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## Getting Involved in Other Peoples Problems

*By Estelle Roberts 2018*

What we tell you so often is that the situation of how people perceive the messages, the way people perceive you, the way people perceive what is occurring, is their problem. And we have told you so many times **“don't get involved with their problems unless you can personally change them”**. But it doesn't stop us getting upset at times does it? Because things are said which we find hurtful and I want you to analyse that thought at the moment. People say things which we perceive as being hurtful.

What are we really saying? Because the very fact that it is hurting us means that we are putting a certain degree of import on their opinions, on what they think and what they say. Where in reality what they think and what they say has got absolutely nothing to do with the way you live your life does it? It has everything to do with the way they live their lives. But they can make life a bit awkward for you can't they? I'm talking generally here not specifically.

Yes.

And equally it is a situation where we have to accept or ignore. If we accept the situation, the criticism, the negative response, we are the ones in reality who are at fault. I'm not saying that the words shouldn't have been placed in a better way should we say, or that the words should never have been said, but whether we accept them, whether we take them to heart, whether we let them affect the way we behave, our mind, our mental breakup, that's entirely up to us isn't it? It's up to us whether we permit their stupidity, or their negativity, or their ignorance to affect the way we live our lives, the way we conduct our lives and the way we move forward.

And it's at times even within families that we have this problem. A problem with their loved ones, their offspring, their daughters, but in reality it's their problem and you can only go so far. You can't take their problem away from them. You can't step in and change the way they think. Sometimes you've got to give them a jolly good shaking though don't you?

Yes.

Sometimes you want to bang their proverbial heads against a very brick wall don't we? But that doesn't really change things does it?

No.

Because to change things they have to make the conscious effort. They have to make the effort to reorganise the way they behave and the way they think. You can't do that can you?

No.

You can't change the way they behave. You can't change the way they think. You can't change the fact that our friend's partner has a mother who behaves in the manner that she does. That is something which is unchangeable at the present time.

Yes.

You can't change the way she behaves.

No.

You can change the way you respond to it. You can change the way you let it affect your state of mind.

Yes.

But you can't change their personage. Once again you can pick them up and give them a jolly good shake and see if anything comes out. Well that's what you do. You shake and things drop out don't they?

Yes.

But that is a big lesson that we've all got to learn.

And our friend here has that same problem with her friend, don't you? You allow a lot of the things that she gets upset about to affect your mental state and you just want to pick her up and say "Just get some sense into that head of yours woman." Because sometimes although she's a very intelligent lady she behaves like a three year old. Well she does, doesn't she, the only thing that is missing is for her to have a little tantrum and stamp her feet.

And metaphorically she does that now except she keeps it all in and then it creates stress and creates gastric reflux problems, creates so many other issues which affect her physical condition. And then she comes to healing and wonders why that she is having these problems.

But we all have that issue don't we? We create all these issues, these situations for ourselves and then we turn to our friends and say "I'm suffering from indigestion. I'm suffering from diverticulitis. I'm suffering from gastric reflux. I'm suffering from headaches. I don't know what's wrong with me." And what's wrong is very simple! What's wrong is you have allowed your mental state to get into such a tishwas that it has affected your physical being.

So when you analyse it in that way it's a bit silly isn't it? But we are all guilty of it aren't we?

Yes.

Yes and then "J" gets worried because of all the things she can't do, don't you?

Yes.

And what does worrying do?

*Nothing.*

Does that change it?

*No it doesn't get them done.*

It doesn't make you be able to facilitate what you require doing any quicker. No, it just creates another hurdle doesn't it?

Yes.

Because the very fact you've put that negativity there means you are looking at what you can't do instead of jolly well going ahead and doing what you can!

*Yup.*

Do you understand?

Yes.

And you do have that problem at times my love. You're looking at the negativity and thinking "Well I could have done this so much quicker before and oh wow is me." You don't mind if I have a little bit of a go at you do you?

*No of course not Estelle.*

Sometimes we need it don't we?

*Yes. When it's all true.*

Yes. We need to be picked up and shaken ourselves and when there isn't anybody there to do it we have to do it for ourselves, don't we?

So what I want you to do is when you have these thoughts, push them away! Stop thinking about what you can't do! Stop thinking about the way your mind has gone muddled. And then refocus and concentrate on the moment instead of letting your mind go all negative and worried about what can't be done and how life is unfair and how things would be much better if you could walk better and how things would be much better if your mind didn't get into a fuddle. I know I've been with you my love and I can visually and physically see all those issues going through your mind. So you can't hide them from me my love. I don't need to say to you because you have no option.

*No.*

It's just something which is a state of ability or state of correctness when you're over here. And I can assure you it's very frustrating at times because you can see things so clearly and you say "Why can't you see that? Why are you are getting yourself into such a state you silly person?" So you see by the very fact you're doing that you are causing me a lot of stress. So please stop doing it because I have enough of my own! You see I put it back onto you won't I?

Yes.

You don't really cause me any stress because I don't allow it to enter into my being. But if I tell you you're causing stress to me maybe that will give you a bit of a shakeup.

And that will make your life a lot easier you know. If you just let people be what they are.

Yes.

Do you understand?

Yes.

Because we do take on a lot of negativity by perceiving that they should be something that they not don't you?

*Yes. I've been doing that a lot lately.*

Well why do you think I was mentioning it my love?

Yes.

So therefore change the way you think. You can't change the way they think.

*No. It's unnecessary though.*

Yes I know it's unnecessary but the minute you allow it to affect you, you're the one who is getting stressed and upset over something which is out of your control. You can rant and rave which is good at times. At times it's good to get hold of somebody and slap them across the face to bring them back to reality.

*I've been asked to do it but you can't. Yes I understand.*

But it's got to be done with love. You see a lot of the times when you did it or would do it, you're doing it out of anger. You are doing it out of a state of frustration and if you're doing it for those reasons it's totally wrong. Do you understand?

Yes.

If you do it like you would a child and you want to correct them so they don't get into hot water so to speak.

Yes.

Like you have the pan of water boiling on the stove top and your child is just about to reach out and put their hand in. You smack it but that is done with love, it's not done with anger. But if they are being naughty and they get under your skin so to speak and then you retaliate in anger then the action is very similar, but the motives are totally different.

Yes.

Because as we have always said it is not the action which is important, it is the intent behind the action. The reason why you go down a certain pathway, the reason why you create a negative situation which you can do to help people. Sometimes people need a shakeup and the only way they get a shakeup is by you being domineering

almost. But then comes the critical thing, you have to know when to step back, have to know when to realise that your words are falling on stony ground and all you're doing is making the situation worse. Do you understand?

Yes.

And we all do that at times don't we? We get so frustrated within ourselves that we just lash out verbally. And really when you analyse it that's saying a lot about our lack of progress doesn't it? Because we shouldn't allow ourselves to get into that state in the first place.

*Estelle Roberts*

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