

Do not Blame the Past

The impossibility of the future as the cause of the symptoms in the present.

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The oppression of the present is because we live between an irremediable past and a frustrating future that leaves us locked in daily resignation or resentment. This disappointed generates the paradox of inertia. This paradox shows that the past became our future.

Symptoms appear when we are locked into a single option of answer facing the different situations. When life demands or need more options, and we only have one answer a symptom appears to support this mode of dialogue with the context. The strength of the symptom depends on the gap between the diversity of your choices and the variety of responses that situations demand.

The metaphor of life as a machine has had a profound impact on the way we approach facts. We are not aware of this mechanistic influence in our daily lives. Because of this perspective, we experience time as an arrow that drags with everything in its path. This overwhelming force leaves us with no possibility of reconstructing our experiences (towards the past) or transforming our possibilities (towards the future). This conception of time leaves us clinging to the irremediable causes of the past without options in the present to address the future.

The symptoms represent the impossibility of something new entering our lives. The symptom arises from a tension between the inertia of the past (as repetitive patterns of responses) and novelties of the present (the breadth of forms to address the new). The symptom is not a consequence of the past, it represents the impossibility of dealing with the future in the present. The symptom represents the inability to create new options to address the new in our lives. We carry from the past the impossibility of having dealt with the future in that past moment. In other words, this overwhelming present was the future against which we had no answers in the past.

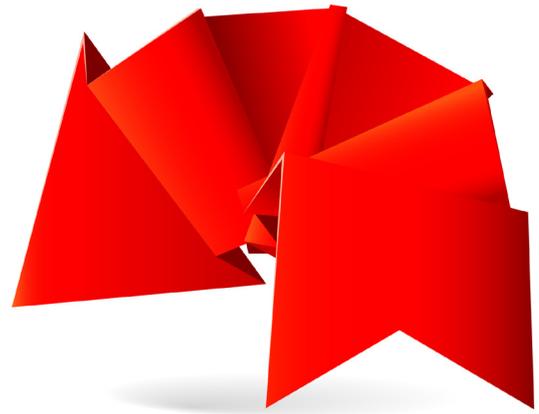
¿What if the past was never behind us?

For a moment, leave the arrow of time that places the past behind us as an inevitable shadow, what would remain of the past? The past is like a web of events that generated a sequence of decisions in our lives. These decisions defined new situations and these situations, consecutively, caused new decisions. What remains of the past is the set of decisions with which we face certain situations in the present. What we relive in the present, are not past facts. What we bring to the present are the decisions we have created. When we repeat a compulsive pattern of decisions is due to we are tied to the past.

Symptoms appear in our lives because of compulsively repeated decisions. Now, the first question that arises is: "Why do we have a single answer to the new everyday situations?" The first reply would be, "because there is no other option." The second question: "Why is there no other choice?" Because there is a chemical-symbolic dependence of the past that reinforce the compulsion that impedes innovation in our lives. Chemical dependence on the past is related to emotions blocked in a response mode. The symbolic dependence is related to a narrative that justifies and sustains the impossibility of creating something new in our lives.

The power of the symptom will depend on how much you need it to sustain your inertia and represents a dilemma facing new situations. We could express the dilemma as follows: "or I broaden my options to deal with the new demands, or I recreate (invent) a mode of dialogue where I can fit the only option I have (and I do not want or cannot transform)." This fiction of facts leads to victimization and dependence. Instead of expanding the response options, we invent a reality that fits into the only alternative to which we cling.

The past is not behind us because, if it were behind us, it would have remained there. So why do not many situations in the past stay remain so powerful in the present? Why did something that happened in the past still exist today? The past is still present because our inner landscape has been blocked in a compulsive response pattern. A symptom does not stop the time, but it freezes the space. Our own



landscape is crystallized in a mode of reaction which moves in time to the present day. We cannot get out of that past situation because that response pattern has become the center of the landscape. If this landscape is not transformed, we cannot leave a symptomatic position..

Transform your future to redefine the present

Challenge the destiny to redefine the present. To recreate the future there are three parallel levels of intervention.

The approach to the future. This aspect leads us to raise the gaze of the everyday world to spread the horizon and contemplate the possibility that the new enters our lives.

The approach to the past. This aspect allows us to leave situations that occurred in the past, just in the past. This is not to deny, resign or underestimate what has happened to us, but that is an act of courage to take on the situations in time due to them. That is, to accept the past so that it does not extend to the present, or project to the future.

The approach to the present. On this plane, it is important to contain personal grief between the past landscape and the possible landscape. In relation to the present, people live a transition in which they "bid farewell to the known" to "create the unknown." At this moment, it is necessary to sustain the personal commitment so that the new does not drown between an irremediable past and a frustrating future.