

## **Just Breathe**

And welcome to you all. It is Portia and the Guides, and our topic this week is Just Breathe.

When you hear those words, “just breathe,” do your shoulders relax? Does your face relax and become more at ease? Do you feel a sense of letting go? This is the beautiful thing about “just breathe.” In any situation, whether it is chaotic, stressful, doubtful, fear-mongering – whatever you are feeling that pulls you off of your truth and off of the center of your being – whatever it is that is disturbing your being, your peace, your joy, your fulfillment, pause, and just breathe.

And by just breathe we mean to take full breaths in, all the way up, all the way out and exhale, let it all go. The idea is to keep the inbreath at the same timing as the outbreath or the outbreath even may be a tad longer. What you are doing by breathing is to come back home to this present moment, present awareness. And in the present moment as you come back to the center of your being, peace, truth, love is restored.

The mind wants to keep the disturbance going. And you may ask why. It is the mind’s belief – and this is your human mind – that there is always something to be afraid. Always something to look out for. Always something that is not right. It is how it keeps you trapped, on a hamster wheel so to speak so that you are running as fast as you can to try to keep up with it, to listen to it, and to do its bidding. It is never going to bring you peace. It is never going to give you the truth, the highest truth. And it is never going to give you what you truly desire, which is contentment and alignment at the energy level with God and your spirit. It does not know how to do this. It is not its world.

So, it is your choice, dear ones, to choose disturbance and warring and chaos and fear and separation, which is an illusion and a lie, or to choose God. God’s realm which is peace and unity and love, brotherly love, kindness, generosity.

When you breathe it is allowing God, good, to be restored in your being. And then, peace and love and truth and light arrive. The human mind, so fear-based, will continue on like a dog nipping at your heels. You must say no to this and say yes to God. Say no to the aggressive human mind that is persistent, relentless, and beating its drum.

Choose God and what you know to be true about God. This is the only truth. God, good. God, the creator of this realm. The creator and guidance and presence of every detail of life on earth, including your life. You are a manifestation, an expression, a reflection, of this God, and it is all good. So anything that tries to come in to your consciousness, have the discernment to know this is God or this is not God.

The idea of just breathe is the perfect way to begin if you are feeling spun around and out of your center, off base. Just breathe. The mind may say you don’t have time, but this in itself is a lie. Come back home to the center of your being and just breathe. Allow the breath to relax you. To create greater ease and openness and wonder and knowingness of what is the truth in that instance.

We ask you to play with this this week. Just breathe. Have this be an idea that is with you in each day, in each moment. And see how the quality of your life increases. The joy. The humor. The light. The goodness. Who you truly are. All of it will expand and bring you greater joy and freedom and love in your life.

Our love and blessings are with you always.

**Portia and the Guides**

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Channeled by Susan