

## **Did You Know that Smiling is Healing?**

And welcome to you all. It is Portia and the Guides. And our topic this week is, Did You Know that Smiling is Healing?

This question might make you laugh, actually, and that is a good thing, because when you laugh, you smile. A smile is based on love and joy and a sense of belonging to life. When you smile, it is healing to your physical body. It regulates the systems, your organs get happy, your brain is washed with a sense of peace and happiness also. You may not be conscious of this, but this is the design of your physicalness. So, smiling, as often as you can, is healing for you, for your body.

We know that there is an idea that a smile comes from the inside and then expresses out. This is the true, heartfelt smile. And we also will add here that smiling, even physically, think about smiling right now, and smile. That in itself is healing to your body systems as well. So, smiling is a gift and something that costs you nothing, and yet it is part of your well-being.

Smiling is also healing to all of life. When someone smiles at you, a stranger, for example, how do you feel? You feel loved, recognized, honored, acknowledged, special. All of these things are true. This is the kind of love that God has for you. And in that moment, from one human being to another, the love of God is being expressed from the other to you through a smile. A smile is healing to the giver and also to you as the receiver. And then, as you go on about your day, you smile more readily to the next person that you see. You are kinder, gentler, more compassionate, just from that one smile from a stranger. So, you then are giving forward and progressing the love of God with your own smiling. And again, when you are smiling, it is healing to you and to the object, the person, the animal, the earth, the sky, the plants, your car. It does not matter, animate or inanimate, this is God's love flowing through you through your smiling to the Earth Realm.

And this, dear ones, is one of the reasons you are here. It is to manifest the unconditional love of God on planet Earth.

So, smiling. We ask you to consider this this week and to practice smiling. Smile when you are on your own, and even when you don't feel like it. And then check in with your body, mind, emotions, and spirit, and see what the smiling is gifting you. And then, have awareness, if you will, of smiling more readily in life as you step through your days.

During the pandemic, smiling was somehow turned off in the human realm. It was felt it was not appropriate, and it was also quite a difficult time for human beings. So, it is well past now, the pandemic, and it is time to re-energize and reignite the beauty, and love, and blessings of smiling.

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

**Portia and the Guides**

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Channeled by Susan