

Be Kind

And welcome to you all. It is Portia and the Guides, and our topic this week is Be Kind.

This may seem so simple to you, and you may say, I am kind, I am a kind person. But let us ask you, are you kind to yourself? Are you kind to those closest to you? Are you kind to your neighbors, your community, your nation? What does kind mean to you? In the simplest way, it is respect and honor and allowing the other to be as they are and to appreciate as they are.

Kindness does not include judgement or criticism or irritation or agitation. It is an easy sense within your being of calm and of acceptance and of allowing.

Kindness does not mean that you agree with everyone and everything that is going on because you have your own internal guidance system of what is right – which is aligned with God – and what is outside of God's guidance or could be harming and damaging to life.

Kindness is – and comes with – intelligence. Kindness is a greater intelligence beyond your human mind. It is the mind of God, which knows all.

So, you may be in every instance – perhaps with the cashier as you are checking out of the market and they seem to be unkind or in a rush or abrupt – extending kindness, even if it is energetically. Kindness, peace, calm, love.

Love is at the core of kindness. This is God's love flowing through you to life, to all of life, including plants, animals, the earth herself, the sky, the air. All of life on earth is asking for your kindness, for your love, for your honor and respect and tenderness.

Try this out this week. Check yourself on your kindness levels. Are you more kind to strangers than you are to yourself? For many, this is the case, and so you will be observing yourself.

Start first with kindness for yourself, loving attention, compassion, understanding, allowance, and acceptance of all that you are, including those things that you are working to improve upon. The human life is all about learning and growing, understanding, and then learning and growing again, and understanding again. It does not stop. It is an ongoing blessing of goodness from the God that created you and that created this beautiful earth realm.

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

Portia and the Guides

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Channeled by Susan