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Not Understanding the Benefit of Overcoming Problems

By Estelle Roberts 2018

Roy does listen to me sometimes. He was going to come unclad on the feet. I just made them a little bit cold and therefore he felt that it would be beneficial if he acquiesced or agreed “should we say” to my request to put some socks on. So we are pleased with the end result and that’s something that I want to talk about, the end result.

We often look at the situation which we are currently, I was going to say enjoying but that is probably not the correct word, because if you are in a negative situation you don't really enjoy it do you? But when we are in a situation whether it be physical or emotional, we look at the problem as we perceive it at that point in time. We don't necessarily understand the end result. I will take an example with your multiple sclerosis and at this point in time, during the physical years, you cannot see any purpose or any benefit to your being for the negativity, the suffering, the inconvenience, the problems, which the ailment is causing you.

Very true.

And therefore it is very difficult to then see the end game, the result. How you will benefit from or how you will improve by overcoming the negativities which have been placed before you. You can't see the end game can you?

No.

All you can see is the pain, the suffering, the discomfort and the inconvenient which is being caused to your personage. And if we look at it in that way, if we look at it in isolation, we can easily consider that the Divine Plan isn't working. Because the Divine Plan is meant to be about love is it not? It's meant to be about the improvement of our

being so as we can return to our rightful place in the seventh plane. When we are spasming, when we are having headaches, when we are having difficulty walking, we would find it very difficult to see how that could be benefiting you in any way whatsoever can we.

Yes very true.

We can only look at the negatives which the physical condition results in.

Yes.

But how you accept, how you cope, how you mentally come to terms with the physical problems that is what improves the love and the acceptance that we have within. So you can't see the end game, you can't see the result, you can't see the benefit of accepting the problems, you can't see the benefit of overcoming the physical issues because we can't see the end result. And the end result is that you will either have overcome the problems in a manner which benefits your being, has taken you forward, or how you have relished in the negativity, how you have allowed the negativity to overcome your being, how you have become bitter, how you have become resentful. I know these are not the situations but these are the situations which could easily result from your condition are they not?

Yes.

And if you can eliminate or not allow those negative responses and action to enter your mind, your consciousness, your being and you accept life as it is, not life as we would like it to be because if we had life as we would like it to be none of us would while we are upon the Earth Plane volunteer to go through any illness or physical problem would we? None of us would consciously while we are upon the Earth Plane consider that it will benefit us to go through a physical problem, an emotional problem.

How can an emotional problem benefit us? How can dealing with the negativity of another benefit our progress? But it can my friends in the same way as the attitude to your physical problems affects how you progress, how you have purified your being, it's the same way, the same thing if you have negativity of another.

Now you can let that negativity dwell within your being, allow yourself to become bitter, allow yourself to react in a negative way, allow yourself to be embroiled and encompassed with the negativity of that person, or you can see it for what it is. You

can see it for a problem which is not of your making. A problem which is outside your immediate zone of influence.

Now I'm not saying that if the situation is there that you shouldn't try and help, that you shouldn't offer a loving hand, but how you accept, whether you take that negativity in your being, whether you take negativity and let it fester within your mind, within your being, that is something which you are in control of.

If you have a physical problem like our friend here, the limitations of what you're in control of could be minimal can't they? You can do what you can but when it is an emotional issue, an emotional issue of a third party, how you respond and how you accept that situation into your life, into your being that you are in 100% control of. Whether you react in a negative way, whether you allow their negativity to fester within your being, all of that is totally within your control.

And once again when you're in that situation you cannot fully foresee the end game, the end result, because obviously the end result which you would find acceptable is that the problem is resolved and the individual who has the problem has changed their way of thinking and behaved and conducted their life in a way which you consider normal and acceptable. That would be the end game that we would prefer is it not? But it is not within your capabilities should we say, to change the way somebody behaves and somebody thinks. You can give advice, you can give guidance but they are the only ones who are capable and responsible for change.

So what do we do? Do we allow their negativity to interfere with our lives, interfere with the way we are feeling, the way we think, or do we accept it as a problem which we would dearly like to assist with, but a problem which is outside our being. And what I mean by that, it is a problem which we do not wish and should not take it in to our being. We give love, we give guidance but we do not allow it to affect our mental state. We do not allow it to affect the way we live our lives, how the negativity can affect those around us because we have absorbed that negativity and therefore as a result of it we are giving out negative energy and negative response to others and it really has nothing to do with that issue. It is to do with the problem which we are trying to come to terms with, which is outside our control.

So we take it out, we respond in a negative way, to the friends and loved ones which surround us and really it has got nothing to do with them. We have allowed the

negativity to enter our being and we have allowed the negativity to win because we are then responding to other people as result of not accepting it as being a problem outside our sphere.

Very difficult, very difficult to deal with situations when they are on an emotional level. Especially when those problems are affecting people whom we consider are in our inner family circle.

When we have physical problems like so many of us have, as a third party we can accept the fact that it is physical problem which they have to overcome. We don't wish to get involved in the same way as we do when it is an emotional problem. But we try, we must try to treat it in the same way as you would a physical problem which somebody is having. You can send love, you can send help, you can offer assistance in any way that you can, but you know that there is nothing that you can do to change their situation and therefore you don't take ownership of their problem.

Do you understand the difference? Whereas if it's an emotional issue, if it is something which is an issue which we consider that we should be able to solve, even though it's not our problem, we then take ownership of that problem. What I'm asking my friends is look at the problem as you would the physical ailment of another being. Give help, give assistance, give love, but don't take ownership.

I hope you understand the difference because having those two examples and they are both relevant in the fact that they both create a lot of negativity, but one you have the capacity of not getting involved on a personal basis and the other which you then take ownership of the problem, rather than looking at it as something which you need to give help, to give guidance, but not to take ownership.

I know it's a situation which all of us face not only upon the Earth Plane but after we leave the Earth Plane, taking ownership of situations which really we should keep our nose out of it. I don't mean that in a nasty way. I mean keep your nose out, but keep your love in. Keep your nose out in the fact that you are not taking ownership, you're not allowing it to enter your being, only to the point of "How can I help this individual, how can I give guidance, how can I stop taking their negativity as a personal affront to my being?" because we often do that don't we? Somebody gets angry with us and we take it on within our being and we think "What have I done wrong?" where in fact it could be quite, or more possible, that you haven't done anything wrong. It's the

negativity of the other person which you have allowed to affect the way you think and the way you behave.

So please my friends help people as much as you can, but help from a love basis and don't allow their situations, their issues, to become part of your situation and issues.

I hope I've been clear and succinct with my message today.

Yes thank you.

It's touched a few people where it should have touched I'm please to say. So I hope that my explanation and talk has been of assistance.

Thank you Estelle.

Estelle Roberts

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