

Are You Kind to Yourself?

And welcome to you all. It is Portia and the Guides, and our question for you this week is, Are You Kind to Yourself?

We see how so many of you are kind to others. To those you love. To strangers. Are you kind to yourself? Please ask this question, are you kind to yourself? Or how often are you accepting judgement, criticism, the yapping that goes on in your mental mind? Criticism. Aspects of punishment.

Please look at this within yourself. Monitor your thinking. Observe how often you are loving to yourself, compassionate, generous, sweet, and how often you are critical, cruel, mean spirited.

We know you share with your friends and they with you the idea that would you speak to your best friend that way? Would you be cruel and unkind and punishing? No. So we ask you why would you do this and be this way with yourself? You are a beloved and perfect child of God. You are also human, and so, not "perfect."

In every moment, hold yourself in love. You are learning. You are having lessons that your spirit has asked for you to have in this lifetime. Things that you don't understand at the beginning. Ideas that are new to you and possibly scary.

All of your life, dear ones, is guided by God, that creative source that designed and created you in a divinely natural and perfect way. As a human being, you are learning about your divine nature, your spirit, and all that you are intended to learn and also to bring forward into the earth plane during your lifetime. You can best do these things by allowing yourself to love yourself. Not to criticize or judge or be in grief about something you said or something you did or didn't do. Simply learn. Nod to yourself when there is more learning for you to do. When there is a greater expression of your spirit for you to be.

Keep going. Keep growing. And be kind to yourself. This is a key, dear ones. When you are simply kind to yourself, spirit and God are able to speak with you, and you are able to hear more clearly. You are more open and relaxed and present.

We ask you to try this out this week. To observe how often you are loving and kind and compassionate with yourself, and how often you are not. Choose more love. Choose more kindness and gentleness and compassion and tender heartedness with yourself. You are on your path. You are doing well.

Our love and blessings are with you always. Namaste.

Portia and the Guides

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Channeled by Susan