

Losing Someone Beloved During the Holidays

And welcome to you all. It is Portia and the Guides, and our topic this week is Losing Someone Beloved During the Holidays.

We have received many notes from you letting us know that you have lost someone beloved in this holiday time. Whether it is a person, an animal, anything that you have loved – that you have held close to your heart, they have exited out of the earth plane.

We understand that as human beings it is never easy to lose someone you love. When we say lose, it is losing their physical presence on the earth plane. Because you cannot lose them in spirit. You cannot lose all of the love that you have for them and they have for you. It is ongoing. It does not stop. It is not lost.

The difficulty is for the human beings who are “left behind,” but it is simply that those that you have loved have stepped into another room. They have gone into a different vibrational frequency of spirit. They have dropped the body. But they are not lost to you. And you are not lost to them.

More than anything we wish for you to know this and to experience this, even as you are going through the grieving process as a human being. It is important to have the time to grieve, and in this grieving time, however long it takes, there is not a stop watch for any of you as you are grieving someone, a being that you have lost.

As you are in this grieving process, feel the love. Allow the memories of the goodness that you experienced to come up. Feel the feelings. The feelings will be full spectrum. They will be sad, we know, and also, humorous, as you remember the funny times and you laugh, and joyful, as you remember the beauty of the times you had together and the small things you shared and the big moments in life that you shared. All of this is the beautiful gift of this time for you.

Allow yourself to grieve and to have all of these beautiful feelings and memories come up. Do not shut down. Do not say to yourself, “Well, I have grieved enough, so let’s get on with life.” Because this process of allowing a beloved to transition will take the time it takes, and you must allow this and accept this, and be kind and gentle and compassionate with yourself.

And we also add, do not try to hide the feelings that come up when you are with others. You may simply say, “Oh I’m having a wave of feeling here,” and allow it to come up. This will bless both you and them because many human beings do not want to accept this experience of grieving for a lost one. Again, we say lost, but they are not lost. It is simply the physical presence is no longer here on earth with you.

So, we ask you here, as you are going through this time – and it is especially poignant during the holiday times because many feel that it needs to be only a joyful time, a time of celebration and raising a glass to each other and to life itself, and with gratitude. Have gratitude, even as you are experiencing this time, when a loved one has departed. They are with you still in spirit, and we do not mean they are haunting you. But the love that you experienced with them is ongoing. It does not go anywhere or

change. It is the love of God that was expressed from you to them and them to you, and God's love is always present and abiding. It is not possible for God's love to be stopped in any way.

We ask you also to allow this, God's love, to be with you and to feel it in your heart because there is the comfort, the peace, the quiet, the stillness, and the joy of God's love that ever flows to you, always, in every moment.

We wish you a good Christmas week this week. Be with Love.

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

Portia and the Guides

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Channeled by Susan