



Are We Asking The Universe For More Of The Same?

a commentary from

Master Yeshua

Reader Question: "When we focus on a negative attitude/behavior are we not asking the universe to send us more of the same kind of energy with this focus?" As an example, the reader cites focusing on negative views and treatment of women. "I would like to understand how do we best address challenges without having the universe thinking we want more. Maybe the answer is to focus on the solution, rather than the problem."

Yeshua's Response

I thank the reader for presenting a most challenging question. It is one that there has been much written about. With the adage "energy follows thought," and all I have just said about polluting your environment with negativity, one easily draws the conclusion that when you think about something undesirable, your energies are poured into something undesirable, and by thinking of something desirable, that is where the energy goes.

I would say the slippery slopes here are judgment, anger, and judgment combined with anger leading to a different kind of violence – the violence of hatred, the psychological, accusatory violence of hatred, rather than a physical violence and abuse.¹

When a judgment about the situation or behavior leads to anger, or anger leads to judgment, and you get onto the slope of judgment–

¹ Yeshua discusses judgment, anger and violence in "Discernment, Judgment, Forgiveness," September, 2011. The essay can be found in the 2011 archive – ThoughtsFromAMaster.com

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anger-hatred, then, indeed, the apparent result is that by focusing on this negative situation the universe is rewarding you with more of the same. By focusing on this behavior, more and more of this behavior comes to light. Again, one could conclude that the universe is rewarding your focus with more of this behavior.

How, then, does one address this issue without calling for more, or having the universe assume you are calling for more?

I would say that you address this situation with the broadest perspective possible. Use your discernment about what action is appropriate, and take that action without judgment. I repeat – *without judgment*.

It is the act of judging and the judgment that can lead down that slippery slope I have described. If you can understand, and detach, and be protective and just without passing judgment, then you are taking a step in the right direction.

Focusing on the solution? Well that depends on what form your solution takes. If your solution is in violence – be that physical, emotional, mental or spiritual violence – then there is pause.

That's why activities such as restorative justice have hope. Can all the ills of the world be taken care of in so idealistic a manner? Can all the ills of the world be taken care of if this pattern of harmful behavior has deep roots for the souls involved? In that case, perhaps all you can do is take a step in the right direction.

But the first step is to address this behavior or these attitudes remembering that we are all children of God and we all have a spark of God within. For some, that spark may be very, very, very deeply hidden, but it is there.

How do you address these situations? I would say address them with as much compassion and discernment and love as you are capable of pouring into that situation, and not one-sided, but looking for balance and harmony and restored relationships for all involved – a restoration of balance and harmony.

I have spoken of the Divine Feminine the Divine Masculine in “New Attitudes.”² It would solve a great many problems if the focus of many can be turned to righting a relationship imbalance that has existed within humanity for many, many thousands of years.

This is not perhaps the answer that was expected. I caution, lest the focus turned on this situation become a sea of judgment rather than a determination to restore harmony – prevent further harm and restore harmony through love and compassion and guidance. You may not succeed, if there are deep rooted behavior patterns from past lives. But I can guarantee you will be taking step in the right direction with a view toward restoring harmony. And I can also guarantee that if wrath and violence are mounted against any individual or any group of individuals, that you are indeed asking the universe for more of the same.

Detachment, and love, and seeking harmony and balance are not the first things that come to mind when one you love – be they in your own immediate family or someone you read about in the papers – is being harmed, or has been harmed. But I am telling you that you will bring more healing energy to the situation if you go in with compassion and with nonjudgmental discernment. You will be focusing the universe on healing and the best steps for all involved.

My blessing,

Yeshua

Additional Thought From Sharon

Some years ago, I discovered a lovely meditation. It seems applicable to the reader’s question.

Take a few moments to meditate before going to sleep and envision the world that tugs within my heart – the world as you

² “New Attitudes – In Search Of Balance” December, 2011. This commentary can be found in the 2011 archive – ThoughtsFromAMaster.com

would have it be. Allow that vision to unfold. It will continue to unfold while you sleep.

In the morning, you may have ideas. Write them down, for they will lead you toward actions that might be just a drop in the bucket, but actions that are part of a larger vision.

Believe in these visions and keep them alive throughout the day.

I envisioned a little corner of the world in a dense urban neighborhood, a place where children played and everyone – young or old – walked in safety day and night.

Night after night the vision evolved. I felt peace and connectedness, ending my day with a lovely vision of the future world.

Then slowly, I know not why, the vision shifted to a village in a third-world country, where children played and everyone walked in safety – and a huge tank provided clean, potable water for everyone. This vision grew until I woke one morning and set myself on a proactive search for a way to support clean, potable water for all. It was a search I am certain I never would have undertaken but for this simple visioning meditation.

My “drop in the bucket” to heal our world started with a personal vision of the future that came straight from my heart. There was no ad campaign, no sheet of return address labels for the cause, no solicitation in the mail with a dime or a nickel attached. There was only a tiny slice of life that I, personally, wished to be part of our future.

I invite you to consider the possibilities. . . .

April, 2012 *

**Master Yeshua / Jeshua is a Master of Wisdom and a member of Earth's Spiritual Hierarchy. He offers these essays and commentaries as a service to those who are on a personal path of spiritual growth. For more information visit ThoughtsFromAMaster.com. © Sharon K Richards*