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Allowing thoughts or actions of others to bring you down

By Estelle Roberts 2018

I think I'll just sit here and soak up the atmosphere.

Sometimes we have to do that you know. When we have somebody who comes as we had, the essence that he leaves behind is so wonderful.

And that's very true in so many things in life is it not? We go somewhere and we suddenly feel comfortable or at ease. We don't know why we do that, we just feel at peace with the world. And why do you think that occurs? It occurs because of a quietness of mind. A peace and tranquillity which we absorb because of the atmosphere which we are surrounded by.

Now that state of affairs is something that we are all desirous to become the norm. And it's a strange thing when things become the norm. We don't truly understand the wonderful position or situation that we are in, because we just accept it as norm do we not? And it is only when something disturbs the equilibrium that we get shaken. We get moved to a different place psychologically and then we find it very difficult to get back to the state of comfort and purity of mind that we were in previously.

And it's all because of the negativity which is, or which has been brought into our aura by other people. Or as we perceive has been brought into our aura by other people because the very fact that they have negativity and you can feel their negativity because that is quite a normal state of affairs. If you are sensitive to other people you will be sensitive to their emotions.

Now when this occurs you have many choices. Actually you only really have two. You allow their negativity or the dysfunction in our thinking, you allow it to disturb the way you perceive life to be at that point in time. And please note what I said there, the way you perceive life to be. Because in reality life hasn't changed. Just because a negative individual or a negative vibration has come in to your life, it hasn't changed the status quo of the Earth Plane, or the status quo of your being. What has changed is you have allowed that negativity, those doubts to be absorbed within your mind, within your thinking. You have allowed situations which weren't there before to bring your vibration down.

Now when you actually look at it in that way it is a silly situation to put yourself into isn't it? Because there you were as happy as can be and then you get these negative thoughts. You allow something that somebody has said or done infect your thinking. Yes my friends, infect your thinking. It is like a disease and like all diseases if you have

enough in your immune system to block it out, even though the disease is there, it won't infect your being. It won't affect your thinking. It won't affect the way you are. But if your immune system is down, then it does affect you and it brings you down to the same level of negativity that it is itself.

A different way of perceiving things isn't it? But the negativity of others is no different to a germ or a disease which is trying to infect your mind, the way you behave and the way you think. So we all need to build up our resistance.

And unlike our immune system when it's down and we can't stop the infection occurring, when it is because of doubts, because of something somebody else's has said or done, we are then in full control of how we react and how we behave and how we respond. We are in full control of whether we allow this thinking, this disturbance to our mind, infect our being, infect the happiness which we have within ourselves, infect the status quo.

And when we actually put it in that way we are all a bit silly aren't we? Because we are in control of our emotions. We are in control of our thinking. And yet we have allowed the thoughts or the actions of another to bring us down. Bring our feelings down. Bring our thoughts down. Bring the love that we have within our being to a lower point. We are in control.

So try my friends when we are in that state of affairs to keep the negativity which surrounds other people in its place. And that means let them have their negativity. Let them have their problems. Let them have their dummy spits or rants and raves. Don't allow them to infect your thinking, infect the way you behave, infect the way you react and respond.

So if you can keep a pure heart, if you can keep your thinking on the right pathway, then true happiness will continue and expand within your being because you will be at peace with the world. You will be at peace with all people and it won't matter how they react, how they respond, how they try to infect you, because you have that inner peace you will stay pure of heart.

So I want each and every one of you, when the situation occurs, and it will occur to every single one of you from time to time, I want you to remember my words and look at a way of overcoming their negativity, overcoming their response. And if you can't think of a way of overcoming or accepting them, then do not react. Do not respond in a negative way. Because as soon as you have done that you've lowered the shutter so to speak, you've lowered the shutters and brought yourself down more into the darkness. And that's the metaphor of bringing the shutter down. You've closed out the light that was there before. You've brought the shutter down and now you are enveloped in darkness or in a darker state than you were before.

So you are in control. I will say that again. You are in control of your emotions and the love that you have within your heart, within your being. So don't allow anybody else to infect the love that you have. Keep yourself pure. Pure of heart my friends.

As our friend John took a little bit longer than I had anticipated I had to make my talk a little bit more concise and I know that Judy quite likes it when I have them concise

because she says then we can utilise them better for the website. So you could say I am actually following the leader so to speak.

So I hope my words resonate with each and every one of you.

Estelle Roberts
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