

What Do I Do When Nothing Feels Right?

And welcome to you all. It is Portia and the Guides, and your question this week is, What Do I Do When Nothing Feels Right?

We understand as being human that there are times when the perfect storm perhaps might be happening in your life. And things feel like they are tumbling, tumbling, tumbling down. You look around and you say to yourself, nothing is right here. Relationships. Job. Physical nature and condition. My home. How I feel about myself, and it can go on and on. And as you add all of these things up, you are feeling crushed, lower and lower and lower.

When this occurs in your life – and it is part of the human experience – it can come and go. But it is up to you to stand steady in the face of this tidal wave of negativity and lies also. When this happens, we recommend that you pause, right in the middle of the conversation when your mind is feeding up all of the areas in your life that are not working, that are not happy, that are roughed up. We ask you to pause and breathe. Deeply. Breathe and breathe again. And as you are breathing allow yourself to come home to the center of your being. That is where God resides, your spirit resides, all truth, all love, all answers for you – exactly for you – reside.

When you have arrived and you are breathing, we ask you to reflect on what you are grateful for. Simply begin, even the smallest thing. Begin to feel grateful for all of the goodness in your life. There is much, dear ones. This voice that would tell you that nothing is right is a limited framework of the human mind which wants to keep you in a frequency – a lower frequency state – so it can be the commander of your ship. It is not the mind of God. It is not the unconditional love of God for you; the goodness, the abundance of goodness, and truth and light that God is ever expressing to you, through you. Experience this as you are at the center of your being. Feel the welling up of gratitude in your heart simply for being alive. Stay with this. It is a vibrational pattern of gratitude. And observe your system as you are doing this because what you will see is that the human mind will try and pull you off center and with its voice – its loud volume – say, “Okay that’s fine to be grateful for that, but what about these five things over here? What do you think about those? Aren’t those sad? Aren’t those things that you wish to change? That disturb you? That you feel frustrated about? This is the quality of the human ego mind.

We ask you to have the intention to gain greater awareness of this voice within your being. It wants to be the God in your kingdom. It has much territory often because human beings believe that it is the one who provides the guidance and the wisdom and the truth. It does the best job it can, we will say that. But it is not the expansive grandeur, the infinite opportunities that are available to you when you are aligned with the God that created you and this realm.

Coming home to your center. Feeling genuine gratitude. Again, for the smallest things, the medium-size things, the larger things. It does not matter. It is to allow your heart to open, to appreciate, to recognize the goodness in your life. Then what you will experience is this voice – the curmudgeon voice – will settle down. It is not that it will go away, we wish to tell you this. Because it is the nature of the human mind to be unhappy, to be disturbed, always. Because it is coming from fear. That is its baseline.

So, it is your choice, dear ones. Do you choose God, infinite Love, infinite Truth and Life in your life – which is always present and flowing to you? Or do you choose the limited, ego human mind that has its own storytelling going on and is not the highest truth for you?

So, we ask you to try this out this week. It is a practice to come home to your center, to feel the peace, and then to allow the gratitude to flow. The texture and nature of your system will change the more you do this practice.

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

Portia and the Guides

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Channeled by Susan