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How to React to Issues we have on the Earth Plane

By Estelle Roberts 2016

You have to be comfortable in what you do, don't you, and that is something that we've all got to look at in our lives. We have to be comfortable in what we do. We have to be comfortable in the way we think. We have to be comfortable in the way we behave. Now why do you think that is? Because if we are comfortable in what we are doing then we feel a lot happier within ourselves do we not? You don't have to have a wonderful abode, perfect health, all your mental issues sorted out to be comfortable. To be comfortable is to accept life and life's issues as they are at that present point in time.

Of course while we're upon the Earth Plane we can always look forward to an improvement whether it be an improvement to our health, an improvement to our physical acumen, an improvement to our capacity to carry out various tasks. There are so many things while we are upon the Earth Plane which are set forward to give us a challenge, to make us strive, to make us move forward and there's nothing wrong with striving to go forward, striving to improve.

Unfortunately when we talk about our health issues sometimes the possibility of changing and improving the status quo appears to be taken out of our hands doesn't it? And when it's taken out of our hands the reason is because it was part of the Divine Plan, part of your journey forward. So what occurs when you have these physical issues? Your first plan of action is to have them removed by medication or other means which are available to you upon the Earth Plane. Two, you can pray to the Great Spirit, come to healing groups such as we have here and ask for help from the Heavenly Host, but sometimes we are restricted in the amount of help that we can give. The reason for this restriction is because the issues which you are suffering were preordained prior to your visit to the Earth Plane and it is like so many of the problems which are preordained, our hands are tied and we cannot remove them.

A problem which you could be suffering is the intolerance of an individual who is close to you. Now to remove the problem we can take that individual outside your parameters or we could leave them there to give you the opportunity to overcome the negativity you have to their personality. And that is why so often we are the ones who

create the problem. We create the problem in our minds because we have allowed that individual to get under our skin. We have allowed that individual to create a negative vibration within our being.

Now it is not your responsibility to change that individual. It is good if you can lead by example. You can show and demonstrate in a manner which that individual will accept and therefore change their attitude and their behaviour. But if this does not occur then the responsibility is 100% in your control because you are the one who is responsible for allowing that person to agitate you, to aggravate you, to create negative thoughts within your being. You are responsible for allowing that to occur and therefore as you are responsible for allowing it to occur, it is then axiomatic that you have within your power not to allow that negativity to occur.

You're not stopping the individual behaving the way that they are behaving, but what you are doing is not allowing it to affect the way you behave and the way you react. That you are in control of. And if you can truly control that, then you will find that the individual will cease to be a problem. Because they are not getting the satisfaction of your negative response. People are like that at times aren't they? They revel in the fact that they have agitated you to the point where you react in a negative way. They feel some sort of strange victory and once they have that small victory they then harp on and create more negativity to try and make your reaction far greater than it was before. But if you do not allow it to disturb you then their victory is shallow and then they will eventually stop trying to agitate you because they realise it is something which has no effect, and if it doesn't have an affect they will take their venom should we say on to someone else.

And we can look at the same scenario when we have physical problems. How you react to your physical problems will govern how much impact it will have on your wellbeing. Now if you accept the situation, it doesn't physically change the problem but because your mental approach to it has changed it doesn't appear to be so bad to endure, to the point where you almost ignore it.

I know I can talk for Roy because I have been around him for a while, and on many occasions he has physical pain and discomfort but he has an acceptance that this is a normal part of his life and therefore gets on with life without looking at it in a negative way. And having done that, life unfolds in a far more pleasant way. You have that Judith with many of the problems that you are enduring do you not?

Yes I do.

And your acceptance, most of the time, allows you to proceed with life without giving it too much thought doesn't it?

Yes.

It's just that sometimes it gets a little bit much doesn't it?

Yes it does.

And then we are sent trying should we say.

I chuck a wobbly.

You do that in more ways than one Judith. Sometimes your wobbly ends up on the floor. *(With her Multiple Sclerosis Judy has a balance problem and if she is not careful she can end up on the floor)* and that can be problematical can't it?

Yes it can be very problematical.

But that is an example of a suffering which is minimised because of an acceptance and an understanding of why the suffering is occurring and having the knowledge of why the suffering is occurring does make it a lot more palatable doesn't it Judith?

Most definitely.

It doesn't reduce the problem but because you have an understanding, you have an acceptance and therefore you just get on with life.

I certainly try to.

Yes we are very pleased and proud of you and I just thought that I would let you know that.

Thank you Estelle.

We have to give ourselves a pat on the back sometimes don't we?

But if we can do that with all the situations which create negative thoughts within our being, within our mind, within our attitude to life, then a wonderful thing will occur. The progress which you have set forward or which has been set forward for you, will be exceeded and you will bound forward which, with a bit of luck, will mean that you won't have to come down to this silly place again and I'm talking about the Earth Plane obviously. Because we only come here because it is the best place for us to overcome the situations which we have within our lives and if we purified ourselves to the point where that is not necessary, well then you won't have any more of these physical problems. So it's all up to your jolly selves.

There are few who have no need to come to the Earth Plane but have elected for various reasons to do so. That's a slightly different scenario but the learning which can occur during their visitation is still real. They can still progress far more so on the Earth Plane than they would have done in the planes that they occupied prior to their visitation.

*Estelle Roberts
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