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## How to Deal with Negative People in our Lives

*By Estelle Roberts 2013*

Your daughter (*talking to a member of our group*) has a very strong nature. It's unfortunate that her mind has been twisted by certain events in her life. It's unfortunate that people do that and she needed to be stronger and her reaction now is more of a counter reaction of being put down in an earlier life. Do you understand?

*Yes I do totally.*

And we, and I say we and I mean that in the general term because obviously I had nothing to do with it, her guides and her friends are working hard at trying to soften her because most of the time she's a lovely lady isn't she? It's that depression, it kicks in. It is a mental state you know. People say it's a chemical imbalance and that really is a copout because it isn't really a chemical imbalance because you are capable, and when I say you I'm talking about everybody on the Earth Plane, of sorting your own thinking out. It's just that sometimes people find it very difficult and therefore they require a chemical agent to assist them. Do you understand what I'm saying?

*Yes.*

If she had a stronger will she would be able to overcome those problems but she doesn't have a stronger will and therefore unfortunately the misguided, I was going to say the dark side, the misguided souls can influence and that's a problem you know. Even though you have your guides and you could say why aren't your guides working when these misguided people come in. It's because they are manipulative and if you are weak at the time then they see an opportunity and then they jump in with both feet! You would think there is a big sign above your head saying I'm capable of being misled! But that's what it is because when you get weak the signal goes out and when the signal goes out they jump in! And when they jump in it's very difficult for your guides and friends to keep them out because the problem is you don't push them out yourself and if you push them out yourself then we can help, but if you are not in the mental state when you are aware that this is occurring, then our hands are tied!

It would be right if we both played from the same rule book wouldn't it but we don't! We have to play fair. Which I think is very unfair in itself isn't it? I mean when one party is playing fair and the other party isn't playing fair it just doesn't equate does it? But love and goodness will always win. So do not ever allow yourself to get so despondent that you feel that life is hopeless. We all have our down and our depression times. That's a normal state of the Earth Plane. I mean it's a normal state over here too you know. That's something people on the Earth Plane would find very difficult to comprehend. People over here get just as much into a state of depression as people on the Earth Plane and you think well what have you got blimmin' well to suffer? You've got no suffering so why would you get depressed, but you're wrong because the mental stress which I was talking about earlier is just as prevalent in the astral spheres as it is on the Earth Plane. It's the one thing that transposes itself from the Earth Plane to the astral sphere. Or I could say conversely it's the one thing that transposes itself from the astral sphere to the people on the Earth Plane.

People get just as nasty. On the Earth Plane it's the words but in our sphere it is the thought. It is the thought that is transmitted but it's no different to saying it's the words that are transmitted and when you can see the hate or the negativity in the other individual it hurts even more because you can fully appreciate where they're coming from and then it hurts even more. Can you imagine? Not only hearing the words but feeling the negativity of the other individual but conversely it also works the other way in that you can feel and see the love which is transmitted from everybody else. So you take the love which is transmitted by those who are giving it and you block out, yes you block out the negativity which others are trying to impose upon your being. And that's what we've got to do while we're on the Earth Plane. If you can't come to terms with an individual you block them out. You cut them out of your thinking.

*I was going to ask how do you do that Estelle*

You just don't let them affect you. You do the niceties. You still be pleasant but you don't let them, their words or their actions, affect you. You put a block there, do you understand?

*You just not take it personally.*

Don't take it personally exactly. Don't let it interfere with your thinking because if it interferes with your thinking in a negative way then it is not positive and you must not allow negative thinking into your being. Do you understand?

*If you do take it on board and you realise and you don't want it, how do you let it go?*

Then you have to ask for help, and don't think about it because if something is negative it works like a cancer. It just eats you inside doesn't it and it just keeps regenerating and regurgitating.

*It's so hard to let it go.*

Yes but if you do let it go then the healing process can take its place and how you let go is you think of something else which is positive to counteract it, because if you harp on it – I can just imagine playing a big harp – if you harp on it, it will only create more problems within yourself won't it.

*It just gets bigger and bigger.*

Exactly and that's not what we want to do. So don't allow these negative people to affect your state of mind.

*What if you think somebody is being negative towards you but maybe they just want you to think differently or open up and question...*

If you feel it in a positive way then take it on board. If you do not feel it in a positive way let them have their say but don't take any of their words into your thinking.

*Could that be you putting up defences?*

It could be and it could be that at that point in time you are not ready to receive the message and I'm not saying that this is the case, I'm just saying there are times when you are not at a position in your life to change your thinking in the manner which has been proposed, or it could be that the thinking that they are proposing is totally wrong and they are wrong and you are right. You know within yourself whether something generates a good or bad feeling within you don't you and if it generates a bad feeling then reject it without question. Do not take it to heart. You have been guilty of that recently haven't you?

*Yes. I think the person is caring towards me but I either just don't understand or I put up defences and I question it or query it but I think it is just because I don't understand but then I still put my shackles up as a defence.*

Putting the shackles up that is a negative which you have to conquer. Blocking it out is the right thing to do. To retaliate is the wrong thing. Do you understand?

*Yes. But to be receptive do you just listen with an open mind, an open heart?*

You listen with an open ear and if what is being said generates as being positive then you take it into your heart. If what is being said is negative and does not resound well within your being then do not respond in an angry way, merely say that is your opinion, it is different to mine and I respect your right to have that opinion but, you don't have to actually say it, but I will not be taking it on board. Do you understand?

*If it's in a way to maybe think about my own beliefs or my own thoughts, is that still a positive?*

We all have to change our thinking at times. That's part of our progress in life is it not? We are always learning new things. We are being brought upon people to change our thinking at times because how do we learn? If you actually analyse the word learn, it means that you are changing the thinking that you had before because you are learning new things and therefore all your life you are changing your opinion. When you were a child you did not know that 2 and 2 made 4 until somebody instilled that into your thinking, so that's part of your learning curve and we never stop learning. We never stop the ability to move forward and change our thinking because there isn't any one of us, and I include myself, who is totally devoid of the necessity to change our thinking to move forward because if we didn't have to change our thinking we would be with the Great Spirit now wouldn't we?

It's only because our thinking is wrong that we are in the state that we are in, so therefore to improve ourselves, move forward, we have to change our thinking don't we? We have to learn and you learn by listening to people, reading, coming to groups such as this and if what is being said, if what you read, if what you hear, resonates in a positive way then take it aboard and if it differs from what you thought before, well then so be it. Obviously what you thought before wasn't correct so you have to be big enough to say well what I thought before was wrong and what I'm thinking now is logical and therefore that's the thought I will move forward with. Do you understand?

*Yes. Thank you for your words Estelle. It's helpful.*

And I have been around you a little bit over the last few months and you might have realised that a lot of my talks have been geared to assist you. Well I hope they have because that was my intention.

*They have indeed. Most appreciated.*

*So is it OK to call upon you Estelle?*

Oh you can call on me. Whether I can come or not is a different question, but if I don't I will make sure that there is somebody else, who we can call Estelle, who will be with you. We have that ability don't we? Names really are totally unimportant. I mean you don't think when I was on the Earth Plane my previous visits that my name was Estelle? Would be a funny name for a young man wouldn't it? You would get a few disparaging comments should we say. Somebody wrote a song about a boy named Sue wasn't it. Very cruel, people can be cruel and that as I said isn't something which is only peculiar to the Earth Plane. So don't have a misconception that everybody in the astral sphere is there for the betterment of your being. I wish it was so but that isn't the case.

We do try and block out those who desire to have a negative but sometimes they slip under the radar so to speak. They slip under our skirts and just jump in and because we have advanced ourselves to a state of reasonable love, we don't have the ability within

our being to think negatively in the same way and when you don't have the ability to think negatively it's very difficult to comprehend their thought pattern because if you are trying to be positive and look at the good in people, you have no perception or conception of somebody's thought pattern whose only desire is to disrupt and cause disharmony.

So you see we do have our problems as well and our problem is trying to comprehend the negativity which surrounds each and every one of us especially when we are on the Earth Plane. When you're in the astral sphere you're a lot more protected because the people who surround you are people who are of the same mental state as you are. That is unless you elect to go and assist those who haven't purified themselves in the same way, but on the Earth Plane you're all a mishmash, you're all thrown into the pot together. So that is a positive of the Earth Plane but it's a blimmin' big negative from us you see. Do you understand?

*Estelle Roberts*

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