

Home for the Holidays

And welcome to you all. It is Portia and the Guides, and our topic this week is Home for the Holidays.

We see at this time when the holidays are rolling in that many are going home to family, to the places where they grew up and had all sorts of experiences, happy and sad. We wish to tell you here: Home is not a place. Home is in your heart.

When many think of going home or being with family during the holidays it is filled with anxiety and fear and tension and issues. It is not a happy and contented feeling. We ask you to be home within yourself this holiday. Take home with you. Home is within your heart. Your heart is a place of safety and humor and compassion and ease and generosity, openness, freedom, laughter. These are within you, dear ones. They are not located at some address or what you remember as home, or someone else's home even. Home is within you.

Think about the qualities of home and how you feel when you consider the true nature of home. Welcoming. Loving. Embracing. Warm. Kind. Inclusive. Non-judgmental. All of these qualities are home. All of these qualities and home are within you. You take them wherever you go, whether you are at a busy airport during the holiday times, or on busy freeways, or navigating snow-covered roads. It does not matter where you are. It does not matter your location on earth. Home is with you.

Whenever you feel pulled off base or pulled off your home base – your central core, your heart – whenever you feel this happening, pause right there. Call yourself back home and ask God and your spirit, “What’s going on here? What do I need to see? What do I need to know? What is the truth?” All of the answers and the comfort and the ease and the knowingness are at the central core of your being, and this is your heart. And this is home.

When your thoughts become agitated or irritated or insecure – any of the emotions that can tend to wave through this holiday time – do the same thing. Pause. Come back home to your central core, your heart. And ask, “What is going on here, God? What can I do in this moment with these emotions?” And you will hear the answers. They will be peaceful and calm and comforting, and they will be the highest truth.

Your mind and your ego will try to tell you that this is part of the holiday season, so just buckle up and get ready for an arduous and sometimes difficult and challenging time. Think about this. The holidays are to celebrate love and giving and being together, sharing love. It does not matter the characters you are with or whether they have patterns that you do not agree with. It does not matter. Arrive with unconditional love wherever you are this holiday season. Whether it is in a crowded shopping mall or in a marketplace where people are scurrying to pick up last-minute things, or on the road, or traveling. It does not matter. Be home. Home for the holidays. This is within you, dear ones. Be at peace. Be at home.

Our love and blessings are with you always. Namaste.

Portia and the Guides

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Channeled by Susan