

## Gossip

Good day my relations. Can we visit something quickly and to the point. There is not too much to say about this but what needs to be said is important.

If you accept nothing else from my communications please accept this. If you can change one thing in your life let it be this.

Gossip. Stop gossiping. What do we mean by gossip? The negative talk you engage in about any other human with no purpose but to indulge in the feeling of it.

Gossip is one of the lowest forms of human interaction. There is nothing to be gained by this. It affects everyone involved negatively. If I could express for a moment what this does to humans from a visual stand point. Let me try. Say I am observing two humans in a beautiful moment. Two friends or coworkers or two family members laughing together and sharing experiences. Laughter truly is beautiful, it creates the most bright beautiful colours of light around you humans. The light from this interactions is almost like no other. Then only thing brighter to watch is one human reach out in love to someone in need and the reaching out has been accepted.

Lets go back to laughter. If I am observing two humans in laughter and companionship it is bright and beautiful and it shines at such a distance anyone in the area will be consumed in this bright light. It spreads joy.

Then when one human start to engage in gossip and the other one accepts this and also engages it's as if a grey cloud comes in and draws all the beautiful colours away. This grey cloud consumes them both and no light can get in. It is like they are oozing this grey substance from their mouth and it spread and multiplies at a fast rate. Before you know it all the light is gone.

You see dear relations when two or more people create this dark cloud of negativity/gossip it has no where to go. The person they are gossiping about does not have to accept this dark cloud so this darkness has no where to go. Do you know where it goes? Right back to its rightful owner, the ones who created it. This dark cloud stay with creators of it. It gets so thick it causes confusion and doesn't allow the light of 'good' relationships in. The creator of this cloud actually reaps the repercussions of it. They become everything they are gossiping about. You see my relatives you inherently know when you come across someone who gossips. You may not physically see their cloud but you feel it. You know when you come across someone who perpetually creates this dark cloud. Many of you feel it and say no thank you. How many times do you come across someone who you know is not good for you well being. Even if they don't 'do' anything negative to you. The fact is that you are sensing their dark cloud and you are warning yourself to stay away.

Are there degrees of gossip? What if you are just 'warning' someone about someone else? Well let me say this. If you think you are avoiding the label of 'gossip' (and the negative energy it creates) or taking the high ground of warning someone about certain a person let me be very clear.... Your behaviour is no different than who you are 'warning' someone about. You cannot successfully predict the behaviour two humans outside of yourself will have. Someone who you perceived as 'wronging' you may be a saving grace to another human. You don't get to decide.

There are no degrees of gossip. The only time one human should warn another human about someone is if they are in immediate danger. To tell someone 'don't go down that street, there is a human in distress who is wielding a knife and they are threatening to use it' is completely appropriate. To tell another human 'Don't be friends with Susan because last week she said something bad about Mary' is gossip.

Let me also offer this to the women reading this. Men do engage in gossip but this is directed towards the women. Right now there is something happening on your planet. You are returning to a place of compassion, softness and the women are inherently leading this. You are here for a reason and you are a feminine entity in this life for a reason. You are a part of a bigger plan we will address at a later time. With this hint though I ask you to be gentle with each other. The time is now to support each other and remain arm in arm or if you are new to accepting other women join the chain of hooked arms. If you think this sounds unbelievable please look to your children and grandchildren. The feminine energies from the younger generations are so much more supportive of each other than say 75 years ago. While I know the term 'mean girl' is still being used and lived up to I can assure you from this view point it is not nearly what it used to be. Women in their 40's-60's years of age please look at your granddaughters, your daughters and you will have a hard time not admitting as a whole they have a more supportive role in each others lives than when you were growing up. There was time where women immediately saw each other as a threat or competition, that is no longer appropriate. It was never useful but there were reasons behind it. Reasons you are all healing from, congratulations, you have changed things for the better.

Take the lead from these younger ones who lead with support and love to each other. There is a reason for this.

Now back to the original topic. Why do people gossip anyway? People gossip when they are unhappy with themselves. They gossip out of jealousy or anger. They gossip to 'write the wrong' done to them. I can assure you gossiping fixes none of those issues. It only makes it worse. It keeps you in a negative karmic cycle with the person you are talking about.

So now how do you stop gossiping? It may be harder than you think. You need to make a conscious decision everyday to not speak poorly about anyone else. Whether its work or

friends or family. You also have to prepare for a falling out of relationships. Some relationships you have formed have been formed from gossip/negativity. If you have a friend or coworker whom you consistently engage in gossip with and you all the sudden stop gossiping you may see that relationship changes. If they can't come to you and gossip anymore because you have decided to stop it they may move on to someone else that will wallow in that negativity with them. Let that happen, it is making way for new, higher frequency relationships that will enhance your life.

What do you do if you are aware of someone constantly gossiping untruths about you? Nothing, don't accept it. In your mind's eye put mirrors up around you whenever you are near or think of that person. It symbolizes that you do not accept what they are saying and you are reflecting it back to them. If you feel the need you should say one thing to them. "I do not accept what you are saying" and walk away. It's that simple. You don't accept it, you don't need to cause drama around it. If you feel the need to verbally address it that is all that is needed to be said.

Once you stop gossiping you will see relationships around you change and a change within yourself. You will no longer want to spread that cloud. Some of you have lived in that cloud for so long you forget what the light is like. Once you get a taste of it you won't want to go back. Once you are surrounded in that beautifully bright light of laughter and support and someone starts to spew that cloud of negativity you will immediately feel it and want to excuse yourself from the conversation.

So dear relations, you are all related, you are all related to me and I implore you to stop talking negatively and stop gossiping about my relatives. You are all my relatives and I want the best for you and for the bigger picture.

Make someone laugh, make someone smile, you'll see so much more in the light of a rainbow than in the darkness of a cloud