

Flow

And good day to you all, each of you, dear ones, it is Portia and the Guides, and we are glad to have this moment with you so that we can share about your question this week which is about the concept of flow.

This is a great topic and we are happy to share with you that flow is your natural state. If you breath in and out, in and out, when you are relaxed and open and free from care and worry, this is a moment of flow. When you are in a situation that is rigorous for you or challenging or difficult, when you take a breath and relax yourself – we understand this may be difficult to do – but it is about your awareness in any moment when you are not in flow because flow is your natural state, it is the natural state of the body, of the mind when it is aligned with spirit, and of course your spirit as well.

Flow is natural, we repeat this for you. And any time that it is a situation when you are not in flow, pause, take a breath, and view the situation from this place of pause. We will say that this place is also a neutral spot within your being at your central core, and while you are there you will be able to see a much more expansive view of the situation going on.

When there is a challenge or the ego is affronted or offended in any way, it becomes quite narrow – almost like a laser focus – and it beams in on the situation, and it has its judgements and assessments and criticisms about the “others” and also it is primarily protecting you. So, it is like closing down your eyes or squinting that it becomes a narrow focus and with this, dear ones, is the big load of fear that the ego brings in. Because if it does believe that it is “God” in your system, it then is responsible for protecting you, for taking care of you. The truth is that the ego is not in any way adept at caring for you in the way that God is, the divine source that created you, and in every moment, funds you, gives you everything you need, including wisdom, inspiration, funding, resources, comradery – it does not matter – this comes from the God that created you.

So back to your challenging situation, if you can imagine the ego – narrow minded, narrow focused – coming in to the situation to try and stitch things up or make things better or change them according to the ego. So, as you decide to pause and take a breath and unplug from the ego’s verbiage and conversation – and it could be quite accelerated and quite loud – but this is part of your training, dear hearts, your training to be all that you are, all that you came here to be. So, you will come back to your central core and the breathing also for your body will be helpful for the body, and ask the question, “What is the truth about what is going on here?” and “What is the best and highest thing for me to do?” Be quiet. Be still. And listen. And there the answer will be for you; it will be the right motive, the right words, and the guidance may even be there is nothing for you to do at that moment but to be still. And also to hold in place energetically unconditional love. Because as you know, unconditional love is the most powerful force on the planet. It is healing, it is soothing, it is that, we will call it, the glue that holds this beautiful realm together. The key ingredient. So, as you hold true to unconditional love, you may actually watch before your eyes the situation become reconciled and come to peace because that is what you are asking for, in every moment of your life.

That is the situation where you have chosen flow. Flow is about being in alignment with the God that created you, this realm, the Universe, all of life. When you are in flow, it feels like heaven. We know you each have experienced this, where all you feel is love, and all is well. All is well. The ego also has its agenda about what perfect flow is, let's say. And that it may be for you in a picture to be stressed out or to push another into a manipulative situation. This, the ego, in its small mindedness, believes this is flow. But dear ones, you experience flow in your body. Your body is radiantly healthy and relaxed and attuned and alert, conscious, aware, and your spirit is in a state of great peace and great joy because you are aligned with your spirit.

"Going with the flow" is a concept we know is bandied about, and this is also part of the truth of which we speak. "Going with the flow" is allowing yourself to surrender to the greater plan that is for your life, and is in every moment. So, you may for example, believe that you have your list of things to do, and as you are walking out the door, a small voice, and this is your spirit speaking to you, might say, "Make that call to that individual before you head out the door," or "Take care of watering that plant now before you go." This is the beautiful divine plan that is working in your life – every minute of your life. And as you listen you will be in perfect flow, and all of life that is part of your world will be blessed by this. Because it may be the perfect time for you to call that friend, and it was just what they needed, simply to hear your voice, and it fortified and supported them in a way that they needed in that very moment. And your plant, at that instant, may have been reaching and reaching for sustenance, for moisture, so that it could continue to grow in its beauty. And there you are. An angel in its day, as it is in your day, every day, with its beauty.

So again, with our original statement that flow is part of your divine and original nature. And the more you can practice, in every moment, having the awareness when you are out of flow, do the action we recommend to pause, and ask, and listen, and then take action on the guidance.

We ask you to practice this this week, and we are ever in abidance with your evolution and with your seeking the truth and coming back home to your heart. Which is the place of the greatest peace and flow and joy for each of you.

Thank you, always, for your questions, and keep them coming, we ask you.

Our love and blessings are with you always. Namaste.

Portia and the Guides

Week of March 8, 2021

Channeled by Susan