



## **Negative Thoughts about how People Perceive Us**

*By Estelle Roberts 2019*

One issue we don't have a problem with in the world of spirit is the fact that we don't get embarrassed about things which we did when we were on the Earth Plane. And so often the reason we get embarrassed is because of a perception we have of how other people will react or perceive what we are doing. And more often than not the perception is purely in our mind. And how often is that the case that we build up this thought of negativity about how people perceive what we are doing, how people are going to react with what we are doing, or what we are saying. I was going to say and what we are thinking, but what we're thinking is what creates the problem isn't it?

We have this preconceived idea, or we develop a preconceived idea on how people are going to accept, react, or not react to something which we are doing or saying. And this is not the right thing to do because providing what you are doing and what you are saying is done with a loving heart, it doesn't matter what other people think because it's their situation, their problem, isn't it? So don't take that situation of their negativity into your being.

Some of you have improved a lot, but still have a long way to go to overcome it totally  
Yes.

And it doesn't really achieve anything in the long term does it?

We have other people who are still a long way from overcoming this issue.

Yes.

Our friend has a problem which so many people on the Earth Plane do. They have what we call the 'what if' syndrome and we worry so much about the 'what if'. What is going to happen? How are people going to react? And you have all these scenarios going on in your mind about the way other people are behaving or reacting and really to a great extent most of it is up there, it's in your mind. It's not the way they are thinking. And if it is the way they are thinking what does it matter?

What matters is what is in your heart, the way you behave, the way you think, the way you react. And if we can be honest with ourselves and say that "What I'm doing, the way I'm behaving, what I am saying and the motive behind what I am doing is with love and the intention is honourable" then it matters nothing at all. It matters naught on how other people think. It's their problem, their issue, not yours.

You are responsible for the way you think. You are responsible for the way you behave. You are responsible for how you react to a given set of circumstances. You

are not responsible for how another individual responds to your behaviour, your thoughts, or your words. That is their responsibility.

So always try and keep your heart pure and your intentions, and that's the most important part, keep your intentions honourable and pure.

We are going to have a very, very, very short talk this time.

So think of my words my friends. Think of them when you have a negative thought, when you have an action which you perceive is not given from love. Think about it and think "this is what Estelle has been talking about" and I need to change my thinking. Because before you change your behaviour, you have to change your thinking, because your thinking is the catalyst to altering your behaviour.

So until we meet again, toodle pip.

*Good afternoon Estelle. Thank you.*