

How Do I Conquer My Fear of the Future?

And welcome to you all. It is Portia and the Guides, and your question this week is How Do I Conquer My Fear of the Future?

We thank you for this question because it is a question for every human being.

First let us address the idea of conquering your fear. This implies war. It implies going to battle to face an enemy and rising up and dominating. This is not a good first step. We ask you to release this idea of conquering your fear. Fear arises in the narrow, limited human mind because it always wants total control of everything. You can laugh at this idea because there is no possible way for your mind to be in control of everything, past, present, future. That which created you, God, is the one who is in charge of the earth realm. In control of every detail and unfolding of life on earth.

So that is the first idea we ask you to consider. To let go of the idea of going to war with fear. It is for you to see that fear is what the human mind – limited, narrow – wishes to keep you in a place of its control. Fear is actually not real. It is an illusion. It is like the magician up on stage chopping someone's body in half, and you feel the fear. But it is not real. When you come home to your center – your central knowing, the place where God and your spirit reside, you may call it your heart center – you know what is true. So, use that example. Do you wish to become afraid that the body on the stage is chopped in two and the magician is the one who is in charge? No. You know it is an illusion.

This will be a challenge for you because the illusion that the mind conjures up often seems so real. Fear of the future, of your safety being imposed upon, of your security not there, that you may be at risk of falling down, of being hurt. It goes on and on. What you will see is that it will come in at every opportunity with an idea of why you should be afraid.

We ask you this week, when any fear comes up, to pause. Come back home to the center of your being and ask God and your spirit, what is the truth here? Am I okay? Is there anything to fear? The mind will say to you in its ramblings and its volume, "Well, you don't know, it is uncertain so you must be afraid. The uncertainty itself should cause you fear." Again, be at your center and ask God, "Is there anything for me to fear here? Even the idea that there is unknown?" And God in all of its tenderness and kindness will assure you that creation is always unfolding, changing, every minute, every moment. So, all you are to be present with is the now and to experience God, good, in the now.

The idea of the unknown is a big hammer used by the human limited ego mind to keep you in its control. To keep you afraid and small and bowing to anxiety, worry, concern. This is not the quality of your existence you are asking for. It is not why you are here. You are here to stand for the truth. The truth is God is in charge of you, your life, every detail. As you are in alignment with God all is well. Right timing. Right action. Right speech. All of this flows through you. You are God expressing in the third dimension. There is no fear of consequence, of risk, of harm and damage when you are aligned with the God that created you and loves you beyond words. This love alone you may trust. You may feel safe and have no concerns, worries, anxieties, because you know that God – all power, all knowing – is in charge of you and your life as you are ever humble and listening and being with God.

We ask you this week to observe your thinking. Be keenly aware of any drop of fear that comes in about uncertainty about the future. Challenge it. Talk with God. Get your answers and exercise this muscle of being with the truth, living within the truth, and trusting, always trusting the God that created you and this earth realm.

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

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Week of July 1, 2024

Channeled by Susan