

## **Be Happy Now.**

And welcome to you all. It is Portia and the Guides, and our topic this week is Be Happy Now...Not When.

By this topic we mean be happy, be content, be grateful, be present, be in love with life, now. Not when something happens in the future. Not when you lose that weight, or when your neighbors quiet down their party, or when the earth becomes peaceful again, or when you get a better job, or when you get a better home, or when your children grow up so they are not so noisy in your home.

Can you see how many times you postpone your joy, your happiness, your gratitude, your humility in the moment because your mind is racing ahead to say, "Well it's not okay right now, but when THIS happens, things will be just fine."

We know you understand that when that thing happens – for example, a new job comes into your life – that your mind then moves right to the next issue or problem or reason for you not to be happy. Not to be in joy. Not to love your life.

Your human ego mind has a role. It is to follow guidance from your spirit and from God. It rails against this because it claims that it is God. But we ask you to understand this because many human beings do believe the human mind is the lead authority in their life. So, this mind whips them around to and fro and is in a constant state of unhappiness because of what we described – once one thing is made to be a happy circumstance, another one pulls right up and is an issue, a problem again.

This takes great observation for you of your mind. It is unusual that human beings stay in the moment. Present in each moment. Life seems to be moving so fast and there are things that are calling you off base. But come back home to your present moment and experience the joy and happiness of that moment, whatever it is, as you gaze out upon the landscape, as you have a quiet moment with a dear friend, as you are doing your work at home, taking care of the home or a pet or a child, or doing community service. Take the moment to be present and love those moments. Feel the joy, right there in that moment of what you were doing, of what God is providing for you as an opportunity to savor life, to grow, to learn, to stretch, to feel, to be human. There is so much for you to be grateful for. Be happy now, not when something else happens.

It is a trick of the human mind to keep you off base, off balance, and unhappy so that it can continue to rule you and place itself in an authority position within your system. This is not correct. That which created you, God, is the highest authority within your system. And God and your spirit are the voices, the whispers, the guidance that are for you to listen to and to follow.

One of these guide points is to love your life. This lifetime is special, unique, and has gifts for you for your ongoing evolution. So be happy now. Not based on anything that will change in the future. Now, come home to the present moment with your grateful and humble heart. Acknowledge the goodness of God, the joy, your happy heart, and your life will be transformed.

Our love and blessings are with you always. Namaste.

## **Portia and the Guides**

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Channeled by Susan