

Let Nature Calm and Soothe You

And welcome to you all. It is Portia and the Guides, and our topic this week is Let Nature Calm and Soothe You.

We see on earth right now there is so much disruption, disturbance and difficulty for humanity in every area. What do you do? Where can you go for peace and comfort and calm?

As you know, one place is for you to go within to the central core of your being. This is what you would call your heart space or heart area. Go there completely. And that is the moment when you arrive and God's presence and the presence of your spirit is there always to comfort, to guide, to guard.

Nature also is your great ally for comfort and soothing and respite from the turmoil on earth. Nature is all around you. Nature does not cost you a penny to engage with her, Mother Earth, and all of life on earth. The hummingbirds, the birds, your cat, your dog, the plants, the beautiful trees, the air, the stars – all of it, all of Nature waits for you to come for a visit and to drop all of the burden, the conversation, the disruption, anything that is in your consciousness or in your life at that moment.

It does not require anything of you but to be with Nature. Yes, the best healing and comfort is to be in Nature, whether it is to take a walk through a park or be in your backyard and say hello to the trees, to the flowers, or to take a hike. Be in the energy of Nature. This is the most powerful healing opportunity for you.

As you live in a city, you may also do this, even if you say, well I live in a concrete building and I walk by concrete buildings all the time, but where is Nature? Look up, dear ones. As you pass a park, walk into it, just for a moment.

Nature is Mother Earth, and you are part of the earth. Mother Earth is – and delivers and gives you – the qualities of nurturing and care and comfort and love that mother does when you think of the best and highest qualities of mother.

So, this consciousness, even when you are gazing out the window to your beautiful plants or flowers, or up to the sky, this is your time with Nature, and it is healing for you.

It also is a place where many answers can come to you. So, as you are quiet and engage with Nature – either in physical form when you are walking through the forest or on a hike or in your backyard barefoot, walking on the grass, whatever it is – empty your mind, and what may flow to you are whispers of solutions and answers to things that have been on your mind. You must drop the human mind and its mechanisms in order to hear Nature speaking to you, the Mother speaking to you. Mother Earth.

It is to “get out of the way,” as you say, even if it is for a moment to be with Nature and let her speak to you. If she brings a grasshopper to your window or a hummingbird flits by, you may ask her, why did you bring these to me, do you have a message for me? And then be still, be quiet, and listen. There is magic.

It is divine. Nature. Nature is for you. To help you, support you, heal you, inspire you, lift you. It is for you, dear ones.

We ask you this week to surrender to being with Nature and experiencing the calm and soothing presence of her divine being.

Our love and blessings are with you always. Namaste.

Portia and the Guides

Week of October 14, 2024

Channeled by Susan