

## **No Judgement**

And welcome to you all. It is Portia and the Guides, and our topic this week is No Judgement.

We know that you are aware of how often you judge. And yet it is even more than your awareness. You may judge a political figure, a neighbor, yourself, and you hear the judgement in your mind. For example, "Oh, that person is wearing those clothes? How can they?" Or to yourself, a judgement about a choice that you made or something you believe is a mistake. Or global leaders and what they are speaking and doing.

We are asking you this week to watch your thinking and see how often you judge or curse something in your world, including yourself. We are not saying that you will agree with everything going on in the world, agree with other's choices, but to curse others with anything that your judgement mind believes needs to be different or to be changed, this is damaging to you and to life. You are stomping on life and causing it to go underground in many ways because you are pressing it down with your judgement.

You may have an opinion that you do not agree with something, but we ask you in that moment, to ask God to bless it. Replace your judgement with God's blessing. This is the way to heal life on earth. With judgement and criticism comes anger and rage and war and separation. This is not healing to the planet. It is not restorative to life on earth, to you, to anything. Blessing life. Asking God to bless the situation, individual, yourself. This is what we ask of you.

So many judgements are flying around these days on earth. Sadness, grief, from the judgements. Have you ever felt joy and inspiration when you judge something? No. It is a downward spiral of energy and that tells you everything. It is not God originated. It is not uplifting. Does not raise your frequency or vibration. It pulls you down and it pulls life down.

Again, we are not saying that you need to agree with things that you see that you feel and know are not the best and highest. There are many levels of activity and energy on earth at this moment in time. So, tuning into or agreeing with them all is not what we are saying. In your observation or your experience of something or someone, you may not agree with it but watch yourself and stay with yourself and do not move into and step into judgement and cursing and putting something down. Observe it, have your own thought about it without judgement. You are staying neutral. You are seeing it, observing it, and saying, "Oh, I see that." And then ask God to bless it. Bless the situation. The group. The individual. The world.

God's blessing on earth is what you are asking for. God's blessing on you. God's goodness on you and all of life. This is what you are asking for. So, no judgement, only blessing.

We thank you for your good work on earth at this time.

Our love and blessings are with you always. Namaste.

## **Portia and the Guides**

Week of December 30, 2024

Channeled by Susan