

Loosening Your Grip on Control

And welcome to you all. It is Portia and the Guides, and our topic this week is Loosening Your Grip on Control.

We see how controlling, and the issue of trying to control life, causes so much suffering and pain for human beings on earth.

There is no possible way for you to control life. It is the ego mind that believes it can and so it does everything possible to try to control life. In the process it makes you worry, have anxiety, feel disempowered, and all of the emotions that go with it. It keeps you off balance. It keeps you closed down to the flow of life, to God's guidance for your life.

Loosening your grip on control will give you such greater freedom and joy and continuity and gratitude in your life. It requires you releasing the impulse to grab onto control, to try to make others form into your format, to hold onto an outcome that your mind has. This is all about control.

Yes, it is okay to have a desire, even an idea of a plan for something and a hope for an outcome that you put forward into life, and then you let it go. You can continue to monitor, but it is always from a place of observation, and if there is anything for you to do to adjust, to flex, to flow, then you do that. But you are always giving it to God because God knows the ultimate and best outcome for every situation for you and for all of life. So, what it means to you is to give over the control to God because that is truly the only place where control and guidance have a home. And then it is for you to trust, and this is a huge component of letting go of control, of loosening your grip on control. Trusting. Trusting.

We ask you this week to observe when you are trying to control something and holding on to the grip so tightly that in your mind there is only one possible outcome, one possible flow. Observe your own internal workings and see how tightly you hold onto control of yourself, of others, of life.

Look at the big picture here, we are asking you to check this out in your system, and try it out, little by little. Take one scenario, one circumstance, and apply this idea of loosening your grip on control. Of doing your best in any situation and then releasing it all to God and then, importantly, trusting.

This is a most excellent exercise for you this week, and we know that it will bring you greater freedom and joy and ease in your life.

Our love and blessings are with you always. Namaste.

Portia and the Guides

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Channeled by Susan