

Dealing with Negative People



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Do you sometimes find yourself stuck listening to people who want to share all the most terrible things about the world with you, not sure how to escape with your positivity intact?

I would like to share something of an experience that felt very affirming for me this morning.

A man, who wanted to talk to me (quite passionately) about all the conspiracies and darkness and war he sees in the world, came into my beautiful star dust spangled shop. Now, while I do understand there are horrible things happening in our world...I also know I cannot remedy them through joining my negative, fear based energy to them.

I completely believe the only way we can help to create a better world is to focus on what is good, to come from love and gratitude, and to guide people to discover and connect with the very best part of themselves.

For many years, I have been working on finding a comfortable way of dealing with the very negative onslaught which well meaning (but fear based) would-be world savers often spew out. I know they really want to see positive change in the world and I know they think that educating people about all the things that are wrong is the way to make things better ... They think shining a big bright spotlight on all the horrors that need remedying will motivate mankind to take affirmative action....but they are wrong.

We don't need to be further educated on the "bad stuff" even someone like me, who avoids the media and hasn't had a telly in over 20 years, can't possibly be ignorant to these global tragedies, human rights issues, government conspiracies and atrocities of cruelties mixed with an endless plethora of isms!

My main defence against such verbal toxic spills in the past has been to put my fingers in my ears and start making high pitched warbling sounds. Mostly they figure I am even more nuts than most people think they are and they back off. But this is a reaction; a defence against the darkness and it's not always appropriate (OK, it is hardly ever appropriate). What I have been wanting was a response; a neat, polite concise way to explain my attitude and show the self-proclaimed educator, why they are actually contributing to the very issues they claim to be fighting.

I have tried smiling politely and making shopping lists in my head to ignore them while still looking fascinated and polite. That doesn't work for me. It works for them because they don't really want to hear my opinion anyway. But it has felt unauthentic to me.

I have also tried being totally in the NOW; Giving myself a good talking to about allowing others to walk and talk their path without needing to feel effected by, what I perceive to be, their negative, fear based, doomsayer energy. Shaking off the judgement and really trying to politely wind the conversation up as quickly and kindly as possible. But this hasn't been ideal either. It makes me feel like I got caught on a thorny vine while wandering through an otherwise beautiful landscape and I just have to tolerate it until the experience is over. It's an annoyance and that's laced with judgement! It is not really "allowing".

Most healers are empaths. We are sensitive souls and the energy these misguided saviours leave with us can be very disturbing. Yet, I have also found that not speaking up and sharing what I believe to be the only way we can make a difference in the world, through sharing positivity, teaching love and being lightworkers, has also always left me feeling unauthentic and ... well, downright icky!

So, when this fellow started broadcasting the dark and gruesome news of the world at me this morning, (apparently Olivia Newton-John is transgender as are all of the world leaders, including the Queen – I actually wish they were. I have met some lovely genuine transgender folk). Anyway, my first thought was "Oh no!!! Help! He is polluting my beautiful sparkly day!

But then I said, "I recognise that you are dedicated to being a catalyst for positive change in the world, but I believe you are going about it all wrong". By the look he gave me, I think he hadn't ever gotten that response before. He didn't want to know why and started to leave. But I started telling him anyway. Shoe on the other foot so to speak.

I explained, as he was heading for the door, that when we focus our energy on the negatives we are actually contributing to those things and coming from fear rather than love. In a nutshell, I told him people need not to be educated in what is wrong but in what they can do to make it right. People want to be inspired and motivated into taking right action which they can be proud of. Not shamed or frightened and still not know what they can do to make it better. I suggested that he could make such a huge difference in the world (with all that passion and spirit he clearly has) if he would only learn to lead people with positive solutions instead of trying to prod them into submission with horror stories.

It felt really good. Because I was speaking my truth. I wasn't getting emotional or feeling defensive. I was telling him what I really believe and it was easy. It was easy because I was (this time) coming from compassion.

Instead of seeing him as the enemy (these pessimistic, negative speaking, opinionated...well you get the picture). I actually saw him for what he really is; a man who passionately wishes to bring about positive change in the world. Who just really has no idea how, other than with what he was taught which is fear. I could see a man trying with all his energy to help dig humanity out of a hole by digging down and making the hole deeper, when all we really need to do is stop digging and start hoisting (boosting, elevating, encouraging) each other up.

As he left, he said (rather weakly) "It's worse than you think" and spontaneously, with the conviction of my heart and soul, I replied..."Oh no. It's much better than YOU think."

So, what if every time we find ourselves in a situation where we are drawn into listening to a doomsayers sermon, or find ourselves being woven into a web of gossip and "aint it awful", we stop and remember that this person is being motivated by a deep (albeit misguided) desire to be a creator of change.

They are spruiking the hell fire and conspiracy theories because they simply don't know how else to start bringing about the changes we all truly want to see in this world.

What if we really try to tap into our compassion and gently show them that we respect their passion and desire to bring about positive change? What if we tell them that we too are on a crusade to help create a better world and we would like them to join us by choosing to align themselves with sharing the light rather than spreading the dark?

Just imagine, if all that passion, determination and energy they had could be used as a force for sharing gratitude, finding positive solutions and spreading love in the world.

Let's make that our mission and from now on, whenever we find ourselves in the company of a negative extravert, we whisper "Yes!!! Here is another chance for me to shine the light of love."

Namaste
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