

My Life Looks Perfect. Why Am I Unhappy?

And welcome to you all. It is Portia and the Guides, and your question this week is, “My Life Looks Perfect. Why am I unhappy?”

Dear ones, the “perfect life” is a human construct, like a painting or a picture that you put up and you look at it, and you say, I have this, I have that, I have done this, I have done that. These things are all part of the human experience, yes, but what is meaningful to you? What really matters to you? What comforts your heart? What makes you feel warmth, embraced, at peace, kind, loving? These things are from God. These experiences of comfort and love and truth and peace come from God, not from anything that you have accomplished or are doing in your outer life. Yes, those things may be the result of God’s presence, of God flowing through you, but they are not the “it,” so to speak. The “it” is God’s presence with you, and this is when you come home to the center of your being. This is where your happiness resides.

And we remind you that happiness, in the human mind, comes and goes. You may be happy one moment because something happened to you, for example, a good windfall of money or you were recognized by a neighbor or by your community, and the ego then feels puffed up, and your mind would say, “I am happy.” But guess what, the happiness goes away quite quickly when it is based on outer circumstances, on outer achievements and recognitions and status.

True contentment is what you are asking for here. Happiness, in a way, is like a glass of champagne. It bubbles you up in an instant and then the bubbles subside. What you are asking for is the continuum of joy and fulfillment and nourishment and reward and peace and love in your life. These are the things that are meaningful, these are the things that are lasting, so go for those. When you go for happiness, it is an external reaching of your being to something outside of you. Come home. Be with God. That is where happiness, your true joy, contentment is enduring. Come back home to the center of your being when you feel unhappiness, when you feel disturbance or nothing is right, or why can’t things be different. These are all of the conversations that your human mind has to actually keep you in a state of unhappiness.

You may feel this is a new awareness, but it is the truth. Your mind is always unhappy, so to speak. It is always judging, believing you are at risk, seeing why things are not correct. It is its design. It is not a happy design. It is designed with fear and distrust and disloyalty, and the qualities that bring you unhappiness – criticism, fear, judgement, a sense of insecurity. These are all manufactured by your mind – your human, ego mind. So, do you want to swim in those waters, or do you want to be in the ever flowing peaceful, sure, enduring waters and river of God? It is your choice, and you may feel at times it is not your choice, and things are happening to you, and you have no choice. This is a lie.

Take the stand with God and with your spirit, and this is when you come home to the center of your being. This is where true, enduring, peaceful happiness and contentment arrive within your being. Be there, dear ones, and there will be your true happiness, the true meaning of what brings you happiness in your life.

Try this out this week, whenever the mind comes up with an unhappy experience or thought or emotional wave, come back home to God and to your spirit, and ask for true happiness, true contentment.

Our love and blessings are with you always.

Portia and the Guides

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Channeled by Susan