

Slow Down

And welcome to you all. It is Portia and the Guides, and our topic this week is Slow Down.

As we say these words, we know that you are thinking, “How can I slow down? Life is getting faster and faster. Information is flowing to me faster and faster. I need to move, move, move. Push, push, push. Do things more efficiently so I can be faster in life.” But dear ones, this is an illusion, because as you know, as you keep going faster and faster, the voice within your head even pushes you harder to go faster and faster.

What good does this do? Your mind may say, “Well, I’ll get more things done, I’ll be more productive, I’ll be perceived as a better human being.” This is not the case. When you move so fast, you are, in many ways, missing life. The beauty of life. The stillness of life. The cherishing of a moment in your life. Whether it is a moment to take to hug your child close; to be in the garden and tend the earth and listen to the messages from the Mother, just for you; to tune into what your community truly needs, what your nation truly needs from you. This is where goodness flows. When you breathe and slow down in your life and ask, in every moment, “What do I need to be doing now?” Even a moment of stillness and peace and listening to the God that created you and your spirit – even a moment – will give you peace, will fill you up again. And even in that moment you may be given the guidance, “You do not need to do this right now,” or, “What you are attempting to do is not necessary.” Relax. Breathe.

As you take these moments in your life, we understand that the ego mind will be chomping at the bit to pull you out of this moment of peace and comfort and knowingness because it’s M.O. is to drive you harder, faster, because it believes that this is the way to keep you on track, to keep your life as it is intended, to keep things safe for you, secure for you. So, it drives you in many ways like a harsh task master. And then you experience fear, and this fear causes you to separate from your spirit and from the God that created you, and from life itself; life unfolding in its perfect rhythm and timing.

We ask you this week to consider and contemplate and experience the idea of Slow Down. It does not mean that you walk more slowly or that you are lethargic in any way. It is a state of being. Slowing down is actually faster in relationship to life itself. Because as you slow down your mind – the ego mind – all wisdom and knowingness and perfect timing and right action are available to you. And then you are in the flow of life itself, which is creation ever unfolding in perfect timing.

The idea of slowing down, again, does not mean you slow yourself down (your own perfect nature and rhythm and design), because as you slow down, the ego mind will lose its grasp on you, and then infinite Mind – the Mind of God, Father/Mother Love – is there with you in its perfect way and comfort and peace and guidance.

We ask you to be curious about this this week and to allow the idea of slowing down so that you may be open to creation’s perfect timing, God’s perfect wisdom, your spirit’s perfect presence with you, always.

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

Portia and the Guides

Week of August 22, 2022

Channeled by Susan