

Why is it so Hard for Me to be Real?

And welcome to you all. It is Portia and the Guides. And we thank you for your question this week which is, “Why is it so hard for me to be real?”

We know that you understand that as you were growing up you put on different layers of persona because your ego felt you needed those layers to survive. Your ego – the limited, narrow ego mind – is all about saving you from what it perceives is risk, harm, damage. It believes it is in charge of your survival. And even though you do not live in caveman time, it still functions that way. And it is finely tuned into anything – large or small – that it perceives might be harmful to you.

So, you came in innocent, clear, real, who you are – your true nature. Blessed, full of light, uniquely designed by the God that created this earth realm. Your design is unlike any other. As you grew through time and had experiences of feeling hurt or dismissed or disapproved of, you took a note – and when we say you, it is your ego mind – to say how do I protect myself from this hurt or feeling again? And so it layered on an aspect of your persona, not your true design.

Over time you have lived with this, and it perhaps has functioned well for you. And yet, when you want to be real – this is the word authentic, this is when your inside expression is the same as your outer expression. Inner and outer, they hold hands, and there is not a separation of what is true for you in what is expressed in the world.

So, the reason it is so hard we have just described. It is like wool blankets, wet wool blankets -- that you have allowed to impose themselves on you over time. So, to throw off that which is not real, that which is not authentic to your being, you first must have awareness. When are you being real? First with yourself and then expressing outwardly. This is step one. Check in with yourself. What is your truth? And then express outwardly.

If you feel resistance in any way, for example,” If I am real and speak my truth, will I be hurt, harmed, damaged, will people not love me?” All of the reasons your ego mind would keep you inauthentic, not real. Challenge these! And when you know what is true – which is when you let the truth of God fill your being – as it is expressed out it can only bless life. This is not your personal truth we’re talking about; it is when you have checked in at your central core with God and your spirit to experience the resonance of the highest truth, and then you express that with your voice or a letter or an email. It can only bless life.

When we say it can only bless life, this also means that you may observe that the other is resentful or there is a backlash, or they want to push you away. Dear ones, this is part of God’s blessing, and for you to stand firm with your truth – with unconditional love, your real authentic self – as the relationship with the other unfolds, you will see more and more clearly. Is this a true and good relationship for you? Was the other simply in an emotional spot or a difficult time in their life? As you ask the question and stay neutral, you will see the bigger picture, and you will see the blessing.

Why is it so hard for you to be real? It is the limited ego mind. When you choose to begin to shed the layers of falsehoods – things that are not real and authentic to you – you will feel immense freedom and lightness and joy.

Try it out this week, even in a small way. And we will add here that this is not about giving license to the ego when the ego feels hurt or alone or lost or angry or rageful. Yes, you may feel those feelings. But it is not a license for your ego to demolish another, diminish another, do harm and damage to another with your energy or your words. That is why it is essential for you in any interaction to come back home to the center of your being and ask God and your spirit and then move forward from there.

We see that you will enjoy this process, and you will learn much about yourself. And you will become more free and lighter with every step and every release.

Our love and blessings are with you always. Namaste.

Portia and the Guides

Week of February 10, 2025

Channeled by Susan