

## **Right Here and Right Now is All There is**

And welcome to you all. It is Portia and the Guides. And our topic this week is Right Here and Right Now is All There is.

We ask you to sit with this idea just for a moment. Right here, this moment. Right now is all there is. This is a universal truth, and yet the human mind – the narrow, limited ego mind – would say, no, that is not true. There is the past and past regrets, and there is the future – fears, worries, concerns, insecurities.

Dear hearts, all there is right now is in this present moment. Be here now 100%. Completely.

It will take, we know, lots to dismiss the human mind's chaos and worry and concern and living in the past or in the future. But there is no power – you have no power – when you are in the future or living in the past or thinking of the past. Your power – your ability to bless life and to have the life you are designed to have and to be all that you are – this is in the present moment.

So, we ask you this week to observe your thoughts. For example, when you are driving, and you are thinking about the meeting you are going to, worrying about whether you will present well. Or the past, a relationship that took a turn and is no longer with you. You are there in the car, and yet your mind and imagination are not present. Come back home. First is the awareness to see where your thoughts and your mind are going. And then to come back to the present moment. Experience your body. Look around. See what you see. Feel what you are feeling; the coziness of holding your coffee mug or listening to a symphony on the radio. Surrender to the moment and all of the gifts that it has for you.

When you do this, the next moment is perfect because you are in alignment with God – the God that created this realm and created you and all of life. And in this moment, when you are there, you will see more, hear more, feel more, answers will come to you, peace, comfort, compassion.

It is a cornucopia of gifts when you are living in the moment. It takes great discipline because the human mind is used to running rampant, and you have let it do this. So it is like training a child, actually, and your awareness is like the parent. And you are not mean or cruel as you observe thoughts – future and past. But you simply call yourself back to the present moment. Your mind and body and spirit are present.

The fullness of life, of light, of truth, of love, of God and your spirit will flow through you and the great glory of who you truly are as it is expanding in these moments and becoming more and more of itself, of yourself, this is the great gift of living each moment, right here, right now.

Remember please this truth: Right here and right now is all there is.

Our love and blessings are with you always. Namaste.

**Portia and the Guides**

Week of February 17, 2025

Channeled by Susan