

Go Slowly

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

We understand that the idea of going slowly is counter to almost everything that you have been trained about, that you believe, and that this society holds up as, “If you slow down, you will not succeed in life. You will be left behind.”

This is not the truth. The truth is when you slow down – and we do not mean to become lethargic or even to walk more slowly – but it is to slow down and become more aware of your present moment. It is about awareness in the present moment.

When you are racing through life and gasping for air and running from one task to another, there is an underpinning of fear. Fear closes down your conscious awareness of life. Fear keeps you on a treadmill of trying to go faster, run harder, do more. Dear ones, this is not a winning position or belief for you.

Slowing down is about being present. When you are, life can bring to you inspiration, intuition, delight, greater understanding, deeper wisdom, more and more love in your life. Love for yourself, love for all of life and the earth herself. Slowing down is about conscious presence.

When you do this, for example, you will hear the birdsong, you will see the beautiful hawk flying overhead, you will see the gorgeous spring blooms, you will see, hear, experience so much more of life and so much more of the delight that life wants you to experience that God is bringing to you.

So, slow down this week. Watch your thinking because this is where the churning of, “I need to do it faster, I need to finish the dishes more quickly to make the children’s lunch to get them in the car and take them to school, and oh my, we are already late.” Can you see, even in that small scenario, the fear that is underlying those thoughts? They do not serve you. They do not bring you peace. They do not bring peace and love and ease to your family, to your children, to the school as you drop the children off and a teacher awaits there for them. You can see this is just a small example.

So, try this out this week. Slow down. Again, not to slow down your pace, we will say. Not to become a couch potato or just to “hang out.” But slowing down allows greater consciousness, infinite Mind, God, to flow to you, to guide you, to guard you, to direct you. That is what you are asking for in this lifetime.

Try this out and be aware when your mind is resistant to this. And in many cases, it will be simply the collective thinking that is trying to pulse to you to quicken you to make you run faster and harder in your day to day. Remember to breathe deep breaths and slow down to receive all of the goodness that awaits you.

Our love and blessings are with you always.

Portia and the Guides

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Channeled by Susan