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## **How we Should Look at our Physical Problems**

*By Estelle Roberts 2015*

*Good afternoon Estelle.*

There are so many things, so many times, that we get ourselves concerned about situations which we have absolutely no control of changing or influencing. How often have we heard about people getting distressed over situations which are totally outside their zone of influence? And what occurs when that happens? A negative energy is generated within your being. Stress is created within your physical body and what occurs when stress is facilitated within your physical body? It creates problems doesn't it? You have headaches. You have ulcers. You have a heaviness of your heart. You have so many problems which are 100% self-inflicted.

So I know we have told this to you on many occasions but it appears that we have to keep repeating it doesn't it? We keep getting ourselves into a tizzy. That's what we used to say isn't it?

*Yes it is.*

Into a little bit of a tizzy and it is good to be concerned. It is good to worry about the problems that other people are inflicted with. Worry is properly the wrong word. It is right to be concerned. That's a better word because if you worry you then bring it on to yourself, whereas if you are concerned it is merely an academic activity. You are aware of the problem. You are concerned that the people are incurring a great deal of problems which are outside their zone of influence. But being concerned and taking the problems on to yourself are two totally different scenarios because we would be extremely uneducated if we were not aware of what is right and what is wrong.

And if people are on the wrong path, if people are suffering unnecessarily, when people are on the wrong path, when people are suffering, what is our responsibility? Our responsibility is to help when and wherever we can, to give assistance wherever we can, but if it is outside our capacity whether it be financial or physical, then do not ever take the problem into your being. Accept the fact that a problem is there. Accept the fact that you have the incapacity to change it and give love.

Send out prayers to our God, to the Great Spirit, to whomever you pray to. Because when you send out prayers the people spirit side hear your requests and they are in a far better position to change the way people behave, the way people react and their situation. And equally they are also aware if the situations that they are involved in or

are occurring to them, are part of the Divine Plan, are part of the journey forward and therefore they are in a position to be aware whether help can be given or if help should be given, because sometimes it is important that help is not given because it is an issue which you have been given to overcome.

You will be given guidance, you will be given direction, but whether you take up this guidance, whether you listen to the direction which has been given to you, is entirely your responsibility. And that is the only way you will improve the inner being which is the whole reason for your visitation to the Earth Plane. To improve the inner being which is contained within the physical body because the inner being is what moves forward.

All the problems and dramas you have with your physical body are removed as soon as you leave the Earth Plane. So put it in the correct parameter. Do not over accentuate the importance of your physical problems. They are all after all only lessons and to a great extent have been requested by yourselves. So do not over emphasise the importance of your physical problems but do concentrate on improving your emotional issues. Because when you leave the Earth Plane all your physical problems will be left behind but the state of your mind, the state of your emotional being goes with you. You take that forward. So when you look at it in that way it is far more important to quieten the mind, improve the mind. Improve the love which you have contained within you because that is what goes forward.

Your multiple sclerosis (*talking to Judy*) doesn't go forward. Your problems with your legs, your eyes and your health ....., do not go forward. But the way you react to people, the love which you have within your being, that does go forward. That is the only part of you which in reality is important. All the others are really side issues. But we don't look at that when we are on the Earth Plane do we? We look at our physicality as being the be all and end all.

We tend to forget and I'm talking generally now, not specifically, I'm talking generally about most people upon the Earth Plane. We tend to forget that our physicality is but a fleeting thing. And if we can concentrate on the love that we have for others, the love that we have for ourselves and that's not something that we think about is it? We must have love for ourselves as well. Because if you do not feel good about yourself, how can you transmit a feeling of goodwill to others? If you are feeling negative within your being, what are you going to transmit as a feeling to others? You are going to transmit a feeling of negativity aren't you? But if you feel love and contentment within your being then that is what people will find resonates from your physical body. They consider that it is a physical emotion where in fact it isn't. It is what resonates from your inner being.

So always try and be happy with yourself. Be happy with your decisions and be happy with your journey. Sometimes that seems like a very difficult thing to do doesn't it because we have these physical problems and they seem to overcome our mental

attitude. But you can have these physical problems and still have the same mental approach and attitude. And a strange thing will happen. Even though the physical problems are there they will not resonate as important as they did before.

You know yourself Judith that once you had developed an acceptance of your problem it became less of an issue didn't it?

*Yes it did.*

And we can all learn by that. We can all do that. Because if you accept the situation then your situation will change and will change for the better and that's a wonderful thing isn't it, if it changes for the better? Sometimes because of our choices prior to entering the Earth Plane we can't necessarily remove the physical problems, but if you have an acceptance they will not become a large issue for you to overcome.

I will not permit questioning today because I feel that what I have said is so important that I want it to resonate in your mind and I want you to bring it to the fore whenever you are feeling sorry for yourself, because feeling sorry for oneself is a negative vibration. So please my friends do not ever feel sorry for oneself. Accept the situation which you are in and look for solutions. Do not look at it as a problem which cannot be overcome.

*Estelle Roberts  
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