

Doing Your Best Means No Regrets

And welcome to you all. It is Portia and the Guides. And our topic this week is Doing Your Best Means No Regrets.

We see how often human beings feel guilty and sad and regretful about the past. Past actions, behaviors, thoughts, words, deeds. Humans say to themselves, "If I had known then what I know now, I would haven't done that." Where does that leave you? In a state of limbo.

We ask you to recognize when you do your best in each moment at every stage of your life, there are no regrets in the future. You will say to yourself, "I did my best with what I knew then, with the circumstance, with everything in my system, I made the best choice at the time. I said the best thing at the time."

Dear ones, you are a human becoming. A human being. Evolving. Growing. Progressing. Learning. Gaining wisdom, understanding, awareness, consciousness. When you were 15 years old, you had a degree of experience and wisdom and knowledge, and yet another decade or two later you have so much more as the learning and growing and evolved being that you are.

So, it is about giving yourself grace, and when any idea of regret comes up, "If I had taken that path my life would be so much better..." it goes on and on. When these thoughts come up, pause. Come home to the center of your being, and say to yourself, "I did my best. I did the best I was able to at that time in that moment." And if there is any learning for you as you reflect on that moment, that is a good thing. Usually, however, it is all about the regret and the sadness and the grief which just takes you down. It leaves you on the floor.

So here it is, for you, in each moment to be your best. Do your best. And each situation will be different, of course. There may be a circumstance where there is lots of chaos and outside interference and you are navigating through that moment with God, your spirit, the guidance that is yours, and making the best choices and decisions in that moment. So that in the future if a reflection comes up or an idea to say, "You could have done so much better," you may answer to yourself, "I did my very best." And in that, as you learn in the now what your best would be now, you have learned, you have grown, you have gained wisdom.

Doing your best means no regrets. And we also counsel you to forgive yourself. You are in progress, in motion, in evolution as a being. Tomorrow you will have more experience and awareness than you do today. That is how life unfolds, that is how creation unfolds. Improving. Elevating. Uplifting. Becoming its promise. And that is what you are doing. You are becoming the promise of who you are designed by God.

And so, as you give yourself grace and look upon yourself with grace and all of the moments of your life, starting from zero and coming up to now, having compassion, softness, grace, forgiveness, and the sure understanding that as you do your best in each moment, guided by God and your spirit, there is no room

for regret in the future. No room whatsoever. So you may simply speak to it and say, "I did my very best, and I learned, and I give myself grace, and I forgive myself, and most importantly, I love myself."

Our love and blessings are with you always. Namaste.

Portia and the Guides

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