

Being at Peace During the Holidays

And welcome to you all. It is Portia and the Guides. Our topic this week is Being at Peace During the Holidays.

So often the holiday wave moves in and creates great pressure and stress and unhappiness and disconnection with the self and with others and with life. As you consider the holiday time, we ask you to be in peace. Be in peace during your days, during your moments, in all time during the holidays.

The struggle we see for most of you is the overlay of pattern and past behavior and rhythm and format and templating that you are aware is coming in like a wet blanket, we will say. There is a heaviness about it, there is a lack of freedom and spontaneity and joy because of the “obligation” of doing it the way we have done in the past and also that others have expectations of this as well.

We ask you to have the courage to clear the decks. Be in this holiday time with fresh thoughts, new ideas, inspiration, openness to what life is bringing to you in the moment – not in the past, not in the future, right now, in this time, in this holiday.

This may be threatening to your ego mind, as the ego mind always wants to control, be in the driver’s seat and know exactly what you will be doing and what everything will look like. This is not life. Life is creativity in motion – creative newness, every moment. This is where the inspiration, the joy, the light comes, when you allow yourself to be open to life unfolding in its magnificence and often in ways that you could not even imagine. Doesn’t that feel better, dear ones? As you look to the holidays and you think, “I am going to drudge through this time and be with these people who aren’t my true family and give gifts that I am stressing about because I need to give something material,” and all of the décor and all of the food preparation, all of the extra things that have come in the past for you and your family.

Have the courage to pause, and with all of these things as they come careening around the corner to say, “Do this, do that, oh, and hurry up because the time is now.” Pause. Come home to your center and ask, “Is this idea meaningful to me and to my family? Does it have meaning to our hearts? To the love we have for each other? To the love we have for life?” And for this time during the year when it is about being grateful for all that we have, right now. Not in the future. Not when this is done. Not when I receive this present or give that present. Right now.

What you will find when you do this – when you truly listen to your heart – things will become very simple. Those things that will give you genuine joy, laughter, love will come front and center and there will be an ease and a grace and a joy for you as you engage with them.

When you feel roughed up or the obligation looming over you to do something or perform in a way, pause. Come back home and ask the question, “Is this meaningful and valuable to my heart?” This is another way of saying and asking, “Is this what God is asking me to do?” Not a great aunt, not even those that have gone before you and set the template up for you to follow. Not from any outside source other than from within. And then you will feel the peace. Being in peace during the holidays is a gift you will give yourself and all of those that you touch.

We promise this, even though it may ruffle some feathers momentarily, as you come truly from your heart with the joy that comes with the truth of your heart, others will be noticing. They may challenge you and face off with you, but with kindness, a sense of humor, and love, you can state what is true for you, and that it comes from love, and what you are asking for during the holiday time is love and peace and joy, true togetherness, true family, the essence of these things, not the format of these things. When you follow simply the format, it can feel dead. When you follow your heart, it is fully alive and greets you with open arms and inspiration and light and uplift. These are the things that you are asking for during the holiday time.

It comes back to being at peace. And this is at your heart center. So, we ask you this week and these coming weeks to be alert and aware to the thought forms that come in and the demands that also speak loudly to you, and pause, see them as coming in and ask the question of yourself, "Are these things that are of true value to my heart? Is this what God is asking me to do?" Looking to God, good, for direction, guidance, and the love that is always there for you. This is our recommendation for you. Be at peace during the holiday times.

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

Portia and the Guides

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