



InsightsFromSpirit

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## **Retribution is a totally negative action and thought**

*Estelle Roberts 2019*

*Good afternoon Estelle.*

And I say good afternoon to our two new friends.

*Good afternoon.*

I am Estelle. I come to try and give you direction in your life and your friend has been a wonderful person to give me fodder for my talks. And it is a problem when life is going smoothly because you don't get worried about things. You actually have listened in a lot of cases to the teachings which you have been given.

*It's hard to put into practice...*

Yes but the more you put it into practice the easier it becomes isn't it?

Yes.

And tolerance is the big thing that you have to learn. Tolerance and acceptance of things which are as they are.

And that is a problem that we all have isn't it? We consider that life should be as we perceive it. Not only our lives but everybody else's because if we are living our lives what we perceive as being correct, then subjectively everybody else has to be wrong unless they're living it in that way don't they? We don't always look at it in that light but in reality that's what we would feel isn't it?

But that's not always the case because there are many times when we look at our lives and we know jolly well what we are doing wrong. We just have a problem in changing it don't we? We have a problem in accepting other people's point of view. Accepting that they live their lives in a manner which is totally different to ours. We have a problem with our tolerance. We have a problem with giving love to those who we perceive are not on the right path.

And there are so many situations in your news which we get unnecessarily upset about. Situations which are occurring in other parts of the world which we have no way of changing and yet we get – and I'm going to use a simile here, which is not my normal want – we do get our knickers in a knot don't we? And I mean us ladies not you men. Men don't wear – well they do sometimes – but not normally. We do get our knickers in a knot because we worry about things which we perceive are suffering and we get agitated. We let our minds get overly concerned and rather than accepting it in an academic way and sending love to the areas which require it, we let it affect our minds. We let it affect the way we think and we get as we used to say, very bitter and twisted,

and it then generates a state of negativity, a state of intolerance into our being.

I use the example of a recent event where that young man who was mentally disturbed stabbed a young lady to the point where the silver cord was severed and she re-joined us in the astral sphere before her time. He created a physical problem to another individual and rather than giving him love, we had this feeling of almost antagonism towards him to a point that we wanted retribution.

Now retribution is the epitome of a negative response because retribution is a totally negative action and thought. And rather than thinking that this poor individual needs love and understanding to change his ways, we want to lock him up and give him the cat of nine tails if we could, because that's the way our mind is functioning at the moment isn't it? We don't look at the situation and try and give love to the individual which is what is really required.

And we can use that as a simile for so many things in our life can't we? Things occur which are outside what we perceive as being correct and rather than sending love to them we get ourselves upset and we send out negative feelings. And does that change their attitude? Does it change the way they react or the way they will react? No. Because that negative response has one effect. It affects you and your mental state. It drags your aura into a state of negativity rather than the positive when you fill your aura with love and that helps to cleanse the negativity that we have within our aura. As we allow this anger to fester within ourselves all we are doing is causing our being problems.

So I want us all to try and give love to those who we cannot understand how or why they behave in the manner that they do. There are many situations in Syria, in Kuwait, in Korea, I could name many other places on the Earth Plane where a lot of negativity is created and we are reacting in a non-loving way. How we ever hope to join the Nazarene and the other people within the Seventh Plane, unless we can remove this negativity from our being, this will never occur. The only way we can move forward is to be forgiving, understanding and loving.

And people say it's so hard to send love when the individual is or has created such a horrific act, but you are not judge and jury. The only person who can judge is the Great Spirit himself and the Great Spirit would never judge. The Great Spirit would only give love and look at how the situation can be changed by giving the individual love, or giving them contact with people who are sending out love vibrations.

Because if you fill yourself with negative vibrations what occurs in the astral sphere, you attract the people who are negative and they feed on your negativity and they generate more negativity in your subconscious. Because that is what they enjoy. They enjoy to bring you down. So if we can change our thinking, if we can change our thought pattern to that of giving love, then you are not giving them the opportunity to attack you. Because they are only looking for an opportunity you know.

People think that everybody in the astral sphere is loving and full of compassion and understanding. Well I can assure you this is not the case. There are a lot of negative vibrations over here and their pleasure is to incorporate their negativity within your being. So don't allow that my friends! And the way we stop that is by filling our hearts with love. Not giving that negative vibration which resonates throughout the cosmos.

In the same way as if we fill our hearts with love, that resonates without the cosmos and it will do far more good to the individual if you send them love than if you are looking for retribution.

So we want to look at that and put it into context with so many things within our lives because within our lives we will always have what we would call little niggly items. People who are not doing what we perceive that they should do and it agitates us. It gets us agitated and annoyed. And have you changed the situation by doing that? The answer is obviously no. All you've done is you've upset yourself and created a disharmony within your own being.

So when you actually analyse it in that way it's a pretty silly thing to do isn't it? But I know we're all guilty of it, every single one of us. Somebody would do something which irritates us and we get cross, we get annoyed within ourselves. Now is it going to change what they did? No. Is it going to change what they said? No. Is it going to create a problem within you? Yes. Because it gets you agitated and as soon as you get agitated you start getting headaches and you start having these thoughts that are anything but loving.

So please my friends, try and live your lives in a positive way and accept the fact that people behave in a different way to the way we consider is correct. But that is their journey. That is their way. You cannot change the way they think and the way they behave. You can try and assist them, but you can't change them. The only person who can change the way you think and the way you behave is you yourself.

You can give love to other people. You can give negative energy to other people. But you can't change the way they think and the way they behave. They are the only people who can change that situation in the same way as you are the only person who can change the way you think, the way you behave and how much love you have with your being.

So please my friends, try and give loving thoughts to all people no matter what they have done, or what they think, or what they have said. Give positive thoughts and love from your deepest self and if you do that then you have gone a long way forward to finally having the capacity to join the Heavenly Host.

*Estelle Roberts*  
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