

Living Your Life in Love

By Estelle Roberts 2018

At the moment the spiritual movement is all about messages and that was very important when I was on the Earth Plane because we were breaking ground and therefore it was necessary to give that evidential work. But we should have moved on from there now, shouldn't we, rather than taking a backward step and still require the evidential proofs?

A member the circle started coughing and apologised.

Well you don't have to apologise dear girl because it's our fault because we loosened it up. So you're really apologising for us and we won't accept apologies. If you've ever listened to the teachings of Maurice's guide, Silver Birch, he always said he would never apologise for anything and neither should you. Because you learn from your mistakes and the best apology that you can give is to then rectify the situation which created the negativity in the first place. And therefore an apology would not be required would it? And if you're apologising it means that you are asking forgiveness from your fellow members, fellow people, who are around you. And if they were full of love and compassion and understanding they should be giving you the apology that you are suffering in the way that you are. You see that's just a different way of looking at it isn't it?

It sure is. Yes. I was just concerned for our medium.

Don't worry about him! He's not here! It is me that is in control at the moment. It might be his jolly physical body but he lets me have it for a while. And I can assure you I would much rather he had a physical body of a lady. When I was on the Earth Plane last time I was a lady. I can assure you it was quite alarming for me when we first "took him over" should we say. Well these men they have lumps and bumps all in the wrong places don't they? And not to be too indelicate you have to sit with your legs in a most unladylike way. But we have come to terms with it haven't we Judith?

Yes I think you seem to have Estelle. Unless he wears shorts and that's a bit hard to take.

Well then he exposes his legs! And I mean they might be quite nice legs but they're not very feminine are they?

No.

And you very rarely ever saw a photograph of me with my legs uncovered. There are one or two, but very rarely because I didn't consider it demure and we ladies have to be demure don't we? It is something that is lost on the Earth Plane at the moment. It's the same thing as men have to be gentlemen and that too has been lost on the Earth Plane. People have gone backwards in a lot of ways in moving forward. And respect for your partner and other individuals is something which is lacking in the majority of cases. Because it is a biological fact that we ladies are wired differently to males. That's why you come to the Earth Plane in both guises because the opportunities that you have vary dramatically whether you are brought back in a male body or brought back in a female body.

I was going to say in the body of a lady but being a lady is something that you aspire to and work towards. It's not something which is an automatic part of your nature is it? The same way as being a gentleman isn't an automatic part of being a male. It is something that they have to work at and if

both parties work to their strengths it then makes a wonderful uniting connection doesn't it? The longer that you're together the closer connection is. Is that not true? Which is an aspect of genuine love because so many people live together and they tolerate one another because they've been doing it for so many years it becomes a habit and therefore the deep love which should be there is merely for show. It is something that is put on when required. Whereas if you have true and genuine love it happens all the time. You don't have to put on a show because it is the normal state of affairs. Is that not correct Judith?

Yes.

You see I can refer to your situation because obviously I am closely connected with you and therefore we know an awful lot more about you than we do about anybody else. I don't know whether that's a good thing or a bad thing, but like your guides we get the information, we understand how or why you are as you are and we don't judge. We try and guide you to live your life in the correct manner which, when you analyse it, shouldn't be really very difficult should it? To live your life in love. To live your life in forgiveness. To live your life in understanding of other people. Being tolerant with other people and their indiscretions should we say.

But we do find it jolly difficult at times don't we? It sounds so simple and in reality it is. It is merely the impurity that we have embedded in our being which we've got to get the jolly old whitewash out and paint it clean. Because we are the only ones who can fix our problem. Yes we can come and give you advice on how you should live your life and how you should overcome situations and issues. We won't call them problems will we Judith?

No.

We'll call them issues because you are the only ones who can truly change the way you think. We can give you the essence, we can give you the food, but whether you consume the food and respond in the manner which is correct, we can't do that. That is something that we are totally incapable of. It's all because of that jolly free will isn't it? We can't interfere with your free will and if we could then there would be no jolly point in you being on the Earth Plane would there because the whole point of coming to the Earth Plane is for you to overcome the challenges. And I got that from Judy you see, she likes to call her situations as challenges don't we my love?

Yes I do.

Because you see if you look at them as challenges, not problems, then you look at ways that you can overcome them. But if you look at them as problems that's when we throw our hands up in the air and say "Well this is too difficult. I can't cope with it." You see so it's all just a matter of the way we evaluate and look at things. And if we fill our hearts with love, if we fill our hearts with understanding and compassion, then living your life in love and understanding and forgiveness then becomes second nature.

And I know we have often said how easy it is but I can assure you if anyone here, including myself, could achieve it we would be on the seventh plane, not jolly well scrapping around on the astral or the Earth Plane. We've still got a lot of work to do to cleanse our being haven't we? Get rid of all those grey areas within our aura. Because that's how they show up you know. In your aura it shows up as a grey stain. And we just need to wash it and get rid of it. But the only way we can wash it and get rid of it is to change our behaviour, change the way we respond to outside stimuli, change the way we respond to the negativity of others, change the way we react when a negative situation arises.

And that doesn't mean to say that you have to be agreeable all the time because there are times when you have to stand on your feet and stamp them because of the other person's situation and you can then be the catalyst which helps them change the way they think.

I know you felt very upset one time when you had to slap your daughter, didn't you my love?

Yes I did.

But it was the only way to bring her to her senses wasn't it?

Yes it was.

Yes. I did visit the Halls of Learning and have a playback because I wasn't actually there at the occasion but I had heard it and she literally bent the glass. She bounced off it.

Yes. She was not in a good place at all.

Yes and people don't realise the difference sometimes between a problem or an issue, and an addiction. An addiction is truly an illness. An illness which could be physical, or more often than not psychological. But because it's a psychological illness it doesn't mean to say it's not any less damaging than a physical problem because it can physically create a problem with your physicality anyway. And it also makes you do things that are out of character. Because you have to get that fix, that high. So whether that high is from alcohol, or gambling, or having sexual activity, all of those are addictions and with help we can overcome them because no addiction can be overcome by yourself. Any addiction requires outside assistance because the very fact you have the addiction means that you have a weakness in that area and you are not physically capable of overcoming it without help. So never turn a blind eye and turn your back on people with addictions. Be sympathetic. Please don't ever be empathetic because if you're empathetic that means you've had the problem yourself doesn't it?

But that's what we need to do with everybody that we meet. Try and be the light. Be the one who helps. Be the one that encourages. Be the one who finds out what the problem is and looks for solutions to assist your fellow male or female. And if we can all do that our lives would be a lot happier because our time on the Earth Plane will be reduced and we'll have no need to jolly well come back again! And I know each and every one of you will be very happy if you progress to the point where there was no need to return to the Earth Plane wouldn't you?

Yes.

I don't think I have ever met anybody on the Earth Plane who says "Oh goody, can I come back?"

It's not until you come to the astral sphere and you've had all those physical problems taken away from you and then you think "Well it wasn't that bad really was it?" It's like so many things. If you've had pain, time heals and then you forget how much pain, how it inflicted upon your being. You have a tendency to forget that don't you?

And that's why when you leave the Earth Plane you then realise all the things that you should have done to overcome the negativities which have been put before you. And then rather than saying "I'm never going to go back" you go on your jolly knees and you beg to come back!

You see it's all a matter of where you are at that point in time and I can assure you there isn't one person on the Earth Plane who feels that they would love to come back. They all feel that they'd love to have progressed so there is no necessity to come back. And that's my desire for each and every one of us. You see I'm including myself in that. That we improve the love that we have within our being so we have no necessity to come back.

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