



www.insightsfromspirit.com

Allowing the Negativity of Others to Affect Us

By Estelle Roberts 2015

Always remember to try and keep your tongue in a positive frame of mind. That sounds a funny way of saying it doesn't it?

Yes.

But you know what I'm getting at because your tongue can do far more damage than any physical pain. Your tongue can do far more harm on the Earth Plane than any physical action because you talk with your tongue don't you? If your tongue is removed you can't talk. So that's what we need to do. Keep our tongue happy and if you do that then life is nice isn't it?

I haven't come to do any talk today I've just come for a wee chat. If you want to have a wee chat that is a small chat – I'm getting infected by our Scottish friends – a Scottishism. A wee talk indeed! I mean you don't want to talk about wee do you?

Definitely not.

It's not a very nice subject is it? No it definitely isn't. Yes. Even if you have got a nice flash toilet to do it in. I've heard all about it you know. It has been quite a buzz around here that you are renovating your bathroom.

Yes it's very nice.

Yes and that's something that people don't fully appreciate that something like that which will give you pleasure also resonates within our group because the pleasure that you get from any situation is resonated within everybody who has elected to be in contact with you. And I don't mean that quite in the same way as your guide is connected with you, but all the people who come to our group have a loose vibrational connection and therefore if you have happiness within your being, if you have happiness, well then it rubs

off on us and we feel that happiness. And if you are feeling down and miserable, well we don't want to feel that do we? So we do what one of our group does and we put a big brick wall there. I mean that's what you can do with people if you don't want their negativity to come isn't it? You put a wall there and that's what we do you see. We put a wall all around us and only let the good things come in. Isn't that nice?

Yes. It would be nice to be able to do that on the Earth Plane sometimes.

Well you can. You can do that because you are the one who is responsible for allowing the negativity of others to enter your being aren't you? You're the one who is responsible for reacting to their negativity. Oh that's not a good word is it? Negativity....I do get my tongue tied up sometimes. That's something that our medium Roy has a problem with at times doesn't he Judith?

Yes he does.

Yes. It's just as well we are the ones who do the talking when we go to the churches and other venues otherwise he would get into a terrible state and people will think why on earth have we come to listen to him. Oh I better not say that.

I have to agree with you though.

No it's not nice because he does allow us to utilise his physical being doesn't he so therefore we should be kind to the poor dear. I mean even though he is the man we've still got to be kind to him haven't we?

Yes most definitely. He is very good to me.

Well men do have their uses don't they? *(all the group at the time were ladies)*

Most definitely yes.

I mean we do think sometimes we could do without them but in reality it's much better to have them around. It's like a Labrador. It is nice to have them around. I don't know if you've ever thought of that but when you get your Labradors, your Golden Retrievers, they're always a happy soul aren't they? I won't say they don't have any negativity but they don't generally have anything but love to share with you don't they? And isn't that what we want to do in our own lives? I know I've looked back when you had your dog and he was a Golden Retriever.

Yes he was a beautiful dog.

Yes but you try and take his bone off him and then you'll see his negativity coming out don't you?

Yes.

You see even the most loving individual has a sore point, a touchy spot, which if you press they react in a negative way and if you left him alone to eat his bone then he was happy.

Yes.

Yes. But if you tried to take it away then you are the responsible person for his negativity. So you can respond in a way by leaving him be and letting him enjoy it and then only pleasure will result won't it? So that's what we've got to do with our self because you can utilise that as a simile to life can't you? Don't go prodding people in a way that you know is going to create a negative reaction because we all know what will set some people off don't we? And sometimes we just feel the devil gets into us don't we and we just put it out there and we stir their emotions up.

Press the buttons.

Yes and that isn't really a very nice thing to do because when we do that we are really dragging ourselves down. You might feel a little bit of pleasure...I was going to say sadistic pleasure but I don't like the word "sadistic pleasure" because that in its interpretation means that you are getting pleasure from another person's suffering and that's not nice is it? It's not nice to make people suffer deliberately. We do it often enough without trying don't we?

Yes.

And you think oh my word how did that come out? Why did I say that? But we do, don't we? And the problem is you can't take it back once it's been said can you? You can apologise but the hurt is still there. So it's far better not to say it in the first place isn't it?

I'm not saying that you have to agree with everybody all the time because there are times when you need to correct people, or offer them an alternative opinion. But offering somebody an alternative opinion is a positive response. But arguing with somebody is a negative response isn't it? But sometimes people need a good slap don't they?

Yes.

Because that's the only way sometimes we feel that we can get through to them isn't it? But you can give a good slap with love in your heart. It still jolly hurts from the other side but the intention from yourself is with love. It's the same thing that time you smacked your daughter.

Oh yes.

And she is over 40 years old and you still have to correct her and at the time it was quite correct to smack her but it wasn't done with malice. It was done with the intent of love behind it was it not?

Absolutely.

It still jolly hurt her you know.

I'm sure it did. It surprised her too.

Yes I don't think she's wanting to revisit that situation again.

I don't think so. Nor do I.

No but that is an excellent example of responding in a negative way but with love for a positive result. So therefore that's what we've got to do in our lives. We have to correct people if they're wrong and they're not always wrong you know. Sometimes you try and correct somebody and you realise oh my word. I'm the one who was wrong. I mean that's bad isn't it? You go to correct somebody and you find out that they are the one who are correcting you. And you think oh my word don't you? You think I was incorrect. How could that be! But you have to have the internal strength, the fortitude of spirit, to accept the fact that sometimes other people can see the negativity within our being that we can't see ourselves.

You would think when you look in a mirror you should be able to see your negativity shouldn't you and then you can say alright I can give that a good clean and then we can get rid of it. But that is something which one of our visitors said in the past which I thought was very very good. That he tried to look in the mirror to see his aura and he couldn't because you can't see the aura which surrounds you. You can see everybody else's aura and everybody else can see yours and I think that's a bit mean isn't it? You should be able to see your own shouldn't you? I mean after all it is yours! Well it is! And therefore it's a bit mean that they don't allow you to see it. When you wear a nice pretty dress you look in the mirror, you can see it can't you? So you should be able to look in the mirror and say ah I can see what I need to work on and I need to get rid of that little bit of problem there and I need to get rid of that little bit of problem there, but you can't. You just have to work through it yourself. So you have to try and think well alright I've got all these problems. I'm going to work on all of them. And how do we do that? We try and fill our hearts with love.

We keep harping on about that don't we? And we say well I always try to fill my heart with love but there's all these negative thoughts that keep coming in. And why do you think that is? Come on I asked a question. Why do you think that is?

Because we are subject to external pressures and things on the Earth Plane.

Not only on the Earth Plane. There are negative people here who try and get into your being, try to change the way you think, try to bring your vibration down to their level. And there's also the other part, you can be a nasty little person yourself. You can have that little bit of nastiness within you. And you have to realise that because if it's within you, you are the only one who can get rid of it. If you have negative traits within your personality nobody put them in there. You allowed them to happen and therefore you are the only ones who can get rid of them.

I think it's probably very difficult to see your own negative traits.

It is. We all think we are so wonderful don't we?

Not necessarily but I think it's hard to see.

Yes and what happens is when you have these negative traits, the people who are misguided, they can see them and therefore they attack in areas where you are vulnerable. Not really fair is it? Because you can't see it but they can and therefore they can say oh I can get in there. I can create a little bit of mischief. So try and always dispel any negative thoughts that you have. Not easy is it because when you're having negative thoughts some of the times you don't really realise do you? And then when it is pointed out you feel really bad because they weren't necessarily intended were they?

Well as is normal, is the normal case, I've had a conversation with myself but you did join in a little bit so thank you.

Estelle Roberts

October 2015