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Getting Distressed About Things You Have No Control Over

By Estelle Roberts 2012

Estelle I've been told that I make too many decisions from my head. How do you come from your heart more? How do you connect more with your heart rather than answers from your head?

It's a silly statement really. You can't really say it's from the heart because the heart is just a pump. What you're meaning is how can you get to your loving emotions rather than what is going on in your head. Is that more a correct way of saying?

More from feeling rather than logic.

The answer is you are in control of what's going on in your subconscious and you have to consciously switch them off. Stop thinking about them and start channelling your thoughts into other spheres.

You have a lot of things going on in your mind and most of the time they are mundane physical things are they not and therefore they contain the major part of what you're worried about. Yes? So stop worrying about them, not stop being concerned, stop worrying. There's a big difference between being concerned and worrying because if you're concerned you're then being proactive. You're thinking well there is a problem there, how can I fix it, rather than there is a problem there and take it on yourself and distress yourself because you are not in a position to help. Because that's why we get distressed really isn't it? It's because we want to help and for various reasons we're unable to. Sometimes it's financial reasons, sometimes it's emotional reasons and other times it's because the other person is just plain pigheaded. Well it is isn't it? It's not always your fault but what is your fault is if you get distressed about it. If you can't do anything about it what's the point in you getting yourself distressed about it.

What you do in that situation is you pray to the Great Spirit and you say to him, you say to them, "I can't solve this problem. I don't want it troubling my mind any further and therefore I pass the problem into your hands. Can you please deal with it" and then stop worrying about it because as soon as you start worrying about it you bring

it all back. I mean what's the point in giving it away if you're going to bring it back. Do you understand?

It's like procrastinating all the time.

Yes exactly and what good does that do. It really is a very negative emotion isn't?

It's hard to let it go though.

I know it is but that's the only way we progress and go forward isn't it. You have been told that the past is something that we learn from. We don't get distressed about it because what's the point in getting distressed about it because there's nothing you can do about. You can't change the past. So many people think ooh I wish I had done such and such different. Well you didn't! And therefore what's the point in going down that line of thought.

You're only upsetting yourself.

Exactly. All you're doing is getting your knickers in a knot and I tell you now a days they don't wear very many knickers do they. Most embarrassing. Not very ladylike in my way of thinking. I was quite disgusted when I saw what some of these young ladies were wearing. Wouldn't happen in our day would it? Well I say in our day. I mean I am putting myself back on the Earth Plane and really my day wasn't that much far different to your day because we all are of a more senior maturity aren't we?

Some of us more senior than others Estelle.

You're not as old as me dear girl. I left the Earth Plane a long time ago but it's been fun I tell you. I mean since I've been here. You think you have fun on the Earth Plane, you think that everything that revolves around the Earth Plane is as much fun as you can have. I tell you you're wrong. When you're here there is far more fun, far more happiness, far more joy, far more singing, far more music, emotions and that is something that the people of the Earth Plane fail to fully understand. They think you come over here and life's all very humdrum. Well it isn't! We have just as much fun in fact we have more fun than we did when we were on the Earth Plane.

Should we be having more fun over here Estelle?

Well you shouldn't take life seriously, after all it's only here for a short time isn't it but equally don't go to the other extreme and be silly because you still have to live within the limitations of the Earth Plane. You still have to keep body and soul together because if you give everything away well then you will have separation between body and soul and if you have separation between body and soul what would be the point in occupying a physical body in the first place? Do you understand? You have been given this gift. I know it's difficult to understand that isn't it when you're on the Earth Plane. You think how they talk about giving me a gift. I wish that they had given me something else. It's not a very nice gift is it? I mean look at this physical

body I've got. Look at all these aches and pains and the problems I have and the financial issues and we can all justifying the reasons why we shouldn't have the physical body that we've got. Well I've got news for you. Everyone in this room chose to be in the position that they are in and therefore you've only got your jolly selves to blame.

Maybe we didn't choose too wisely Estelle.

No you all chose wisely for your own level of development and you see we all have to develop in a different way. We all have to advance. We all have to have lessons different to one another.

So there is no point comparing Estelle?

No! There is absolutely no point at all – because you are unique. You are the only person who is you. You are the only person who arrived on the Earth Plane in the state of evolvment that you did.

Is getting in touch with yourself to know that that's OK.

Well getting in touch with yourself sometimes is a bit boring. I mean you know yourself don't you?

Is spirit who I am, who I really am. I'm not this physical being am I?

No! But you are still you so therefore all you've got to do is be content with who you are and then try and improve your being and how do you try and improve your being? You try and be kinder. You try and delete negative thoughts to other people. Very difficult sometimes. Sometimes you just want to go and kick them in the posterior don't you? I very nearly said something rude then and that wouldn't be very ladylike would it? But you would and sometimes it is good to do that,

So it's those lessons over and over.

Until you learn. Because that's what you've got to do. You keep getting the lessons until you have learnt how to overcome them and if the lessons keep repeating, ask yourself why and the answer is very simple. I haven't learnt to overcome the problem which presents itself because if you had overcome it, it wouldn't be a problem anymore would it dear girl? Do you understand?

Oh yes if it's not important let it go.

Exactly and no you can't let your husband go. He is the cross you have to bear. I mean I did see that going through your mind.

If he could mellow a little bit.

Well we all have our crosses. I had three of them, husbands that is.

We have helped to calm the beast and now it's only a little beast, not a big beast.

That's true. It's more peaceful, in myself.

And yet if you had the life and the peace and tranquillity that you have now two years ago you would have thought it was heaven wouldn't you?

Yes.

And now you keep complaining. So where's the lesson to be learnt there dear girl?

It's not so much complaining. It's just...

It's just an observation.

The mouth's going 5 miles an hour over nothing.

Yes but that is the nature of the beast.

I have to really block it out.

Yes you have to look at it in another way. Put it in your mind that this is a challenge which has been placed before you to overcome.

It's very tiring.

When is anything which is worthwhile not tiring? When you get the mountain and I never understood why they did it, but when you get the mountain climbers and they reach the summit the effort is exhausting but they say the satisfaction once they have achieved the summit makes all the effort worthwhile and it's the same thing with the problems that we have on the Earth Plane. Once we've overcome them we can look back and think well isn't that lovely. It used to bother me before but now it doesn't.

So when do you think my husband will come to that situation?

You have no control over what he does. The only person you have control over is what you do. And that is what we have been telling you. You can't change another individual. You can direct them.

It's not so much changing, just wish he'd calm down.

Therefore it is changing him dear girl isn't it! If it is something which is not currently happening, it's a change.

It's very hard work.

Well life was not meant to be easy as they say.

I thought it might be when I get to this age.

Well you're wrong! I mean when you get to the age that you are life becomes more challenging, and I like that word challenging, because you have then this physical

body which is deteriorating and that is a normal state of affairs. It happens to all of us. We all have physical bodies which will eventually pack up their usefulness. That's a polite way of saying that you will leave the Earth Plane and die. Well in the terms of the Earth Plane but I can't ever use the terminology die because we all know that that is a statement of incorrectness because all you've done is lose the physical body.

I have a problem over here you know because I teach in the Halls of Learning and I teach the people of the Summerland, the astral sphere, how the transition will be to the next sphere. And believe me their fear is just as bad as it was on the Earth Plane and why is that do you think? It's because the comfort factor. You feel that you are very comfortable in the skin or the astral body that you're in and then for somebody to tell you that you're going to lose all that and you're going to take on another vibration. It's terrifying isn't it? Because it's the unknown, but it's not really unknown because we have all done it before. We've all been in the Summerland, the astral sphere, and therefore all you are doing is getting rid of this cloak, this encumbrance that's caused you all the pain and discomfort. So you would think you would be singing and dancing at the time of your departure wouldn't you? Doesn't happen though. People get all upset and distressed and grieve and they weep their hearts out and really they shouldn't be doing that. They should look at it as an exciting journey. You are going back, going back to where you were. You are getting rid of this encumbrance and believe me it is an encumbrance.

I only come back to the Earth Plane on short visits and I realised when I come back and occupy a physical body why I was so happy when I lost it, because it is like a lead weight around you, but don't be too keen on an early transition. Soak up all the lessons that you can while you're on the Earth Plane. Don't complain because the problems have been placed before you. Turn to the Great Spirit and say thank you, because I have been given the opportunity to overcome. A lot easier said than done isn't it but that's what we've got to do. We've got to look at our problems as opportunities. Opportunities to change our thinking and that's how we learn. We change our way of thinking and that's why a problem when it addresses itself, or when you have addressed it, then doesn't become a problem any more, it becomes a solution and then the issue that was concerning you in the past then doesn't become a problem any more because you know how to solve it and how to move forward. Do you understand what I'm trying to get at?

Yes it's a great feeling to let it go.

Exactly but I know when the problems surround your loved ones it's very difficult to feel helpless at times isn't it? It's the feeling of inadequacy. You feel that you should be able to solve all their problems and take their problems away, but they have to live their lives. They have to overcome their problems. Do you understand? And you are there to help as much as you can, but don't take it to heart and we will be

with you. A little man alongside is saying if she only asked I can help you know and he said you're afraid to ask him.

I just don't know...

All you've got to do is open your mouth or open your mind.

Alright. I need to open my mind then and my mouth. I don't hear the answer.

You don't have to hear it dear girl.

I don't have to hear it?

You'll see the results and sometimes the results are they can't help. Don't think that just because you've asked for help that it will automatically happen because sometimes the lessons have to be learnt. Do you understand? And therefore if we took them away we would actually be doing the individual an injustice.

So just ask and let it be.

Ask and give it over but do as much as you can within your own capabilities and if it's outside your capabilities, that's when you don't allow yourself to get distressed.

*Estelle Roberts
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