

## How Can I Feel Peace in Every Situation?

And welcome to you all. It is Portia and the Guides, and we thank you for your question this week, which is, How Can I Feel Peace in Every Situation?

We understand that on earth right now there is much disturbance and perception of chaos and upheaval and warring also. In your own lives there is this perception as well that your family dynamic might not be at peace, your relationships, your situations at work, in the community, in politics, with nature and the environment, with the earth herself. There are many, many perceptions that peace is not in the realm of the earth plane. This is a lie. Peace is within each of you. It is not outside of you. It is not when circumstances and situations change. It is right here and now, within you. It is your choice to choose fear and war and disturbance or peace and calm and comfort and love.

You may say it is not your choice and look at this situation, it is so turned upside down and so horrible to me, it is outside of me. How can you say peace is within me? The truth is, peace IS within you. It is as if you are looking at a movie or a stage play and you are seeing the drama and the characters and perhaps the storylines of each of the characters and each of their personal disturbances. You are observing it, but you are choosing not to engage with the drama and the tension and the story.

The great challenge for human beings is not to engage with the story. It is quite seductive, and the volume of the story can almost reach a pitch where you feel you do not have a choice and it is all-encompassing in your thought.

Dear ones, we ask you to observe yourself in your life and see when you choose to accept the stage play or the movie storylines and become part of it, and then there you are. The energetics of the story can wash over you and then you are beside yourself. Come back home to the center of your being, to the consciousness of what is truly real. This earth plane was designed to be peaceful, harmonious, a place where unconditional love is the directive; the foundation of the experience and existence here.

Again, you may shake your head and say, well, look at this and look at that, and look at my life, and dot, dot, dot. We ask you to be with the truth that peace and love and joy are the ingredients of this earthly realm. Take the moments that you need to claim this, to own this, and even as your ego mind is wagging its finger at you and saying, don't be in the clouds here, look at what life is presenting to you. How can you say that, that love and peace and light and joy rule this place?

Look at this voice and these ideas as illusionists. A trick of the hand. It is a tricky one and will do everything possible – your ego mind – to keep you engaged and bowed down to the lower frequencies and vibrations. That is not why you are here. That is not why you are having your human life right now.

So, we ask you in this coming week to be open to your awareness as to when you are choosing to be at war – and you know how this feels in your system – and when you are engaging with the storyline of the earth plane. Or whether you are choosing peace.

Because peace is within you. It is the aspect of the earth plane that is a foundation point. It is a law of this realm. And as you stay in alignment with the law, with the truth, your life will manifest peace and calm and joy and light, and you will be a beacon of light and joy and truth and peace to all of life.

Experience this this coming week, and we see you will have many “a-hahs!” on your path.

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

**Portia and the Guides**

Week of March 27, 2023

Channeled by Susan