

Negativity in People over the Christmas / New Year Holidays

By Estelle Roberts 2015

I hope that we are all totally refreshed and ready to achieve great things in the forthcoming year.

Yes.

It's a strange perception you know that at the time of the Upliftment, at the time of the Christmas/New Year celebration, at the time of Hanukkah, at the time of so many religious experiences that the negativity which is contained within the Earth Plane is increased. It almost seems like an oxymoron doesn't it? It should be a time when the love, the forgiveness, the understanding, is accentuated but unfortunately this is not the case. So many people have time to reflect upon themselves and upon their relationships.

Why you might ask isn't the same situation, the same scenario, at other times of the year? It is because more people have more time to spend together, with their partner and family, than is normally the situation during the year and then the stress levels increase. Because rather than getting on with life, getting on with the manual labour, getting on with looking after the children, preparing them for school etc, you have them together every night and every day. And therefore the inability to accept the other ones' faults, or the ability to have their faults rankle to the point where you find it unacceptable, at other times of the year you can say "well I don't have to worry because tomorrow he or she will not be part of my normal life and therefore I can put up with it for a short time". This is not the case when you're thrown together night and day seven days a week is it? So therefore aggravations are increased, tensions are increased and your ability to accept these irritations is tested. And what does that prove? It proves that you have not learnt the lessons fully. You have not learnt the lessons which we have been giving to you, the lessons which should be one of joy and happiness.

So many people over that period go to church, sing their Christmas carols and feel that they have done their bit. They have done what is required. So as soon as they leave the church, as soon as they leave the synagogue, as soon as they leave the place of rejoicing, all that love which was embodied within their being at that time is dissipated. It's forgotten. How wrong can we be? It is essential that you keep that level of love and understanding and forgiveness throughout the year. Don't keep it just for one or two

hours because that's all it is. It's really a bad reflection upon us isn't it? That we can, for a very short time, think only loving and holy thoughts and yet when we are placed in a situation when forgiveness and understanding is required, then those thoughts evaporate. We all have a long way to learn, a long way to go, because it is required for that level of love and understanding to be with you at all times.

It is unfortunate that some misguided beings look at the opportunity to create havoc and turmoil amongst the populace. We had that situation in your country. We had that situation in France. We had that situation to a greater or lesser degree in many other places and I don't know if you have actually really thought about it. What has happened, and I will use the example in France as a point of reference, rather than bringing the point home, rather than convincing the masses to follow the teachings of Islam, it united a nation to respond and retaliate in a negative way to what is the desired effect. How can you convert somebody to a particular way of thinking by forcing them and creating turmoil within their society? It's totally illogical isn't it? It is exactly the same as the concept in the Christian faith of heaven and hell. It's totally illogical. How can you profess that you are following a doctrine of love and then in the next breath advocate that if you do not follow this doctrine you are condemned to pain, suffering and hell and damnation. The two just do not coincide do they?

This is one of the big differences with the teachings of spiritual knowledge. In our teachings we do not have a stick with which we hit you over the head to bring you to agreement, to subdue you. We do not advocate hell and damnation. What we do try is to open your eyes in that if you do not follow the teachings of love, the teachings of understanding, the teachings of forgiveness, then you have a longer journey before you return to the state of... purity. I was going to say perfection but obviously it's not a state of perfection that is required for your returning to the 7th plane.

So therefore we put the responsibility totally on your shoulders. It doesn't benefit me. It doesn't benefit your guides. It doesn't benefit the Great Spirit if you do not improve yourself, if you do not engulf your being in as much love as you can. The only person you are hurting is you. You are the only one who is failing to progress. You are the only one who is creating a barrier for your return back to the 7th plane. Nobody else is going to suffer for you. Nobody else is going to suffer because of you. So over the forthcoming year, before the next Upliftment, try your hardest to improve the negativity within your being. I won't request that you try and eliminate it because obviously that is an unobtainable goal, but we can all improve our being a little bit can't we? So if you could all please give me your assurance mentally that you will at least try. Try and adopt the teachings and the philosophy of love and forgiveness in the upcoming year. Or I should really say our current year because we are already in the New Year aren't we?

Yes.

Take my words to heart because it will not benefit me in any way whatsoever if you fail or if you succeed. It will give me great joy and happiness if you succeed. It will distress my being if you fail because I will consider it as a personal failure on my part but I will not take it to heart to the point where it affects my own progress because I too have progress that I have to achieve. I too have to eliminate the negativity that was part of my

being last year. That is something that you don't fully understand or think about is it? That even your friends in the spirit sphere have their own journey, have their own need to purify their being. We none of us are worthy of returning to the 7th plane yet and therefore the negativity which we have in our being is such that it requires correcting.

And on that thought I will bid you farewell. Good night and thank you my friends, my love goes out to each and every one of you.

Thank you Estelle.

*Estelle Roberts
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