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## **Sharing both the Positives and Negatives in our Lives**

*By Estelle Roberts 2018*

I was just sitting here in the peace and the quietness and I was thinking how wonderful it is.

We don't always appreciate how wonderful just sitting in the silence can be. Where we can remove all the negativities which surround us and concentrate on ourselves for a short while. But concentrate on ourselves in a way where we clear our thinking, clear our minds and allow the wonderful aura which surrounds the Earth Plane to enter our being.

Now you might think that is a strange way of putting it because when we look at the Earth Plane at the moment all we see is the negatives do we not? We look at all the problems, all the situations which are occurring and we emphasise or amplify the negativities.

And that's so true with so much in our lives is it not? We have a tendency to look at the negativities within our lives and forgetting about all the wonderful blessings that we have. It's a perfectly normal human trait to do this.

When we look at our friends, when we look at our family, so often they come to share the negativity within their lives don't they? They don't come to share the positives which are occurring in their lives. The automatic reaction when you're with someone you love, and I'm talking about whether it be your offspring, whether it be your brother, your sister, your aunt, your mother, because you are with somebody you feel comfortable with you feel that it is quite correct to unburden the negativities within your life.

So when you actually think about that it's a very selfish thing to do isn't it? Here we have these people who love us and rather than giving them love and being positive within their lives, we give them all the problems that we've been having. And we say "well we just like to share". Wouldn't it be better if we just shared the positives, the love that we have within our being?

It's not something that will ever occur on the Earth Plane because it is necessary to share the negatives as well as it is necessary to share the positives. All I'm asking is maybe we have a balance, where we share more of the positives than we do the negatives. And if we do this a wonderful thing will happen in that we change the way we approach life. We change the way we perceive life to be. Because we can all look at life and perceive it in a negative way and emphasise the problems and the situations

which we are going through, or our families are going through, or our children are going through. And when we do that it has a tendency to mask all the wonderful things that are happening, to mask the positivity.

So what I want everybody to do is when a negative situation comes up take it on board but then try and look at something which is positive in your life. And having dealt with that negative part in a short time, concentrate on what is good in your life. And then you will find a wonderful thing will happen. The whole perception that you have about life and what is occurring around you will seem to change. Because you're looking out at what is right in the world, what is right in your relationship, what is right within your family, rather than all the time looking at the problems which are occurring. Because the problems will occur and they will continue to occur, but it is wrong to emphasise them because it has a tendency to depress you and bring you down.

So when you have these situations I want you to try and make a conscious effort to replace that negative thought with something which is positive within your life, something which you can look forward to, something which you are happy is occurring. And if we can all do that, we can change the way we think, we can change the way we behave and our journey back to the Heavenly Host will be accelerated. Because we are putting positive energy into our thinking, into our thoughts, rather than dragging ourselves down with negative energy.

So I would like everyone to please try and follow. And if you follow it, you will find it very difficult initially, but eventually it will become second nature. And then you will see the positives and the happiness which is around the earth and there's a lot of happiness around the Earth Plane. There's a lot of positive energy.

So please concentrate on the positive energy, not the negative energy, because the more you concentrate on the negative energy the more you feed the cancer so to speak. The more you make it a matter of fact, a matter of the way you perceive the world. And what do you do when that occurs? You just get yourself into a state of depression, you give yourself ulcers and all sorts of other problems don't you?

But really it is a bit silly when you think about it isn't it? We've created all these problems and then we suffer the physical reaction and then we come to the healing couch and say please can you take them away. When we are the ones who have been responsible for putting them there in the first place.

I don't think I want to deviate from what I said today but I will allow myself some questions if you have any which are about what I have talked about.

*Thank you Estelle. You are always spot on with what's happening in life. It does so drain us, the negativity, and just to see the positive in all those situations...*

Yes, you see I was coming with you on your journey here. It's just that I didn't listen to what you were saying. I was listening to what you had within your aura.

*Thank you. Yes I know it just seems to be this time on earth that there is just so much negativity, everyone's going through such difficult times.*

Well, that's their problem not yours.

*Well you try and listen and help them but it does drag you down. The negativity is very depleting. So trying to give that positive response back to them to lift them up is draining.*

Yes, but once you've given them the positive response to their negativity, then dispel it from your mind.

*So what you are saying is that we must not to hang on to it.*

Exactly. Isn't that what I was saying? We tend to hang onto it as you say and then it becomes as big as Mount Vesuvius, ready to explode. Because that's what happens when you keep negativity within your being. It then becomes a bigger and bigger problem doesn't it? Because you emphasise it. You create something which is far bigger than it was in the first place.

*So just see the positive in the situation and try to send love.*

Yes. It's very difficult, or we perceive it to be very difficult, in the initial stages but once you practice it it's actually quite easy.

*I'll definitely practice it.*

Yes and that's the point. Once you practice it. And when you practice it, it will then become second nature.

*Thank you.*

*Estelle Roberts  
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