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Looking at situations with our Head instead of our Heart

By Estelle Roberts 2014

One of our group made the following statement:-

I've been told many times that I'm always looking at things with my head and not my heart.

This is merely a means of explanation because if you do it from your heart so to speak, you are doing it from an aspect of love and forgiveness. Those are the two key words – love and forgiveness. Because if you look at a situation and you respond with love and forgiveness then you are not over thinking and trying to analyse the problem because that is what is meant when they say that you are using your head. You look at a problem and you try and analyse it. You try and rationalise and as a result you get yourself tied up in knots emotionally, whereas if you respond with love and forgiveness then the rationalisation is not necessary. Do you understand the difference?

Yes that has helped, thank you.

So don't try and over think. That is the best way of putting it. Because you do have a tendency to do that my friend, do you not?

I do.

And then you flog yourself because you then criticise your response and your action and rather than overcoming and moving forward, you actually move backwards because you haven't accepted it in the correct manner. So just accept life as it comes and analyse other people's reactions if you want, but do not take them to heart and do not ever try and analyse your own because when you analyse your own you have a tendency to be hypercritical and then put yourself in the doldrums so to speak.

Which really when you think about it is a jolly silly thing to do isn't it? Because you have created a situation, a negative situation, where there was no negative situation in the first place. So you have created a place of negativity where a place of negativity should not exist.

So should I just respond with love and forgiveness?

Just try and respond with love and forgiveness. That's a big word, forgiveness.

But it's forgiveness of yourself?

It's forgiveness of both yourself and the other individual because you have to forgive yourself. How can you move forward if you cannot forgive the actions that you have taken? You forgive the actions that other people take. You have to forgive your own actions and how do you forgive? You change your thinking. You do not respond in that negative way in the future and you forget the negativity which was created in the past. That is what true forgiveness is about because if you cannot forget the negativity of the past, you haven't truly moved forward have you? Because you keep dragging it up and if you keep dragging it up all you are doing is muddying the water so to speak.

So forgiveness of yourself is a big part of moving forward. You cannot change what you have thought and what you have done in the past. We haven't got a time machine to return to that situation so there's absolutely no point in self-recrimination because what is done is done. But what you can do is change what you do in the future, from this point on, from this point forward.

So look at today as the start of the best time in your life. Don't look at yesterday as being the negative part of your life. Look at yesterday and the negative actions that we have conducted and created and we've all done it! None of us are saints! We've all got things in our past that we not proud of, but we can't jolly change them. There is nothing we can do to change the past but what we can do is change the way we respond to that scenario, that situation, in the future. So that is what you have to do is look forward my friends, not back.

Thank you Estelle.

Thank you my friend. And thank you my friends. It's always wonderful to come and be with you.

We do that though, don't we? We like to create a negative response about actions that we have conducted and why do we do that? And the reason is because we know the meaning behind how we responded. We know if the response was done from love or otherwise. We know it. So try and change. Try and be at peace with the world. Try and be at peace even with your family. You do not have to do put yourself in a situation which will create a negative reaction on the other party. Do you understand?

No, not quite.

In other words you can respond to any situation that occurs but do not deliberately put yourself in a position where you have to respond. In other words to create distance is not incorrect.

Because that's something that you have been struggling with at times is it not? You feel that you should be the one to bridge the gap and you're having Estelle's permission to build a bridge but not go over it. Do you understand the difference?

Yes thank you.

So you build the bridge so if somebody comes halfway you can meet them, but if the other individual doesn't stand on the bridge, you do not have to push the bridge in front of them. And then you will find life far more peaceful. Just because they're family it doesn't mean that you have to love them and that's something that we on the Earth Plane have difficulty in grasping. We feel that because they're family we should automatically have a love connection. Believe me sometimes family are the worse people around and the best way to respond is to create distance between the one and the other. Because it is their problem and if you are happy with the way you responded to a scenario it is their problem not yours. So therefore as I said do not take other people's problems onto yourself and that's what we do in families do we not? We think that we have to bridge the gap and therefore we are continually putting ourselves in the situation which can create a negative response. So what I'm saying is if you are in that situation don't put yourself in a scenario where you are required to overcome the situation.

Just because they're family it doesn't mean we have to love them and if we can't love them we mustn't put negative thoughts there. We just put a barrier between the two and therefore if you cannot give positive thoughts, do not allow yourself to give negative. That's the big difference. Do not allow yourself to be negative, or be placed in a situation where negativity will occur. Because a lot of times the negativity...we know a negativity is going to jolly well occur when we put ourselves into certain situations don't we? And yet we just jolly well go ahead and do it! I mean how silly is that? We know we're going to get a negative response and just like Daniel we put our jolly heads right into the mouth of the lion. I mean how silly as that! Personally if the lion was there I want to be outside the cage, not inside. So it is not wrong to create that distance and that comes down to self-forgiveness because you have forgiven yourself and by forgiving yourself you have provided an escape clause and the escape clause is the distance.

Thank you my friends. It's always a wonderful privilege and honour to be with you.

*Estelle Roberts
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