

Open to Change

And welcome to you all. It is Portia and the Guides. And our topic this week is, Open to Change.

We see how disconcerting change can be to the human mind. Change, new things, are unknown to the human mind. When the unknown arrives, the limited ego mind says, “No, that is not safe. It is too risky. We don’t know what lies ahead.” So, it attempts to keep you chained to the past, to what it knows, to the rules and regulations that it had set up for your life because it thinks those will keep you safe.

Dear ones, God keeps you safe. As you listen to God and follow God’s guidance – this is the still, small voice within, your intuition, God’s guidance – as you follow God, all safety, all protection comes with the path. Your human mind is limited. It is fear-based. It wants the known. And all it knows is past. Past experience, behavior, action. And it navigates you through life based on the past. This is not why you are here. You are not here to repeat the past. You are here to grow, to evolve, to change, to become more enlightened, more light, more expansive. More and more your true being, which is infinite.

Within the unknown lies infinity, all possibility, all goodness. How could this be frightening to your spirit? Your spirit is ready to go, is ready to charge into the next step. New. Unfolding. Unknown to the human mind, yes, but perfectly held in the arms of God. You and every moment, guided, guarded, protected, led by God.

When we say God, we are meaning the Creative Source of this realm. That Father/Mother Love that created you, all of life on earth, and the earth herself. This is a loving and tender God. This God is desiring its manifestation of wholeness, completeness, adventure, evolution through you.

So, we ask you this week to open to newness, to change, to observe your thought patterns when change comes up and you might feel a grumpy voice saying, “No, that’s not good. Don’t go there. We don’t know where that will take you.” If you will, pause. Take a deep breath and come home to the center of your being, and ask God and your spirit, “What about this? Is this new request, this change, from You? Is it God guided? Are there blessings if I take the step to open to this change, to allow these changes, to step forward into what my mind does not know? Is this good? Is this safe? Is this for my best and highest?” And you will hear the answer, and it will be quiet, and you will know from the resonance that it is God and your spirit speaking to you. The limited ego mind’s voice is often jabbering and frenetic and loud. We know you know the difference.

So, when change is upon you – is revealing itself to you – glory in this. Joy in this. And always ask, is this the best and highest for me and for life itself?

We see as you practice this this week you will be delighted to be free from the limited concepts that your human mind has kept you engaged in – engaged in – like a prison. You will be experiencing the prison doors flying open, and your joy and spontaneity and relief and gratitude will arrive on the scene. Enjoy this week as you do this practice.

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

Portia and the Guides

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Channeled by Susan