

How Can I Love More?

And welcome to you all. It is Portia and the Guides, and your question this week is, How Can I Love More?

We thank you for this question as it is quite important to each and every one of you. How can you love more in your life?

Let's begin with how can you love yourself more. This is the beginning point and we see how often you do not love yourself. You are critical, judgmental, parsing out love to yourself, perhaps, but only based on what you achieve or what actions you believe are worthy of loving yourself.

Dear ones, if you could only allow yourself to feel the love that God has for you. It is infinite, ever flowing to you, you are a beloved child of God. This love is ever present with you. Begin there, to experience the love that your Creator, your Father/Mother God, has for you. It is not based on anything that you do or how you think, or any of the details of this human life. It is complete love for you.

So, begin there, and ask yourself the question, how can I love myself more? Do you need to take more breaks to give yourself some space from the rush and the push and the demands of daily life? Even if it is for five minutes of a walk in your garden or to step outside in the evening and to look up to the heavens and feel peace, goodness, love, harmony, joy.

Starting with yourself, it is to observe your thinking about yourself and to stop and make any corrections when the critical voice and voices come in. "Hold right there!" you will say, "I am going to ask God what is the truth here, and am I loved even in this circumstance?" If it is intended that you make a change or course-correct, this God will tell you, but not your limited ego mind. Your limited ego mind will simply poke you and try to get you under its thumb of fear. So that is your first step. And it is to trust also, knowing you are a beloved child of God.

And then how can you love more in your life? It is first to be present with your thoughts. Are your thoughts loving, kind, compassionate, caring? And we do not mean namby-pamby here. We do not mean that you are without resolve or power, agency, integrity, intelligence. It is having that presence within yourself, and it is not within your mind. It is to come from your heart center. So, this is a great clue for you when you are having thoughts that are not of love. Come down from your head – from your thinking machine – to your heart and ask what is the truth. What does Love say about this thought?

And this is the same for your actions out in the world. You know within your being, within your heart space – and this is the center of your being – you know what is love, how it feels within you, and when it is expressed, flowing through you. This love originates from God, and it is a well-spring. Love is a continuous flow to you, through you. So, allow it to be that perfect, golden light and love that is God flowing through you. What you will find is as you allow this you are deeply blessed and so is the world.

How can you love more? Be love. Come from love. Allow God's love to flow through you and bless you and all.

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

Portia and the Guides

Week of November 20, 2023

Channeled by Susan