

## **This Life is a Gift**

And welcome to you all, it is Portia and the Guides. Our topic this week is, This Life is a Gift.

We ask you how often do you say this to yourself? Do you feel that this life, your life now, is a gift? And how often are you thinking how cursed your life is, or if things would be different or somehow better, then you would love your life.

You have been given the greatest gift of a human life. This is the request of your spirit, to have this human life. It is not something that you could conjure up to create the human life that you've been given. It was given unto you, a gift.

When you think of a gift you may consider that a gift is just something delicious or something that you have always wanted, something that would delight you and surprise you. This is the idea of a child – gifts at the birthday time, gifts at Christmas time. But, dear ones, the gifting in your lifetime, yes, will be and can be delightful, surprising, exhilarating, nurturing, nourishing. And it also – this gift – can be challenging, difficult, requiring, asking you to step up and to face and to heal those things that your spirit is asking to be healed in this lifetime. It could be a characteristic, like impatience, or greediness or lack of generosity. It could be a way of understanding that there is more in life than just you and what is on your plate and what is in your life, but to see the greater whole and to contribute to the greater whole and have compassion for all of life.

It is different for each of you because of your soul history through time, and those things that are needing to be righted, we will say, in your soul's history. You may call this karma, but the word karma has a charge around it, so we like to talk about it in terms of balancing your account through time. Any time that you did harm and damage to life – this is including yourself – that those things are accounted for and then the books are balanced. This your spirit does with you, and in this lifetime, the great gift of your life now, are the things that your spirit has on your plate for you to attend to. Some may be small. Some may feel larger. It does not matter, because your spirit is with you, working with you, counseling, guiding, whispering, how to heal what is on your plate.

As you recognize that this life, your life, whatever its circumstances, is a gift to you, you will begin to relax. Your system will acknowledge that you do see the blessings and you do feel the gratitude, and you are moved to get to work on these things. Not to be distracted by the details of life because there is a part of you that does not want to take care of this business at hand. This aspect that does not want to come into the light is your ego mind, your human mind. It only wants those things that it knows and that it is familiar with. It does not care if those things are detrimental to you or are keeping you from your greatest good. It does not truly care about you. This is difficult to hear, but it is the truth. It makes you think that you are its sole focus and keeping you safe is what it is about. But the safety that it describes is a narrow box of the familiar, of the known. This is not the mind of God. The mind of God knows all, and your spirit is an aspect of God, so it also knows what you need, always.

This life is a gift. We ask you to keep this mantra, this idea, top of mind this week. When something happens, like your computer goes down or the electrical storms wreak havoc on your home or your child is being disdainful to you and angry and causing upset in your home, keep this idea forefront. This life is a gift and ask for what is the gift in each situation. And go more than at the superficial level. Keep asking, because the gold is there for you to find, and when you do, it will release the shackles that have held you in place and have kept you from moving into the Light of your Being.

This life is a gift.

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

**Portia and the Guides**

Week of September 4, 2023

Channeled by Susan