

Thank Yourself

And welcome to you all. It is Portia and the Guides. And our topic this week is Thank Yourself.

Think about it, if you will. How often do you pause and thank yourself for something small, something large, or nothing at all? Just to express gratitude to yourself. Gratitude that you have the courage, the kindness, the forthrightness, the persistence to be here in human form. It is not an easy assignment to be in human form at this time in the history of the earth. Your spirit asked for your presence on earth at this time, a challenging time, a demanding time. So, just because you are here and having your human life and doing your very best, this is cause for great gratitude. You to you.

You may be one who expresses lots of thankfulness to others for their kindness or service or generosity. Look to yourself here, how often do you express gratitude to yourself? Again, just for being here now on the planet. You are here for the God that created this realm, this earth realm, to do God's work, to help restore the earth, restore humankind.

And it is not about you doing some grand contributions that are public and full of great applause from others. No. It is simply being here now. Listening to guidance from the God that created you and created this realm and guidance from your spirit. And a reminder, your spirit is an aspect of God, uniquely designed.

So that is our message here for this week. If you will please, be aware of acknowledging yourself, when you are doing any small task, for example, washing the dishes, say to yourself, "I am grateful to you, self, for who you are, and for your willingness to be here on earth right now. And to do your very best." Your very best may happen often and sometimes it might be less than your very best, but in every moment, in every situation you are bringing your best to the table, whatever that is, without judgement, criticism, sarcasm, opinions. Thanking yourself. Gratitude to yourself. Thanking you.

Try this out this week and we see that you will feel in your heart great gratitude for who you are and for your presence here on earth, and it will magnify your blessing on earth.

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

Portia and the Guides

Week of September 2, 2024

Channeled by Susan