

## **Every Act of Kindness is Healing for the Earth**

And welcome to you all. It is Portia and the Guides. And our topic this week is, Every Act of Kindness is Healing for the Earth.

We see there is so much disturbance and warring and upset and upheaval and upturning on the earth plane right now. Each of you is asking – as your hearts are heavy and you are observing what is going on – each of you is asking, what can I do? I'm just one person, and I live, for example, on the other side of the world from this disturbance, this devastation that is happening on the earth now as humankind is making its choices.

There is a simple answer for you: Every act of kindness is healing for the earth and for all of life on earth. This is where it comes back to you. As you are giving kindness to yourself, first and foremost, and then kindness to life on earth – whether it is tending your garden or calling a friend and chatting because you know they need human contact and love, whether it is doing something that is difficult for you to do but you know it is the kind thing to do – there are so many opportunities for you to make a difference on earth now. And it does not mean that you are marching on Washington, for example, or getting whipped up about different politicians or policies or warring states and nations. All of that is calling you away from what you can do, what is within your own power to do to make a difference.

You might ask, well, how does a simple act of kindness – for example, smiling at the young woman who is checking you out at the counter at your local shopping center, and you look her in the eyes and smile – how does this make a difference? That kindness, that simple kindness benefits, blesses all of life on earth because it is an energy of goodwill, of healing, of kindness, of prosperity that you are expressing. This is you expressing God through you into life, into your world, and the energy of God then goes forward in healing, and you do not know where this energy will flow, but you must know that it will, and it does. This is how creation is designed.

So, every act of kindness to other human beings, to animals, to the earth, to plants, trees, mountains, the sky. Kindness is recognition of the Divine within you, within all of life. This will bless you tremendously because the energy of kindness, of love, that you allow to flow through you blesses you on its path. It does not simply flow from God and then flow through you and out the door without blessing to you.

Kindness. Human kindness. That is one of the callings now for every human being on this planet. To come back home and remember human kindness. This is within your hearts, and it is also part of your original nature and your design. It is not something you need to manufacture or model after another. It is within you. It is within you.

So, we ask you this week to be aware in your daily life of small kindnesses that you have the opportunity to do. Whether it is to finish the dishes after a big dinner and it is not your turn, whether it is that sweet hug, that extra hug, that you give your child, whether it is an acknowledgement of a co-worker who is struggling, and you are simply there to say, I am here, you are doing well, keep going, however you say that.

It does not need to be a grand sweep of a kind act. This is what the ego mind would say that it can only bless life if it a big deal, so don't mind the small stuff, go for the big stuff. And then, as you can see, all of the energetic gifts that you could be giving to life are not allowed because you are going after the big win. This is part of the pack of lies that the ego mind would put before you.

We are telling you now, every act of kindness – every act of kindness – is healing to the earth. And this is one of the things that you may do now to support the earth and life on earth as it is going through a transformation of epic proportion. Remember, kindness. Every act of your kindness to yourself and to life is a great, great gift.

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

**Portia and the Guides**

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Channeled by Susan