Don't allow your past to control your present or your future life. Whatever happened, you must let it go. Leave the pain of your past behind, so it cannot ruin your future.  Leave the darkness of your past behind, so it cannot block the light of your bright future.

不要让你的过去影响到你的现在或者将来。对于已经发生的事情，你必须学会放手。把不堪回首的往事抛在脑后，它们才不会影响到你未来的生活。把过往中的黑暗抛在脑后，它们才不会遮挡住美好未来的光芒。  
Your past is gone. Whatever happened, whether unjust, cruel, harsh(严厉的；严酷的), whatever the case, reliving（重现，再次体验） the events will never do you any good. If someone did you wrong, the only way you can win, is if you let go and move on.

过去了就是过去了。无论发生过什么，不公平的，残酷的，或者是其他，让那种记忆再次重现对你没有任何好处。如果某个人伤害过你，你唯一的选择就是放手，继续向前生活。  
If you live in hate, they win. If you live in the victim（受害者） story, they win. If you want to win, you must focus on building your future and start right now.  Release that weight from your back so you can be free, don't allow events from the past which are now gone to ruin this moment, which is perfect.  This moment which is now to enjoy, which is ready for you to live fully.

如果你生活在憎恨中，你的敌人就赢了。如果你一直以受害者自居，他们也赢了。如果你想要赢，你必须把注意力放在打造未来美好的生活上面，从此刻开始。把过去的重负释放，才能获得自由。不要让过去不好的记忆毁了此刻的美好。拥抱当下吧，充实地生活！