

Every Challenge is an Opportunity to Grow

And welcome to you all. It is Portia and the Guides, and our topic this week is Every Challenge is an Opportunity to Grow.

We see human beings face many challenges in their lifetimes. We will talk about this lifetime. The challenges are great; not particularly more than in other times, although it may seem that way. But each segment of human kind's existence on the planet has come with its challenges, difficulties, turmoil, upset, disassociation. So we are speaking about this time, now. And the challenges that are in your lifetime, now.

As you face each challenge, as you look at it and have the feelings perhaps of overwhelm, of anger, resentment, revenge – whatever the emotion is that is not from God – as you face the challenge you have the opportunity to grow. Challenge equals opportunity. So it is your choice when a difficulty comes up, a change happens, perhaps that you were not expecting, that would tempt you to go into overwhelm or resistance to the change, pause right there before the emotions run away with you. Stay at the center of your being and ask the question, what is the opportunity here for me? What is the opportunity for me to grow?

The ego will not want you to do this, and it will try to keep you in the turmoil of the emotions and the difficulties that come with these emotions. When we say ego, it is not your true ego which is your true self, but the human ego, the human mind that is ever based on fear and trying to do what it can to keep you safe, to keep you away from risk. So, when a challenge or change comes up its foundations are shaken and it is shaken, so that is what it pulses into your system. Even physically you may feel the shaking going on when a challenge arrives and is face to face with you.

At that moment, stay at the center of your being, in neutral space, no judgement, no fear, no anxiety, simply observing from a neutral spot. At the center of your being you are asking for the truth, the opportunity for you because life is always for you, not against you.

So even though your ego mind may say you do not want the challenge, is it life coaxing you, lifting you up to an opportunity to grow, to expand, to become more of your true self, unfettered by the limits and fears of the human ego mind.

The mind will say it does not know of any opportunity. The mind will say that this is something you need to conquer, dominate, stuff down, tamp down, make things the way they were.

But dear ones, life is ever evolving, and you are ever evolving. It is your design. It is God's design for you to continue to grow, to expand, to align with God and your true self, your spirit, as you were originally designed.

So we ask you this week when challenges come up, large or small, pause, before the emotions run away with you, even though they may be slight irritations or agitations. When the challenge arrives, pause, stay at the center of your being and ask for the truth of the opportunities that are here for you. Listen

and you will see a much bigger picture. And you also will feel life force and energy flowing through you as the new answers and the opportunities reveal themselves to you.

It is a glorious opportunity for you this week. We ask you to take this time and explore this idea and this choice for you to see anything that is a challenge, a difficulty, an upheaval, to see it as open landscape for you to grow and to explore and to be all that you are designed to be.

Our love and blessings are with you always. Namaste.

Portia and the Guides

Week of November 17, 2025

Channeled by Susan