



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

## Dealing with Problems Others are going through

*By Estelle Roberts 2018*

I know the thought of your partner leaving the Earth Plane prior to you fills you with the state of horror doesn't it?

*A little yes.*

Do you think that if that was to occur it had not already been preordained within the Divine Plan? I'm not saying that it is going to occur. I'm just saying, if it did occur don't you think it would have been preordained and therefore it is just another challenge that you have to face ?

*I'm sure you're quite right Estelle but I'd rather not have that challenge.*

But I can assure you that you have children who would step up. They don't step up now because they have no necessity to.

And I was going to go on with that but I thought if I went on in that vein of conversation you would get totally the wrong influence of what I was saying and you would consider that it is something that is actually perceived and is going to occur and that was going to be the reasoning behind my explanation. And that's why you have to be so jolly careful when you're talking to people. You can talk to them and you are talking to them purely in an academic way and because of inbuilt fears that they have within their being a totally different perception of the words then come to fruition don't they? Because you put your own interpretation into it don't you?

Just because it's your own flesh and blood it doesn't mean to say you have to support them. You have to love them, that is part of what a mother has to do, but you can love them with a rather large cricket bat sometimes. Well that's the way you feel. You want to bang them over the head don't you?

*Yes.*

And say maybe that will get some sense into them and I can assure you it will not occur. And what is actually happening is she's looking for somebody to blame and she's not prepared to let the blame sit where it should squarely sit and that is upon her

shoulders. She's looking for somebody else to take the blame because if she can put the blame onto somebody else then that would vilify the way she is thinking and behaving.

Yes.

I'm not saying it's right but that is how she's perceiving things.

And if she can blame it on you that will justify her actions in her mind. Because if she can put the blame onto somebody else, and you only put the blame onto somebody who cares and loves you, because if you try and put the blame onto somebody else they will just tell you to go take a running leap off a short plank or something, won't they?

Yes.

It's only because you care and that you love her that it's affecting you in the way that it is and that's quite normal. Your reaction and the way you feel is quite normal. I'm not saying that it is correct. I'm not saying that you shouldn't change your thinking. But what I'm saying is that the way you are feeling is quite normal for a mother who loves their daughter no matter how problematical that person is.

*She's getting worse instead of better.*

Yes she needs a good shake up so to speak and unfortunately I don't think that you're the person who can do that.

*She's seeing a psychiatrist and to me it doesn't seem to be helping her.*

Maybe she needs to see a change in psychiatry.

Yes.

But she wouldn't listen to you so don't waste your breath.

*No. I'm just standing back now.*

Yes, you are the kicking boy. Because as I said you are the only one who gets hurt and it is most strange the way some people react. You're hurting yourself and therefore you lash out to those that you love or who love you, because they are the only people who care and really you should do totally the opposite shouldn't you? You should go to them with open arms, explain what the problem is and then come to a solution together, but we don't, do we? We react in a negative way. We strike out as we say on the Earth Plane. We strike out and we hope that the other person is hurt by it, which when you actually analyse it's a horrible emotion isn't it? It's a horrible reaction because what you're doing you're striking out with the full intent to hurt somebody else's feelings.

*She's just got worse with the attitude.*

It just gives her an excuse. Something else to grasp onto and flog you with so to speak. Hit you over the head, because it can't be her problem can it? It can't be the fact that she has misused her physical body, that she is taking illegal substances and put them

into her physical body and that's the reason her heart is having a problem. It couldn't be that could it?

*No it couldn't.*

Well exactly and I can assure you that is the reason why she's having the problems. It's because of her misadventure and you know she has been using illegal substances in the past don't you? Well you suspected, I'll rephrase that.

Yes.

Well I can tell you as a matter of fact she has been.

*The earlier part or recently?*

Both. She looks at it as a crock you know and at times it's the reason it's put her into financial stress because she's spent money on substances when she should have spent it on the necessities of living. Do you understand?

*Yes. I understand now her mood swings.*

And that's why her mood swings occur, but it would be superfluous to bring it up with her because it would just create more antagonism.

*And if she has an attack she'll blame me for bringing it on.*

Exactly.

*So I'm just keeping quiet.*

And if you brought up the fact that you know about the illegal substances she will just blame you for not being there for her and creating more drama into her life which she doesn't need. Does that all sound familiar?

Yes.

So it's better to be knowledgeable but keep your p's and q's to yourself.

*That's what I've been doing.*

That's very wise. What you want to do is keep the love there.

Sometimes it is good to step back and other times you step back and then the person, people go into a state of decline and then you flog yourself for not coming forward and stepping back don't you. So you could say you're on a hiding to nothing.

*She'll do that. When she realises I'm not taking much notice. The other day I just said I have to be careful with her. She might just take her own life the mood she's in. That's the only thing I'm worried about.*

Well why worry because that only brings her over here doesn't it? How often have you been told that you can't commit suicide. You can't kill yourself. All you are doing is temporarily removing the physical body, or the utilisation of the physical body, and if she did, then she'll be returned to the Earth Plane and she won't be your problem will she? She'll be somebody else's problem.

But don't consider that you are responsible just because you provided the physical vessel to enter the Earth Plane that you are responsible for that individual for time and eternity, because that's the way we feel as mothers don't we? We feel that just because they were part of our being, or attached to our being, that the responsibility to look after them or care for them goes on for an eternity. And there are times when people have to stand on their own two feet.

Yes.

And sometimes people will make threats that because you don't love me, because you don't care, I may as well just be dead.

*Exactly. She'll come out with that.*

Does that not sound familiar?

Yes.

What's the point of me being here? Life's just too hard?

That is a statement which is made without accepting any responsibility you see.

*Yes she doesn't accept any of it.*

Exactly. And when you don't accept responsibility you then look for somebody else to blame. Somebody else you can put the burden upon.

*Estelle Roberts*

*June 2018*