

Changing the way We React to People

By Estelle Roberts 2018

A question from a member of our circle.

I feel Estelle when I get sort of angry, in regards what other people do, is to recognise that I have no control over that. I can only control how I react.

Exactly. That is the essence of the teaching which has been very difficult to accept for you hasn't it?

Yes. It's just that we all have expectations of other people. I try not to have any expectations. So if they want to say or do something it's got nothing to do with me. It's their decision.

And that is a huge step forward because you wanted to change the world before didn't you? And your opinion was "I am right so why on earth can't they see it".

Yes. You still feel that...

You still feel that but you don't take it to the point where you want to bang them over the head with your opinions.

That's right. It's just recognising that fact, even if it upsets us or whatever, you just have to deal with it.

Yes because people are cruel sometimes aren't they? Not always intentionally and if it's done unintentionally, the way you receive it and react is very important.

That's the hard part I find.

Well as somebody said "Life wasn't meant to be easy" was it? Just coming to the Earth Plane accentuates that situation doesn't it? The very fact that you are on the Earth Plane means that your life is not going to be a bed of roses. I don't know why we say that. But it's not going to be a bed of roses is it?

In your initial question you made more of a statement there than a question didn't you?

Yes I did.

Thank you for sharing that because the very fact that you are sharing it also gives other people heart to change their thinking as well. Not that any of you need heart because you're all going on the right path aren't you?

We hope so.

Well we do hope so, but I can assure you that everyone who is in this room at the moment has improved their mental approach to life since we have been giving the teachings and sharing them with you. So that is why we feel so heartened and so what we want to do is to take our teachings out so we can have the same ability to change the way other people behave. Because if they don't know true path they can't be

condemned for taking the wrong path can they? Because until you have been given the lesson, until you have been given the true teachings, nobody can condemn you for not proceeding in the manner which you should.

But once you have been given the teachings, once you have been given the understanding, then the ball is in a different court because you have then got the responsibility to act upon teachings because you haven't got the excuse "Well I didn't know." Because if you know the right way and then you continue to do it incorrectly you are then committing a negative to your being. Whereas if you can carry out that the same action before you have the knowledge you are not then carrying out something which is detrimental to your being. So with knowledge comes responsibility. Responsibility for your actions and the way you proceed with your life.

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