

Be Still

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

Be still. We see this is quite a challenge for you all as humanity on earth is going through so much turbulence and discontent and warring. Dear ones, the calling for you is to be still. Not letting any of the chaos and the loud voices and the difficult pictures that are coming to the forefront now take you away and off base from being still, being at peace, trusting, knowing that God is in charge.

This quality of peace within your being will help the planet at this time.

When you listen to the media 24/7 or get caught up in conversations with your friends and neighbors about how terrible things are, what does that do to your system and to the others as well? It is like a ripple effect, this energy of disturbance and rage and anger and fear and victimization – any of the emotional waves that come up when you are stirring the pot of difficulty. These waves go out energetically. Are they helping to heal the planet and mankind? No. What helps the healing of the planet and mankind? Peace. Peace within you. And this comes from being still.

So whenever you feel the waves of all of the emotions that are bubbling up right now, like a cauldron, and it is inflammation, it is heat, and you know what that is about. It is not healthful for your body or the body of mankind or the earth body herself, Mother Nature. So any time these emotions bubble up, pause, catch yourself, because they can run away with you, and that is actually what the media information is doing to mankind right now. It is grabbing each individual who is accepting the inflammation, the fear, the anger, the anxiety, the blaming and shaming, and it is running away with you.

Catch yourself first. Do not tune into the media we request of you, so often. Yes, a day or two or three to check in just to see what is happening so you are conscious, but not to be danced away with it. So hold yourself back from listening to the media. This is one antidote for helping you stay at peace and being still.

And then come to the center of your being often. This is the place of peace. This is the place of stillness. And this is the place of truth. When you are here, you can see a much bigger and truer vision of what is going on. And the truth is what is going on right now on the planet is necessary and is required for the healing and restoration of the planet and of mankind. It is often not a pretty picture, but these things have been in place for too long. All of the issues are coming to light right now. As you stay in peace and as you are still you are helping to heal the planet and mankind.

We ask you to do your good work in this coming week. Be still. Be at peace. Be calm. Be with God.

Our love and blessings are with you always.

Portia and the Guides

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Channeled by Susan