

How Can I Release My Yearning for the Past?

And welcome to you all. It is Portia and the Guides, and we thank you for your question this week which is How Can I Release My Yearning for the Past?

We see so many human beings right now are asking this question. They are stuck in the past, the memories of the past, what their mind says was so much better in the past. Life was so much better is the conversation that comes into the mind. And also, how can we get back to normal?

We know that you understand that life is progressive. Creation is progressive. It does not move backwards. So let go of any reliance on the thinking that let's go back to the past, the way things were, when this country was so much better, or when I was so much younger and more vibrant, more attractive, or when I had my life completely before me and now it is not completely before me as I enter into my later years.

It is a full menu of stories and images that your mind will bring up that the past was so much better, and if you could just return to it, you would be happier, more content, more peaceful, more confident. It goes on and on.

The truth is the past is what it was in that moment, in those moments. You did your best in those moments, and now, here is a new moment. The present. This moment. As you are in this moment, it is up to you to create fulfillment, joy, gratitude, vibrancy, energy, love. In this moment, now. Your mind will say, well all of those things I had in the past, but look at my present now, it seems so bleak, the world seems so bleak.

Dear hearts, evolution is occurring, and it is guided by the Creative Source or God that created this realm and is overseeing and managing and guiding every detail, even when your mind is saying that cannot be true because look at the mess in the world and the mess in my life.

So when these thoughts – that can be very down spinning to you – that the past was so much better, and the present is not, and the future is not. When those thoughts come to you and the emotional waves accompany these thoughts which bring you down, we ask you to pause, right there. Stop in your tracks and come home to the center of your being and ask about the truth of this moment for you. You are asking God, all-knowing, all-loving God, and your spirit is present also. You are asking, what is here for me in this moment? What are the opportunities for me to grow, to gain greater awareness and understanding for myself and for life itself. And then ask for what you want, whatever it is: A healthy body, a healthy mind, healthy relationships, a fulfilling life, doing what you came here to do. Ask those questions and stay at the center of your being, because that is where the truth arrives for you. Your mind does not vibrate at the same frequency as the center of your being, so it cannot disturb you or argue with you. So, there you are, you are asking the questions and hearing the truth.

The human life is not designed to be forever. Your life is designed perfectly according to what your spirit asked God when your spirit asked for a body and a human life in this lifetime at this time. So when your mind says, well the earth is going through so much and it terrorizes me, I am afraid, I do not feel safe, how can I get control of my life? These are all the voices from your mind. Your human mind is fear-based. Fear is its foundation. Your human mind has its good role in terms of acting on the guidance from your spirit and God, but it is not in charge; it is not God. Even as it tries to make you believe that, it is not the truth.

So thinking about the past also, your mind actually reconfigures your memories of the past to make them seem brighter, more special than they actually were in those moments. We are not saying that the past is just doom and gloom, but the way the mind works, it actually forgets the things in the past that were more difficult, more challenging. Those drop away. This is also part of how the mind wants to keep you off balance by saying the past was better.

You do not control life. God, creator of this realm, is in charge of life on earth, including you and every detail and every experience, every opportunity and possibility and learning for you. It is all for you. And it is all in this present moment. So if you are languishing in the past, you are missing the blessings, the opportunities and gifts of the present moment. Because they are in the present moment. They are stacked up, waiting for your attention and for you to unwrap the gifts, truly. And some of the gifts may feel more difficult to you, but they each are for you; they are blessings for you.

So we ask you this week to watch your thinking and how often the mind comes in with thoughts of “things were so much better in the past.” Watch your thinking and when these thoughts come up, you can simply pause, and say, “Hold it right there” and “What’s going on?” If you need to, then come home to the center of your being, and ask your questions.

Many times it is simply the mind that wants to tweak you and pull you off center. So be aware of this, dear ones. Allow yourself the glory of the present moment and all that is has for you. All of the gifting, the love, the blessings, the learning, the growing that is there for you in this present moment.

Our love and blessings are with you always. Namaste.

Portia and the Guides

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