

On Remembrance Day, Try to Forget

Remembrance Day is a day to remember the sacrifices of those who have fought and died in wars. It is a day to honor their memory and to recommit ourselves to the cause of peace.



On Remembrance Day I Try to Forget by Patrick Bruskiewich

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But what if I told you that on Remembrance Day, we should also try to forget?

I know, it sounds strange. But hear me out.

Forgetting is often seen as a negative thing. We think of it as a loss of memory, a failure to remember something important. But forgetting can also be a positive thing. It can allow us to move on from painful experiences, to heal from trauma, and to forgive those who have wronged us.

When it comes to war, forgetting can be a powerful and positive force for healing and reconciliation.

War is a terrible thing. It causes immense suffering and loss. It tears families apart and destroys communities. It leaves behind a legacy of pain and trauma that can last for generations.

But war also does something else. It creates memories. Memories of the horrors of war, memories of the loved ones we have lost, memories of the pain and suffering we have endured.

These memories can be a burden. They can weigh us down and make it difficult to move on with our lives. They can keep us trapped in the past, unable to forgive or forget.

That's where forgetting comes in.

Forgetting can help us to heal from the trauma of war. It can allow us to move on from the past and to build a better future for ourselves and our children.

Forgetting can also help us to forgive those who have wronged us. It can allow us to let go of the anger and resentment that we have carried around for so long.

Forgetting is not about erasing the past. It is not about denying the horrors of war or the sacrifices of those who have fought and died. It is simply about letting go of the pain and trauma that we have carried around for so long.

On Remembrance Day, let us remember the sacrifices of those who have fought and died in wars. But let us also try to forget the pain and trauma that war has caused. Let us forget the anger and resentment that we have carried around for so long. Let us forget the past and build a better future for ourselves and our children.

How to forget

Forgetting is not always easy. It can take time and effort. But there are some things you can do to help yourself forget the pain and trauma of war.

Here are a few tips:

- Talk about your experiences with someone you trust.
- Write about your experiences in a journal.
- Create art or music that expresses your feelings about war.
- Spend time in nature.
- Do things that make you happy.

Forgetting is a personal process. There is no right or wrong way to do it. Just find what works for you and be patient with yourself.

Remembrance Day is a day to remember the sacrifices of those who have fought and died in wars. But it is also a day to try to forget the pain and trauma that war has caused.

Forgetting is not about erasing the past. It is about letting go of the pain and trauma that we have carried around for so long. It is about building a better future for ourselves and our children.

So on Remembrance Day, let us remember the sacrifices of those who have fought and died. But let us also try to forget the pain and trauma that war has caused. Let us build a better future for ourselves and our children.



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