



www.insightsfromspirit.com

Learning to Overcome Negativity

By Estelle Roberts 2016

Good afternoon my friends. It's always a pleasure and an honour to be allowed to be with you.

(All) Good afternoon Estelle.

That is a statement which you might consider a little bit surprising, that we consider it an honour to be allowed to revisit the Earth Plane in the manner that we do, for the sole purpose of sharing a little bit of our knowledge, a little bit of our experience, a little bit of our wisdom. Now having been given the honour it gives me an immense feeling of satisfaction, pleasure, if my words in some small way enable you to change the way you perceive life, change the way you react to other people. We all have our own little group of people whom we influence.

When you are blessed with children and grandchildren it is your responsibility to direct their thinking in the correct way. It is the greatest responsibility that is given to each and every one who are fortunate enough to be allowed to influence another being. So much of the way you look at life, the way you react and respond to another, is as a direct result or as a direct influence of how you were moulded in your early years.

Outside influences can obviously affect the way you respond. Outside influences can either improve your mental state, improve the way you live your life, or it can work as a detrimental influence. It is entirely up to the character which you have within your being whether you allow these exterior influences to affect the way you behave. If the exterior influences affect you in a way which is positive and allow your thinking to be placed in a more harmonious and loving state then this is good and positive. But if you allow the negativity of others affect your thinking, make you bitter, make you respond in a negative way to a specific situation, then we hope that the teachings that you have received have stood you in good stead.

We hope that the people who come and listen to our talks, people who read the transcripts which we have made available, we hope that these teachings are and do

have the capabilities and capacity to change your thinking back to a positive state. We cannot change the way you behave. We cannot change the way you think. We can give you the information. We can give you the advice which comes about by our own understanding, our own level of development.

If you accept that the only reason we come to give you the talks that we do is so that you can advance, advance and purify your being, so that you can accelerate your journey back to the Heavenly Host. If you have achieved that, if we have achieved that, then a great state of enjoyment occurs and our hearts are lifted. Our hearts are lifted because we have been part of the catalyst to change the way you think and behave.

Now each and every one of you have that same responsibility. Each and every one of you can be a catalyst to change the way other individuals behave and think. Do not consider that we only come to advance your being. That is the primary requirement but the secondary requirement is for you to then take these teachings, take the change in attitude, out to all those who you can influence. Show people that you have become a better person by your attitude and your behaviour. No greater lesson can be given to another other than your response and behaviour.

Do not consider that it is somebody else's responsibility to do the right thing. The only person who is responsible for you to do the right thing is you as a person, you as an individual. So often people put the blame on another individual or a situation which is created by outside influences. You can't change or dictate how people behave, speak and react, but you can be 100% responsible as to how you react. So don't ever put the blame on somebody else. Do not ever consider that an outside influence has caused you a disruption of your mental state. You are responsible for how you think and behave, nobody else my friends. Nobody else can influence or change your thinking unless you allow it to happen. So please my friends go forward, go forward in love and forgiveness, and if you can do this you will make one young lady very happy.

I am sure that my talk has been explicit and clear so I do not anticipate any questions on the talk that I have given but if you have any queries or anything else that you require expanding upon I will be happy to try and respond and give you a little bit of Estelle wisdom.

Thank you Estelle. It was very easy to understand. I find that reactionary state that we get into to respond to something, when you feel that coming up and you know to catch it and then to change it and to react differently is what you really have to work on.

Yes you found it very difficult because it was totally different to the way you used to behave is it not?

That's right yes.

So therefore you have come a long way my friend. And I knew I could rely on you for a response.

We have a lot of triggers that just cause a negative reaction.

But the trigger is something which you can control.

That's right. It's habit a lot of it. It's just a bad habit.

Yes but nobody else can change your habits. Nobody else can change the way you behave and react. So therefore if there are triggers, as you so quaintly put it, it means that there is negativity within your being because if there wasn't a negativity that trigger would not occur would it? So therefore the very fact that you have a trigger which reacts in a negative way means that you haven't overcome that problem or that issue have you? Because once you have overcome that problem or issue the trigger then disappears.

That's right Estelle yes.

You never really thought about it that way have you?

No I haven't.

Because the trigger is only there if the problem hasn't been overcome. The very fact that the negativity is there means that there is part of your learning which needs to be changed or developed.

Don't expect to overcome all the negative triggers, as you so quaintly put it, on this visit to the Earth Plane. If you could do that there would be absolutely no need for you to be on the Earth Plane at this point in time. The very fact you are on the Earth Plane means that you have problems which you have to overcome and develop a resistance to.

We all have within our own family circle people who do not necessarily think and behave in the way that we consider is correct. I was trying to be polite there you see. And they are put there sometimes for that specific purpose. To allow you to become the better person and overcome the problem and if you can't overcome the problem you do exactly what our friend over there did and she built a very large thick wall. And that is not admitting defeat my friend. That is putting a barrier which is impenetrable to affect your emotions and therefore it has to be a positive doesn't it?

Yes.

Because if the problem cannot penetrate through to you then you do not react in a negative way and therefore it has to be positive doesn't it?

Yes.

So do not ever consider that you have the capacity to change everybody's thinking. That you have the capacity to bring them around to what you perceive as correct and logical. It could even be, and I should wash my mouth out for even thinking such a thing, that you are the one who is at fault and the other individual in fact at times has

a point. But if you cannot understand their way of thinking it is better not to try and distress yourself because that is just creating an emotional stress within your being which is unnecessary.

I understand what you are saying very clearly thank you Estelle. It's just actually living it, doing it, pulling myself up which I find a problem with.

Yes well as I said if you had the capacity of doing it all the time there would be no point in you being on the physical plane. So do not chastise yourself for the very fact that you have these negative traits within your being because that's the very reason why you're jolly well here. You're here to overcome those negative traits. So if you have 100 negative traits and you overcome 30 you have started the process haven't you? You then only have 70 to overcome not 100. So look at that as a positive in the fact that you have climbed the step ladder that little bit and with a little bit more effort you can climb it a little bit further.

So many people on the Earth Plane condemn themselves because they think that they should be as the Nazarene. Well I can assure you if we were all as the Nazarene the Earth Plane and the Summerland would cease to exist because there would be no need.

*Estelle Roberts
February 2016*