

## **Ask, Listen, Follow, Trust**

And greetings to you all. It is Portia and the Guides. And our topic this week is Ask, Listen, Follow, Trust.

We might call these four pillars when you are making choices in your life, or decisions, whether they are small or large, whether you are feeling confused or clear. These four steps are essential for you to take so that you are in perfect alignment with life, with God, with your spirit. So let us go through each of the four.

First, importantly, to ask. Ask your guidance, which is God and your spirit. Ask. So often we see you have, for example, a decision in front of you to make, and you charge right ahead with the limited ego mind's input on the best course of action. If you will, pause, take a moment, and ask God and your spirit for guidance, for peace, for comfort, for knowingness in terms of the next best step or choice to make. So, ask is the first thing.

Next is to listen. You may feel that asking and listening are the same thing, but they are not. You ask, and then you allow the answers, the guidance, to flow to you as you listen, with humility. You are listening like a child, so to speak. Completely open with no agenda and listening. This is how the best and highest can come to you. The ego mind will try to jump in and wrestle so that you hear its agenda. But if you will, take the moment to listen with an open heart and open mind and a quietness also. This is how true listening can happen.

And then follow is the third step. With the guidance you have, take the steps with peace of mind and confidence knowing what you are doing is God guided. The choice you are making in this moment is God guided. It is true as you begin to follow you may hear guidance that says, okay, turn a little right here, or choose this now. Because that is how creation works. It is in the moment. So, we guide you, with guidance, it is in the moment. If you are guided to do something and you cling to that guidance day after day after day as life is unfolding and evolving, you will find yourself stuck. So stay open, fluid, flexible. Listening and following. Taking the steps and listening.

Trusting is the fourth piece, and this is essential as all of these steps are. Trusting is letting go to God. Trusting is saying, I know you are in charge, God. When fearful thoughts come up and you feel timid or trembling, that is when trusting comes into play. And your mind will have all of the reasons why not to trust because it is fear based. Trusting with your heart and with all of your being is the answer here. Staying true to your trust. Standing with your trust. Being in trust with God. We are seeing that that is on your money paper, In God We Trust. In God We Trust.

So, those are our recommendations here for you to explore this week. When you are choosing, making decisions, wondering which way to go or which idea might be best, go to these four steps and honor and be present with each one and it will serve you in the very best and highest way. It is how God supports and governs and nourishes and nurtures you, God's creation. God's beloved creation.

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

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Channeled by Susan