



## Offering Help and Accepting Rejection

*By Estelle Roberts 2017*

*Estelle can I ask about helping people?*

I knew I could rely on you my friend.

*Should we accept the situation as it is but if we can assist someone should we? Whether they are willing to accept our help is up to them?*

Yes and sometimes you have to have the wisdom to take a step back.

*But we should make an effort?*

Oh yes. You must always make the effort, particularly when you make the effort and they don't react in a positive way, don't then take their negativity as a slight upon your being? Do you understand because we all do that don't we? We try and give help and when the help is rejected we almost feel as if somebody has taken a knife and stabbed us in the heart.

*Yes it's hard.*

It's hard to accept but when you can't change it, what's the point in not accepting?

*Accepting is quite a challenge at times.*

Accepting is a challenge all the time my love and if you look at it from their perspective they think "what is that interfering lady doing? I'm quite happy with the way I am." You see it depends upon the perspective you're looking doesn't it?

*Yes. You think you're coming from a more experienced age or understanding.*

Exactly. You might well be and your thinking might be 100% correct but that doesn't mean to say that the individual that you trying to help has those thoughts. But if what you are doing is correct, eventually it will sink in. You might have to wait until you are

over here but it will eventually sink in.

*Make the effort at all times.*

Yes you must always and just because you feel that you are going to, I was going to say fail, but not succeed at this point in time would be a better way of putting it, although you think you won't succeed at this point in time you shouldn't stop trying. If in your heart you know that you are trying to do what is best for the other individual and you're doing it out of a state of love, and if you're doing that then persist my friend. But don't take the negativity into your being and then get yourself upset as a result.

*That's another hard thing to do.*

Yes I know it is because... and that's something we all do don't we? When we feel that we are giving somebody advice, giving them direction on which way to go and they throw it back into our face so to speak, if not verbally, by behaving in exactly the same way and therefore we feel that we have had our advice thrown back at us don't we? That's where tolerance and understanding comes in. And sometimes you need to have tolerance with a big brother hammer because that's what you feel like doing sometimes is banging it on top of their head don't you? And say "well I can see it clearly, why on earth can't you?"

*Yes I think when you've been in that situation and then.....you can understand.....things happen to you.*

Yes you have a better knowledge base don't you? So keep trying my friend and don't let their negativity eat you up so to speak. That's the right phraseology isn't it? Because that's what we do. We allow it to eat up in our emotions. Which really is a jolly silly thing to do because all we're doing is hurting ourselves when that occurs don't we? We hurt ourselves when really it's not our problem but because we care we take it upon ourselves. We can't change the world my friend. We can't change the way everybody thinks and behaves. It would be lovely if we could wouldn't it? Everybody doing the right thing. Everybody loving each other. We'll have a great big love in won't we?

*Estelle Roberts  
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