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Changing our Perception about Problems and People

By Estelle Roberts 2013

Men have a totally different perception on reality than we ladies do. It's a strange thing that perception you know. We perceive things to be as we feel that they should be, but that doesn't necessarily mean that that is the way it is correct, is it? It's merely our perception and then a big shock comes when the perception is changed and you realise that the perception you had previously was wrong. It's a bit of a wake-up call isn't it? You think, I've been living all my life considering that the way I've been conducting myself is right and then you get a different learning, a different way of thinking, and then you realise that the way you looked at things wasn't really correct and you really need to modify your thinking, modify the way you look at life.

This happens so often when we have partners and we've all had them haven't we, from time to time? I've probably been more beneficial than all of you because I had three. I had to modify my thinking and my life three times. While actually that's not true because I had to modify it four times because they kept blimmin' well dying on me. Well they did! When you look at your life there are times when you have to vary your thinking.

The times that you vary your thinking while you are maturing are obvious and we accept them, don't we, because obviously you don't think the same way when you're in your adolescence than when you're in your teenage years, and then you get into your upper teenage years and into your early 20s and then you know everything don't you! Yes. The whole world is totally irrational, totally illogical, because if you had your way you could sort it all out couldn't you! But then a few years go by and you realise how wrong you were because you mature and what happens with maturity? You live life lessons and that's what happens when you come to meetings like ours you know. You live life lessons and you are guided in a different way of thinking and if we do our job right then that impetus, that thought pattern, will change and it will change for the better. And how do we change for the better? We start thinking kindly. We start not judging. We start giving love.

It all seems so easy doesn't it? But why do we make it so blooming difficult? But we all do don't we? We all say that we want to love our fellow man or lady, whichever the case may be, but when it comes down to the nitty-gritty, when it comes down to a point when we are challenged, and that is what the Earth Plane's for, it is for overcoming challenges. Because when you're in the Summerland everybody's race, nationality, is irrelevant and therefore you don't have to overcome that persecution that has been inbred into your being. You just

love and accept people for what they are. So that is one of the big learning curves that the Earth Plane allows you to do. It's that challenge to overcome and prove that you can look at people for what they are, and I'm not saying that you should look at everybody and say well they are wonderful people because some of them are right B's aren't they? You see I've been around Maurice, I'm allowed to say B. I'm not allowed to say the other word. And there's no trying to pretend that they're lovely people when they are really a bit nasty but your perception should be about the person. Not they're nasty because they're Moslem. Not they're nasty because they're black, because they're Chinese, because they're Indian, because they are Japanese.

Take all that preconceived persecution away and accept the fact that they are either good people or not so good people, as a person. That's very difficult to do while you're on the Earth Plane isn't it because we have all been pre-programmed. We look at people and we look at events and we put labels on them. We are all guilty aren't we, every single one of us? I was just as guilty as the rest of you, you know. People think that I was all holier than thou well I can assure you I wasn't. I had quite a fiery little temper you know. No you didn't know. How could you know, you weren't there! But I was very definite in my thinking and I was very intolerant with those who didn't think the same way because obviously I knew best. I knew what was the right way and some of the times I was right and the way that I transmitted my thoughts was correct, but I still had this inbuilt negativity in my being.

Sometimes people get on their high horse, our friend who came the other day at the teaching circle, ooh he got fired up, didn't he? Got all emotional and had the fire of enthusiasm in him, but we all need to do that occasionally you know. We need to when we feel very strong about something and you should feel very strong about spreading the spiritual message because that's the message which is important. Forget about trying to overcome a lot of the other problems of the Earth Plane because they are purely problems of the Earth Plane. I'm talking about the overheating of the Earth Plane, the controlling the weather, all these other things which really you have no control over at all. Yes you must reduce the impact you are having on the Earth Plane and therefore you shouldn't go round poisoning the rivers and the oceans and the air, but it is part of the learning curve you've got to have to live with these problems to know that you have to overcome them.

The bottom line is if you don't overcome them, what will happen? The Earth Plane will cease to exist. Now is that a big problem? Because when you leave the Earth Plane you're not a part of the Earth Plane, so its relevance is very minor in the big picture, but while you're on the Earth Plane it seems so important doesn't it and we place so much of our thinking in areas which really are outside our ability to change. Yes you can change the pollution, yes you can change the way you react with nature, but you can't change the physical nature of the Earth Plane. You can't stop earthquakes happening. You can't stop rain happening. You can't stop the wind. You can't stop the waves. Well you could stop the waves by blowing the moon out of the sky, but that would be a bit dramatic, a bit drastic and why would you want to because it's lovely to watch the waves.

That's something that you can't get here you know, but you have the waterfalls so you can still get the water flowing so you still get that sound, but you don't get the waves crashing on the rocks. I do like it when we come down here because I sit sometimes on your balcony when you're out there and watch the waves rolling in. It's very restful nature and there's so many things on the Earth Plane which have been placed there for your pleasure and enjoyment. So why go and spoil the bloomin' thing! Well that's what you do don't you? People talk about pollution in Sydney. You want to go to jolly China if you want to see pollution. People have to wear masks. They do that in Japan as well you know. It is because the people have polluted the air that they breathe.

A lot of the problems of the Earth Plane are self-inflicted and that's what we do to ourselves, don't we? A lot of the problems that we have we bring about ourselves and if we had the right thinking we would live our lives differently wouldn't we? But we don't think about it until it's too jolly late because we fall out of a tree and break our leg and if we realised we were going to break our leg we wouldn't have climbed tree in the first place would we? And it's the same thing you have an ulcer, you have gastric problems and they have been caused by your mental state, but if you had known that it was going to cause you that, and you should know because you've been told jolly well long enough, you wouldn't do it would you? Not unless you are sort of masochist. Some people are like that you know. They like inflicting pain on themselves. I couldn't imagine that. I mean why would you want to inflict pain upon yourself unnecessarily, but we all do it.

We do it with our emotions don't we? We worry about our children. We worry about our friends and what's the point in worrying? Worrying is a negative emotion. You can get concerned, you can send love, you can work out what is the best way for them to see the light, to overcome the problem, but it is their problem and that's something we all have a problem with isn't it? There's a lot of problems there, but we do all have that problem don't we? We take it on ourselves and we cause suffering and pain within our being which really, when you analyse it, is just jolly silly isn't it because we're suffering for something which we have no control over. We have control over trying to correct the situation but there is no need for us to take on the problem and make it upset our being, because that's all it does doesn't it? We get stressed. We get worried and we end up with headaches. We end up with ulcers. We end up with wind. We end up with all these things which are all caused because we are taking on somebody else's problem.

So that is what we have to try and do, try and clear our thinking. I'm not advocating that we don't get concerned. I'm not advocating that we shouldn't help our fellow man, but what I am advocating is that we mustn't take upon the problem within our being. We can look at it as a problem which requires a solution. Sometimes we allow ourselves to get all worried and emotionally upset and then that causes us a problem because we've got to go through all that fog!

You see your worrying about things doesn't only affect you. It affects other people as well. You have a situation which requires a solution and you can see the subtle difference in your thinking then. You have a situation which requires a solution. We don't always know what the solution is but if we don't know what the solution is we jolly well go to people who do or who can direct us in the right way. Sometimes it is merely a manner of changing our way of thinking, our perception because sometimes it's we who are the wrong ones. It's not always the case that the other party is wrong. Sometimes we are the guilty party and that's jolly difficult to accept isn't it? That sometimes we are the ones who have to apologise. We are the ones who have to ask for forgiveness, but you need to have that as part of your being and if you instil it in your being, eventually it will become second nature and you won't look at people and prejudge. You will not get upset when people say hurtful things and how often do we do that? We get upset because of what somebody has said and really we are the ones who are wrong. I mean they are wrong for saying it but we are wrong because we have allowed it to upset us. Do you understand?

So what we have got to do is try and change our thinking and look at the events as situations which require a solution and if you can look at your problems that way you will come to a solution far quicker than if you get worried and get yourselves into a tizzy because we all do that don't we? We get ourselves all worked up over things that really we have no control over.

I know it's easy for me to say now but I had the same problem when I was on the Earth Plane. I used to get myself really upset about things. I realise now the folly of my ways but that's only because I have had the lessons and I have been able to take them into my being. So that's what we have to do, take the lessons, take them into our being and look at life in its correct way.

Do we just allow people to have their own perception?

Unless you can change it. Unless it is within your ability to change it.

Do you do that with just love and kindness?

Yes but sometimes it's us who require a change of thinking.

So if somebody says something to us which we find hurtful are we just to think about it and what? Ask ourselves if it's true?

Well you can retaliate because that's human nature but until you have overcome the emotional reaction it will still be a problem you will have to overcome.

So just question my feelings?

Yes that's what you do, you question.

And if it sits comfortably?

If it sits comfortably you take it on board. If it isn't you throw it overboard. You just throw it in the water and let it dissipate because there's a lot of water. You know the Earth Plane is covered with an awful lot of water so it's got a lot of room to take all these problems.

Should I just allow it, and think deeply about whether I believe it or not?

No, if you do that you just let it fester and the hatred or the negativity just is built up within you and really it shouldn't be there should it?

No, it's covering it up and allowing what has been said upset me.

It is and therefore you allow the negativity that you have about a situation cover your true emotions and feelings because you are responding to the situation in the way that you perceive that you should.

If it really sticks in your gut so to speak and you just can't let it go, how do you look at that? What do you need to do?

Well you have to learn to overcome that because the very fact, as you so quaintly put it, sticks in your gut, means that you haven't overcome the negativity in your being yes?

Yes.

And I'm not saying that you have the capacity to overcome it all on this visit to the Earth Plane, and that's something else people do when they come to lessons and teachings such as we are having together, is that they think that they should automatically have the ability to live their life in total love and if you could live your life in total love you wouldn't jolly well be on the Earth Plane! So as they say, accept the fact that you have negativity within you because if you didn't you wouldn't be here. Do you understand?

Yes. Thank you.

But that doesn't mean to say we can't try and emulate what will be in the long term and that is we will become a being of total love. We've just all got a jolly long way to go yet haven't we and it's all our own fault you know. Nobody forced us down to the level that we did. We did it all voluntarily.

Is it accumulated over many lifetimes?

It's been accumulated over millions of years. So don't think you can get rid of it in one lifetime. It would be lovely if you could.

So we just have to work it out on our own?

You've just got to work on your own and deal with your attitudes and your perception to things in your life as and when you feel comfortable and don't let other people's perception of when you should or shouldn't overcome a problem become part of your mental state because we do have a tendency to do that don't we? People put us down and then we go

into our little...men have caves, we don't have caves...yes, but we go in to ourselves and then we start looking back at our lives and then the self recriminations starts doesn't it? We think about all the things that we've done wrong and how we could have done them differently.

Well that's a jolly negative thing to do isn't it because you can't change the past. All you can do is learn by the past. You can change the future. That is what you can change. So there's absolutely no jolly point in getting yourself upset. I nearly said get your knickers in a knot and I thought I better not. There's no point in getting yourself upset over something which you have no capacity to change. Do you understand? And we are all guilty of it from time to time, when we've conducted ourselves in a way which we're not proud of. We then go and flog ourselves.

I think if we've been reminded by others that that was the way we were which wasn't in the best interests...they sort of...

Well just accept. Say well that was the way I was then. I'm trying to overcome it now. Do you understand? Because if they try and bring it up and rub your nose in it so to speak, all they are doing is being negative and therefore you don't want any of that. You could say well alright that's the way I was. I realise that I was wrong and therefore I will try my hardest to change my thinking or change the way I behave. Do you understand?

Yes.

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