

Grateful in Your Heart

And welcome to you all. It is Portia and the Guides, and our topic this week is Grateful in Your Heart.

This is the season of giving and receiving and being open to the love that these gifts represent. We ask you during this time to feel gratitude and grateful in your heart. Not just in your mind where you are thinking, "Oh, this is a wonderful gift," "This is a present I have wanted for a long time." Or giving gifts, having spent the time to think about and to either make and craft a gift for a loved one or to find it somewhere online or in a store. Feel the gratitude in your heart as you are giving these gifts, as you are wrapping them, as you are thinking about the individuals they will be delivered to.

So often we see that the idea of gratitude stays in your head, in your mind. You are thinking, thinking, thinking about being grateful and having gratitude for different things in your life. This is all good, this is the beginning. It is not done, however, just in the mind. You must allow the energy of gratitude to come down, to sink down into your heart center and to experience it. It is the experience of gratitude we are expressing here. Not just thought or the mind but coming down into the heart and experiencing the love, the kindness, the appreciation, the gentleness, and tenderness. This is bringing gratitude into your heart.

Your heart is truly the central point of your being. Your mind is important, yes, but it believes that it has all the answers, and it is the commander-in-chief of your system. This is not correct. It is quite capable, yes, of doing things and accomplishing things, but it is the heart that is to be your guide. Your mind and your heart, your heart the guiding force. Your mind, that which executes on things and brings them forward into the third dimension.

Grateful in your heart is our request of you this week, as you are living through and into these holiday moments of love and gifting and receiving. Come back home to your heart and experience gratitude being grateful in your heart.

We see there can be much whining and complaining in your minds during the holiday time when you are needing to stay up late to wrap presents or going to different performances and public events and social gatherings when you might rather stay home. On all of these things, ask your heart, is this your desire for me to do these things?

Grateful in your heart is upon you now. It is the season of gratitude, of sharing love and kindness, appreciation, honor.

We wish you the happiest holiday times and are most grateful to you for your presence on the earth plane.

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

Portia and the Guides

Week of January 1, 2024

Channeled by Susan