

## **Giving the Gift of Love**

And welcome to you all. It is Portia and the Guides, and our topic this week is Giving the Gift of Love.

We know that this is a season of giving gifts. The issue we see is when the focus is on the gift, the material gift itself. This can cause such anxiety and fear and stress for human beings. “Do I have enough time to get to the store to purchase the perfect toy for my grandchild? Is this gift enough for the one I am in new relationship with? Do I have enough money to buy this present for this person?” So many fears can wave up when you focus on the physical gift. We ask you this season to experience giving the gift of love.

This may be simply a phone call to a relative you haven’t spoken to for many months. It may be offering to help a neighbor clean up their yard. It may be simply a smile to the cashier at the store where the line is quite long and you can feel the energy of anxiety and stress around you, but you remain calm. You are giving the gift of love.

Love is all there is, dear ones. Human beings so often, guided by their limited human mind, believe that love is not all encompassing. The truth is it is the perfect foundation, the only foundation for life on earth. Love is God’s design for this realm. So when you hold love in your heart as you think about giving gifts this season, first, give yourself the gift of love, of kindness, compassion, tenderness, knowing you have a loving heart and experiencing that the guidance needed for each gift – this is guidance from God – is present, right there for you. Coming from your heart is the key here. It is not coming from your head, which is the human mind, and which is looking at all of the online recommendations of gifts to give, the perfect gift, and causing you to feel “not enough,” that you must hurry and run around and oftentimes spend more funds than are comfortable to you. The true and real gift is from your heart.

So we ask you this season to stay true to your heart. Ask your heart, what is the best and highest gift I can give in this situation? When you are asking your heart, you are at the center of your being, and this is where God and your spirit can speak clearly to you. And you will feel the calm and the love and the truth and the surety of the answer and answers that you hear. And we will say also you will be delighted most often because your mind is limited, and the mind of God is infinite. Infinite possibilities, opportunities, ideas for you.

So this season we ask you to delete all of the incoming messages of gift giving, physical gifts. It is a radical choice, we know, because the culture and tradition say that giving a physical gift that is more expensive, or shiny or bright, is the better gift. This is a lie. The most beautiful and perfect gifts are from your heart, guided by your heart, and they are a blessing to all, including you. In the blessing you experience calm and right action and right timing, right gifting, so that it blesses all.

Our love and blessings are with you always. Namaste.

## **Portia and the Guides**

Week of December 15, 2025

Channeled by Susan