



## That Was Then - This Is Now: Properly Packaging Your Past

*Dr. Lance D. Watson*

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THAT WAS THEN - THIS IS NOW - No matter what your past has been, your story is not over. Your story may have chapters filled with heartaches and happiness, rain and sunshine, villains and heroes, thrilling triumphs and agonizing defeats, but it is not over. Your past is a part of your story, but it is not the whole. Your story is still emerging and unfolding, even now. In the same way that you cannot read the next chapter of a book without some reference to the previous chapter: your past will always be with you. No matter how discomforting that thought may be, it bears the melodic ring of truth. Your past has shaped you, but also been shaped by you. It is yours with all of its grief and glory.

You can attempt to ignore your past, but it remains present. You can try to discard your past, but it continues to post itself on your daily agenda. You can try to mute the voice of the past, but even strained, it continues to shout. Your past is always with you because it is part of your story. Sometimes the past is a vibrant source of power while at other times; it is a source of throbbing pain. Sometimes the past is a dynamic catalyst while at other times; it is an inhospitable harness. The past is not dead or inactive; it is contemporary and close, as close as one chapter in a story is to the next.

The purpose of this book is to encourage you to acknowledge and then transform your past. Your past can be a source of power, rather than just pain; a platform for healing, rather than just continued hurt. You can turn the page. I am convinced that whatever you have experienced in the chapters of your past, there is something miraculous, amazing and incredible awaiting you in the chapters of your future. That Was Then - This is Now!



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