

I Am Afraid of the Aging Process. What Can I Do?

And welcome to you all. It is Portia and the Guides. And your question this week is, I Am Afraid of the Aging Process. What Can I Do?

We thank you for this question as it is something for all human beings as they are in later years of their human life, in this lifetime. It is the unknown that is the great fear about aging. What will happen to me? What pains will I have? Who will take care of me? How will I die? Will it be okay?

These thoughts run rampant in the mind, the ego mind that is always trying to control, always wanting to know an outcome, uncomfortable with the unknown. Always wanting certainty and the feeling of safety. Your safety and the care for you, dear ones, is with God, that Creative Source from which you come. You are the expression of this infinite being and you are like the ray from the sun, emanating from the sun, that light source and warmth, in your own unique ray and characteristics and qualities. You are cherished by God.

The human body is what you will leave as your spirit continues on. Your spirit was before this lifetime and will be after this lifetime. Your spirit is infinite. So it is your choice to be cheerful and even jolly with your body as it goes through its changes in this stage of its development in your human life. When you curse it for a pain or something that's different, your body feels this, hears this, and it contracts. Your body is a healing machine. It has all of the knowledge and everything that it needs to keep going, to continue, to support you, to be your greatest ally in this lifetime.

When a pain comes up or a difficulty, a physical challenge, a diagnosis for others (and we will say "others," reminding you that the truth is within you, and your body will speak the truth to you). When you are aware of these things, we recommend that you pause, and you come back to the center of your being and you ask your body, "What are you trying to tell me? Why are you here? What have you come to let me know about an area that I need greater understanding and ease and healing?"

Your body does all that is can to repair itself, to reengage systems every nanosecond. Your body is a miracle. Your body also is a wonderful ally to tell you, to guide you to issues and areas that need your attention, that need your love, your healing vibration. And when we say "your," it is yours, yes, personally, but also you want to ask the light of God to shine into that area or that pain or that joint for greater illumination and all that you need to come to understand. When you do this, your body can realign itself in perfect function.

Sometimes it requires you to keep going and to keep asking. But here is the deal: Keep the relationship with your body in love. Your body loves you. Love your body. Speak to it as it is your best friend because it is. And when you do this, and you listen, and you continue to ask your body, "What's going on here? What are you trying to tell me? Where do I need greater understanding?" and you listen to your body, this opens up channels of healing and energy for your body to restore itself with that issue or situation.

Do not give up. Do not become discouraged. This is our request for you as you are considering this idea of aging. Keep going, keep moving, keep asking and listening. Keep moving forward as you are designed

to, and the body will be its best and highest for you until it is no longer needed by your spirit and by God, and then the transition will be a glorious one for you.

Our love and blessings are with you always. Namaste.

Portia and the Guides

Week of July 13, 2026

Channeled by Susan