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How to Help People with their Problems

By Estelle Roberts 2013

I'm Estelle and I don't come to talk. Well I do come to talk, but I don't come to talk in the normal way. My way is I like to be friendly. I like to have a chat.

Sometimes people feel that their problems have been taken away and then bang they are right back on top of them again. Do you understand what I'm saying?

Yes.

And that happens so often on the Earth Plane doesn't it? We have all these do-gooders who have the best will in the world initially, but when it comes down to the crunch they don't actually help which causes a problem in the long term. If you offer to help somebody it's not a five minute commitment. You mustn't think "when I can make myself available". It is something that is required whenever the need is there. And we often do that. We pay lip service to wanting to help people but when the pinch comes we always find excuses why we can't do it. Very much a human problem isn't it.

It's not only a human problem it happens over here too you know. Don't think just because you're going to be outside your physical body that all these negative traits will disappear. You can be just as big a mongrel over here as you can on the Earth Plane you know. Well you can! That's something people seem to misunderstand. They think just because they've left the physical body they all of a sudden become all holy and helpful and loving and kind. I wish that was the case, but it isn't, because when you come here you are just the same person as you were when you were on the Earth Plane. It would be nice if you could just have this sudden vision of purity wouldn't it? I mean it would make life a lot easier, but it doesn't happen. I'm sorry. You have to do it for yourself. You have to learn and if you have negative traits while you are upon the Earth Plane those negative traits follow you through the grave so to speak. Doesn't really follow you through the grave because all you've done is got rid of the physical body.

Estelle can I ask you, to help someone, is it just to listen to their problems and support them?

It depends upon the individual and the circumstance so I can't really give that as a blanket yes. Sometimes to help somebody is to listen and give advice if it is required.

Not to inflict your opinion on them?

No, sometimes it's necessary to inflict your opinion on them because sometimes they need their opinion altered and how can they alter their opinion if they haven't been given an alternative opinion to think about. The only thing is you don't persist on pushing your thoughts if you meet a brick wall. Do you understand? Because if the assistance is required and you are giving the right advice you will find that the individual will be open, but there are other times when you give advice and the people know that you're giving the right advice but they are so pigheaded that they just block it out and there's a lot of people like that on the Earth Plane isn't there?

So should you just leave trying to help them at that and not push it any further.

Exactly and eventually it will transmit into their being. It might not be until they're over here and that's another thing on the Earth Plane. People think everything has to be done in the short time that you're on the Earth Plane. I mean heavens you have thousands of years to sort your problems out. It's quite horrifying when you're on the Earth Plane when you think of eternity isn't it? Because you think of eternity in the guise of eternity in the Earth Plane, in a physical body and that would be horrifying. I mean just imagine dragging this horrible thing around with you. I mean it might be attractive to the other species and I'm talking about men there. Well it might be attractive to them but it doesn't mean to say that we're happy with it does it?

Estelle is it only in a relationship that we can bring a lot of your lessons out in the open.

No, no, no, no. It can be in your workplace. It can be when you're with friends. You must share the teachings. Why do you think that you get the teachings girl? We don't do it for our own good you know. I mean we already know. We couldn't give you the teachings if we didn't know them ourselves could we? So therefore we are only giving out the lessons which we have learnt. I don't say that we follow them all but at least we know what is right and what we should do. It would be nice if we all had the knowledge and then followed it wouldn't it? But it doesn't happen. We are all learning and why are we all learning?

So why are we so resistant to share the teachings?

It's basically because we are afraid of what might happen. I mean why don't you share love? You don't share love and you keep within yourself because you're afraid of rejection. You're afraid of negativity and therefore you don't allow yourself to be put in that position. Isn't that right?

Is it growth if we do put ourselves in that position?

Well you can't advance unless you give love out, but giving love out and having it rejected is not necessarily a nice experience. It just isn't a nice experience is it? It's blimmin' horrible isn't it?

Is it what we have to go through?

Of course it is. That's how we improve our being because it's no point in progressing through life with all people who are of like mind. I mean where's the progress in that?

So that feeling you get of rejection is that also part of our learning.

That's a negative within your being. That is a learning curve that you have to overcome. You can feel the rejection and you can say ooh that hurt, but whether you take it on board, whether you allow it to fester, that is something which you are totally in control of. Do you understand?

So you just have to go through it and just move on.

Exactly. You don't take on their negativity.

So is it normal to feel that feeling of rejection?

Oh yes. Oh you feel dreadful but then you have to have the realisation that it's their problem not yours.

So you must just give out love then.

Yes exactly and sometimes to get through to people you have to be fairly domineering and it's not wrong to be domineering at times. It's not wrong to assert yourself but when you do so do it with the right intentions and with love in your heart. Do you understand?

Yes thank you.

So yes you have to transmit the love and the help to all those and I stressed that, all those who are able to be helped and please note I said all those who are in a position or able to be helped. So often people they get on their high horse and they try and press their teachings, their doctrine, on to another and that's just as wrong because you're just being pigheaded aren't you? Because you're saying I'm right you're wrong and it could just be that you're wrong yourself. So therefore when you're in that situation listen to the other person's opinion and if it's obvious that they're not going to change well then bow out gracefully. Don't keep persisting and that's what we do don't we? We get on there and we keep saying well I'm right and therefore I have to keep going on until I break this person down and that's wrong isn't it because you can't break somebody down against their will, they have to be willing to learn.

Estelle Roberts

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