

True Love

And good morning to you all, each and every one of you, dear hearts, dear souls, it is Portia and the Guides and we are most happy to be with you on this day in early February.

We so appreciate your question this week as the Valentine's Day holiday and celebration is coming up for all of you. It can be a time of great unrest, or frustration or hope, fear, joy – a full spectrum of emotions. And your question is right on, as you ask, "What is true love?" Because as you know there are many versions of love on the earth plane in the human realm. Many of them, actually all of them, are limited in some way, except for that which is true love.

There are all kinds of divisive measures that are used when the word "love" is applied, whether in romantic love or love for animals or the earth herself – any kind of love. So often there are limits, it is narrow, there are expectations, there are needs to be met, there are pictures to be shown because of the love – this is all conditional love. And we will say, first and foremost, that true love is unconditional love. Love expressed from the God that created you through you, for you, and then expressed out into the world, manifested in the world.

True love is bigger than you, dear ones. True love is unconditional. There are no requirements, no demands, no "...if you do this then I will love you". None of that is part of true love. When you think of, and experience the love that the God that created you has for you – bring this into your awareness. Bring this love into your heart and your body. And even for a moment experience the exquisite and infinite, comforting, patient and always-present love that this God, Divine Source, Father-Mother has for you. It is every minute of every day, 24/7. It is not ever withheld for any reason. It is not possible. Unconditional love flows from the Divine Source into life and you are the vessel for this.

Now you may say, "Well, that's all fine and good, but I'm in a relationship that's not giving me what I want, what I need, what my heart desires." We ask you to pause here. Because another aspect of true love is true love for the self. It is the beginning point of true love, of unconditional love. Check within yourself, where are you holding yourself up as not enough, not good enough, not pretty enough, not strong enough, not enough funding, money, status, resources. It goes on and on. And the judgement and the criticism, within the self, toward the self, goes on and on. So begin here, dear ones, and do not short shift this because you may feel – and actually, the part of you that wants to hold on to the limited love, which is the ego self – will try to frustrate your efforts here and will say, "Oh, that's enough, you've done the work, now focus on the other and what we're not getting."

You can actually see the drama play out as we are describing this to you, we know this. We see that you see this. So come home to yourself and be with yourself in true love. Take all the time this takes to be quiet and to allow yourself to sink deeply within all of your territory. If you were a corporation, you might imagine a big skyscraper building – every floor, from the top-level CEO, board of directors, down to the bottom level – mail room or janitorial staff. Every floor, every aspect of yourself, is precious and you must have unconditional love. This is a goal, we recognize, in an entire human life, because it is not a snap of a finger. But we ask you to begin here, to turn your attention first to yourself and have true love for yourself. This is unconditional. This is true love.

And as you are exploring this, remember the ideas of compassion and kindness and humor and letting go of perfectionism and going with the flow, non-judgement, non-criticism, giving yourself space and freedom to allow the love that is from God to flow within your being, every cell, every essence of your being. And then you will be in the great possibility to have true love and share true love with others, whether it be a romantic relationship, or an animal relationship, a relationship with your work, with your work colleagues, with your community – it does not matter – the earth herself. And always with the God that created you. You will feel such greater freedom and joy and laughter. We say joy again because it will begin to fill you and those areas that have not had the light – those dark corners where there has been judgement, criticism, expectation - those will be filled with light, with joy, and you will experience this expression of true love from your being because you are filling up and overflowing with it out into the world.

We ask you to begin here, and we will not load on much more here in this session because this is a wonderful opportunity for you to take this next week – before the Valentine's Day celebration arrives – to be in love with yourself. Unconditional love. True love.

We thank you for wanting to know more and more about how the Divine essence, the essence of pure love, is on the earth plane, in this realm, and that it is an essential ingredient, a primal ingredient of this realm. We know that your question comes from this place, and we are most grateful to you.

Be in love with yourself.

Our love and blessings are with you, always. Namaste.

Portia and the Guides

Channeled by Susan

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