



[www.insightsfromspirit.com](http://www.insightsfromspirit.com)

## Judgement of others because of Colour, Race or Religion

*By Estelle Roberts 2013*

*Hello Estelle.*

Yes well I see it is a ladies' meeting and therefore why aren't we all talking to one another. I mean otherwise I have to do all the talking myself and that gets very boring from my side you know. It is a problem that we have, we ladies you know, we do like to talk don't we? Yes that other species they don't talk anything that makes sense sometimes. (laughter) Well they don't. They get so involved with things that aren't important like golf and fishing and other stupid things.

*But it keeps them out of mischief.*

Well it keeps them out of our hair doesn't it?

Yes.

Well otherwise we'd have to put up with them all the time and that can be a problem. But I want you to consider something. We all feel that it is very important, the gender and the lineage should I say, of our position on the Earth Plane at this point in time. So many people look at their ancestral tree and feel that it is very important to know where they came from. But you who have had a little bit of knowledge should know that your ancestral tree upon the Earth Plane is irrelevant. It has a certain import in the fact that the genes, the DNA, is a result of your ancestry but it does not affect the individual. If you want to have a true ancestral view of your life you have to wait until you come here and then you will find how unimportant a lot of the things that we considered on the Earth Plane really are.

We consider that our religion is so important. We are Catholic, we are Jewish, we are Presbyterian and yet last time you on the Earth Plane you could have been Hindu, you could have been Buddhist and yet you look at those religions with a certain amount of disdain, non-acceptance is a better way of putting it is it not? You can't understand their way of thinking. And who is at fault? The answer to that is simple. We are at fault. We are at fault because we do not fully understand the other

man's or lady's point of view. We built up in ourselves so many fears, so much distrust, because an individual is of a different nationality, a different religion.

While we're on the Earth Plane we find it very difficult to accept the fact that the position that you were born in is, I was going to say "an accident of birth" but it wasn't an accident, it was preordained but it was preordained because it was necessary for you to learn the lessons in the environment that you have been placed. If it is considered necessary for you to learn in the environment of the Japanese race you will be brought back as at a Japanese male or female. So therefore the distrust that you have while you're upon the Earth Plane at this point in time is totally illogical and it is brought about by your inability to see the picture as a whole.

We all have these prejudices and why do we have these prejudices? It's because they have been instilled into our being by other people. When you are a child you do not have the same prejudices. You accept people for what and who they are. It is your parents, it is the people who surround you, who fashion the negativity in your being. What I would like everybody to do is to be as a child. As a child you do not have any preconceived mistrust. You do not have any preconceived idea of what is wrong with an individual because they are of a different colour, a different creed. You just accept them for who they are and if they are a nice individual it would not matter whether they were black, yellow or red. It is only your parents and your colleagues who then tell you that you should mistrust and dislike that individual.

*Estelle are we to question all these beliefs that we are brought up with from our parents?*

If they are in conflict with the teachings of love, yes you should question it.

*They are programmed into us by our parents.*

Exactly that is my whole point. You have been "pre-programmed" as you so quaintly put it by the environment that you were brought up in. You need to take yourself out of that environment. Mentally I mean not physically

*Should we be as a child?*

See life through child's eyes because if you see life between child's eyes, or through child's eyes, you do not have the preconceived problems.

*The parent part of us is the judgement so how do we engage the part of us that is not judgemental?  
Our beliefs are so much a part of who we are?*

You need to dispel any negativity towards another individual because of their race or religion or creed. Do not judge. That is what my messages is.

*How do you do that?*

Look at them as individuals and people.

*To actually do it is hard to just to see them in light, with no judgement.*

You will find that the communication will improve if you take away the shutter which blinds you with the prejudices of your past.

*When these thoughts come up, when you see something which brings up negativity and you think those thoughts, what are you do with those thoughts at the time?*

Dispel them. I'm not saying that because an individual is a negative being that you should not disregard that individual. What I'm saying is don't look at that negativity as being a part of their race or religion. So take that part of the equation away and look at them as people and do not judge until you know the person as a person. Do you understand?

*I'm trying to understand how to do it. I hear what you're saying and I know that when you meet an individual or whoever is it a thought of just trying seeing them without discrimination?*

Just see them as an equal. Feel it. Feel it in your heart. If you have any negativity in your mindset and that negativity is derived because the individual is of a particular creed, colour or religion, that is what you need to dispel. I'm not saying that you will like everybody. What I am saying is do not use those as the initial criteria. And so many people do, do they not? They say he is a Muslim and therefore I have to fear him. He is Japanese and therefore he is not somebody I want to be acquainted with. That is illogical because the state of their being is a short term situation. That short term being their current occupation of the Earth Plane because once they have left the Earth Plane the nationality is dispensed with.

*So we're greeting their spirit not their personality, their race or their creed.*

That's exactly what I was saying. Look at the person, not the outer covering. Be tolerant with their differences because when you are brought up in a different culture your acceptance and way of life is different. So do not look at these differences as a problem. Look at these differences first as a means of expanding your knowledge. It might be that you are the ones who are incorrect and their way of life would be vastly superior to yours.

It's a statement of fact that it does not matter where you are born, what nationality you were born, you consider that your nationality is the superior nationality on the Earth Plane and therefore all others are inferior. And it doesn't matter whether you are born Chinese, whether you are born Indian, Japanese or any other nation, you consider that your nationality is the superior nationality and all the others are foreign after all. But it is an accident of birth. You too could have been born in to that area, so do not have this preconceived mistrust. Wait until they have proved that they can be mistrusted, then your knowledge is based on a fact and it wouldn't matter whether the individual was a Hindu, Muslim or whatever. You're looking at the individual, not the religion or the nationality. Do you understand the difference? And therefore you do not say, he is a Muslim and therefore I have to mistrust him.

*If his actions prove unsavoury are we still just to forgive?*

You should forgive at all times but you do not have to associate with the individual. We don't say that you have to associate with people who are not palatable to your being. Do you understand? That doesn't mean that you have to accept everybody into your life. You accept the people whom you feel a connection with and if you do not feel that connection then you will not respond and it will just drag you down but it's because of the individual not his position and therefore do not blame the religion or the nationality, blame the individual. Do you understand what I'm saying?

Yes.

So do not allow yourself to be brought into this negativity which surrounds the Earth Plane because of nationality or culture. We have to break down this negativity. This has occurred and is occurring at all times because the Earth Plane, the peoples of the Earth Plane, are communicating and able to access so many places which they couldn't have done 100 years ago and therefore a greater tolerance is spreading across the Earth Plane. There was a time when if you just went from one village to another there would be a distrust. Now the Earth Plane is becoming smaller, smaller because of the communication and because of the blending of the cultures.

We have a lot of great things we can learn from other cultures. Other cultures have great things to teach us. Our culture has great things to teach them and it is when all of these blend together that the Earth Plane can move forward. When I say the Earth Plane can move forward I mean the Earth Plane will have no reason for its existence. This would indeed be a wonderful time would it not? This will occur but do not hold your breath. It will not occur for many millions of your years. It has taken many millions of your years to get to the point where you are at the moment.

*Is it for us as individuals to transcend all this negativity and to help others to do the same?*

That is the reason, or one of the reasons, you're upon the Earth Plane, to try and make a smooth transition between the one and the other. If you can do that, you can only do it within a limited sphere. You can do it within the people whom you are continually in contact with and even those people who you are not continually in contact with, if you display openly a feeling of love and sympathy that then will touch their being and it might not come to the surface for many years but it does not matter. The very fact that you have put yourself in a position to give love will always have a positive reaction even though you might not see it in the immediate timeframe. That is another problem that we have when we are on the Earth Plane is it not? We want everything to happen instantaneously. I have been good to this individual and therefore this individual should automatically change all their thinking because they can see I have been good to them. I'm sorry it will not occur. It cannot occur. It has to be their choice to change and as you know, people do not change quickly. You have to nibble away and then eventually it will happen.

So be the one who gives a positive example in your life. Be the one that people look up to as being a person of love and compassion. This is something each and every

one of us can do. It does not cost anything to give love and compassion and yet it is a problem that we all have is it not? We feel that we should keep ourselves to ourselves. We put a hedge around us, a barrier, because we do not wish to be hurt. This is perfectly understandable but you can only be hurt if you allow yourself to be hurt. If an individual raises his voice, is angry towards you and you react, you are the one who has created the problem. You are the one who has created the problem within your being, within yourself, because you have responded in a negative way to somebody else's negativity.

So when other people are negative do not take their negativity into your being. Accept the fact that they are negative, accept the fact that they are, excuse the expression, bloody idiots, but do not allow yourself to degenerate your being by lowering your standards, lowering your love factor in your heart. That is something that you are in 100% control of. Nobody can make you angry unless you allow it. Nobody can upset you unless you allow it.

You are in full control of your emotions. You are in full control of your thought patterns. So do not blame it on another individual. It is their problem if they are negative. It is your problem if you react to their negativity.

I hope that I have made myself clear because if you can overcome these problems you will leap up the ladder of success and I obviously am talking about success to our advancement back to the Holy Spirit and this is the only success which is important.

*Estelle Roberts*

*May 2013*