

## **Let Go of Control and Trust**

And welcome to you all. It is Portia and the Guides, and our topic this week is Let Go of Control and Trust.

We see this is a great challenge for human beings at this time. The original design of creation – God and Its creation, including you the human being, and all of life – included complete trust in the Divine, in God. There was no reason not to.

At this time in evolution humankind is all about controlling. Controlling outcomes, controlling feelings, controlling others, and not controlling oneself, truly. In this story, also, there is a lack of trusting in God, in life, in good. Trusting in good, expecting good, even when one does not see in the moment what one perceives as a good unfoldment or a good outcome.

Letting go of control is the first step here. Watch yourself as you have behaviors of gripping, and frustration, and planning an outcome, and holding tight to control, to the idea of, “If I can control my life, I will be safe, I will be secure. If I can map out the blueprint of my life and a situation, a circumstance, a relationship, then I will be safe, I will be happy, I will feel secure.”

This all comes from the human mind. The controlling. And the human mind is based on fear. Fear is its foundation. It is fearful because it does not know so many things. God, infinite Mind, knows all, and is in charge of your life, every detail. So, letting go of control and the fear that the human mind impulses, is the step here, dear ones, to a life that is at ease and in every moment is full of your trusting God, good, in Its divine unfoldment for you. Let go of control and trust in God, good.

We understand this may be a big request because it is counter to everything that is in place by the human mind. But we ask you this week to look at this within your own system. Challenge every moment that comes up with fear and the need to control. Challenge this. Face it firmly and wholeheartedly and completely. And in that moment, pause. And recognize the dynamic of the human mind and then ask God for whatever it is you need. And as you then let go of control, trust that God, good – the Creator of this realm and every detail – hears you, which God does, and is right there for you with whatever you need, now or in the future. The human mind always wants to know now, now, now. I need to lock this in and land this so I can feel safe and go about my business.

Our request of you this week is to let go of control, feel how this feels in your body, and as you do this, trust that God, good, and the unfoldment of goodness and all that you need, everything that you need, is provided for, and funded by God, good. And it is arriving in the perfect timing according to God, good, for you in every way.

We see this will be a great exploration for you and a growing awareness of the way your mind works and then the way, the perfect way, that God’s mind works for you. Always for you.

Our love and blessings are with you always. Namaste.

## **Portia and the Guides**

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Channeled by Susan