yours, and responsibility for a future of ease, that too is yours.

Own it all up, munch munch, be a good citizen of the conscious collective. Come to terms with what you have been, come to terms with what actually is. And with that, live in peace, live in happiness, live in harmony. If that is your sort of thing in life. If not – then never mind.

 <https://ananda.icu/talks/quick-drops/qd024-ghosts-of-past-creatures-of-your-present>