

## **Let Love Flow Through You**

And welcome to you all. It is Portia and the Guides, and our topic this week is, Let Love Flow Through You.

This is a time to pause, dear ones, and reflect upon your own well-being and how you are also blessing life. When you let love flow through you it improves your immune system. It speaks to the cells within your body, it uplifts them, it energizes them. They are happy and so they can do their good work. You may not think that this is true, but it is the truth.

Let love flow through you.

Let us take each word, Let. This is to allow, to relax, to accept. Let love. Love. This is unconditional love, this is the love that God has for you. Unconditional love. Flow. Flow is ease, like a river. A river does not effort, it flows, it is open, and it simply allows nature to take its course. Through You. Again, like a river. Opening up all of the tributaries and the avenues for you to allow love to course through you and then to overflow from you. The You is you, as a human being. It is also your spirit having a human life. So, there it is.

Let love flow through you. When you do this, your life will become more at ease, more flowing, more perfect in terms of timing and right action, and your feeling at peace and in love with yourself and with life around you. You will see more, appreciate more, love more, laugh more, enjoy more.

We ask you to try this out this week. This mantra of sorts and guidance. To let love flow through you. When you are getting into the car to begin your day, when you are doing any of the daily tasks like washing the dishes or doing your laundry, watering the plants, saying your prayers, talking with a friend. All of your life.

Try this out this week and see how the quality of your life shifts, expands. It is more and more what your spirit intends for your human life.

We ask you to try this out and we see many blessings coming to you as a result.

Our love and blessings are with you always. Namaste.

**Portia and the Guides**

Week of June 30, 2025

Channeled by Susan