

The Sweetness of Life

And good morning to you all, it is Portia and the Guides, and we are joyful, joy-filled, to be with you in this beautiful day and in this still early time in the new year.

We thank you for your question this week which is, “How do you keep the sense of the sweetness of life when things are so challenging and continue to be challenging?”

Here we are, in this moment. Be in this moment, dear hearts. Settle into this moment. Quiet your mind, your active, thinking mind and come home here to peace. There is the sweetness. There is the love. There is the presence of the God that created you, Father-Mother, all-loving, all-comforting, all resources. As you quiet your active mind, the one that is always grasping for more, or different, or to be special, or to be taken care of, or to fix the world, and it goes on and on. This is the ego mind and it is not a deliverer of sweetness, of the sweetness of life. It is actually not how it is constructed because it is made out of – and created from – fear.

If you will recognize this, this will be a huge understanding for you in your lives, in your life stream. Before, present and future. The ego is created to protect you and it is created from those aspects of yourself that were in extreme fear and so you cried out for help, not to God, but to the self to bring in protection, security, safety. And that is how the ego began to be built. Out of fear, out of lack, out of doubt, out of a devastating emotional wave that you experienced. And this occurred most often in the early child years.

So we ask you simply to recognize this, as you are asking, “Where is the sweetness of life?” During this time, especially, when it seems difficult – the outer circumstances. Even as they are improving as we see, we ask you to use this time to get this great lesson, to recognize that the sweetness of life is not, and cannot come from the ego. So as we asked you to do, to come home to your heart center and to breathe and to allow the active mind to be released. If you can picture helium balloons being released, every time a fearful thought comes up, you may release the balloon - or the many balloons - and come back home to peace, to the heart, that is where you will find the sweetness of life.

And we ask you to remember this, even as your outer circumstances change. And let’s say that you are riding the wave of great success and in that, the ego may be pumped up and super charged, taking you on the wings of itself. But remember, always, the true sweetness of life is here, back home, in your heart center, your central core, some will call it. And this is the place where truth reigns, love is supreme, comfort, and every answer you need is also here. Gratitude also fills this heart center, and then can spill out, radiate out into life, blessing life.

This is our answer to you today, and we ask that you ponder this, and take the time, the moments, you can even be driving in your car or riding a bike or taking a walk or making dinner – it does not matter. But be conscious and ask to come home to your heart center and to feel the sweetness of life in that very moment. As you do this, your life will become an ongoing circumstance of moments that are sweet and fulfilling and rewarding, contentment is there, and you will feel the love of the God that created you and your spirit as well and all of life for your goodness and for your appreciation and for your love.

We thank you for listening today and always for your questions every week. Please continue to send them in and we are ever here to give you our view and perspective as we have the knowledge that is from God – that is the perspective, the infinite spirit perspective.

Our love and blessings are with you always. Namaste.

Portia and the Guides

Channeled by Susan

February 15, 2021