

## **Above All, Love Is What Matters**

And welcome to you all. It is Portia and the Guides. And our topic this week is, Above All, Love Is What Matters.

So often we see how you forget this. It is a primary truth and guidance for you. A way to stay on your path and to allow the life that is designed for you to come forward. Above all, love matters most.

How many things do you put as mattering more than love in your life? Your job? Your bank account? The weather? Your in-laws? The upcoming holidays? Gifting? Striving to be those things that others want you to be? The list goes on and on – these things you allow to rise to the surface and to become priorities. We are asking you now to re-prioritize your way of being in your human life. It is quite different than what you have been taught and how you have been trained. Especially in the western culture, it is all about more, more, more. More productivity, faster, higher, better, more, more.

Take a moment right now to breathe deeply. Take a deep breath in, fully, and exhale out, fully. You feel yourself settling in this moment, regardless of what is going on outside or the schedule that you have today. Be in this quiet, peaceful space and consider above all, love is what matters. Above all, love is what matters. Is love guiding you, your every step, how you relate with others, the world, the earth. You know, because it is part of your design, what love is, and how it is expressing through you. And we do not mean romantic love. The love we speak of is more like the Golden Rule kind of love. It is gentle, it is common sense, it is true, and you feel good inside. That is what we mean when we say, above all love is what matters.

So, we ask you this week to take this on, and it is a challenge, for certain. As you go through your days, are you bringing love up front and center in your thinking, your actions and behavior? Quite often the mind begins to run ahead, and it is disturbing you, causing you fear and anxiety and guilt and lack of worthiness. Take that deep breath in and exhale fully out and ask yourself, is this thought coming from Love? Love is another word for God. Is my action being guided by Love, by God. Am I seeing the world and all of life with Love?

We are asking you this week to take this on and to observe your thinking because often it bubbles up and begins to churn around – thoughts from your ego mind – that cause you to come from a position that is not love. Do this with yourself as well. When you are hearing self-criticism, self-denial, self-punishment thinking, stop, inhale, exhale. Bring love in. What does love say about these thoughts?

It is quite a turnaround we see to bring love forward as the highest and best. But it is the highest and best guidance for you in your human life. Above all, love is what matters.

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

**Portia and the Guides**

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Channeled by Susan