

Now Is All There Is

And welcome to you all. It is Portia and the Guides, and our topic this week is, Now Is All There Is.

So often we see you forget this truth. The present moment, now, where you are now, standing on the earth plane in your moment, now, this is truly all there is. In the present moment you have everything you need; breath, a beating heart, a mind that is present for you as it is calm. All goodness is provided for you in this moment. That is creation's design. It is the design of God, the God that created this realm and all of life upon it. That every one of God's manifestations is provided for perfectly, completely, in every moment, in the now.

Human beings have their own agendas about their lives, their livelihood, their circumstance, what they should look like and what their future must bring and the picture of this future. We see that most often you are launched out of the now by letting your mind go to the future – to the future where you truly have no power because you jump out of your alignment with the God that created you. In the alignment with God, with your Source, all is provided for. All is possible.

As your fearful mind begins to play out different scenarios into the future and what could happen and what if this happened, and then fear rolls in, you are beside yourself. You are not in alignment with God, all goodness, all source, all wisdom, inspiration, guidance. We are not saying that God leaves you, please know this. Because as you inch out and away from your alignment from God, simply life becomes more fear based. It has murky qualities to it, confusion, upset, disturbance. The mind can go all over the place.

When you are in the now, you are breathing. You are grateful. You are filled with all that you need. This is resources, ideas, energy, ability, strength, courage, whatever is needed in each moment. It could be tenderness, it could be compassion, listening, supporting, guiding. Every moment is new and different, and this is for you, in your lifetime, to understand that the moment, this moment now, the present moment, is all that there is. It is where power lies.

In the future or in the past, you have no power. It is simply the mind's machinations, and it is always filled with some element of fear, regret, confusion, sadness, grief. Yes, we understand that some memories of past experiences can be quite sweet. And this is good, and this is true. If you linger in the past memories, however, you are missing the opportunities of the moment, to be current, refreshed, serving life as you are designed.

So, this week, we ask you to be with this idea, that now, this moment, is all there is. And in this moment, you have all that you need. Experience this if you will. Feel the love of God, the care, the tenderness, the embrace of Divine Love, Infinite Love, with you in every moment.

Life unfolds and is continuing to unfold each and every moment. As you stay in alignment with God at the center of your being and listen to God's guidance, all is well in the now, and every moment which is the next now, and then the next. And that is how to create a life that will give you the full measure, full spectrum of what your spirit has asked for for you in this lifetime. It may be quite different than what your limited ego mind had planned for you. So, open up to being present in every now.

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

Portia and the Guides

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Channeled by Susan