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## How to Deal with Negativity

*By Estelle Roberts 2014*

When we talk about emotions it's very difficult for us to fully understand what we have to do to overcome them. You're told that you must spread love. That's what you've been told on so many occasions have you not? And then you ask "how can I do that"? Now I tell you I was absolutely aghast when that question was asked. It just shows you that once you leave the Earth Plane how out of touch we can get because I do not consider that the spreading of love and forgiveness is anything other than a normal way of life.

So how do you describe normality? How do you explain to somebody that they should purify their thoughts when it is so much part of what you are? It's very difficult to explain something to somebody when you do not have a full comprehension of why the problem exists in the first place.

So what do we do? Initially we have to make a conscious effort to remove any negative response and reaction at any given time or at any given situation because that is how we learn. We learn by having a situation or a scenario placed within our orbit and overcoming any desire to respond and retaliate in a negative way.

Why do we find it so difficult? I'll tell you why. Because there are so many misguided people who are attached to the Earth Plane who revel in their ability to create negativity in your thoughts. Now I'm not saying that this is the situation on all occasions. The majority of time the situation occurs because we have not removed it from our thought pattern but once we have removed it then you get these misguided people who feel that they are losing you and therefore they will immediately try and reimplant a negative thought and vibration into your subconscious.

It doesn't seem fair does it? We try so hard to remove it from our being and then we have all these individuals whose sole desire is to drag us back down. But that is all part of our learning curve because until we can obstruct their intervention we haven't truly overcome it in the first place because if we had truly overcome it then their placing the thought in our mind, we would disregard it. We would remove it from our thinking because it then does not become part of your being.

Do you understand the essence of what I am trying to say? So once you have removed it, once you have achieved that first goal, you will be tried and it's not your friends, your mentors and your guides that are trying you, it is the negative individuals who want to make you fail. But we look at it as a positive reaction because if we can then overcome their

negative input, then we have truly achieved the removal of those negative thoughts from our being. We have truly overcome the negativity.

It is not something that can be achieved easily, which really when you think about it is jolly silly because all we are asking, or all the Great Spirit is asking, is that you do not retaliate, you do not respond in a negative way to the negativity of others. It shouldn't be so jolly difficult should it? Because the negativity of others is their problem. As soon as we take it into our thoughts, into our being, it then becomes our problem and it's a problem that wasn't there in the first place. So really when you look at that, we are just being jolly silly aren't we? We are taking another person's problem and dragging ourselves down on their behalf and we're not going to improve their lot. We, taking the negativity into our being, isn't going to improve their lot one iota.

So that is what we have to do. I know that at times it is a conscious effort which is required and once we have truly overcome then the conscious effort is not required because it would become an automatic reaction within yourself. You will automatically respond with a loving and kind word rather than getting your heckles up and responding in a negative way. And that's when you truly know that you have achieved it when the situation arrives and you do not feel any negativity within your being. People say nasty things, say things deliberately to anger you and if it is as you would say "like water off a duck's back" that is when you have truly overcome the problem. That is when you can move forward. That is when we are that little bit closer to our final journey.

It is only when you ask questions that we realise that we are lacking in what we have said in the past. Because we do not know that we have not explained things in a way which people can take into their life. Because it is not part of our being and therefore we have, with all due respect, overcome that problem, overcome that hurdle and when you have overcome a hurdle you tend to forget that the hurdle existed in the first place.

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