

When Things Get Shaken Up

And welcome to you all. It is Portia and the Guides, and it is our joy to be with you this week for the topic, "When Things Get Shaken Up."

We see on earth right now in the macro and the micro, things are being shaken up, loosened, being dismantled. This causes a great sense of unsettledness to the human mind. The human mind or limited ego wants things to stay the same. It counts on that, so it does everything it can to gather its resources to keep things the same, to go back to the way things were.

We know you understand life does not go backwards. This is not the design of this creative creation, the earth realm. It is ever unfolding, moment by moment, changing, shifting, adapting, improving. Always changing. So the idea that to feel unsettled because of this natural movement and motion is a difficult one for all.

Things are being shaken up right now at the core level of being on the earth plane. It is necessary. So you see at the big picture level, all of the disturbance globally, and the pain and sorrow, the angsty, this is because change is happening, and it must happen for those things that are not of God, which include warring, domination, elitism, exclusivity to come to light. As they do it can feel painful. So we ask you simply to know this.

The unsettledness and the feeling that the earth is no longer a solid place for your feet, this is not the truth that the earth is no longer solid for you. The earth, and that which created you, God, support you every step of the way. You must stay present in every step. This is the key, dear ones. Whether you are going through a divorce, or a job loss, or a big move, or a change – any big or small change in your life circumstance – stay present in every moment at the center of your being because that is where your true calm and comfort and the power and guidance of God reside. It is not physical; we will remind you. This is the central point of your being. And so, as you stay in each moment, present, asking what is the next step for me to take or what can I do, you will have the answers come to you. And it may be that you are to do nothing at that point and simply to feel that you are being held by God, by Love, by Truth. Because that is the nature of creation. You are not just making up a fib so that your mind feels better. You have come home to the center of your being, and you are hearing the truth.

It is a difficult one for the human mind when there is all of the shifting and the shaking up and the changes. They are increasing, and it is important for you to take a sturdy stand right now. That you stand at the center of your being, in your life. That is the point from which you move from into each of your days, into each conversation, into anything that you are doing in each moment. When you do this, it does not matter what is happening in the outer circumstance, what is happening with those around you or the world at large. It is as if you are observing this, and you are not caught up in the emotions and the drama and the fray of all of this. What is true is that if you stay neutral at the center of your being you can be the healing agent and the blessing to life in any situation.

We ask you to try this out this week and to observe your thinking and to see when it bubbles up when there is a change and it becomes uncomfortable in the feeling and emotion realm for you and the idea is

to make it be like it was. That is what your human mind will tell you will keep you safe. Dear hearts, you are safe in the hands of God, always.

Our love and blessings are with you always, Namaste.

Portia and the Guides

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Channeled by Susan