

## **Opening to Love**

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

We ask you to think about this in your own being, your own system, your own heart. Are you opening to love these days? Opening to kindness, brotherly love, comradery, community, unity? Or are you closing down to love through criticism, judgement, separation, opinions?

Opening to love is the key to a good human life. Even when you experience pain or perceived hurt when you open to love and the response is not equal to your love, or it feels like you opened yourself up and were vulnerable – which is another way to say, authentic – and the response was not what you were hoping for or wishing for or believing would be.

The response and the reaction to your opening to love is not the deal here. People have their own stuff, so to speak, that they bring to every interaction. They may be triggered in ways that you do not know and have nothing to do with you. So do not take a response that feels cruel or mean or unintelligent personally. Do not take it personally. When you do, you tend to close down your heart. You tend to close down love. This does not serve you in any way. That is the bottom line here.

What serves you and your life and your mission here and purpose here on the earth? It is to express the God that created this realm, and that includes unconditional love for yourself and for all of life. So, keep going, keep opening to love. To expressing love and to receiving love.

We mention receiving love here because we see that many of you feel vulnerable about receiving love. This is the ego talking to you. The ego feels if it opens up to receiving love it will lose control. It is fearful about receiving love and opening to love because things might change also. The texture of who you and the ingredients of who you are may change, may soften, may become more gentle, more kind, more compassionate. The ego wants to be in charge so it will close the door – it will bar the door -- if it perceives anything that will take its position as authority.

Love conquers all. Love is the guiding principle on the earth realm, so open to it. Opening to love. Giving it. Receiving it.

We ask you to be conscious of this this week. And the holiday times are coming in and bring in different patterns of fear, of giving, of withholding. Stay true to the love of God that flows through you. Opening to love. Giving and receiving.

Our love and blessings are with you always. Namaste.

## **Portia and the Guides**

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Channeled by Susan