

Letting Go

And welcome to you all. It is Portia and the Guides, and our topic this week is Letting Go.

We have spoken about this idea of letting go before. It is essential for human beings to learn this lesson. Letting go of limitations, letting go of grievances, of the past, of any format that would keep you encased in being small, being timid, and not allowing the full expression of who you truly are, and the full expression of your life in this lifetime on earth.

The human mind wants to keep you protected and safe according to its own limitations. It is quite fearful, and so it wants you to cling to things. Cling to what is known. Cling to the past. Cling to the way you have done things always, to habits, to ways of being, to how you present yourself in the world, to old beliefs. It is all old, dear ones. Those things that your human mind wants you to remember and to step to doing it the same, to hold on, to stay still, to duck and cover. These are just a few of the things when we speak about letting go.

The letting go is about releasing those things that are keeping you cobbled and holding you back from the full expression of who you are which is God's expression through you. You have this life to express God in the third dimension. And in doing this your spirit is being fulfilled in its evolution, because it asked for this human life, it asked for it in this moment in time in history. And even though your human mind would say, "This moment in history is horrible. I do not like it," and it will ask the question, "Why?" But God is in charge of your spirit, your soul, your evolution. And your spirit in this lifetime is guiding you to do the best and highest for it, which is for you, in the ongoing life stream of your soul.

So, dear ones, even if letting go causes fear and trembling within your system – because it will, for certain – because your human mind will not wish for this. And in the letting go you will feel space and openness. It may feel like a void, but this word, "void" is what your human mind will use to pull you back into the familiar, to cause you not to let go of that which is not for your best.

Be patient as you let go of those things that clearly are holding you back from your fullest and most expansive expression of life here on earth. If you feel resistance, simply pause. Acknowledge it, yes, and then come back to home base, which is the center of your being, and ask, "Am I okay? Is this alright? Is this what is intended?" And you will hear from God and your spirit the encouragement, the kindness, the compassion and any message that you may need which may be, "Yes, beloved child. Simply be patient. Have patience. It is unfolding in perfection, your life. Keep going. Keep letting go of all that would entrap you and would hold you hostage to a limitation in this lifetime."

It is a great freedom, dear ones, that is upon you as you do this work of letting go. And at this time in the beginning still of the new year, it is an excellent time for you to do this work at hand.

Our love and blessings are with you always. Namaste.

Portia and the Guides

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Channeled by Susan