

Guidance from a Departed Loved One / Dispelling Negative Feelings

By Estelle Roberts 2014

Well, we have had two firsts since last time we met did we not? Not only did I close the meeting but I also opened. It is something that you might find strange that even when I had our group, our circle, that I never had the opportunity to open or close a meeting. I don't know if you find that strange but when I pondered on it I thought it was strange then when you think about it prior to the meeting starting I had to put myself into a state of readiment.

That is something that a lot of the channels that we utilise fail to fully understand the importance of. They wait until it is time for the meeting to start. They then sit down and think it would happen automatically. But as a medium, a channel, it is as important for you to prepare yourself as it is for us to prepare the vibration which is required to enter your group. This is a miscomprehension or understanding that a lot of people have. A lot of people consider that their lives on the Earth Plane are the be all and end all of life and therefore everything that occurs on the Earth Plane resonates within our sphere. Therefore the importance of the Earth Plane is placed on a level which is far in excess of reality.

The only individuals who have a connection – and I'm talking in general terms now – with the people of the Earth Plane are those who have elected to be guides and mentors. Others of us who do not have that connection only enter the vibration of the Earth Plane as and when it is required. Why is this you might ask? Why, when we come to give you teachings, aren't we connected at all times? After all while you are on the Earth Plane the Earth Plane is the whole of your reality is it not? But once you have left the Earth Plane, once you have progressed, your reality is of the sphere that you are occupying.

Now there are two riders to that comment. One is if you have departed the Earth Plane and you still have a love connection which binds you to an individual. That situation and scenario can be explained with one of our group whose husband past recently. And there is now a far greater connection than there was when he was on the Earth Plane. That is true is it not?

Yes Estelle.

It's a bit strange isn't it? And the reason why that occurs is because your eyes have been opened and you have a better understanding of spirituality. Because when he was upon the Earth Plane you considered it – if I can use the term – “his thing” and therefore you allowed it to proceed without being emotionally involved. Correct?

Yes.

And now you have emotional involvement and a greater understanding and therefore your heart has been opened and therefore because of that he will continue to be around and help you for as long as it is required. If that situation does not cease until you leave the Earth Plane then that is what will occur, but if that situation changes he will still care but do it from a distance rather than on a one to one basis. I hope you don't mind me utilising you for explanation purposes.

No not at all.

Because it is easier to comprehend a scenario if you deal with something which is personal and everybody can understand rather than talking in a general term of people or situations which are outside your aura so to speak.

I am a little confused about what you are saying.

You are confused in what way?

I understand the connection with my husband as he's not on the Earth Plane. I understand he's around but I don't ask him for assistance.

No. It is his love for you that gives the assistance from his point of view.

I see.

You don't ask your guide for assistance but your guide is there to give it anyway, is he not?

That's right.

When your children are growing up they don't necessarily ask for assistance but because you are in a position of greater knowledge you then offer that assistance whether they like it or not do you not?

That's right. Yes.

Because you have a greater knowledge and understanding and therefore you try and make their journey easier by passing on and partaking your knowledge with them. Do you understand?

Yes.

So therefore if you wish to communicate then communication can occur but if you do not wish to communicate then this once again is not a negative or a problem. Because we love you we try and help in any way which we can. Sometimes we have to be cruel to be kind. The same way as your children will consider that your actions are cruel but you know them to be kind. Do you understand?

Yes.

Now going back to my explanation there is another scenario which is outside the realms of your progress because when I was talking about connections I was talking about the connections within your spiritual sphere so to speak, but there are individuals, misguided souls, who are attached and attracted to the Earth Plane whose sole desire is to be mischievous and mislead people. They get a perverted sense of pleasure by bringing people down. We cannot always protect you from their influence.

So if you ever get a situation when you have a negative feeling, or a feeling of depression, and you know there is no logical reason for this state of affairs then consciously dispel any interference from unwanted souls. You might do this 10 times and 8 of those 10 would be correct. It does not matter because on the other occasions it does not do any harm because what you are doing is putting your state of mind into a more positive wavelength. You are as they say, digging yourself out of the rut and we all have that in our subconscious do we not? We create negativity within our being about situations which we should not be negative about in the first place. We create a situation where we have negative thoughts and if we consider these as being interference from other beings we will then consciously remove them will we not? So therefore even if it wasn't from a misguided being the end result is the same. You have dispelled the negativity from your thoughts.

Because not to have negativity in your thoughts would mean that you have then advanced to the state of pure love and with all due respect there are not one amongst us – and I include myself in that statement – who can aspire to such a state of being.

It's very disappointing when we look at it because we were a being of true love, of complete love and we have devalued our being to the point that we are at the moment. But I don't want you to feel bad about that because each and every one of us devalued our being far greater than we are at the moment and therefore we have come a long way on our journey back. But we do not wish to get complacent because we all have a long way to go before we return to our state of purity.

I was very moved by our friend Jock (*another Spirit guide who came and gave our group a talk*) on our last meeting when he advised the group that we should never ever consider the Holy Ghost, the 7th plane with awe, as something which is unobtainable because we were all part of that sphere prior to our misguided devaluation of our soul and therefore we all have the ability to achieve that state once again. After all we were all there at one time.

It's a pretty horrible thought when you think about it that we allowed ourselves to get into the state that we did isn't it, but that is history as they say. We cannot change what has been but we have the ability to change what is to be and if we change what is to be, we will eventually dismiss all the negative thoughts that have dragged us down in the past. We all need to do it gradually and that is the problem with so many people when they get the spiritual teachings and enlightenment. They want to fast track their progress and there's nothing wrong in wanting to fast track but what is wrong is if you then condemn yourself because of your inability to achieve what you consider should be achieved. As they say said in the Old Testament, it is like flogging yourself for the sins of others. It is not a sensible approach.

We all have come to the point that we have reached at this point in time after much improvement and with the teachings and with the help of your guides and friends, we hope that that journey forward will be considerably easier and faster than it has been in the past.

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