

## **What Would Your Life Be Like Without Fear?**

And welcome to you all. It is Portia and the Guides. And our topic this week is What Would Your Life Be Like Without Fear?

Take a moment if you will to ask yourself this question. And imagine, picture in your mind, what your life would be like without fear. Do you see the freedom, the joy, the ease, the laughter, the humility, the compassion? Do you see yourself smiling and meeting every moment as it is, listening to Spirit's guidance and following?

Fear is a characteristic and the MO of the human limited narrow mind; that which only knows what it knows through training, cultural norms, nipping and tucking you into a distorted and limited sense of self because it is fearful at every turn of what might harm you, what might jump out of the bushes to take you down.

It is your choice, dear ones, to live in fear or to live in trust and in love, knowing your Father/Mother God has you in its hands, in its care. This God created everything in this earth realm, including the earth herself. Can you even imagine the power and the love and the awareness and consciousness of detail? And it is conscious and aware of every detail of your life and is guiding you each minute – every moment of your life. Tune into this Infinite Mind and Infinite Love that is there specifically for you, your needs, your life, your joy, the truth of your life. Or tune into limits, fears, concerns, worries, constriction, insecurities. Which do you choose, dear ones?

The fear voices have great volume, and they can ramp up until they get your attention and throttle you and grip you and choke you into submission. The fear is simply an illusion. Yes, a grand illusion, but it is not real. This is the deal. It is not real.

So, what would your life be like without the whirling and chaos and spinning around that fear delivers to you? Imagine this. If every moment and in every thought, you are aligned with God, good. Imagine your life and see how effortless it will be and how filled with light and goodness and love it can be. And it is designed to be. The other – the fear-based living – is like your head is bowed and you are looking onto the pavement and the white line that is keeping you looking down – keeping you within what your mind would say are safety guardrails, cultural norms. That is one picture, listening to fear, listening to your mind.

The other picture is the freedom, the joy, the letting go of lies. It is also how you are designed. Your original design is love-filled, purpose-filled, no distractions, you are on course to do the purpose and mission of your life here, the life on earth that your spirit asked for. It is a precious opportunity for you to learn lessons, to grow, to be how you are perfectly designed to be. To express the fullness of your spirit on earth in this lifetime.

Imagine being filled with the truth. With unconditional love. With the light of God and your spirit. And walking forward into your days and into your moments with confidence that is sure and cannot be dismissed by your human mind. Confidence, trust, the fullness of your being.

It may seem like mission impossible to you, but it is not. And we ask you this week to exercise yourself in this arena. Asking yourself the question what would my life be like without fear? And knowing that fear is simply an illusion. Any fearful thinking or emotion is a lie. Turn to it and declare that it is a lie. And then be with God and the presence of God and comfort and kindness and love and purpose. Be with your spirit and God every moment.

Even if it is for a moment that you make this choice and experience this, it will develop your muscles to do this more and more, and your life will be freer from fear, from angst, worry and concern.

Choose love. Choose God. We ask this of you.

Our love and blessings are with you always. Namaste.

**Portia and the Guides**

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Channeled by Susan