

Giving Yourself Grace

And welcome to you all. It is Portia and the Guides. And our topic this week is Giving Yourself Grace.

We see that many of you understand and know the concept of giving yourself grace. We wish to add a few things here to your understanding. First, the idea of grace is that it is the love of God flowing to you. It is not based on achievement or what you do or how you look or how much money you make or the home you live in or the car you drive. God's grace is upon you and all of God's creation because you exist. Just because you exist you have God's grace. That is a given. It is a law of this realm, a principle, unmovable. It is the truth.

So, giving yourself grace is the next step because God's grace is there for you, all around you, loving you, present with you. Giving yourself grace is the idea that regardless of the circumstance you find yourself in, your actions, what you may feel are your mistakes or your reactions, or things that might be harmful or damaging to yourself or to life. Pause. Give yourself grace. This means to give yourself unconditional love and compassion and understanding. It means to listen to the learning that is revealing itself to you; perhaps greater self-awareness, increased love and kindness to yourself and to life, patience, generosity, gratitude. Many things will be revealed to you when you give yourself grace in the moments of your life and throughout your life.

Giving yourself grace means kindness, gentleness, tenderness, even when there are parts of you that want to punish you or make you feel badly or encourage self-doubt because of a situation. Those voices are not the voice of God. So, pause, reflect on what has just happened and ask God what is here for me to learn, to see, to do?

When you give yourself grace it gives you great space for God's word, God's guidance and love and protection to arrive. It is, we know, a challenge, because the modern world, especially the western culture, is fast, fast, fast. So, the idea even of taking a pause and reflecting, giving yourself grace, compassion, space, and then asking what God and life are trying to tell you is the guidance. Because the earth experience is all about learning, growing, stretching, meeting challenges, and prevailing with greater understanding.

So, this week we ask you to explore giving yourself grace and experiencing what it feels like in your body when you give yourself grace. Your body alone will love that you are doing this because when grace is present, your body systems are able to calibrate to what is the highest and best and most worthy sequencing in all of the body systems.

Grace. Giving yourself grace is your homework this week. You will learn much.

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

Portia and the Guides

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Channeled by Susan