

How do I Pull Myself Out of Feeling the Blues?

And welcome to you all. It is Portia and the Guides, and we thank you for your question this week which is, How do I Pull Myself Out of Feeling the Blues?

We are grateful for this question because it is part of the human experience. The emotional waves of ups and downs, of feeling happy and sad, joyful and sorrowful, grateful and diminished – all of the emotional patterns that are part of the human experience at this time on earth. We will tell you that when the earth and all of life was created these emotions were not part of the design. It was an interruption that happened that allowed these emotional waves and distortions to arrive on earth.

The earth right now, with God at hand guiding, is restoring itself – all of life on earth – from the central point of the earth globe radiating up into the ground and into all of life. This is happening.

We are telling you this to give you the big view here, and we know you are asking about yourself specifically. So let us begin. When you feel the blues, take a pause. Take a deep breath. Deep. And exhale deeply all of the breath. Then ask yourself the question, what is going on here? What is troubling to me? What do I want to change? Where do I want to go from this point? All of these questions will have answers. Yourself – your system, the parts of you – will feed up the truth. And remembering please, that sometimes energy and emotions that you feel do not originate with you. They may be collective consciousness or an individual who is thinking about you or at you. So, check this out first. If it did not originate with you, surrender it wholeheartedly to the God that beats your heart, and it is dismissed.

If the blues are something that your system is trying to tell you about, for example, that you are resisting growth or change, that you are stuck, that a relationship is something that is not serving you now and you must let it go; all of these answers will come up to you. And the blues often – we will call them feeling down or a little depressed – they often are because you are in denial about something and you are closing the door on inspiration, on guidance, on support from the universe and from yourself as well.

So when you hear the answers, do not argue with them. Be open and check them out. Are they the highest truth? When you are listening to your authentic self the highest truth comes forward. What you can see is that the blues most often come when you need a shakeup. When you need to see things differently with fresh eyes. Seeds that have been planted for your highest good are trembling and wanting to come forward. And for some reason – some limited reason – you are not allowing the growth, the change, the unknown to come forward.

These feelings, the blues, are an overlay. They are not your true self. So do not attach yourself to the feelings, to whatever is coming up with the grumpy voices. But do the work. Come home to the center of your being, to that quiet place where God and your spirit reside. And ask the questions of the parts of you – all of you – that are waiting to give you the truth, the answers. And always check them out with the God that beats your heart and your spirit, and you will feel free.

We see this process and training is essential for you now. So do this work with joy. And what you will find is that the blues will simply dissipate – like a bubble that is burst – and the clarity and the light and love and freedom and joy and goodness arrive in its place. This is your original design, dear ones. Claim this now.

Our love and blessings are with you always. Namaste.

Portia and the Guides

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Channeled by Susan