

## **Are Life Demands Feeling Too Heavy?**

And welcome to you all. It is Portia and the Guides, and our topic this week is Are Life Demands Feeling Too Heavy?

We understand that a human life has many activities and requests of you. Details like taking care of your family, putting meals on the table, paying bills, being a good community citizen, paying taxes, and all of the details of your life. We see at this time of year that many of you feel the burden of the seeming demands that are upon you – extra demands because of this holiday time coming in.

Here is what we recommend to you. First and foremost, the only requests and demands that are rightfully yours are those from God. So certainly, taking care of the details of your life so that things keep rolling along as smoothly as possible is something God would ask of you. Even those things that might make you feel that the ask is too much, for example, taking care of your garden when the weeds are needing to be removed, and you think I don't have time for this. This is an example of the many details of your life that can come flowing in, streaming in, and pulling at you for attention. And in many cases demanding your attention. But dear ones, when that happens, in every instance, pause, come home to the center of your being which is where God resides. All knowingness, all love and comfort and peace for you are there. And ask the question of God, "God, is weeding my garden something that is for me to do now, or today, or next week, or is it something that I need to do at all?" Open up the big doors and windows to being receptive to the highest truth for you.

When you do this your life will be and feel so much more peaceful. And the sense of order and one step at a time and being present in each step will come to you.

When you allow your human ego mind to continue to holler at you about all of the things you have to do and all of the expectations that are upon you because of these things, pause. This is not the voice of God. And that is why it is essential to return to your central core and be with God and ask the questions.

Your human mind is based in fear, and it can run rampant with its ideas and its fears and its attempts to figure out what is best for you. The mind has its role. It is to answer the call of God's requests for you. The human mind has its own capabilities and capacity, and those are good, and yet the human mind, because of its fear foundation, wants you to believe it is God. Wants you to believe you must heed its call. But dear hearts, we know you know when you heed this call it comes with fear, and you can even feel this in your body. It is a great flag and signal to you that this is not from God.

So, we ask you in this coming week to be aware of your thinking and the emotions that come up and the "to do" list that comes into your mind and the demands that come with it. And also, we will say, often, there is a punishment aspect. It is not kind. Not compassionate. And it is wanting to drill you to get these things done. So often it can disturb your system to the point that you are beside yourself and simply running the race as fast as you can but not truly being present to ask, are these the things that God wants me to do, now and next and next?

This is a good practice for you, especially in these holiday times because the learning will serve you well throughout the year.

Our love and blessings are with you always. Namaste.

**Portia and the Guides**

Week of November 24, 2025

Channeled by Susan