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## **Our Guides and Their Responsibilities**

*By Estelle Roberts 2013*

One thing that your guides have the ability to do, which I think is rather magnificent really, is it doesn't matter what you do, it doesn't matter what trouble you get into, they never judge or question your motives. We could all take a lesson from that couldn't we? Because how many of us can truly say that they would do that. And I can put my hand up and say none of us, not one of us, which is probably why I've never been a guide.

*It sounds hard work.*

It is but it's something that they do with love in their hearts. It takes a lot of training you know to become a guide. It is not something that everybody can do. That's why I never put my hand up to do it. Well I mean it seems like such bloomin' hard work. You know I have enough problems looking after my being. So why do I want to look after somebody else's and be responsible for them 100%.

*Do they have more than one person they look after?*

Your main guide only looks after you and nobody else. You have other helpers.

*So he doesn't actually have other people that he looks after?*

No your main guide looks after you 100%. He doesn't have any other communication on a guide level with anybody else. And they are with you from the moment of conception. Right from that moment they are with you. Well in fact they are with you before that because a lot of the times your guide has been there to assist in what you are going to let yourself in for and it is only when you reach a certain level that you are allowed to be a party to that discussion. So I don't know if I let a little bit of a tale out of school there because you were told that you were there. So that says something doesn't it?

*Yes. Obviously I wasn't thinking straight.*

Well it just shows that sometimes we never think straight do we ....?

*No. I always believed that we chose the problems before we come to the Earth Plane and we say to the power to be "oh I can do that".*

I've heard you many times because I have been around and you say "I must have been around the bend to even think that I could cope with all this" haven't you?

*Yes I have, many times.*

And then you say thank you to your guide for not allowing you to go any further.

*Exactly.*

You have thanked her many times as well haven't you?

*Yes I certainly have.*

And so you should. Just imagine the suffering you could have done?

*I'd rather not.*

And you wouldn't have a nice happy disposition like that lady at your MS gym has would you?

*Oh she's a wonderful lady.*

She has a wonderful outlook on life does she not?

*Yes she does. Very positive, she's a real inspiration.*

And it goes to show that just because you are being inflicted with the problems of the Earth Plane you don't have to be long in the mouth with it. You can smile. You can look on the positive and she does, does she not?

*Yes she does.*

Therefore we can all take lessons from that. We can all take lessons from those who are inflicted far worse than we and yet they do not allow it to get them down. They look at the positive things in their life. They look at what they can do, not what they can't I really like that saying that you have at the MS Society, "don't let the things you can't do interfere with those things that you can" We could all take lessons from that couldn't we because we all are guilty of that and we say, well I can't do that so I won't bother, rather than saying, well I can't do that but I can do this and therefore I will push ahead with that. We'd rather say, well I can't do that and therefore I'm going to get bloody miserable about it. Well we do, don't we? We think about what we can't do and we focus our mind on what we can't do and we just get depressed. How stupid is that? Because if you can't do it there's no point in harping on it is there because if you can't do it you can't blimmin' well do it. So look at something you can do! Don't say well I want to do that and I can't so I may as well not do anything.

*Estelle Roberts  
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