

I'm Feeling Uneasy and Unsettled. What Can I Do?

And welcome to you all. It is Portia and the Guides, and we thank you for your question this week which is, "I'm Feeling Uneasy and Unsettled. What Can I Do?"

First, we will say that all human beings on earth right now are feeling this. The emotions of uneasiness, disturbance, lack of peace, lack of groundedness, lack of trust. So much is going on on the planet right now, and it is whirling, and the energetics are in constant motion. This is upsetting to the ego mind. We ask you to recognize this. The ego mind wants stability, does not like change, does not trust evolution. It wants things to stay the same. So it keeps you in containment, so to speak. It wants you to believe that the way things have always been is the best way, so hunker down and bow to those things that have been in the past.

What is happening now is that the past structures, damage, destruction, entanglement of life on earth, these things are falling away because they must as the earth plane and life on earth is needing to be restored to its original design. So, great change is happening, and this is why your ego is feeling unsettled, uncertain, and not at ease.

Just for a moment, we ask you to come home to the center of your being and take a deep breath and exhale and be here at the center of your being. This is the truth, dear ones. This experience of peace and all is well, and all is good, and all is correct, this is at the center of your being where God and your spirit are fully available to you.

God, the creator of this realm, created a harmonious realm. That is its original design. Through time this has become distorted. But now is the time that this distortion is coming to light and all of things that are disturbing you, that make you angry and want you to fight against them, these are all things that are needing to come to the light, the light of God, to be healed. In the healing, they are disintegrated. So the ego mind, again, is in terror of disintegration of what it knows. This is the primary cause of your unsettledness and feeling like the ground is not there under you. So, what can you do?

Come home to your center. When there is any emotion that waves in that is fearful or feels unsettled or off balance, come home to your center. Experience the quiet, the peace, the stillness, the comfort, the love of God, the love of your spirit for you. And ask, "Is this idea that is causing me fear and to be off balance, is this the truth? I'm asking for your light, God, to shine on this and show me the truth. What is really happening here?" You will receive the answer. And if there is something for you to do, this direction and guidance comes from God, not from your ego mind.

The truth is, when you are at the center of your being, your ego mind cannot penetrate. It does not vibrate at that frequency. So as you hear the still voice of God or feel this presence, the answers arrive for you that you need to come back to your true sense of peace and ease and settledness. This comes with you, dear hearts. This is part of the package, the gift, of your life as a human being. So allow this gift to flow through you. The gift of comfort and peace and ease and assurance that all is well, even when the outer picture may show you otherwise. And that is why we recommend that you come home always

to the center of your being so that you can ask your questions and hear the answers from God as to what the truth is in your human life. And all that is going on in the world.

God gives you all that you need to be free and joyful and wise and loving and comfortable in your human life. Accept this. Allow this.

Our love and blessings are with you always. Namaste.

Portia and the Guides

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Channeled by Susan