

Find Your Quiet Place

And welcome to you all. It is Portia and the Guides, and our topic this week is Find Your Quiet Place.

We see on earth right now the noise, the tumult, the great volume of evil, we will say. And evil being that which is contrary to God, that which created this realm. This realm was designed with harmony, peace, love, compassion.

Noisy, noisy, noisy the earth is right now. And this includes all of the media, the social media, the interruptions of your own thought patterns that you allow, dear ones. We are asking you this week to be conscious of the noise that you allow within your life, within your days.

As you do this you will make choices to engage in conversation that is disturbing and disruptive and argumentative, or not. When we say conversation, we mean even as you are listening to a news show or reading something online that is about global news, financial news, environmental news – whatever would trigger you to feel noisy within. Angry. Revengeful. Blaming. Shaming. All of these emotions are noisy within your being. So, you have the noise that is outside of you and the noise that is within you.

We are asking you to find your quiet place. Your quiet space within you, because that is all that you can control – your own system, dynamic, response to the world, response to events, to neighbors, to media. All of it.

Right now, invite yourself to come home to your center. This quiet place where there is no mind that is filling in details or worries or concerns. This place is a higher frequency and vibration. It is the vibration of God, of spirit, where all is harmony, all is peace and stillness and goodness.

This is the primary quiet space that we guide you to. And then you can also think about a quiet place and quiet places in your life. In your home. In nature. It might be to settle into a big, comfy chair next to the fire. Or find yourself gazing out of your window to the long view and feeling the expanse and the love of God and God's presence. It might be a favorite place in the forest. Sitting on your garden bench. Walking the sands along the beach. And maybe a place in your imagination also. So many avenues for you to find your quiet place.

We ask you this week to spend some time exploring your quiet place. There may be several. Having them in your mind's eye as you live your days is important because as you perhaps come out of a meeting that was somewhat disturbing to you or difficult in some way, as you are walking back to your desk, arrive at your quiet place. And it might be even removing yourself from that physical environment to take a walk outside and come home to your quiet place.

It is essential for you, dear ones, in this time to do this work and this exploration because your quiet place is a place of peace and comfort and ease and trust that all is well in your life and with life itself.

Our love and blessings are with you always. Namaste.

Portia and the Guides

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Channeled by Susan