

Go Easy

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

We see on earth that people rush around, are pressured, feeling that they are not doing enough, being enough. There is plenty of punishment within the minds of human beings right now. And it is not correct, dear ones.

The design of your life and life on earth is ongoing. It is the creative unfolding in perfect timing, perfect action. As you tune into and align with God, the creator of this realm, and with your spirit, all is well. As you ask and listen, what is for me to do next, what is the best and highest action for me to take, or words to use in conversation. This is the design of harmony and perfect attunement with life. With your life.

Go easy. We ask you to be with this idea this week. Any time that you feel yourself rushing, pushing, anxious, fearful, worried, pause, right there. Do not let it run away with you. You are in charge and in control of your thinking and of your emotions, so pause, right there. And say the words, mentally or out loud, "Go easy." Settle in. And you are also coming home to the center of your being which is where all peace and comfort and wisdom reside. That is where God and your spirit can most easily speak to you. Most clearly.

The idea of push, rush, anxious, fearful, that you are not enough, are not doing enough is the human mind's way to keep you in bondage to it. It believes it is God, and it has in many cases taken over in a human life as God. But then the human life and the path is not followed according to the design for that human being.

When you go easy and embody this energy within your being – body, mind and spirit – you will feel the comfort and the peace and the love that is intended for you in every moment.

We ask you this week to check this out and see how often you do not go easy. See how often your mind goes into overdrive to push you and stress you, and certainly not to support or encourage you.

When we say go easy, it is not about going to a beach somewhere and simply laying down and having a drink. No. Go easy means that you reset your system to perfect alignment with God. You may be in lots of action yet still going easy with poise and grace and beauty.

It is a concept we ask you to study this week because it will be a blessing in your life. It will relieve you and release you from so many illusions that your mind speaks to you. So try this out this week, and we know that you will feel the difference. It will be lighter, more joyful, more confident, more sure, more blessed within your being.

Our love and blessings are with you always. Namaste.

Portia and the Guides

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Channeled by Susan