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## **Making Choices in our Lives**

*By Estelle Roberts 2017*

Mr Rosen (*leader of our healing group*) thought that he had better stay and give the talk because he wouldn't want to inflict the physical condition of our medium onto my personage (*Roy was having some physical pain issues*). To which I advised him "that is my choice, not yours".

That is the truth in life is it not? We all have choices and how we progress in our lives depends entirely upon the choices that we make. Sometimes the choices we make aren't good, but because we have made them, we have to follow them through do we not? That is unless we realise that the choice was incorrect and we then have the ability to change the direction. But that's not always possible is it, because once we've made the choice and put wheels in motion then it is very difficult to put the wheels in reverse so to speak. So we have to be very careful with the choices that we make. All through our lives we are given that capacity, I was going to say that problem but it isn't really a problem, it's only a problem if we make the wrong choice isn't it? But we all have that capacity to change the way we behave.

We can't do a lot about changing the way other people behave although we do try sometimes don't we? I know our friend over there has been trying desperately to change the ways of her husband and she hasn't succeeded as much as she would like, but has succeeded to a certain degree and the problem is once we've succeeded to a certain degree we think "well if he's gone that far why can't I get him to do a little bit more?"

*He's much better.*

But you see when we look at that we look at it from our perspective because if you

look at it from the other individual's perspective they would consider that "I have changed to placate the person I'm living with so why would they want me to change any more?" We all have that problem don't we? When we want things to change and they do so, we would like it to be pushed that little bit further wouldn't we?

And that's so true in everything we do in our lives. We make choices and sometimes the choices we make affect other people and then we're in the situation where we can't change things because the wheels have already been set in motion and then you just want to jump off the train don't you? You say "well sorry I took a wrong turning so can I jump off the train and get back onto the track?"

But in life it's not always that easy is it? It would be easy if we were only dealing with ourselves, only dealing with our emotions and only dealing with the way we react to situations. So what do we do? How do we overcome the problems which come about because of choices we've made, or choices that others have made on our behalf? Because that's another problem that we have upon the Earth Plane isn't it? Sometimes our lives are impacted on the decisions or the behaviour of another individual.

Now can you change that? Are you responsible to change that? And the answer to that is both yes and no. If you were in a position to change the behaviour of another individual then yes it is your responsibility to do so. But if the attitude and the free choice, free will choice of the individual is such that any interference, which is the way they would look at it, by you in requesting that they change would then make them as you say on the Earth Plane dig their heels in. And what happens when that occurs? It just makes the situation worse doesn't it because the people become more dogmatic, they become ruder and more aggressive.

So it's not always easy to differentiate when you should interfere, when you should try and change the way people think and when you shouldn't. So what do we do? We do what two of our ladies have done for years, they used the lady's intuition. And what is a lady's intuition? It is your guide telling you what to do isn't it?

*Yes. I think we both know that now.*

Yes and if you follow your intuition then things transpire to the positive don't they? But sometimes we get so dogmatic and pigheaded in ourselves that we think "well I know better than that so I'm going to go my own way" and if you do go in your own way it always turns out for the negative rather than for the positive doesn't it? And you think

why on earth didn't I listen? But then it's too late isn't it because the situation has moved on to a point where you can't change it.

So what I'm trying to say is leave yourself open and when your guide tells you, or advises you more than tells you, how to respond to a certain situation well then jolly well follow that guidance! After all what are they? They are your guides and why are they your guides? Because they are there to guide you! So we are all just jolly silly not to follow their guidance aren't we? And I do say we because I'm just as bad as the rest of you. Although I did get to a point when I was on the Earth Plane where if Red Cloud told me to jump off the mountain I would say "well that's a jolly silly thing to do but if you say that I should do it, I jolly well will". I mean he wouldn't ever do that but that's the trust you have to build up with your guide. Complete and absolute trust. Not faith. Trust.

There's a big difference between faith and trust isn't there? Because if you have faith you have a belief that something is going to occur or something is correct. If you have trust you know that something is going to occur and you know that what you have been told is correct. The end result might be the same but your attitude, your acceptance, is so different. So I want us all to develop trust. Have faith if you must, but trust is what we want. Trust in the Great Spirit. Trust in your guides.

We all have had issues at times in the Earth Plane haven't we where we have been given guidance, we haven't followed it and we've known after the event that we jolly well should have done don't we? We've all had that experience. So to some degree I'm talking to the converted. And although I'm talking to the converted, I will then put a rider in, if I'm talking to the converted why don't you jolly well do it?

*(Silence)*

I am sorry. I don't have a response to that.

*(Laughter)*

Because there isn't a response in reality is there? Because we know we should and we know that our guides are there for our guidance and assistance. And the one thing about your guide is they will never judge, so if you don't take their advice they will then smile, go back to the Halls of Learning and find out how they can modify the new set of circumstances which you put yourself into.

That would be wonderful if we could all adopt that philosophy wouldn't it? Accept the

situation as it is, not as we would have liked it to be.

And I repeat that because that's a very important lesson. That we accept life and the situations that we find ourselves in as they are, not as we would like them to be. Because if we had them the way we would like them to be, none of us would have any ill-health, we would all be financially secure and all our family would be loving and wonderful people. I know I'm living in a fantasy world when I say things like that because it doesn't occur doesn't it? But that's how we would like life to be and you can have that. All you've got to do is purify your heart to the point where you are at one with the Heavenly Host. Not that difficult really is it? But it is. And it's only difficult because we make it so. And I don't put myself up as an example because I'm just as bad as everybody else.

We all have that negativity within our being and if we didn't have that negativity we wouldn't be on the jolly Earth Plane would we? Because we're here to get rid of it. Or not to get rid of it, but to reduce it because in reality it is an unreasonable expectation to consider that you have the capacity to divest yourself of all negativity whilst upon the Earth Plane. You can't jolly well do it when you're in the Summerland so why would you expect to do it on the Earth Plane? It's not until you leave the Sixth Plane that you have that capacity. So don't consider and don't condemn yourself for the fact that occasionally we slip up and fall down.

Some of us do that literally do we not Judy? I wasn't there in the morning when Roy slipped and fell over but I understand it gave you a little bit of a heart murmur.

*Yes it did.*

You thought "dearie me what can I do? I can't lift him up".

*Exactly.*

Yes you had all these thoughts going through your mind didn't you?

*Yes they fly through very quickly.*

Yes and then you come up with the conclusion "oh my dear I can't do anything".

*Yes he's supposed to be the fit one.*

Yes he's got to be fit apart from the cancer we say and we'll take that as being read. It's not part of his being is it?

*No.*

Well we're not allowed to have it as part of his being because if it is then there's a negative and we're not allowed to have a negative because he's got to be in perfect health so as he can look after you.

*Exactly.*

So we'll work on that shall we?

*Definitely.*

We also live in a dream world as well my love.

*Yes I know.*

Well I hope the point I have been trying to accentuate has got through to each and every one?

*Estelle Roberts*

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