



Dealing with Negativity while Serving the Good



Question submitted to the Elders:

(26 April 2026)

How do we deal with the negativity we encounter as we strive to live and work for the common good?

R: Life can be lived to the fullest only when it is understood that a lifetime is an opportunity for the growth of the soul and when this awareness is held at the forefront of the mind.

In the same vein, the way to rise above the negativity of these times is to view the happenings through the eyes of the soul and observe the ways in which they are stimulating spiritual growth.





*W*hen faced with a personal crisis, conscious souls will ask themselves what the event is trying to teach them.

*B*y asking that question, a door opens to greater light and the assimilation of that light allows for a more productive resolution of the crisis than would otherwise be possible.

This is what is being asked of humanity right now. Though relatively few are gleaning the lessons of the time through higher understanding, many are realizing that the scale of change taking place makes it impossible to recreate the old order.

With masses of people beginning to wonder what comes next, there are growing opportunities to serve the common good by conveying truths about the shift of the Ages.





*A*mong the most difficult challenges you face is the impact of relentless negativity upon the emotional body.

*E*ven when the soul comprehends the evolutionary purpose of these times, and the mind reflects that understanding, the emotional body of the human being would naturally suffer under the lash of continual images of terror and horror.

The challenge for those who seek to serve the Plan effectively during this crucial period of transition is to find a balance in daily life between ignoring the news of the world, shutting it off completely, and learning enough to inform yourselves about the ongoing flow of events as they relate to the Plan.

This takes a high degree of thought as well as an act of will.





To live through these times is to encounter evil and lawlessness at every turn. But as you know, this state of affairs is serving as a jackhammer to the seemingly solid state of the old world.

The more heinous the crimes against humanity, the greater the agitation within humanity, and the greater the willingness to release the values and perceptions that sustained the old societal and institutional forms to make way for the new.

To endure these times emotionally while serving the common good requires focusing on the flowers pushing up through the sidewalk cracks.

They are proliferating of late and can be found in myriad forms and places as humanity is jostled awake by the pain and misery of the world, coming face to face with the lies and deception that have fostered this misery.





The awakening of the soul of humanity is the most momentous news of the time, for it heralds a reign of justice to be forged by humanity's higher Self.

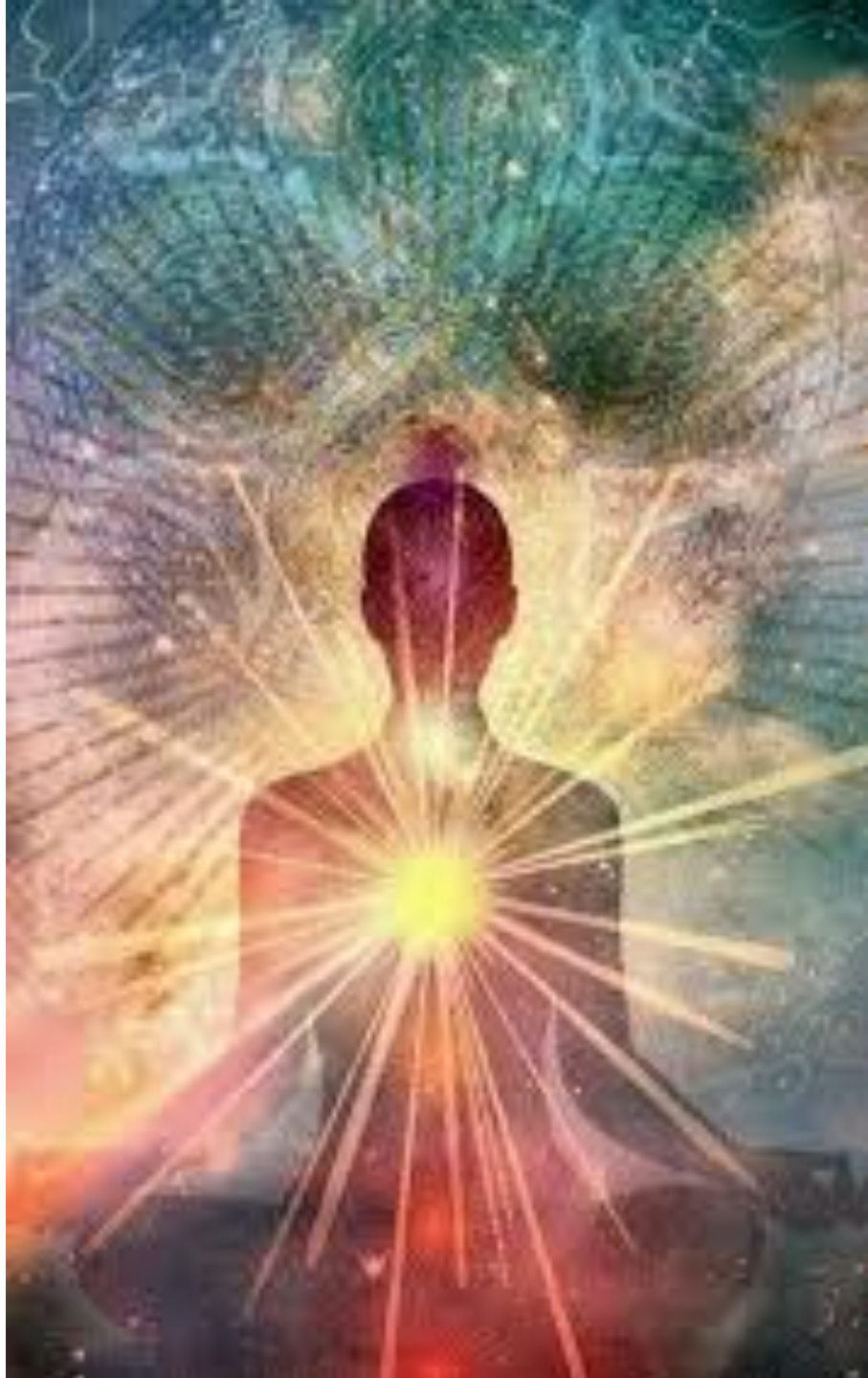
The divine intervention sought by billions of people through the appearance of a Savior is instead occurring through the arousal of the divinity that has lain dormant in the race until this monumental evolutionary turning point.

The fact that this is occurring under the impress of the Spiritual Hierarchy should suggest to you the nature of the new world.

*W*e tell you these things so you may shift your awareness from the realm of negativity to the realm of light now emerging. This shift can serve as a healing balm, given that the light of higher awareness calms the emotional body.

A major milestone on the spiritual path takes place when the mind holds sway over the emotions. This occurs when the soul becomes conscious enough to perceive the broader scheme of events, whether personal or global, and to understand their underlying purpose.





*G*rasping the spiritual purpose of pain and suffering, and aligning with that purpose, is what allows the individual to detach from the power of emotions that sabotage his or her priorities in life.

*I*n this case, recognizing the purpose of current world events, and how essential they are to the next stage of evolution, can release the emotional turmoil caused by unceasingly negative news and clear the mind to focus on what brings solace to the soul – working for the common good.

*Q: How can we best
serve the coming
Aquarian civilization?*



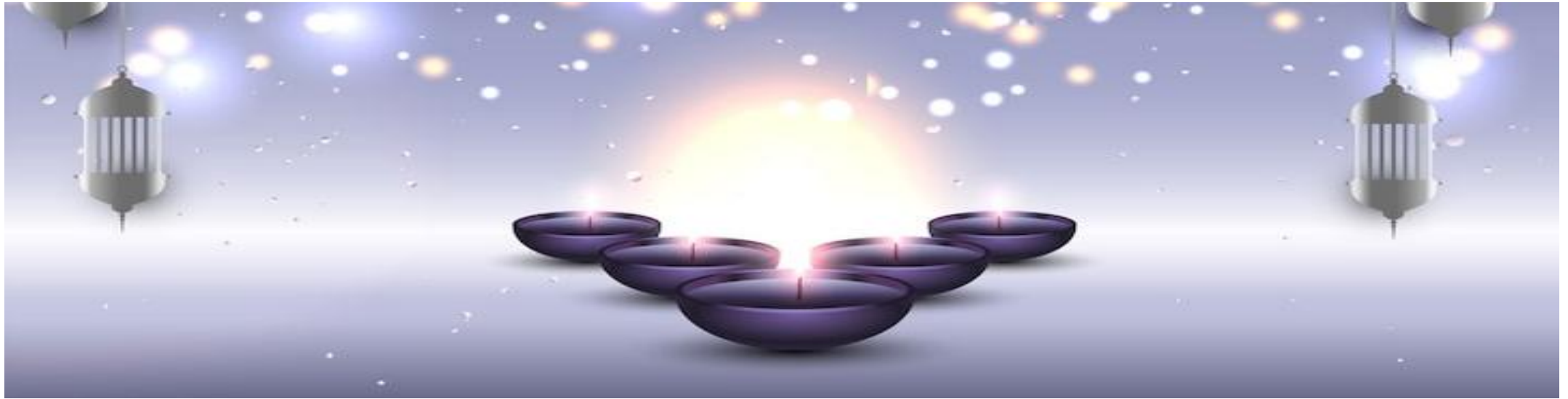


R: To serve the coming Aquarian civilization most effectively at present is to think, act, and live in the consciousness of this new civilization.

*Y*ou are aware that the Aquarian Age will bring the manifestation of a higher stage of human consciousness, with the widescale emergence of the human soul whose central qualities are brotherhood, universality, connectedness to all dimensions of Earth's life, compassion, and love for the life of our planet.



The environment of the etheric plane, where the seamlessness of all life forms is visible, will accelerate the unfoldment of higher consciousness. *The* deepening sense of interconnectedness will generate more acute awareness of the suffering of fellow human beings and thus spur the growth of compassion and empathy. *Soul* qualities will become the driving force for humanity to eliminate endemic causes of suffering.



Whereas the majority of human beings are now able to continue their lives as usual, supporting the status quo even when learning about its harmfulness (as long as it doesn't immediately affect them), in the future this will not be possible.

The interweaving of human lives into an energy web of shared existence, wherein disease, disequilibrium, despair, conflict and anger are felt by all, will amplify the need to find solutions to the causes of these disharmonies.



Knowing these things, you can best serve the birth of the new civilization by strengthening soul qualities within yourselves, while simultaneously withdrawing your energies from the world that is dying.

See these emerging qualities as the natural consequence of the unfoldment of humanity's soul—the great evolutionary advance that will in every way enlighten the future of the human race.

This movement has begun and you can contribute to it by exerting the will to change your patterns of thought, seeing yourselves as agents of the new world, here and now.

