

## **I am Overwhelmed by all of the Things I have to do. What can I do?**

And welcome to you all. It is Portia and the Guides, and your question this week is, "I am overwhelmed by all of the things that I have to do. What can I do?"

We thank you for your question because many are feeling this, these days especially. Life on earth seems to be going faster and faster. The information is flowing faster; the technology is accelerating life on earth.

In many ways human beings are forgetting to pause, to take a breath, and to simply be in the present moment because they are running and running to get things done, to achieve more and more, and in this doing, they are losing their minds in many ways. This is why you hear so much about mindfulness these days. Mindfulness. Not minds that are emptied because your actions are moving you so quickly. You are not in any way in your presence, in your mindfulness.

So, to your question: First we ask you to pause and come home to the center of your being. Bring your list of "to dos" with you. And in this quiet space where God and your spirit and all knowingness and guidance reside, ask the questions, "Are there things on this "to do" list that I can let go of? Or that can be accomplished at a later date? What is here for me to do now in this moment, in this day, God?"

God knows exactly what is the best and highest for you to attend to every moment, each and every moment, each and every day. And so, as you can see, in your entire lifetime as well, because as you attend to your moments and to your days, the adding up of these moments and days come to be your lifetime.

So in the quiet moment as you ask God and have a very real conversation with God, guidance will come to you as to what to do next, and then after that and after that. If there are essential items needing to be completed today, that will be given to you also. And then the others, the rest, will move into another time slot for you. They will not be crowding you; they will not be yelling at you for your attention. What comes with the yelling is punishment, self-punishment. So as you know as you are trying to achieve everything on your list and it is becoming overwhelming, the punishment energy is coming in as well. How does this serve you in any way? How does this inspire you and move you to do the best next thing? It does not.

Dear ones, the overwhelm is your ego mind, this narrow limited ego mind, whose M.O. is fear. This is your ego mind trying to jack you up to run faster because of its fear. It has the driving sense that it can protect you from harm, damage, risk, and so it wants to move you faster, like a hamster on the wheel. And as you can see, a hamster on the wheel is not making progress. It is just going faster. Progress is the law of God. Progress comes with right timing, right action. Progress according to God does not bring fear or stress or overwhelm, punishment, anything that is not from God.

So when you feel this overwhelm, pause, come back home to the center of your being, and ask, "What is for me to do next, God? I have this long list of "to dos." What is for me to do next according to you?"

Do this consistently, and recognize that any sense of overwhelm is not coming from God. It is coming from your limited ego mind. Yes, it is trying to do its best for you, but its limits impose stress, disempowerment, overwhelm, fear, self-punishment, those things that do not assist you in your life.

So the next time you feel overwhelm, come back home, feel the peace and comfort and support and guidance of God and your spirit at the center of your being. Ask your questions and then move forward from the answers that you receive. These are the answers and the guidance that will bring you peace and comfort and freedom and joy in your daily activities.

Our love and blessings are with you always. Namaste.

**Portia and the Guides**

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Channeled by Susan