

## **Letting Go of Control**

And welcome to you all. It is Portia and the Guides. And our topic this week is Letting Go of Control.

This idea of letting go of control is something for every human being because control in the human mind is its baseline. The human mind comes from a standpoint of fear. It is a primitive vibration, fear of anything that would impinge upon its survival. Think of the caveman and cavewoman, in their existence everything could be a threat to their survival. So the human mind was wired to fear, to be on ultimate alert, and to try to control everything.

The truth is you do not live in caveman times. That is the first point here. But the most important is that the ultimate control and guidance in your life comes from Source, God, that which created this realm and created you. This energy guides your every moment, protects you, every moment, is with you, every moment. It does not leave you. It is not possible. Creator, creation. God and you are linked infinitely every moment, and this Creator loves you, guides you, cares for you tenderly in every detail of your life. So, God is in control.

It does not mean that you simply go out to the beach and have an umbrella drink and go unconscious. No. Because you are the conscious expression of God, of that which created this earth realm.

So letting go of control is about surrendering to God. Surrendering to your highest good. Surrendering fear, clutching, anxiety, worry, concern. At any time if the idea of control comes in – and it is always with fear – so note this. Any time you feel control rolling into your consciousness with fear, with gripping, pause. Come home to your central core. This is the center of your being where God and your spirit reside, and ask the question, “What is the fear here?” “What am I trying to control?” and you will hear an answer. And then you may ask, “What is the best next step for me? What is the best and highest action for me to take here?” And you may hear, “Nothing, simply give this fear to Me (God). Release it and go on your way. Go with freedom and joy.” You may also be given guidance on an action to take which will heal the situation or the grasping of control. And then you will take that action, and the fear and control will be released.

We tell you that the human mind will not stop with its intention to control. So it is a constant watching your thinking and doing this work to release control and trust God is in control. Trusting is also not something that the human mind is comfortable with, so it will try to convince you that it is God, it is your highest authority, and it is what you must listen to. This circuitry we will call it is deeply embedded in the human system, so it is a challenge to undo this wiring that is no longer serving you, no longer serving mankind, humankind, or life on earth.

So, this week we ask you to be extremely conscious of your tendency to want to control. And letting go of control will bring you the ultimate freedom and joy and spontaneity and gladness about your human life.

It is a big request we know, but if you will take baby steps to observe your consciousness and any time the idea of control with fear comes up, pause, ask for the highest truth to come to you, then act on this and experience the freedom and the truth and the rightness of this. This is how you were created, dear ones. God is your source, your true guidance, the one who is in control of every detail of your life, every detail of life on earth.

Our love and blessings are with you always. Namaste.

**Portia and the Guides**

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Channeled by Susan