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Destructive Negativity

By Estelle Roberts 2013

There is a problem with generalisation you know. You make a statement and immediately people can pick you up and say well in this example what you're saying does not gel and why do people do that? It's because they are looking for negatives and that's what we want to get out of our system. We want to get rid of looking at negatives because there's enough blimmin' negatives around isn't there with other people. Everybody's trying to bring people down. I don't know why we do that on the Earth Plane. We don't try and boost our friends and our loved ones. Well we do with our immediate family but as a general rule we do like to bring people down. Disprove, not give them a hand and hold their head up high and say well I'm here to help. Why do you think people do that? Because it is easier to be destructive than to be constructive, because if you are constructive then you have to put your hand up to help and people don't want to do that. They don't want to get involved. Why don't we want to get involved? Because we don't want to get hurt, because we feel that it's not our place. If we all took that attitude it would be a sad old world wouldn't it? So don't ever be afraid to put your hand up and help and try wherever possible not to be negative. Very easy to say that but it's a lot more difficult when you're on the Earth Plane isn't it, because there's so many blimmin' negative people around you. Well there are aren't there? They're always wanting to pick faults, create a problem. It's something that seems to be inherent in our nature. Why I don't know because it goes totally contrary to any of the teachings of any of the Masters.

What do the Masters all tell you to do? To love and help your fellow man. Now there's a sexist statement isn't it. Why didn't they say help your fellow woman, but they didn't, they said help your fellow man and obviously they're referring to mankind which doesn't have a sexual connotation. But all the teachings all tell you to give love, all tell you to help where you can, but then we go into our little shell don't we? We go into our little shell because we feel that if we put our hand up and ask to help that it might be misconstrued and therefore we use that as an excuse. Well we do don't we? We use that as an excuse. Well I didn't help because I didn't feel it was my place. Well I'm here to tell you that

that's the wrong attitude. You've got to put your hand up and offer help. If they don't want it then step back, don't push, but there are times when you put your hand up and help will be gratefully received. But if you don't put your hand up you have missed the opportunity haven't you because it doesn't come back again and you think about it in years to come and then you metaphorically kick yourself don't you and you say, if only I'd did this, or if only I'd said that, and that is something we've all got to be very careful of you know, in what we say.

People talk about being hurt. A physical hurt is a very short lived affair is it not? You fall over, you get hurt, but it soon disappears. It soon clears away but if you say something and that hurts the individual that can stay with them the rest of their lives. So always be very careful in what you say and if you are incorrect in something that you say don't ever be too proud to say you're sorry. And that is something else most or a lot of people on the Earth Plane find very difficult don't they? When they realise that they've been wrong is to go to the individual who has been wronged and say I apologise, I wronged you and it was not my intent.

Sometimes it is our intent and that's even worse. We deliberately say things to hurt the other individual. How bad is that? When you actually analyse what I have just said, we actually say things to hurt another individual. Not to help but to injure the other person. That my friends is almost a cardinal sin because that hurt will live with that individual for life unless you truly retract it, or prove by your actions that you are correcting the statement.

We all have a problem in saying sorry don't we? I don't know why but it is a trait that goes right through humanity. We'd rather the problem just be forgotten wouldn't we and disappear rather than, I was going to say man up and say I was wrong, I apologise. I sound as if I'm making a sermon don't I? Most unlike me

Estelle you're saying everything that I'm feeling and thinking.

Yes I know that my love. You should know that you are very dear and close to me and I hope that my words have helped and not hindered.

They have helped, very much so.

*Estelle Roberts
May 2013*