



www.insightsfromspirit.com

Responding to the Negativity of Others

By Estelle Roberts 2015

I don't know if you truly realise how wonderful and privileged we really are at times. We've often been told that we should never consider that we are privileged because we only get the teachings and the people who visit us because they consider that we are worthy. I find that very difficult to accept sometimes. I find it very difficult to consider that we are worthy of such visitations but I suppose we shouldn't really think that way should we, because it is not our job to judge our own development. We all try and do that at times though don't we? We try and look at ourselves and see just how far we consider that we have improved or developed. And really it's a wasted exercise because the only people who can judge your development is those who can see your aura and compare your aura to a previous period because until you do that you have no way of comparing have you? You have no starting point. And besides you can't see your aura so therefore how do you have your point of reference?

So what have we got to do? We've just got to keep trying and keep improving. Sometimes it's very difficult. Sometimes it's very hard to change the way we think. It's very hard to change the way we react, but that after all is why we are sent to the Earth Plane isn't it? So we can have these wonderful opportunities of suffering! Well that's what they keep telling us isn't it? They keep saying you have a wonderful opportunity. Well thank you very much! I didn't really want to suffer the loss of three husbands. I didn't really want to suffer the problems of bringing up my children myself. So why? Why do we feel that way? We feel that way because we don't fully understand do we? I mean not truly. Even we who are blessed with a little bit of knowledge don't truly understand why we suffer the way we do. We accept it because that is what our friends, our guides, our mentors have told us, but in true reality we have no perception while we're on the Earth Plane of why we jolly well do it.

You know you feel a lot better in yourself if you give out love. You know that if you get angry, if you get cross, if you get annoyed, it gives a hollow feeling in the pit of your stomach doesn't it? Well it does if you have purified yourself to a point where these negative traits actually affect the way you feel. Before you have purified yourself – I was going to say advanced but I'd rather not say that – once you have purified yourself then these negative energies do truly affect your physical condition, or your astral condition if you are not of the Earth Plane or of the Summerland. It still affects you in the same way. You still feel this heaviness in the pit of your stomach when you realise

what you have done. When you realise that what you have said or the action which you have been guilty of has affected another individual in a negative way.

If we have truly purified our being then we regret such actions. So I suppose in a way that is one way you can judge whether you have overcome the problem or not. Because if you do not regret the negativity of what you have carried out either verbally or physically, if you do not feel sorrow in your heart, if you do not wish to take the words or the action back, well then that means you haven't progressed and therefore you need to take stock of yourself. Think to yourself "I must change the way I think and feel. I must change the way I react to a negative situation. I must change the way I allow people's perception of me to upset me". Because a lot of times people will say or do nasty things purely to bring you down and what is really happening? They are saying that I want you to come down to the level that I am and if you allow their words or their deeds to rankle on your being then they have succeeded in a small way. They have succeeded in breaking you down.

So at these times I want you to remember my words and think "Estelle warned me about this. I mustn't allow their negativity to affect the way I feel. I mustn't allow the way they behave affect me or the way I react." Don't allow anybody to drag you down, as they say on the Earth Plane, because that is exactly what they're trying to do. Always remember it takes two parties to conduct an argument. Nobody can argue by themselves. They can voice negative thoughts and words but it takes two to create a hostile environment in which an argument results.

I don't mean by my statements that you should walk away from any situation where there is a negative occurrence but give your responses with love as the driving force. Imagine that this person is your child and as your child how would you respond to them to bring them back to the straight and narrow. It could be that you tell them that they are mistaken. A young man next to me said "no you tell them that they're a bloody idiot" but I don't say things like that because if you respond in that way you will get a hostile reaction back won't you? So always try and look at those situations as if the individual is one of your loved ones and then you will respond in the correct manner. I hope that in the years to come you take my words and you remember them and if you do then your journey through the Earth Plane will be truly worthwhile.

Estelle Roberts
October 2015