

## **Be in Your Life**

And welcome to you all, it is Portia and The Guides. And our topic this week is Be in Your Life.

You may wonder why this topic and you might say, “Well, I am in my life, what do you mean?” Be in your life in the present moment of your life. Not in the past. Not in the future. Right in this moment, completely, wholeheartedly. This is what we mean by Be in Your Life.

The human life, your human life, passes quickly. And we see how often you are either reflecting into the past and feeling regret, what you could have done differently, and rarely are you embracing the joy of the past. It is usually fraught with disturbance. Or you are in the future, your mind going to the future. All of the “what-ifs?” how you might control an outcome, how you can be assured that you will be successful and safe in the future. Where does that leave the present moment, which is all that you have? The present here and now.

Are you moving so fast through your life, thinking about the future, reflecting on the past, that you miss the sweet bird song in the morning, enjoying the sound of the crackling fire in your fireplace, the feeling of the crisp air on your face, the strength of your feet on the ground, the support that the earth gives you as you are inhabiting the earth plane? Think on these things.

What we know you do not want at the end of your human life is to feel that you have moved through it so quickly – and been in fear of the future or regrets and pain of the past – that you missed the present moment of joy, of heaven on earth, of the glory that is this human experience. All of it.

You may say that pain is not to be savored or cherished. We understand this. But joy and pain, the full spectrum are all part of your human experience, and they are all intended to support your growing, evolving, learning, greater understanding of yourself and of life itself.

Even as your lives are busy, we are asking you to be in your life. Be in the moments of your life. This does not particularly take lots of time, because that will be one argument that your mind brings forward, “I don’t have the time.” You can see how ridiculous this is because in each moment, whether you are washing the dishes, or caring for a child, or at work, or driving to vacation, it does not matter. Be present in each moment, cherish it, treasure it. This will make your spirit very happy, and more and more goodness and joy will come from your gratitude as you are in each and every moment of your life. Being in your life.

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

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Channeled by Susan