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It is often seen that unpleasant memories of the past haunt our minds, giving us sleepless nights. It is a very painful experience and should be avoided at any cost. To err is human. Therefore, if one has made some mistakes in the past, one should not brood over them in the present, because past is past and nothing can be done about what has already gone by. But we can certainly learn from the past and vow not to repeat the mistakes in future. Our own past is a great lesson to us, we must profit from the past. The follies committed in the past should not be committed in the future. Only this is sufficient, for no purpose would be served by brooding over them in the present and spoil it. No effort on anybody's part can return the past; the time that is gone is gone for ever. What is relevant for us now is to swear that the errors and follies of the past will not be repeated. There is timeless future unfolding itself before us with unimagined possibilities. One can win laurels even if one has committed blunders in the past. Who has not erred in the past ? Even great personalities in our history committed follies, sins and indulged in vices. But later they proved to be men of substance, men who left indelible marks on the history of the world. Saint Valmik, Bhartahari, Buddha, Mahatma Gandhi, to name a few personages, committed follies, sins and vices of a high order but they renounced them altogether and proved themselves as the chosen few of God's Children. Learn from the lives of great men and women and abjure the habit of brooding over the past aberrations. Look to the future and strive to brighten it by learning from the past.

Past events often haunt our mind, most of them being unpleasant ones. The question is why do unhappy events stay on in the mind ? Why are we haunted by those episodes in our lives which left us grief-stricken, frustrated, resentful, hurt, guilty or upset and not by those which left us happy and contented ? Across the screen of the mind, unpleasant images of the past flash by more often than the fulfilled pleasant ones ?

Perhaps the key lies in the word fulfilled. Fulfilment implies completion. It refers to something that is over finished, with no loose ends. In today's computer jargon that file would be said closed. If we want to open it, we need to click the mouse on the file name otherwise the file is safely tucked away inside some folder somewhere. However, the numerous haunting memories continue as current files. Something in each of them remains to be finished. It may well be that a part of the mind continues to deny the reality of that particular event. Neerja Raghvan says with reference to the computer process that 'whatever the case, that niggling file is always open in the mental computer screen'. We call it to our attention effortlessly. All it takes is a lull in the external hub of life for the file to flash across our relentless monitors. Marcum T. Cicero suggests a practical process to get at all this willingness and unwillingness that "let us not go for the old ground, let us rather prepare for what is to come."

The other aspect of the above process is to forgive the wrong doer and forget the unpleasant event. If we

are unable to forgive the cruel wrong-doer, how completely we can embrace our own mobility to forgive. Until we can do that unreservedly and unabashedly, we can be sure that those incomplete files will keep rearing their ugly heads from time to time.

So each time you are haunted by an unpleasant memory, recognise that it is your inner self's way of pointing to you that unfinished business that you still have. It is up to you to make use of the present to close the past and the remedy thereof is, as written elsewhere—prepare for the future to come. Madam H. P. Blavatsky has written in her book 'Key to Theosophy' that "the past can not be changed, the present can not be avoided. What can be changed or prepared to our liking is the future." Closing the file of the mind's com-