

Christmas and The Upliftment

By Estelle Roberts 2014

I wonder what everybody really thinks about the period of time which we are about to embark into. I wonder if people have really considered why so many religious doctrines all have their festivities, or a festivity, at the time that we have the Upliftment. Because after all Christmas is meant to celebrate, in Christian society, the birth of the Nazarene and we all know that the Nazarene wasn't born on Christmas Day anyway was he? Because he was born in lambing season and the lambs don't come out at Christmas, it's too cold. The poor sheep wouldn't come out when there was snow on the ground. But it doesn't matter. The celebration is a celebration of the event, not necessarily the day.

And why have all these activities occurred at a similar time? Well it has nothing to do with the Earth Plane. It has everything to do with the Summerland because we have the Upliftment. And when we have the Upliftment a lot of the people who help and assist those on the Earth Plane are not present because they have gone to the Upliftment for their own teaching and their own improvement. I was about to say advancement but that could be misconstrued because there is a ceremony which is held at the Upliftment and that is the Advancement. And the Advancement is when an individual, a being, a person, is elevated from the Sixth Plane to the Seventh Plane so as he or she can be reunited with those whom we left so many years ago.

And it's a strange concept when you see it because the individual who is being advanced isn't aware of it at the beginning of the ceremony and he or she looks around and wonders who on earth it is who is going to be advanced. That is because they have achieved that degree of humility that the perception that it could be them would not even enter their mind. That is true humility and that is the one thing which has to be achieved before we can advance or be returned to our friends in the Seventh Plane.

So please note the difference of what I said. I didn't say that the individual had to be totally pure, totally a being of infinite and divine love. There has to be a degree of that obviously and if you want to put a percentage on it, it's probably about 90%, so there is still a 10% of the possibility of negativity within their being but they generally – well in all cases – they do have the ability to overcome that negativity.

And that's what you've got to do when you're on the Earth Plane. Don't expect that you can divest yourself of all negative thoughts or feelings but when you have improved your being, improved the love which you have inside, you recognise these negative thoughts

and you have the ability to suppress them because a lot of the time the negative thoughts aren't coming from you at all. They are coming from what we kindly call misguided souls, because they feel that they are losing their grip on you and if they lose their grip they try to instil negative thoughts and if you have not truly overcome the negativity within your being, you then respond to their negativity and you slip down and they have won a little bit.

So don't ever be concerned about the fact that a negative thought or vibration might enter your being because that is all part of your journey on the Earth Plane. What is important is your ability to suppress that negativity and that is what occurs in every single individual who has advanced to the Seventh Plane. The negativity still resonates in their subconscious occasionally but it is never brought to the surface because they have the strength of character, the ability, to suppress it. And if we can do that in our daily lives you're then truly living your life in Divine Love.

When you look at it that way, it's very simple isn't it? You don't respond to negativity. You don't respond to anger. You don't respond to negative thoughts which come into your subconscious. You react by suppressing them and give out love and forgiveness and understanding. So that negative thought never has the ability to make its presence known in your daily life.

I don't know why my throat gets so dry.

I made sure there was plenty of water there today.

Well other people don't have that problem so I don't know. It must be something to do with my DNA. I learnt that from Mr Rosen. I had no idea at all what he was talking about when he said it could be part of your DNA. I was trying to think of all sorts of synopsis with it.

It's a strange situation though, when you have the period of the Upliftment and the forthcoming New Year, there is so much more negative attitude on the Earth Plane. You would think it should be a time of rejoicing and happiness wouldn't you? But it is a fact that there are more suicides, more people wishing to separate from one another, more antagonism. Why is this? It's because you are suddenly all put into the one time frame. You haven't got your mind pre-occupied by what you need to do for sustenance. That is your manual labour and I don't necessarily mean when I say manual labour, physical labour, because utilising your brain is still labour, it is just labour in a different form. And when you haven't got those activities occupying your mind you then get thrown into a situation with other individuals who are close to you which you have only given lip service to the niceties of being together. But now you are together 24/7 as they say— I have got that right haven't I?

Yes.

That means all the time doesn't it?

Yes.

You are together all the time and therefore there are stresses which are created because of this unfamiliarity of the closeness and you don't realise how much the other individual irritates you.

And who is wrong if the other individual irritates you? They are wrong to do the irritation but you are wrong by taking it on board. So don't ever allow other people's negativity affect the way you are because if you can put up a protective shield then it will not affect your being. I know my friend Roy has had to do a lot of that in the last week or so has he not?

Yes he has.

He has succeeded most of the time but sometimes we all lapse do we not?

Yes.

And it's the irritations which are caused by other people which you are in 100% control of. That might seem a strange statement mightn't it? You think "how can I be in control of other people's negativity"? And the answer to that is "no you can't". But you can be in control on how you take it on board. How you receive it. Whether you look at it in a negative way. Whether you allow it to rankle your nerves. You are all in control of that. Nobody can make you angry. Nobody can make you upset. That is an ability which is uniquely yours.

So over this period try and do a little exercise for me. Whenever you feel the hairs on the back of your neck raise and it's not me coming near you – I use that as a method of explanation – when you feel agitated, try and remember my talk and give out love and if you cannot give out love walk away from the situation. Do not ever respond in a negative way. And if you can do that you will truly have a wonderful period of upliftment and you will be in a much better state of affairs when the New Year comes upon us.

*Estelle Roberts
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