

ROUNDTABLE TOPIC

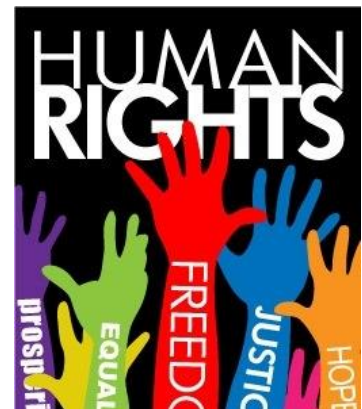
Impact of History – Personal, Political, Social

Often we sense we are controlled or limited by our past experiences, many of which we either are consciously unaware of, or have forgotten. These events can be personal or societal, but it is hard to deny that they carry power. Grasping how the past affects the present, then, both in the options we choose and the emotions we feel involuntarily, is critical.

By considering history, we begin to understand what shapes the present and how we can take action to affect the course of our own futures.

When we uncover the truth about our collective history, we gain the power to adjust our understanding of the context in which we live. This increases our psychic freedom, improves our attitude toward ourselves and allows us to foster healthier relationships.

By reconnecting with past relationships, especially those individuals who are no longer in our lives, we give ourselves the option of redirecting our state of mind. This can produce more fulfilling opportunities. We can engage what life has to offer, free of guilt, remorse, or anger toward those we once held dear.



In my story [*Birthday Club Wisdom*](#), the 1930s and early 40s and the 1960s and early 70s are periods that become larger than life, I have found that these times are pivotal in the development of the modern American dilemmas and controversies such as multiculturalism, intergenerational conflicts of perspective, and the gender spectrum.

By hearing personal reflections on these periods, you will be able to more easily grapple with your own unresolved attitudes which may be driving you into confusion.

“The women of today are the thoughts of their mothers and grandmothers embodied and made alive.” ~ Matilda Joslyn Gage