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## Coming to Terms with Emotions and Situations

*By Estelle Roberts December 2018*

*Good afternoon Estelle.*

Well I do hope Roy has been true to his word and cleared this nasal passage because I have no desire to suffer the negativities of the physical being. I suppose I shouldn't complain because I do chastise people when they complain about the problems of the physical don't I?

*That has been known, yes.*

And we are all a little bit guilty of that aren't we? We all complain about things which in a lot of ways we don't have any control over and we complain because we perceive them to be different to what they are. And I want you think about that for a second .....because if we perceive them to be different to what they are, who really needs to change their thought pattern? Because things if they are as they were meant to be then it is our responsibility to accept and make the best of the situation. It might not be an ideal situation for what we perceive life should be, but it is what it is and sometimes we can't change things. We can't change the way other people think. We can't change the way other people behave. Even though the way they think and the way they behave is totally abhorrent to the way we perceive things should be.

So what is the answer? The answer is in many different ways because there is no black-and-white answer to the situation. Because if somebody has a very strong opinion which is different to yours, and if their opinion is so strong that it would be a superfluous exercise for you to try and change it, all you're doing is creating a lot of stress in your being. Because you're not going to adapt their thinking. You're not going to change their thinking. And it won't matter how hard you try, if their thinking is so steeped that they do not want to perceive any other way of thinking, well then you are only causing yourself a lot of distress aren't you?

And then again you get the next situation where you can have a person with the same opinion but they are flexible with their perception of what they are thinking, what they perceive to be the right way forward. If this is the case then your interjection to change or try and help them change their point of view to what you consider is the correct point of view is then correct because you have a willing audience.

And sometimes it is very difficult to determine which is the situation, isn't it? It's very difficult to ascertain the way people are going to respond. Because sometimes a

person who is adaptable will respond in a quite arrogant and volatile way initially, but that is because they are unsure that they are following the correct path.

So when you're in those situations, go into the silence of your mind, ask your friend, ask your guide, to give you advice on which way forward you should go. And at times you may consider that you want desperately for the person to come around to your way of thinking. But in fact if you persist in your conversation to change, you are then in fact creating a totally negative response and rather than they coming around to your way of thinking, they will get far more dogmatic and create far more negativity as a result. So it is always better to be understanding and back away when hostility is the response.

It is very simple and a human reaction to respond to negativity with anger and negativity yourself. And if you do this my friends, you are the ones who have failed. And there is no point in saying well they failed as well because that is absolutely immaterial. They haven't necessarily failed because it could be a true conviction of the way they have been brought up and they don't think of it any other way. And you have been told many times that if you perceive things to be correct then there is no sin, there is no negative to your being for you to proceed in that manner. But once you have been told, once you're aware that the situation is incorrect, then the sin if you would like to call it that way is manifested 10 times more than if you had not known.

So coming and getting our spiritual knowledge and our spiritual teachings is a little bit what we would call a double edged sword isn't it? Because we have a knowledge of what things should be, we have a knowledge of how we should respond, we have a knowledge of how we should react. And the very fact that we have this knowledge means that if we don't react and behave in a correct manner the negative to our being is amplified.

So don't ever allow yourself to deteriorate, to placate a situation. If you know that the situation isn't going to proceed in the manner that you would like it to, then quieten down and step away. It is far better to quieten down and step away than to react in a negative way. It is far better...it's a far better victory to retaliate in kind and the way you retaliate in kind is by not responding in a negative way.

Some people would say it's the coward's way out but I would correct that statement. It is a brave person who can turn and step away when every fibre in their being is to respond in a negative way, and if you wanted to respond in a negative way and you have turned your back on it and stepped away from the situation, you have succeeded. You have succeeded in overcoming that small part of negativity which was in your being and eventually it will get to the point where you won't want to respond in a negative way at all in the first place. You will just think to yourself well that is their opinion. I'm not going to enter into a conversation or discussion because it is a superfluous exercise.

And we will stop a lot of arguments that way won't we? We'll stop a lot of negative discussion. What do I mean by negative discussion? Negative discussion occurs when emotions get involved and rational thinking goes out the door. Because when emotions

get involved sometimes our rational thinking is nowhere to be seen is it? It not only goes out the back door it's running down the field.

So try always my friends to look at a situation and if you can change the way people think, if you could influence the way people think, well then you have a duty to do so. But if an individual is becoming angry and responding in a negative way which really there is no way to change, no way to change the way they are talking and the way they are thinking and in fact if you try to you in fact will make the situation worse. Then learn to keep your opinions to yourself and a later time will occur when your opinions will be sought and then that is the time to share.

What I've asked you all to do is very easy in its concept but very difficult in actually carrying it out. And as somebody said on the Earth Plane life wasn't meant to be easy was it? And I know that you all perceive this at times, that it wasn't meant to be that hard either.

*Very true.*

But I can assure you that if you kept your mind in a positive way the benefit to your being would have been on the plus side should we say. I'm not condemning, I am merely making an observation. But it was only really short lived because of the pain and the discomfort you were going through. In your rational thinking you don't think the same way do you?

*No I don't.*

But when you are having pain and discomfort it is very difficult to think rationally isn't it?

*Yes. That just goes out the window.*

Yes all rational thoughts go out the window and you feel that the Great Spirit is a very vindictive person and why on earth would they profess to be people of love and yet allow this discomfort and pain and agony to persist. Those were the thoughts that were going through your mind were they not?

*Yes I do wonder what lesson can be learnt from it.*

It doesn't have to be a lesson. It could be just that you have to overcome it. You see by very fact of overcoming the negativity that you are going through is a lesson learnt in itself. Do you understand?

*Yes I understand.*

It's very difficult I know my friend and I know it's almost impossible for you to think that way at this point in time, but I can assure you that our love is with you even at the times when you are cursing us under your breath. Not intentionally but by inference you are. Do you understand?

*Yes. Due to circumstances.*

Yes our love for you will continue no matter how you think of us.

*Thank you.*

I thank you my friends. I do hope that my words have been easy to understand and that nobody has any doubts or any questions but I'm quite happy to leave myself open for questions initially on what I talked about.

*Thank you Estelle. Your directions are always clear. Hopefully we can apply them when situations come up.*

Yes. Having the knowledge and putting them into practice are two different things.

*Yes. Pulling ourselves up. Usually after the fact. I guess that's a start.*

Yes and then we think "Oh my word that's what I've been told that I shouldn't do and I did it."

*I think just recognising that is a big step.*

Yes because as soon as you recognise it then you can make...take steps to reduce it in the future.

*Just with practice which we get a lot of.*

Yes. I will allow one or possibly two questions outside of what I have talked about. You don't often get that opportunity to have an open slather so to speak

*I would just like to say that negativity is always around us and thinking of others is sometimes hard to do. As you said, we can't do anything about the way other people act so we must learn to just step away. Not to engage in an argument and just to send them love. It's very hard.*

It's only hard until you have adopted it as part of your thinking. Because once you have adopted that way of life, that way of thinking, then you will wonder how on earth you ever did think that way. It is like so many things in life. We don't perceive how things can be different but when they are different then you don't perceive...you can't perceive how you thought initially. Do you understand?

*Yes. It's very ingrained.*

It's only ingrained because you have allowed it, because it has been part of your being and therefore it is the lesson that you have to learn isn't it?

*Thank you.*

That is the question that I was waiting for. You see I knew it was on your mind but I knew that if I didn't give you the opening you would have been reluctant to ask.

May the blessing of the Great Spirit be with each and every one of us. Toodle pip.

*Thank you Estelle.*