

Peace Within, Regardless

And welcome to you all. It is Portia and the Guides, and our topic this week is, Peace Within, Regardless.

The “regardless” part of this is that it does not matter what is going on outside of you. In the world, with your friends, with your family, your community, your neighborhood. We are speaking about peace within.

There is nothing outside of you that can give you true peace. Sometimes you may believe if something happens then you will have peace. And yes, it may be peace, but it is temporary. The only true, enduring peace resides within you. So we ask you to check this out. How at peace is your system, your internal territory including thoughts and emotions? Are you at peace in that steady and sure and enduring way that cannot fail, that does not get disturbed in a moment because of something happening on the outside?

We realize this image of true peace being within you deeply every moment is perhaps a challenge for you because so often human beings let the outside determine their internal harmony and peace and safety and sense of well-being. It is not on the outside of you, dear ones. If you look for it outside of you you will be grasping at straws and it will be frustrating to you and it will not bring you peace, harmony, surety, an even-keeledness. It will not help during the storms you may pass through, the ups and downs, the swings, the highs, the lows that are part of the human experience.

Getting to know your interior is the essence of this idea. Do you have peace within your system? In any moment under any circumstance can you call yourself back home to the center of your being and know and feel and experience God, God’s comfort, protection, guidance, and peace? Infinite peace.

We ask you this week to explore this idea and to check in with yourself to see how often your interior is warring. Ideas that are arguing back and forth, worries, concerns, sparks of fire that send you rushing off in a direction. All of these patterns and behaviors we are asking you to look at. Those things that pull you out of your central core and out into the fray of everything going on on the outside.

Come back home to the center of your being where your true peace, joy and harmony reside. Try this out, apply this idea to your moments, your circumstances this week. And we see that you will learn much about yourself and you also will have the opportunity to update the patterns and the systems within your being to create more peace, more harmony, more joy.

Our love and blessings are with you always. Namaste.

Portia and the Guides

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Channeled by Susan