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## Overcoming the Negativity we have in Our Lives

By Estelle Roberts 2014

*Estelle can I ask if you have no understanding, if you don't comprehend, are you to ask yourself what is this negativity that I have been putting up?*

The negativity is only there because of your lack of acceptance because once you accept the teachings then the negativity, as you put it, dissolve. They are eliminated. It is only your preconceived perception of what is to be and what is correct and not correct, that create the negativity. So in essence any negativity which are there are of your own making. Do you understand? And therefore you have the responsibility of removing them and you achieve that by coming into contact with people who explain to you what you have to do and why you have to do it and then you slowly remove the negativity and the teachings and your progress then becomes automatic. Do you understand?

*Is that forgiving yourself for having negativity?*

One should never have to forgive oneself. One does not have to forgive or judge any part of your being. It is what you are, at this point in time. What you have to do is to understand that we all have a journey forward to go and therefore we all have negativity within our being.

We all get a little bit preoccupied with the fact that the ultimate goal is complete and absolute love and purity and therefore we judge or misjudge our responses and our actions with that as the yardstick. That is the ultimate goal. Not one of us in this establishment have reached and have the ability to do it. We are all progressing to that point and once we have learnt to eliminate, and we are the only ones who can eliminate it from our thinking, that is when we progress. Because you have a problem in the fact that you have a negative thought and you feel that you have let yourself down. This is in essence, progress because prior to your coming to our meetings you just accepted it and did not wish to change it. Now you understand that it's there and you have a desire to change and that desire to change will ultimately result in your progress. Is that clear?

Yes.

So do not condemn yourself for the negativity which is part of your being at times, but rather congratulate yourself in the fact that you now have a realisation that this negativity is there and a desire within your being to remove it because you cannot remove it until that desire is there. Otherwise you just accept it as a failing within your being, within your personality, and do not try and change things. That is the big difference, now you understand that it is negative and therefore you are consciously trying to remove it. This is good but do not condemn or criticise yourself if occasionally you fail. You do tend to persecute yourself sometimes for those negative thoughts do you not?

*Yes I do.*

Well you have my permission not to persecute yourself for evermore. But that doesn't mean you mustn't try and overcome them. You realise that "oh I shouldn't have said that", "oh I shouldn't have felt that", "oh that is a negative response" and that in itself is an advancement because previously it would have never even occurred to you that you shouldn't have these thoughts that you should desire to change and improve yourself.

That's how we get dragged down you know. We accept it as a normal part of our being and then the negative people in the close proximity to the Earth Plane feed on your negativity and place thoughts in your mind deliberately to try and drag your being downward. It's very unfair really isn't it, but I can only respond in the fact that it occurs, not whether it is fair or just.

*Estelle Roberts  
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