

## 62. Positivity

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### Being positive has many advantages

A visitor called Francesca reminds us of the importance of trying to control those negative thoughts. One approach is to think about those very thoughts being turned against you! Try to think of something that you like thus dispelling the negativity. Francesca goes onto say that in spirit world, the same mistakes are made, but because the energy is much lighter, it is much easier. (3/6/96)

*There then followed one through Sue, called Francesca, who gave further information of interest:*

***—I am here to speak about one of those paths that we tread. It sounds as if I'm going to lecture, but please, please do not think—***

Les: We don't think that for a minute Francesca, or do you prefer to be called Sister?

***No, no. Francesca is perfectly acceptable.***

Les: Thank you. No, no we don't think you're lecturing at all, we're always interested to hear from those on your side, who take the trouble to come to talk to us.

***It was said earlier by the great one here, that you must not condemn your fellow man, and I know how difficult a task that must be.***

Les: Yes, I have to agree, it is difficult.

***We are all human, even those who have passed into spirit, were human once, and have the human frailties, yes. But let me try to tell you this: When you feel a thought coming into your mind, which is less than charitable, and believe me I have had many of those myself—Stop and take control, calm down thoughts inside your mind, and think how you would feel, if those thoughts were turned against you. Does that make sense to you?***

Les: Yes it does.

***It is a hard and difficult road to tread, and there are many, many times, when you are likely to stumble.***

Les: I'm sure there are.

***But stop, take control, think of how they would feel and then see if you cannot turn that thought into kindness. Think of something that is favourite to you, perhaps a colour, perhaps a favourite scent, a Spring day, a cold day—something that is pleasurable to yourself—and try to imagine the thing that you have got a problem with, in the centre of this, in the centre of a colour, in the centre of a scent, the centre of a bright sunny day. Turn your thoughts towards your favourite things and try to dispel the anger. I know you pause then, and you think to yourself, 'No, we cannot do this,' but—***

Les: No, no I didn't, excuse me for interrupting, I was just thinking of the various things that you said, and it seems a very feasible thing to do, if we can remember to do it.

***Yes, it takes time, it takes time not to say the hasty word and I'm sure in the fullness of your years, many hasty words have been spoken by you all. Many times, you have stubbed your toe and thought more or less uncharitable things, have you not?***

Les: Yes, I'm sure we have. If we haven't said them, then I'm sure we've thought them.

***Not that I'm expecting you to, if you stub your toe, to think of a pretty colour, no I'm not, no, unless of course it is purple. (laughter)***

Les: No, we do understand what you say and appreciate it.

***I am trying to make light of the subject, because I know how difficult it is to be charitable all the time. It can only come with love, and the more love you give out, the more love you will bring back in, is that not so?***

Les: That's absolutely—we agree with that yes, it feeds upon itself, does love.

***And it grows, and it is nurtured, and it spreads. If just once you can turn a bad thought to good, it makes it so much easier for the next time. I know you have heard all this before, I am not telling you anything you do not already know.***

Les: Oh yes, you're giving us a different *angle* on it, as we say.

***That is what I have come to do—no lectures, just a different idea.***

Les: That's right, a very good idea, we appreciate it and I'm going to ask you a very personal question: Do you find it difficult in your new life, to always have thoughts which are charitable? Do you find it any easier to do that in the spirit world, than it was on Earth?

***My friend, it is not—***

Les: I'm not probing—

***Not at all, I didn't think you were. There is no magic formula in the spirit world. You tread a path there, as you would have done on this Earth. You make mistakes, you are told of these mistakes and you try to correct them, just as you did here.***

Les: You do have teachers telling you of your mistakes?

***Of course!***

Les: Yes, I thought you did.

***Of course.***

Les: I thought you DO, rather.

***Oh, we have all sinned in spirit, do you understand?***

Les: Yes, but you still find you have to work at it, to do the right thing.

***Of course, we do not get our little halos, the moment we pass through the door. (laughter)***

Les: No, you still have to earn them.

***We are not on fluffy clouds, no.***

Les: No, I didn't know whether there was any mystique, in the atmosphere there, which enabled you to be more charitable more easily.

***I understand what you are saying and yes, the environment is so different, of course it is. There are no black clouds of doubt and uncertainty pressing down, as there are on this Earth, you understand? (Yes.) There are problems, but those problems are inside and have to be brought out, and broken down. Do you understand what I am saying? (Yes—) and so YES, there ARE problems in our realms, but YES we ARE surrounded by a much brighter light than you and there IS more love surrounding us, so the path is not as rocky. You understand me?***

Les: I do, this answers a question that was in my mind, I thought it must be easier, to some degree, when you get over there.

***But problems ARE still there, they do not just dissolve. We all have to learn and we all go on learning, every step of the way. Even the great one who speaks with you, is still learning. He is just one facet of the being and needs to learn from the other facets. I cannot say more than that, because unfortunately I know no more than that about it. He—I say ‘He,’ you understand? (Yes.) He and I are many planes apart, you understand me? I’m on the very bottom rung of the ladder.***

Les: Like us?

***Yes, we are on different ladders, but on a similar level. Whereas the great one there, has gone up and beyond the top.***

Les: Yes. What do you do mostly now, in your work?

***When I am not being taught, I teach.***

Les: And what do you teach, what you’ve been teaching to us?

***No, I do take classes for the younger ones. We do much reading, there are certain books that we are allowed to use, and I spend a lot of my time reading these texts, with the younger ones. It is learning about love, and forgiveness and the paths of good.***

Les: Yes, but without any particular orthodox religious bias.

***No, religion as you know it, does not exist in our realms.***

Les: Good, I’m glad to hear that.

***We have more separate creeds, all paths although different from Earth, all reach the same end. We are now at that end and join together in bringing Love from the Creator.***

Les: Yes, but there those who still try to adhere to their earthly religions, I believe?

***That my friend is human nature. When you have spent a lifetime following one path, and then you are told that path has been leading you in entirely the wrong direction, are you not tired, when you have to turn around and start again?***

Les: Quite.

***It takes time, with many rests and much teaching, to get back on the right road. So, we must not condemn those that still hanker after the old paths.***

Les: No, we don’t condemn, we have many through for ‘rescues,’ and we have to explain to them that they cannot follow the orthodox religions that they used to follow when they were here.

***Of course—others come back to you for teaching, others are able to be taught, without the need to return. Some obviously find it more difficult than others, especially those who when they were teaching on this Earth, were at the top of their ladder. How hard it is when they find they have fallen to the bottom.***

Les: They must find it very difficult and I sympathise with them—that’s not patronising.

***No, I didn’t think—some of course realise they had taken many with them, on that wrong path, and have to try to undo the wrong that they feel they have done others. But they must not condemn themselves, each one has free will and not all are forced onto the wrong road—some took the step, of their own volition.***

Les: True. Well thank you for what you’ve told us Francesca.

***I hope it has been of interest.***

Les: I’m sure it has, it has to me and I’m sure it has to everyone else here.

***As I say, I haven’t told you anything very new, I have just put I different perspective to some of it.***

Les: You certainly have done that.

***And now, I leave you with my love and the love of the Sisters that are in this room with me now. Each one sat with you tonight, has had a Sister by their side, whilst I have been speaking. They have been sending out love and healing thoughts, for those that require it.***

Les: That's nice, we do appreciate their kindness.

***If you do not mind, they will stay quietly until the end of your meeting.***

Les: Yes of course they may.

***There will be no speech from any, they will just send out their love to you all. (general farewells)***