

## **Be Patient and Kind to Yourself**

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

You may think that you already are and that you actually give yourself lots of slack. But dear ones, being patient and kind with yourself is not about letting yourself slide and being less than your best and highest.

We see how often you are critical, judgmental, punishing to yourself. This is when you may feel you could have done better, that you had a critical or mean thought about someone or something, that you were impatient and unkind to yourself. Look at how often you do not have patience and kindness with yourself and humor also. You are human beings. Your spirit is having a human experience, and the human experience is quite different than the spirit experience, than the spiritual bandwidth of life, so to speak. Human life has a density; it has a pace of its own that is quite different than the spiritual realm.

So when you feel yourself having impatience with a behavior or an act that you expressed and you know it is not your best self, pause, take a breath, be kind to yourself and acknowledge that you have the awareness that this is not your best self, and ask the question, how could I do this differently, how can I be different the next time this occurs? Because having the awareness is the first step, and then having the actions is the next step. So you may continue to have the awareness but not take the steps to act or behave differently in the future. Take the action. We see that you see this.

So being kind and patient with yourself requires unconditional love for yourself. And this is where unconditional love begins. With yourself. With the understanding that you are having a human experience as a spirit and that spirit is asking for you to be your best and highest human self in this experience now, in your human life.

The degrees of being a human being and being your spirit and these coming together more and more so that as a human being you are expressing more and more of your spirit, more of the light of your spirit. Having kindness and patience and love towards yourself is helping this happen. When you are dominating and punishing to yourself it is not happening.

We know that you wish for your spirit and the light of your spirit which is the light of God to be more and more expressed on the earth plane in your lifetime now. So be patient and kind to yourself. To yourself. Try this out this week and observe each moment when you can choose to be patient and kind and loving with yourself.

Our love and blessings are with you always.

**Portia and the Guides**

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Channeled by Susan