

## Negative Thoughts and Negative Emotions

*By Estelle Roberts 2014*

*Estelle could I ask what are we to do with the negative thoughts that we have, and the anger that gets triggered as a result. We are told not to and, we don't want to, take it out on others either verbally or attack others physically. What do we do with those emotions? We can't deny that we aren't feeling it or thinking it, so what can we do with it?*

Initially you have to have the realisation that this negativity is there because it is a curse to your being and your ultimate goal is to have that negativity removed from your being, your thinking. This obviously cannot be achieved in the short term. So what you have to do is when you feel this reaction, this negative reaction, you stop yourself and having stopped yourself you then think "I have been told that I must rid myself of these emotions" and therefore in the initial stages the very fact that you have stopped reacting is a giant step forward. So firstly is the realisation, second is the initial lack of response should we say, and then as time goes by that lack of response becomes an automatic reaction and then the love which should be there in the first place takes the place of that negative reaction. Do you understand?

*Yes. It's best not to react.*

Correct, it is not to react. It is better to be silent than to act or react in a hostile way.

*Even though you are still thinking in a hostile way.*

Yes. Initially you will be thinking that but the very fact that you have had that realisation gives you the first big step to overcome the hurdle.

*I know that part. Then it's what to do with the thoughts which are still in my mind.*

Well once you have stopped you then remove them from your thinking. You don't revisit them.

*That's what I struggle with Estelle. They keep coming back, the negative thoughts.*

Yes that is something which you have to do with your free will and it's not until you can rid them totally from your thinking that you will have truly overcome. But do not be too hard upon yourself because it is not something which can be achieved on all situations quickly. Sometimes it can be done quickly but more often than not it is a slow process. Do you understand?

*Yes. Even a thought of something that might happen in the future that you might see yourself getting jealous about. A thought of something that hasn't even happened yet.*

It is a statement of futility is it not because something that is happening in the future is something that you have no control over. You have only got control over what happens now and therefore if you are thinking negatively about something that happens in the future, you then have a greater opportunity to overcome that do you not? So you could say it is an advance alarm bell. And therefore you will be able to overcome it if the situation arises as you have thought it out logically and lovingly in the first place. And if you cannot respond in a loving way you are better to remove yourself from that situation. Do you understand? Because if you remove yourself from that situation then the negativity won't occur will it? But if you go doggedly into that situation well then you are creating a problem for yourself, which if you don't mind me saying is a little bit silly is it not?

Yes.

But so many people on the Earth Plane still do it though do they not? But you cannot change the way other people react or think. The only person you have any capacity of changing is you, but if you change you the people around will experience this change of attitude and therefore it will rub off on them. It will be a positive to them rather than being a negative because if you were responding negatively what are you doing? You are allowing somebody else to have negativity within their being. So it's a little bit like the domino effect is it not?

*Yes. It goes round and round.*

Yes and it doesn't get anywhere does it? So somebody has to start the chain reaction to alter what is occurring and if you know that you will respond in a negative way, try as much as you can to keep your mouth shut and move yourself away physically if you cannot.

*Is it just as bad if you don't say anything but you still think it?*

It is as bad but it is the first step because if you're only thinking it and not saying it, you are only affecting you, you are not then affecting the other individual. Do you understand? So therefore you are only affecting you and you are in control of cleansing you. Whereas if you affect somebody else then you have infected that individual and it could spurn into a major disease.

That is the problem with the verbal communication, people can respond and take things totally out of context and the statement that you make can be twisted in the recipient's mind. So if there is a possibility of that surely it's better not to have said anything in the first place.

So if you feel that a negative response, and I'm not saying that you should never have a negative response and correct people, because that could be part of their learning curve, because your knowledge and understanding could be beneficial to them. So I'm not suggesting that you be a wallflower.

*It's the intention behind it and how you say it.*

Yes and do not react with anger in your heart, because you know yourself when you are reacting with anger do you not, and if you react with anger then it cannot be beneficial. Although sometimes it is necessary to be forceful. There's a big difference between being forceful and responding in anger. And I know you do not mind if I use you as an example Judith. There was a time when one of her children was uncontrollably angry and upset and the only way to rectify the situation was to deliver a very stern slap across the face. Which is something that Judith never does and therefore it had the required response did it not?

*Yes it did.*

And that is a situation where something which could be considered as a negative response and a response in anger, but it was not. It was a response which was instigated by love and by love it had the correct and ultimate response. So do not think that at all times that while you are upon the Earth Plane that all responses have to be positive. Sometimes it is necessary to be negative and forceful but negative and forceful with love as the motivation rather than anger and hostility being the motivation. Do you understand the difference? The response could be very similar but the motivation behind the response can be totally the opposite. So to correct somebody with love as the intent is never wrong even though the response could be perceived as being hostile. It's hostile with love as the motivating action.

Because if we do not correct people how are people supposed to see the light? We who are more enlightened have a responsibility to change whenever we can the way people respond. I was going to say the way people think but we cannot change the way people think. All we can do is put forward a good example either verbally or physical and then it is up to the individual to change the way they think.

Thank you my friend for your question.

*Estelle Roberts*

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