

Right Here. Right Now.

And welcome to you all. It is Portia and the Guides. And our topic this week is Right Here. Right Now.

We see so often how you allow your thought to either linger in the past or to race forward. Back and forth. Back and forth. Where are you in this present moment? Right here. Right now. Where everything you need – all that you need to know, all that you need in funding, in resource, in joy – it is all in the moment, right now.

We ask you this week to challenge yourself with this idea. Be in the present moment. Observe yourself, your thinking, your emotions. How often they jump ahead or lean back and take you out of the aliveness, the energy, the love, of each moment of your life. We understand that your mind may say, “But I don’t like this moment, it’s uncomfortable, I don’t know what to do.” And so, you lean back, away or lean forward, you lean out of the moment. Every moment is a gift from God to you. Your life in this human life is precious. It is intentional. There is purpose. There is meaning. And that is for you to continue to discover as you are in each day, each moment.

A life well lived is lived in each moment, is lived being present, being available to the God that created you and to your spirit, to be guided, directed. When you are in the present moment it is actually heaven on earth. You are allowing God, God’s presence, to flow through you. It is the best and highest choice for you to make in your human life. To have the life you are intended to have.

We again understand that it is a challenge because the human mind is a constant hamster on the wheel, so to speak, and is flipping here and there and causing you to jump out of the present moment.

This week is your great opportunity to observe yourself and to observe the dynamic of your mind that would take you away from being present.

We see that you will learn much and you will see how precious it is to return to the present moment when your mind is trying to spin you out.

Be present. Right here. Right now. For the goodness that is there for you, for God’s goodness and love, light, truth, joy, humor – all that is designed for you in each moment when you are in the present moment, right here, right now.

Do not miss the glory and the goodness of all that God has for you in each moment, here and now.

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

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Channeled by Susan