

BEYOND ALL REGRETS

Do you have any regrets about some of your life choices? Do you still feel badly about things you said or did years ago that may have hurt others? Is there something bothering your conscience that you'd like to heal now?

Regret is a mixture of guilt and sadness. It echoes a haunting refrain in our mind of "If only..." Sorrow or remorse over past actions and omissions can eat away at our spirit and heart like an ugly cancer. Yet no matter how remorseful we are, the fact remains that regret alone seldom if ever spurs us on to better actions and decisions.

***Do not waste one moment in regret,
for to think feelingly of the past
is to re-infect yourself.***

~ Neville Goddard ~

Regret is simply another ego ploy to keep us stuck and ruminating the past. Certainly, we have made mistakes through the years, as all human beings do. And just as certainly we have failed to say or do some things we wish now had been said or done. "If only..." can't give us the relief we long for.

Regret alone changes nothing!

- It cannot right a wrong or correct a mistake.
- It cannot make amends for something we did or failed to do.
- It cannot bring back missed opportunities.
- It cannot soothe a troubled conscience or an anxious mind.
- It cannot mend a broken relationship or heal a heartache.

So how then do we move forward when the burden of the past weighs so heavily upon our heart and mind? How can we find healing release for our mistakes and misdeeds? The answer to these questions is in **forgiveness**.

Forgiving the past is a journey of the soul. It's a decision we make to finally be free and move on. It's a simple yet powerful path to greater mental, emotional, and spiritual health.

To forgive ourselves means to acknowledge that, as a human being, we are a work in progress. Our life is a holy process of decision and design; each mistake and each lesson learned adds something important to the whole picture; each forward or backward movement is a necessary step in a lifelong dance of human growth and evolution.

Sometimes we just have to admit that if we knew back then in our past what we know now about things, we might have acted differently. We might have made other choices. No one is responsible for what they did not or could not have yet known about life. With experience and the passing of years, we grow in wisdom and are able to make more mature and appropriate response to things.

From the perspective of life as an on-going process, which is a gentler, more forgiving perspective, it is easier to reach a resolution about what we can do *now* to make corrections or amends, or to simply release the past and let it go.

The resolve to change what we can and let go of the rest lifts us from mere regret into the higher frequency of creative options. Regret is looking backward into our mistakes; resolve is forward vision that can take us into present healing and future blessings.

Feed your present happiness, not your old sorrows.

AFFIRMATION

*I forgive myself for everything that went before this moment in time.
I let go of the past and resolve to be happy now.*