

“EMOTIONAL AUTHENTICITY”

Lady Portia, Goddess of Freedom, Justice, and Opportunity
with an Introduction by Star Hinman
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Star’s introduction:

The name of the game now is to keep a strong alignment with the All-That-Is as the Winds of Change are blowing across the Earth!

We are all being cleansed to our very core of all the debris that we may have collected during this, and many other lifetimes!

This process is happening for everyone on Earth – and it is not necessarily a comfortable process! That’s why we need to practice holding the “Centerpoint” within ourselves where we are connected with Peace, Love, Abundance, and Perfect Health. It is good to continually be affirming this as our BIRTHRIGHT, and to hold this Centerpoint not only for ourselves, but for many – as these huge changes are coming upon the Earth.

Humans, traditionally, are not big fans of change! We really enjoy our habits and routines – but we DO have to be careful that these do not become “RUTS” -- where we may be STUCK – not realizing that change is necessary for our growth as well as to facilitate the healing of much within ourselves.

Lady Portia gives us her perspective on this:

Dear Ones, it is the balance between CHANGE and STABILITY that is going to be the challenge for many in the coming days and years – knowing what to keep and what to throw away! When to hold steady and when to flow with the great changes coming for Earth! When to be STILL – and when to MOVE! You cannot always be the ROCK – yet you cannot always be WATER! And you will need DISCERNMENT to tell the difference. This is where your feeling nature, your INTUITION – becomes so important!

And when we speak of feelings, we are not talking about your emotions, which can be like the winds blowing through your soul! Your feelings are your INNER SENSE of reality – where you simply know at a core level, what is REAL, what is TRUTH. You need to learn to listen to your feelings which express to you your intuitive knowing, and to trust them. This will form an inner partnership within you, so that you know TRUTH when you hear it, and you will know instinctively when you have succeeded in creating that unbreakable connection with the “All-That-Is.”

This is where emotional authenticity comes into play! It is needed because there is so much DEBRIS of an emotional nature being brought to the surface now – for ALL HUMANITY – that it is vital that you learn this ability now: to simply be able to tell yourselves the TRUTH about how you are really FEELING

– in every moment of your lives! This will break the emotional log jam that is occurring for many on Earth now, and allow the magnificent process of this emotional cleansing of the mass consciousness of Humanity to continue. All these things are coming up from the deepest levels within Humanity! These are the remembrances of the results of eons of misqualified energies, because humanity made the choice of having the “knowledge of good and evil,” and so began to create both of these in its thought forms.

NOW all of this is coming to the surface – for one reason and one reason only – to be HEALED! You know this, dear ones, yet there is a missing link in your consciousness in order to be able to DO THIS – to carry it out! First you have to be willing to LOOK AT IT -- simply, and without shame, guilt, self-recrimination, resistance, or any of the attendant emotions which so often accompany this material as it surfaces into your consciousness, and to be able to stay in emotional neutral and allow this material to surface across the screen of your consciousness – and THEN TO BE GONE! Because you are not resisting it, you are not judging it!

You are learning to simply ALLOW the FLOW of Creator’s hand, moving through your consciousness – to clear and heal these places that are no longer necessary within you. You are learning to be STILL – and yet to FLOW! It is a seeming contradiction, yet it is so only to your mind! Your body well knows how to do what I am talking about – so I am speaking directly to your bodies, your inner senses, your inner feelings and knowing!

It is like a riddle to your minds – but do not be concerned with this. It is not the mind which will be doing this work! As you learn to fully open your hearts, you will learn many, many things that the mind can never tell you, dear ones!

So learn to trust, learn to open to the truth within you of what you really feel – and to allow this to exist! And this will be the greatest gift that you can ever give yourselves! This is what will carry you into the Divine Consciousness of your Oneness with All Creation!

My deepest Love and Blessings to each of you as you move into the beauty of this process!

I am Portia, and I have given you the perspective of this Truth.

Namaste