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Responding to Negativity and Different Opinions

By Estelle Roberts 2018

We are all a little bit guilty of complaining about things which in a lot of ways we don't have any control over and we complain because we perceive them to be different to what they are. And I want you think about that for a second because if we perceive them to be different to what they are, who really needs to change their thought pattern? Because things if they are as they were meant to be then it is our responsibility to accept and make the best of the situation. It might not be an ideal situation for what we perceive life should be, but it is what it is and sometimes we can't change things. We can't change the way other people think. We can't change the way other people behave. Even though the way they think and the way they behave is totally abhorrent to the way we perceive things should be.

So what is the answer? The answer is in many different ways because there is no black-and-white answer to the situation. Because if somebody has a very strong opinion which is different to yours and if their opinion is so strong that it would be a superfluous exercise for you to try and change them, all you're doing is creating a lot of stress in your being. Because you're not going to adapt their thinking. You're not going to change their thinking. And it won't matter how hard you try, if their thinking is so steeped that they do not want to perceive any other way of thinking, well then you are only causing yourself a lot of distress aren't you?

And then again you get the next situation where you can have a person with the same opinion but is flexible with their perception of what they are thinking, what they perceive to be the right way forward. If this is the case then your interjection to change or try and help them change their point of view to what you consider is the correct point of view is then correct because you have a willing audience.

And sometimes it is very difficult to determine which is the situation, isn't it? It's very difficult to ascertain the way people are going to respond. Because sometimes a person who is adaptable will respond in a quite arrogant and volatile way initially, but that is because they are unsure that they are following the correct path.

So when you're in those situations, go into the silence of your mind, ask your friend, ask your guide, to give you advice on which way forward you should go. And at times you may consider that you want desperately for the person to come around to your

way of thinking. But in fact if you persist in your conversation to change, you are then in fact creating a totally negative response and rather than they coming around to your way of thinking, they will get far more dogmatic and create far more negativity as a result. So it is always better to be understanding and back away when hostility is the response.

It is very simple and a human reaction to respond to negativity with anger and negativity yourself. And if you do this my friends, you are the ones who have failed. And there is no point in saying well they failed as well because that is absolutely immaterial. They haven't necessarily failed because it could be a true conviction of the way they have been brought up and they don't think of it any other way. And you have been told many times that if you perceive things to be correct then there is no sin, there is no negative to your being for you to proceed in that manner. But once you have been told, once you're aware that the situation is incorrect, then the sin if you would like to call it that way is manifested 10 times more than if you had not known.

So coming and getting our spiritual knowledge and our spiritual teachings is a little bit what we would call a double edged sword isn't it? Because we have a knowledge of what things should be, we have a knowledge of how we should respond, we have a knowledge of how we should react. And the very fact that we have this knowledge means that if we don't react and behave in a correct manner the negative to our being is amplified.

So don't ever allow yourself to deteriorate, to placate a situation. If you know that the situation isn't going to proceed in that manner that you would like it to do then quieten down and step away. It is far better to quieten down and step away than to react in a negative way. It is far better...it's a far better victory to retaliate in kind and the way you retaliate in kind is by not responding in a negative way.

Some people would say it's the coward's way out but I would correct that statement. It is a brave person who can turn and step away when every fibre in their being is to respond in a negative way and if you wanted to respond in a negative way and you have turned your back on it and stepped away from the situation, you have succeeded. You have succeeded in overcoming that small part of negativity which was in your being and eventually it will get to the point where you won't want to respond in a negative way at all in the first place. You will just think to yourself well that is their opinion. I'm not going to enter into a conversation or discussion because it is a superfluous exercise.

And we will stop a lot of arguments that way won't we? We'll stop a lot of negative discussion and what do I mean by negative discussion? Negative discussion occurs when emotions get involved and rational thinking goes out the door. Because when emotions get involved sometimes our rational thinking is nowhere to be seen is it? It not only goes out the back door it's running down the field.

So try always my friends to look at a situation and if you can change the way people think, if you could influence the way people think, well then you have a duty to do so. But if an individual is becoming angry and responding in a negative way which really

there is no way to change the situation, no way to change the way they are talking and the way they are thinking and in fact if you try to you in fact will make the situation worse. Then learn to keep your opinions to yourself and a later time will occur when your opinions will be sought and then that is the time to share.

What I've asked you all to do is very easy in its concept but very difficult in actually carrying it out. And as somebody said on the Earth Plane life wasn't meant to be easy was it?

I would just like to ask about the negativity that's always around us as it is always hard to overcome you know thinking of others. As you said, we can't do anything about their negativity. Just to step away and not to engage and just to send them love. It's very hard.

It's only hard until you have adopted it as part of your thinking. Because once you have adopted that way of life, that way of thinking, then you will wonder how on earth you ever did think that way. It is like so many things in life. We don't perceive how things can be different but when they are different then you don't perceive...you can't perceive how you thought initially. Do you understand?

Yes. It's very ingrained.

It's only ingrained because you have allowed it, because it has been part of your being and therefore it is the lesson that you have to learn isn't it?

*Estelle Roberts
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