



[www.insightsfromspirit.com](http://www.insightsfromspirit.com)

## Looking at the Problems in Our Lives

*By Estelle Roberts 2017*

It's very easy for Judith (*Judy has advanced MS*) to look at the physical problems she is having, and I can refer to her because I know I have been around her far more than anybody else. It's very easy for you to get dismayed because of the problems with your walking or lack of walking and your lack of ability for movement which are occurring and you can get distressed. You can put yourself into a state of total destructive stress because you look at the negative. You can look at the way it has affected your life rather than accepting the situation as it is and look at what you can do to overcome. If you can't overcome what you can do is to live life to the fullest with the capacity that you have. And I hope you don't mind me using you as an example.

*Not at all Estelle.*

But that is what we do in our lives don't we? We can look at the negatives within our life and if we look at the negative then we get jolly well depressed don't we? We get despondent. We have the scenario of "woe is me". I've heard that recently and I thought "I like that". But we all have that in our lives do we not? We all have problems which we have to overcome. They can be physical. They can be emotional. They can be so many different situations but how we overcome them is acceptance. Acceptance of life as it is. Acceptance of the situation with other people that they are as they are. If we can change their attitude, if we can change the way they think, or the way they behave, then it's our responsibility to do that. But if we can't, don't let us get distressed within ourselves because it's not our issue.

We have to come to terms with how to live with the problems of others but in the long term it is the other individual who has to overcome the problems which are occurring or which they are having in their lives. They are the ones who have to overcome, not

you. They have to overcome the mental change, the mental attitude, the physical attitude, but more often than not it's the mental attitude which has to be refocused. It's the mental attitude which will allow you to accept or make you go into a state of depression because things haven't turned out the way you would like.

Well things won't turn out the way you like my loves. It's just not a state of affairs which occur on the Earth Plane. We get highs and we get lows. We get times of ecstatic happiness. We get times when we are comfortable and we just roll with the punches so to speak and there are jolly times when other people create a lot of stress in our lives and how we accept that stress is not up to them, it's up to us. We are the only ones who will dictate if and how we accept the negativity of others. We can't necessarily change the way they think. We can't change the way they behave to be in accordance with the way that we live our lives. So therefore why are we distressing ourselves over something which we have no control of? You have no control of the fact that your physical body has deteriorated have you Judith?

*None at all.*

But how you approach the problem that is something you are in control of aren't you?

*Yes.*

How you react. How you respond. Whether you respond in a positive way which reduces the situation. Whether you make alterations to your life to accommodate the change in situation. And we can adopt this to so many events in our lives and it's all down to the way we look at the problem. The way we look at the physical problems which are occurring due to natural disasters. The way we look at the way the radicals are behaving and if they are not actually affecting you, why are you getting distressed over it? Because you haven't... you do not have within yourself the capacity to alter it and if you haven't got the capacity to alter it why on earth are you worried about it? But we all do it, don't we? We get ourselves all hot and bothered over things that we have no control of changing. No control of influencing. So please my friends accept what you can't change and change what you cannot accept. And keep your mind on a positive note rather than a negative note.

There are so many challenges and there were times in your lives where you just want to give in, give it away. But that wasn't to be and you wouldn't be in the situation you are in now if you had made that decision back then.

*Yes. We just don't know it at the time while we are distressed.*

No, we just have to have faith or trust don't we? As they say the Christian church asks you to have faith. We ask you to have trust. Trust that the Divine Plan works in wondrous ways. We don't always like the way it works do we Judith? But I can assure you there is nothing in the Divine Plan which is unfair or unjust although we don't necessarily think that way while we are on the Earth Plane do we? When we're having our problems walking, when we having our problems with spasms and with all the other problems, we don't necessarily think "well the Divine Plan has this all worked out and I'm sure I'll understand it in the long term and why the hell am I going through these problems?" Isn't that right?

*Yes I think everyone has those thoughts.*

Exactly we all have those thoughts. We all say why on earth...I shouldn't have used that other word should I? I do apologise. Why on earth are we going through these issues or situations? And the answer is because that could have been one of the reasons you were placed upon the Earth Plane to overcome that particular scenario and if you weren't put on the Earth Plane to overcome the particular scenario, then a solution will be quickly forthcoming. That's our way of assisting because we are not sadists you know. We don't like to see our loved ones suffer. It's very difficult for your guides and your friends to see you in distress and know that they have to hold back and not help because you have to overcome the problem yourself. Because at times it will do more harm than good to step in and take the problem onto ourselves and solve the problem. Because the benefit that you get from overcoming the situations which you have been placed in are the reasons why we are upon the Earth Plane. So look at your problems and smile and say "well aren't I lucky to have all these problems because obviously I'm learning really well because I can accept them". I know I live in a dream world but it would be nice if you could think that wouldn't it.

*Estelle Roberts*

*September 2017*