

Peace Like a River

And welcome to you all, it is Portia and the Guides. And our topic this week is Peace Like a River.

We bring this topic to you as you are thinking about the idea of peace. Peace is something that every human being desires. It is that place of comfort and calm and feeling settled in, safe, protected, loved. Peace.

What we are asking you to think about this week when you consider the concept of peace is Peace Like a River. So often we see that you identify peace as something that is static or still. You say to yourself, "If I could just be at peace, I would be happy." And in saying this the idea is that it would be a place where you stop and you are in peace, just like that, seated in a chair, a comfy chair. The idea here is that peace flows like a river. The river does not stop, does not be still in that way to stop its forward flow, its graceful motion and movement. It continues, it winds around rocks and boulders, and it evolves the canyons that it runs through or the streams and rivers as it makes its way to the ocean. Peace like a river.

It is a finetuning we are asking you to consider about your concept of peace. That peace is with you every moment, flowing through you, ever moment, if you will allow it. This may be a new idea for you. But if you can imagine in your day being conscious of peace flowing through you like a river. When you are with your family, when you are talking with colleagues at work, when you are exercising, when you are out and about, on the freeways, on the roads, traveling. It does not matter where your life leads you. Peace flowing like a river through you is the concept. It is available to you. It is how you are designed. The frequency of peace; the vibration of allowing God to flow through you. The opening to this.

When you become stressful or angry or fitful or restless, it is like a dam on this flow of peace within your system. So, we ask you this week to observe your being, observe your thinking, observe your system. And experience how peace flowing through you feels like in your body, in your mind. And then feel what it feels like to allow stress or anger or control – those vibrations – to come in. How does that feel to your body? It is like a closing off of the flow of the river of peace.

This is a simple idea and yet it can have profound influence on your lives. It will bring greater freedom, and joy and spontaneity and aliveness and wisdom also. Openness to infinite Mind.

We ask you to try this out this week, and see how it goes. We see that it will quiet and calm and revitalize your system in a new way.

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

Portia and the Guides

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Channeled by Susan