

## Allowing

And greetings to you all. It is Portia and the Guides, and our topic this week is Allowing.

So many of you are fitful these days about the picture of your lives, relationships you are in, the jobs you do and do not have and wish for, and the family matters that are disturbing to you, the economic environment, the world situation. All of these things are enveloping you and are making you crazy, we will say. What we see is you are attempting to control more and more and more of your life and the details and the people in your lives, and those things that you believe you can control.

So here we have a situation where the world truly is transforming. The earth realm is transforming now. Transformation means the old drops off to allow space for the new to come forward. Think of the butterfly and its transformational process. This is not anything that you can control. The ego mind would always want to keep you safe and even give you the illusion of control. But it is an illusion.

The way to see yourself moving through this period on earth is allowing God – the Creative Source that created this realm – to come forward through you into the third dimension. It is not anything that you have been trained to do. In Western culture you have been trained to take responsibility and to “step up to the plate” and to make yourself invulnerable and the authority – the God in your life, if you will – this is the ego mind at work. This can only take you so far because the ego mind is based on what it already knows and then it tries to project into the future what might harm or damage you or upset you or disturb you, and so it builds a case to keep you safe, and this case is about control.

Allowing, allowing the God that created you and every detail of this realm to guide your life, moment to moment. When you allow, you actually relax into a place which is your central core. It is the place where God energy and your spirit’s energy reside. It does not reside within you physically but it is an energetic pattern within you. Many call it the heart center, which is the place of all knowingness, all peace, all comfort, all wisdom, all that you need. If you will surrender your fears, anxieties, worries, concerns – surrender them to God – give them to God, release them – and then allow the truth in every moment, love in every moment, peace, joy, delight, laughter – all of the things that are natural to life on earth, the original design of life on earth – if you will allow these to begin to come into your system, into your being, to flow from God through you, you will feel great release and comfort and ability to let go of the grabbing, the clutching, the trying to control everything in your life.

Allowing is a practice for you now. Because it is not, again, anything that you were taught in school, or taught in your family system, or taught in any training sessions on the work front. This is a quality of higher vibrational living, we will say.

So as this week comes into the third dimension, and you are flowing through this week, observe yourself. When you are attempting to grab the wheel of something in your life and steer it left and right, left and right, because you think you know the perfect outcome and where you need to get to and what that looks like. When you feel yourself doing this, take a moment, it only takes a moment to be still. Come home to your center and breathe. And feel in your body the release of the tightness or the gripping, releasing the energy in your hands, letting go of the tension in your shoulders, getting gentle with your jaw, softening your brow. Take this moment and then give your concern to God and say, this is up for me. It is disturbing to me. I give this all to you. What can you tell me? What should I do here?

What is the best and highest action for me to take, or do I need to be still and simply at peace and surrender and allow goodness and love and truth to arrive in my being?

Allowing is not what you have been used to, and so we ask you to use this coming week to observe and to practice the taking time to be still when you are in a tensed-up situation – to be still, to come back home, to ask for guidance, and to allow the guidance to flow to you and then to take your steps going forward.

Use this word, “Allowing,” in your days this coming week. Even as you are driving on the road, repeat the word, “Allowing, allowing.” It will soften and gentle your human experience and you will learn much about your own character and nature and how you have the great opportunity to release limited behaviors, thought forms and patterns you have clung to throughout your life.

We wish you well on your practice this week.

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

**Portia and the Guides**

Week of August 8, 2022

Channeled by Susan