



*February's Reflection with Merlin*

*on*

*Freedom From*

*Negative Interpretations and Negative Self-Talk!*

Well now here we are once again to speak about the practicality of what you like to refer to as spiritual living and what I call Magic. This is your friend Merlin and I am most pleased to speak with you upon the topic of... are you ready for this?... it is a most familiar occurrence, my dears. I am speaking with you on the topic of negative interpretations and negative self-talk. You know, those ones that you try very hard to change or clear out of your daily thinking.

And first of all, I'd like to be very clear that all this negative attitude is not a crime. In fact, if you were to be deeply honest with yourself, you would discover that you are familiar with this manner of thinking or feeling each and every day, perhaps many times per day. And much to your credit, some are aware of the feeling, some are aware of the actual words in attitudes, and some make the decision to change *in the moment*.

And that's the trick, isn't it? In the moment. To divorce your conscious

*Channeled by Miriandra Rota, 2013*

participation in the moment, you believe, will surely make everything right. Hum. Well, let's talk about that and much more. I would like to assist you to have what you call *a different take* on all of this... and more so, to be freed from those olde ways. Ready? Here we go!

It has been a good battle, the battle of trying to get rid of your negative thinking, your negative interpretations, judgments, and negative self-talk. But the truth is, you haven't successfully won that battle, have you? No, my dears. It is most evident that you haven't won that battle because why? Well, because it is on-going. Wouldn't you like to put an end to the battle? Wouldn't you like to step away from all of that negativity and reside in the freedom of truth? That's what it is, you know. The opposite of all that negativity is Truth. Yes, that glorious wondrous energy called Truth.

When you are among certain individuals, there seems to be something about them that calls you to arms. You don't like something about them, about what they are saying, about an attitude, or about something they do not say when you believe it would be more than appropriate, perhaps necessary. And in all of that one-minute's occurrence, the *negative take* -- as you have the phrase -- the negative interpretation and reaction raises its ugly head and becomes... hear that word now... becomes your thinking.

Did it ask you if it was all right to become your thinking? Did the negative interpretation of someone's actions ask you if it was all right to sit right in your mind's thinking and turn it toward a negative thought? Did the negative judgment of something... anything... ask you if you'd like to change your frequencies, lower your vibrations and become one of the sleeping masses' thoughts? Did that negativity pause for a moment and realize that it is distorted and not a good fit, so to speak, with your glorious light-filled being? The answer to all of those questions, of course, is no. No. No it did not.

And the truth is, negativity and the sleep state and all re-entries into the sleep state -- even if it is a slight entry -- are an easy slide. The sleep state

is ever-ready for your participation. It is, after all, seemingly the majority of the consciousness upon earth. Yet before you believe that statement, my dears, notice that I used the word *seemingly*. At times it appears that the loudest, noisiest sound is the majority of all sounds simply because it takes up a lot of space. But when the loud noise stops, what remains. Well, think about that, my dears. What remains when all the hoopla stops?

The answer is silence. Peace. Love. And the consciousness which is wholeness of being, the consciousness which is totality, the consciousness that resides within the truth that you have never been lost, you have never been separate from the whole, and that your journey through survival and into your own continued awakening has been the intended journey and you succeeded -- the BIG success, by the way -- and you are now able to choose to reside in that truth. Yesss. Perhaps you would like to reflect upon that for a moment?

Yet when the loudest, negative, judgmental invitation disturbs your peaceful energy, something occurs. What is it? You feel yourself wanting to battle. Oh I don't necessarily mean putting up your fists for a physical fight, though some of you might even feel that energy building. What I am referring to is the need to be right and the recognizing that the loud protestations of negativity are so very wrong -- meaning *distorted* -- that you feel the obligation to make it right.

You might enter into a conversation to try to make the truth be known. You might even begin to speak loudly in order to emphasize your own truth. And hear my words, I am not saying that any of this is wrong... or right. I am simply describing what occurs when the olde negative energies from survival's distortion come before you... and inadvertently call forth from your past those same energies.

Did you hear those words? The negativity -- that is, the negative judgments, the negative attitudes, even the negative feelings about your good friends at times -- is like a magnet. And it calls forth from your past... what?

What does it call forth from your past? Oh you are going to love this! It calls forth from your past... its own self! It calls forth from your survival times its own image, its own energies, its own magnetic substance.

And many times, after you have had your experience, whether it be silently thinking those negative thoughts or whether it be taking participation in a heated discussion where you enter into the negativity of trying to prove someone is wrong or distorted; after you have had that experience, what occurs? Often you wish that you had simply ignored the entire thing, or you cannot believe that you had those thoughts about your good friends. Many times, if you are lucky -- you think -- you never said any of those words out loud.

Yet the battle continues. Every once in a while or perhaps each day, you are plagued with the battle of trying to maintain your own inner peace, your own knowing of love and the beauty of wholeness of being, trying to maintain your own expanded consciousness that says that you are indeed and in truth, everything, as the All manifests itself in all manners of being. At times, my dears, you are trying to refuse your own negative self-talk, that criticism of your beautiful self.

You know that the origins of such criticism of self began perhaps when you were very young, or perhaps during a relationship gone awry, or perhaps the origin resides within your own feeling of inadequacy and the belief that you must make yourself perfect in order to be a real being. Yet the origins are... somewhere... and you certainly would like to sweep that somewhere clean.

You'd rather sweep it clean than shut the door on it, wouldn't you. Of course you would. Why? Because you have already realized that it will find a crevice or a crack and then you will be once again plagued by that negative self-judgment, or that negative voice that sits somewhere close by and continues to tell you in so many different ways that you are imperfect, and in some instances, that you are less than a real being.

And all of that is quite painful, isn't it. Yes it is, my dears. And at times, it rules your life... even in hidden or unconscious ways. And you have tried to tell that voice to -- as you have the phrase -- shut up. You have tried to tell that voice to -- as you have the slang vocabulary -- take a ride or to beat it. Some have tried the words *be gone!* But the picture is that you would like to be free of all of this negativity... all of it. And that is the best news yet, so to speak. And that, of course, is why I am here with you, my dears. Then as you say, let's get to it!

How do you not only stop the negativity, but clear it out of your consciousness? How do you refuse to let survival's negativity successfully connect with itself as it resides in your past, in your journey from survival? Oh I am not going to beat around the bush -- interesting phrase, isn't it. I am going to give you the answer to those questions... right now.

Firstly, you have a choice. The choice isn't whether you want to be positive or negative. The choice is bigger than that. The real choice is to reside emerged from survival. And while you might think right now that such a choice is easy and that you have already made that choice, I say to you that if you have been struggling with all of that negativity, you are still what you call sitting on the fence. And what is that all about. Oh my dears, you are so ready to hear these words!

The choice to remain awake, the choice to reside emerged from survival is one wherein you begin to trust. Trust what? You begin to trust the wholeness of being. You being to trust that you are freed from the olde struggles. And I say *begin* because you just can't dive right in, I know that, even if you think you can. You may dive right in to trusting the emergence of your own self from survival... that is, you trust the wholeness of being, the truth that you are the All and are more than taken care of... until. Until what? Until something occurs that feels difficult. And then what happens?

You begin to have the sinking feeling, the feeling that the olde ways aren't over yet, that you still have to struggle. And then you do, my dears.

You enter right into the struggle again. Of course you do. Why? Because it is that magnetic pull, the most familiar, struggle, efforting, trying very very hard. Again, not a crime; but certainly defeative. Yes. Once you enter into the struggle again, you are defeated. Your choice is defeated. You feel it. You know what I mean. And I am here now to give you the way out. It's this.

Begin. Begin to trust that you are taken care of. Begin in this day, perhaps in this moment. Make that decision to remain emerged from survival.

Now all that might sound easy, but you haven't asked the magic word. The word is *how*. How do you begin to trust that you are taken care of? Little by little. But let's talk a little about that choice.

You have emerged. You felt Truth's invitation and you responded. You felt the relief of peace, love and wholeness. You began your journey from struggle to Truth. And you succeeded. And even though you slip back into the pain of survival every once in a while, you are still emerged. Yet when you have slipped back and found yourself efforting, trying very hard, you began to lose faith in the Truth that holds you dear. You thought that either something was wrong with you or that something was wrong with this whole awakening thing that you believed was true. Some even doubted that Truth existed.

Yet you have emerged. And that you are receiving these words is a testimony to your expanded consciousness. And you know that you would like to continue to feel the peace, love, fulfillment and Truth... always. That wanting is your choosing. When you are yearning for something, you are choosing it. I am simply assisting you to become fully conscious of your choice.

Now there is a little catch here. What is it? Your yearning can be fulfilled more easily and quickly if... yes, there is that word... *IF* you are willing to give up trying to be right, if you are willing to give up the judging of others and their ways, give up the judging the roots of which reside in your past, in your survival.

Now your mind is going to want to justify that judging. It might even

say that your judging isn't really judging, but simply an opinion. Ah.. isn't that mind a little tricky thing! Hear my words, my dears: every being has a right to their own beingness. And when you were residing in survival, before you emerged and began to know the real you, the beautiful you, you were also asleep and trudging along.

What do you do instead? Oh you might not like this one. You love them. As if they were your child and you saw that the child was stomping his or her foot because it was raining and couldn't go outside to play; as if the child is saying "I want", when having would be detrimental, or as if the child is saying "I hate you" when he or she is tired and just needs a nap. Remember, even those who are harming others are doing so because they are asleep to the Truth that they ARE those others. And yes, that doesn't make harming wonderful. Of course it doesn't. Yet that manner of being resides within survival's distortion and grasp.

So let's return to that decision, that choice. You are choosing to reside in the awakened consciousness. And you are willing to let go of the judging. Then what? Here's the treasure, my dears!

Forgiveness. Now before you are inwardly -- or outwardly -- groaning, hear my words. You will like this, I am certain! This is a procedure. It might take a few times, my dears. And the few times is what I've been calling *gradually beginning to trust* Truth and the energies of love, peace, fulfillment and the getting to know who you really are.

Take a few deep breaths and set aside everything until you feel peaceful. This is a little journey into the past, into survival's grasp. The first time might be a little difficult, but after this first time, everything will be easier and easier. Why? Because you will feel the benefits, my dears, *and it is the benefits that will lead you right into the deeper trusting of Truth.*

After you have settled yourself, relaxed, then just let yourself drift back into the memories of the past, into the memories of survival's difficulties. Now hear my words, my dears: stop at the first memory. Your awakened

consciousness will automatically be attracted to the perfect memory. Now don't allow yourself to get all emotionally involved. You might feel the invitation to join with the past through your emotions, but don't do it. Instead, pause for a moment, take a deep breath, and remember that this is the past, that it is over, and more so, that it is complete.

Next, my dears, look objectively at what occurred. Now *objectively viewing* is a great tool to develop. What it asks of you is to not get involved, but to simply view what occurred. This tool might take some practice to develop, but once you have practiced objectively viewing a few times, you will discover its gift.

For this first memory, you might require yourself to practice objective viewing a few times until you are able to look at the memory and not become emotionally involved. When you can successfully view this first memory, take a look at what you did. Did you struggle, try very hard. Did you suffer? Was there a feeling of dread, of useless efforting, a feeling of being defeated because you were struggling again? Take a good look at what occurred, remembering this is a different story than your present journey. It is as if you are looking at an occurrence in a past life. Do you see?

Once you have viewed this memory and discerned what was occurring, discerning as if you were looking at another person's struggles and seeing how their participation only propagated the occurrence, then you are ready for the next step.

The next step is quite wonderful, my dears, and once you experience this step, you will find that each memory will become easier and easier to view and then to participate with in this manner. Here it is.

Now thinking about this, reading about this, is not the same as doing it, as participating with it. Your thinking mind might have a conclusion before you even begin, but you know by now that is not the real thing. The real thing, my dears, is in the doing.

As you recognize the nature of the struggle and you are able to stand



back from it, so to speak, then begin in this manner. Firstly, thank the event. Yes, thank the event. You might say, *"I give thanks or give gratitude for this event."* Now don't question all of this, just step right into the doing with me and you'll experientially begin to know freedom.

Secondly, forgive. What do I mean by forgive? I suggest these words: *"I forgive myself for participating in survival's ways."* And then, *"I forgive my journey for delivering to me these difficulties."*

Thirdly, complete. That is, determine that the struggle, the way that you participated within it, the efforting and the desired results are all complete. And speak the words, *"I declare that this pattern and struggle within survival's grasp to be complete."*

Then, my dears, wait a few moments to allow the rippling of your awakened declarations to flow into the past and reside therein.

Fourth, release. That is, release your attachment to or need to revisit this particular memory in the past by saying, *"I gather all essence that is me from this past memory. I say to myself: come home now. I am your awakened self. I am here. Come home."*

Then wait for a few moments... to allow any residue of your own essence of being to return to you. There is no longer a need to stretch yourself back into that memory for any reason. There is no need to maintain a memory of difficulties lest you reproduce them again. You are complete with this cause and effect and survival's manner of magnetizing itself to your beautiful being.

Fifth, dissolve. My dears, isn't this just lovely? Take a deep breath and dissolve the entire memory by breathing your breath upon it and saying these words: *"I dissolve this memory to return to the nothingness, that it be relieved of all purposes fulfilled. So be it."*

Then, my dears, rest. And just allow.

Now you may be tempted to go right into another memory and another and another. And you can, of course, do that. Yet I suggest a little pause, perhaps a walk in nature, perhaps a drink of water. Why? Never

underestimate the power of what you are doing!

My dears, *this is how you deactivate the power or the magnetic pull of survival's grasp.* Think about that for a moment. How long have you been trying to do this? How long have you been trying to reside in the peace, love and joy that you so very much celebrate? Powerful? You bet it is!

And once you have completed your journey into the past in this manner with all of those memories, there might come that moment during your beautiful journey that you feel a little tug, a little pull to enter into that negativity. Pause for a moment and allow any little residue to come to your consciousness. When it does, you know what to do with it, don't you.

You see, *any negativity has nothing to do with the present moment... and everything to do with your journey through survival.* Yes.

Then, my dears, I believe we are complete with this little tool... little, but powerful! I am your friend *Merlin* and am most pleased to be speaking with you in this manner. I am most fond of you and will assist you in all manners... you would but simply ask!