

## Letting Go of the Old, Opening to the New

And welcome to you all, it is Portia and the Guides, and our topic this week is Letting Go of the Old, Opening to the New.

This time of year, we see there are many memories of the past coming up for you. It is like a flood of memories, some are sweet and tender, some are difficult and painful. Our topic this week is about releasing the old patterns and consciousness, behaviors, even ideas, that no longer serve you. In this letting go you are turning to being open to the new, new ideas, new thought forms, new perspectives, new vistas, freedom.

We understand it is a difficult thing often to let go of old patterns, beliefs, concepts because oftentimes they are deeply rooted within your system, and you have invested a lot in them. This investment is part of why it is so difficult for you to let them go. Somehow in some way they have served you, whether it was for survival or to dampen pain. But you are not that being who called into your reality these patterns, thought forms, beliefs, structures within your system. You are ever evolving, and it is essential for you in your evolution to constantly check if there are old things within your system that no longer are current and are not lifting you to your better self.

Your spirit is right next to you, with you, always, and is guiding you, prompting you, whispering in your ear what to do, what steps to take to move forward, to progress, to grow, to evolve. This is why you are here, dear ones. Holding onto things that no longer serve you, that keep you stuck, pulled back, unable to move forward is not what you are here for. It is a challenge we know to release some of these old patterns and beliefs because they are often quite deep. But at this time of year, when there is actually a universal opening to reflect on the past, yes – the past year – and have gratitude and understanding about those things in the year past, and then there is an opening. As if the doors are opening, the big doors, to what is possible in the next year.

As you shed and slough off those things that are old, that are keeping you encased in old patterns, as you release these things, there will be a sense perhaps of a void. And this can feel a bit scary, and it might make you tremble, but you are on your way because this void or empty space is where life will fill up with what is possible in the new, in the new time, for you, for your best and highest. Holding onto those things that are familiar just because they are familiar is a dead end.

We ask you to use this time between the celebration of the Christ's birth or Christmas Day celebrated, and the New Year. Use this time to do this reflection and ask yourself the question about what might be holding you back. And if you could release those things – and take them one at a time – and imagine what your life would be like without that shackle, you will be clearing the way for new to arrive.

Do not allow your mind to try to figure out what the new will be. Your ego mind is limited and can only cobble together stories from its past experience.

God and your spirit are guiding you into the new year, the new time, which is fresh, and yes, unknown to your mind. Trust. Continue to walk forward letting go of those old things and opening to the new.

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

**Portia and the Guides**

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Channeled by Susan