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Getting Pleasure Without Affecting Others Negatively

By Estelle Roberts 2019

Good evening Estelle.

Everybody has an ability to change the way we think, change the way we accept things.

In the astral sphere many things occur in a similar way to that which occurs on the Earth Plane. So many people have the misconception that when you come over here it's all very, very serious and there is no time for laughter, there's no time for music, there's no time for frivolity, there's no time for dancing and listening to music. And I can assure you that is a totally misconceived perception because there are many revelries over here, many parties, many wonderful get-togethers, many exceptionally good concerts and to my liking some amazing plays.

And we are very fortunate that we have people like Beethoven and many others who wants to be connected with our group. You don't think it is by accident that you play his Sixth Symphony as part of your development group. Well he said he has written many which would be as suitable, but his Sixth has a certain amount of energy doesn't it?

Yes.

And he said even Greig's "In the Hall of the Mountain King" I think it's called, would be an acceptable piece of music.

Yes. I know exactly what he means.

I'm glad you do because I am not that fluent in the understanding of that sort of music. Because we all have what we like don't we? We all have what we consider is good taste. And yet when we look at what we like, you can't really understand why other people don't get as excited with your love of that particular style of music as you do. The example that I will give is some people like Country and Western. Some people like classical music and some people, I have no understanding why, like what you call headbanging heavy rock. How anybody can get any pleasure from that is totally devoid from any realisation or acceptance by myself. But that doesn't mean to say that it isn't a style of music which gives pleasure to the listener.

And that really is what music is for isn't it? It's to lift our soul, lift our being and give us a little bit of enjoyment. It's the same thing when we go to the theatre. We go to the theatre to enjoy the play. Sometimes we go to the theatre and we wonder why we bother don't we?

Yes.

And that's because our mental wavelength is on a different vibration to that of the author.

But that is what we have to do with our lives. We have to look at what is important to us. What gives us pleasure. Because if it gives us pleasure it doesn't matter what it is. It's then not incorrect, not wrong. The only proviso that I would put into that scenario is anything that gives you pleasure at the deference of another person's vibration., What I'm trying to say is you must not get pleasure from the suffering of another. And there are a lot of people who do that and I can't understand their logic. I can't understand their way of thinking.

But you could infer from the statement that nothing that gives you pleasure is incorrect because it lifts your soul, it lifts your vibration. And you have to put that rider in, is anything that gives you pleasure which causes another individual pain or suffering in any way, means that you should desist. It's the same thing if you are an advocate to what I inferred earlier which is the headbanging rock 'n' roll, which I think they call heavy metal now don't they? If you listen to it at a volume which impacts other people then you are getting pleasure at the sufferance of others.

So always think very carefully when you're getting pleasure yourself and think to yourself "Am I affecting another person, another individual, in a negative way"? And if I am then I should desist from the activity which was giving me pleasure." Because if it is affecting another individual in a negative way it in fact is more detrimental to your being than the pleasure which it is giving you.

You can liken that to so many things in life. You get young lads, who I would call hoons, who do spin outs and wheelies in their vehicles and cause a lot of smoke from their tyres and a lot of noise as a result and it affects the pleasure of quietness that people around them are enjoying. Now if they take it out into a paddock, or into a disused airport, and do it there where it doesn't affect anybody, well then there is no harm. The only harm is if they do it at a time or a place where it has a negative effect on another person.

So you can link your pleasure with the pleasure or discomfort of another and if your pleasure is causing another displeasure, then please be understanding. Be understanding and accept the fact that other people who are on this planet to enjoy their life as we, and you, are incorrect to inflict discomfort onto another person in any way. And you can utilise that as your philosophy throughout life because if anything that you do causes another person discomfort or pain, then you should desist.

The only exception to that is if you are bringing the individual forward and sometimes a shock or a little bit of pain is required to change their thinking. And the example that I will utilise is my friend here had an incident with her daughter who was having a little tantrum and nearly put her body through the window upstairs, and to stop it you had to slap her face didn't you?

Yes. That was all I could think to do to bring her out of it.

And it did stop it.

It did yes.

You see so in that situation the pain that you caused, or you inflicted, was perfectly acceptable.

You see so there are times when you can inflict pain on to another individual but do it with love and if the desire is for their improvement in life then it's acceptable. There is no negative recorded in your aura.

Everything we do is recorded in our aura you know, whether it be positive or negative. It's all there for everybody to see when you come over here. The only person who can't see your aura is your jolly self. Which is a bit unfair really isn't it? I mean you should be able to get a mirror and see your aura and you can see "Oh that's where I need to work on. And I'm so pleased that that is looking really good over there, but over here we need to work on that problem."

But it doesn't work like that. We have to work it out ourselves. And the way we work it out ourselves is by coming to meetings like this. Listening to how we should live our lives and then going forward and putting those teachings into action. Because there is no point in coming and saying "Well wasn't that wonderful philosophy. Wasn't that a lovely talk. Now I'm going to go away and totally ignore everything and live my life exactly as I had before."

You should never ever carry out an action which affects another individual in a negative way. And that in essence is what I'm trying to get over to you tonight. So when you think of your actions and if it is a negative action you don't think about it beforehand, it's more in retrospect isn't it? Because you can think "Well I behaved a little bit bad back then." But that's all right because once you have that realisation you then have the capacity when it reoccurs to have that spark of knowledge in your brain and think "Well I responded in a negative way before. Maybe if I change the way I respond we will get a better result."

So until we meet again, toodle pip.

Thank you Estelle

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