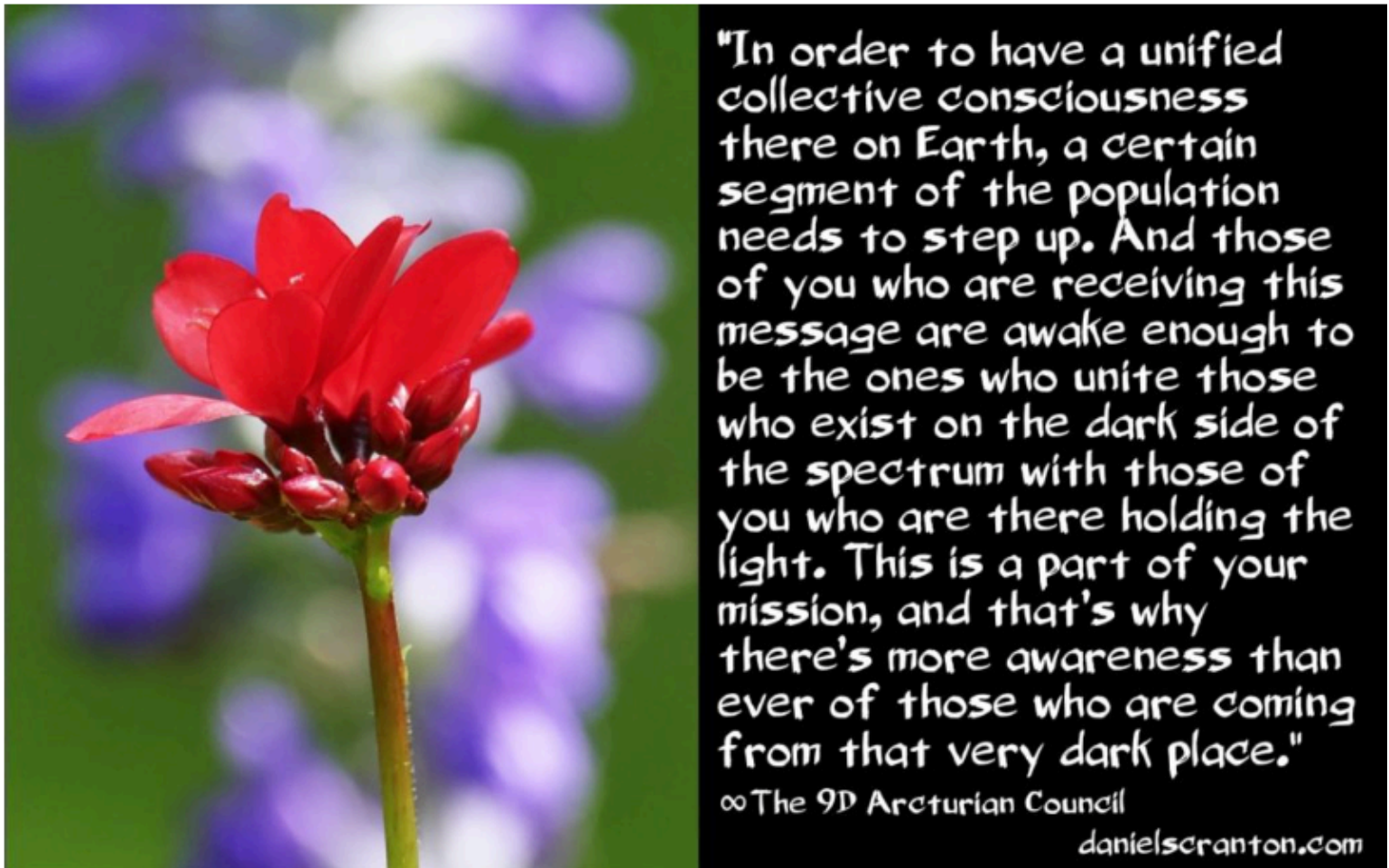


How to Respond to Hate ∞The 9D Arcturian Council

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How to Respond to Hate ∞The 9D Arcturian Council

"Greetings. We are the Arcturian Council. We are pleased to connect with all of you.

We have noticed a tendency for humans to place a great deal of importance on what someone else is thinking or believing. We are noticing a recent increase in the number of people who are calling others a racist, a bigot, a homophobe, a misogynist, a xenophobe, and so on. We know that pointing these things out is a way for individuals to try to make a change. In other words, if your parents wanted to stop you from doing something as a child, or even saying something, they might shame you for it. Now, as adults, you have taken the same approach to one another.

The thought is that if you call someone out on their hateful speech, writings, or beliefs, you can get them to stop, you can get them to see the error of their ways by shouting those types of judgments at them. **We want to suggest to you that this approach does not work. You don't want more separation. You don't really want to be people who are divided by your beliefs.** When someone is speaking out or writing something that is meant to diminish an entire group of people, there is something that person feels, and it doesn't feel good. Those of you who want unity, compassion, unconditional love, and so on, then see what the person has said or written, and you respond emotionally. And you are supposed to.

That's why you created that circumstance for yourself. Remember that everything is co-creation. These individuals with their beliefs about certain segments of the population being better than others do not exist in a vacuum. You are co-creating the experience with them. So they do their job of triggering you, getting you to feel something. And then, because you are awake, because you want to help all of humanity, not just the likeable people, it is up to you to process your emotions. By processing the anger, the sadness, the fear, and everything else that you feel in response to what someone has said, or done, or written, then you can come to a calm space.

And in that calm space, you can decide how you want to feel. You can decide to forgive. You can even decide to attempt to find out why that person is so filled with rage, hate, fear, and other emotions that no one wants to feel. In order to have a unified collective consciousness there on Earth, a certain segment of the population needs to step up. And **those of you who are receiving this message are awake enough to be the ones who unite those who exist on the dark side of the spectrum with those of you who are there holding the light. This is a part of your mission, and that's why there's more awareness than ever of those who are coming from that very dark place.**

We are inviting you to turn up your light even brighter, rather than sinking down to the level of name-calling and dividing. This is something that you have evolved past, and it's time to start demonstrating that to the rest of humanity.

We are the Arcturian Council, and we have enjoyed connecting with you.”