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Physical suffering on the Earth Plane

By Estelle Roberts 2018

I know my friend that you perceived this week life wasn't meant to be easy but 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 your pain and discomfort it is very difficult to think rationally isn't it?

Yes. Rational thinking 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 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.

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.

Thank you.

*Estelle Roberts
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