

Love Who You Are

And welcome to you all. It is Portia and the Guides. And our topic this week is Love Who You Are.

We see on earth with human beings so much self-criticism, self-judgement, self-denial, self-punishment. It goes on and on. As human beings allow this within their thinking, their frequency drops, their ability to bless life decreases.

Going into “Where do these negative thoughts come from?” is not the deal here this week. The short answer is that they come from the limited narrow mind, the ego mind, that wants to keep you in prison and at a low frequency and vibration, so it has what it considers control over you, keeps you in prison. But dear hearts, you are a beloved child of God. Who you are, designed by God, is one-of-a-kind, unique. It is God expressing itself through you. There is no other like you.

We ask you to feel this and to know this and accept this. How beloved you are. How perfectly designed you are.

When thoughts of self condemnation come up, pause. Listen to the voice, yes, as you hear it, and then choose. Is it the truth? There may be instances of course, when you can do better, you could improve a behavior, how you have handled a situation, what you have brought to a particular meeting or to a job assignment. There is always room for growth, for improvement, for more light to flow through you into life. Always. That is what the human experience is about, growing, stretching, learning.

So when the voices come in with judgement on a particular situation, pause, acknowledge for a moment. And then, with your spirit and God, look at it, and is it the truth? The highest truth? If it is not, release it. If it is something for you to observe and to learn from, do that, take the learning and then release it. It is the rumination, it is like a merry-go-round, that this ego mind works. It keeps bringing up, up, up every possible way and voice and energy to bring you down, down down. Can you see this? The merry-go-round image, that as you address one and let it go, another one comes up, and then you get to choose.

It is that simple, dear ones. Loving who you are is the key here. Even as you know that as a human being it is not perfection; the human existence is not about perfection. It is about becoming more and more who you are and loving yourself so that you become more who you truly are, designed by God. Loving yourself is the key and it is the path for you in this lifetime.

The voices that say, well you are flawed here, and you are sub-standard there. This is the limited ego mind bringing ideas up to you. If there is even a morsel of truth in these ideas, with God and your spirit take the truth and release the damaging, hammering energy that comes with these voices.

Love who you are. Joy in who you are. As you do this you will see that the voices will become less loud, less frequent. You will still continue to learn and to grow and to be with the truth of who you are.

Love who you are this week. This is your assignment. And we see you will have great learning and “ah-ha” moments as you do this homework. It will bring you greater freedom and humor and light. You will feel so close to God and to your spirit, the true nature of who you are.

Love who you are.

Our love and blessings are with you always. Namaste.

Portia and the Guides

Week of October 21, 2024

Channeled by Susan