## Are You Expecting Good or Evil?

And welcome to you all. It is Portia and the Guides, and our topic this week is Are You Expecting Good or Evil?

This may seem like a big question, especially when we use the word "evil" because this can conjure up great darkness and the abyss even. But when we say evil, we mean anything that is counter to good. That could be discouragement, disillusionment, fear, revenge, sadness. Anything that is not good or God.

When we use the word "expecting" this is quite important because your mind, whether it is expecting good or evil, and then making pictures to anticipate either good or evil, this has energy to create moments and to create energy that comes to you, good or evil. If you are imagining, for example, that you are going to fail when you make your presentation to your manager, this is already creating building blocks, steppingstones, for you to fail. Why would you put that energy out there? Why would you allow your limited, fearful, ego mind to set the stage for you to fall?

Looking at it the other way, when you have expectations of good, when your thoughts come to you to see you presenting strongly with confidence and joy and peace, this brings forward and begins to create a pathway of goodness, of success, in that situation for you.

You may believe that your thoughts do not have that kind of power, but indeed they do. And we will remind you that the limited, ego mind is fear based. You are quite familiar with this, even as many of you, we see, wake in the morning with a list of fear-based things to do or outcomes or "what ifs?" and all of the cacophony of the limited ego mind. As we have told you before, this ego mind is not in control of your life. God, good, is. This limited ego mind is all about taking clues from the past and memories and experiences and cobbling together what might happen in a particular situation. And it is always fear based because the limited ego mind is about saving you from devastation, from destruction, from harm and damage as it sees it. But this is like a play, a script. It is not the truth. The truth is, when you are in alignment with God, good, and asking for guidance every moment, what to do, how to stay at the center of your being, you have all protection. You may relax, even, in the consciousness of good.

We ask you this week to check this out within your own system. Observe your thoughts and your thinking, how often your thoughts go to the downside of any situation. It does not matter that there is a fearful thought about the heavy traffic, and you might be late for work. There is a fearful thought about the relationship you are in and whether it is going to last or turn sideways and leave you unhappy. Your finances. Your health. The situation and all of them that are going on globally. Where does your thought lead you? Frequency-wise you will know if it is taking you down to discouragement and ideas of destruction or if it is lifting you up to that which is possible in God's kingdom. And as you vote for this and you say, "Yes! I am holding hands with God. I am allowing God to organize my life. To guide me. To guard me," all goodness will flow to you, and you will envision the outcomes as positive for all involved, not just for you.

Expecting good is what we are asking you to experiment with this week. It is not about Pollyana. It is not about putting your head in the sand. It is about aligning with the truth of being, which is good. That which created this realm, this earth plane, God, created it good. Know this is the truth.

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

## Portia and the Guides

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