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**Acceptance of the Life we are Living**

*By Estelle Roberts 2019*

Something I want to talk about is the acceptance that we have with the life which we are living. And there isn’t one person in this room who wouldn’t like things different to what they are. And that in essence is a normal human trait isn’t it? That we would like things different. We would like our health to be a little bit better than it is. Some of us would like to have more physical comfort, more financial ease.

But what is important is how we accept our lives as they are, because to a great extent we can't jolly well change the things that are, so therefore why do we worry about ‘what if’? What if I had my health and strength? What if I didn't have that cancer? What if my back didn’t cause me problems? What if my legs could work a little bit better than they do? What if I could stand up without being in pain and discomfort?

You see these are all ‘what ifs’ aren’t they? Rather than accepting that I have these problems and am I expected to overcome them or accept them? If I have to accept them, well then give me guidance, give me a little bit of strength of character so I can accept them. And when that occurs a strange thing happens. With the acceptance the perceived problem, or situation, or issue is reduced all because of a change of mindset. A change of mindset can affect the way we live our lives.

I know you are trying very hard at the moment, are you not, to change your mindset and if you do, wondrous things will occur and that is an Estelle promise. Do you understand?

But that is how we want all our beloved friends to behave and that is to accept what you cannot change and accept it in the mind. And I’m not saying accept it and be lazy because a lot of people can do that. They can accept the situation as it is because they feel that it is too much effort to make a change to their situation. And therefore, we just sit in a little rut don’t we? Because we've accepted our situation as it is and we have no effort or desire to change it.

So when I say you must accept the situation as it is, I don't infer by that that you shouldn't try to move forward and moving forward can be the ability to accept without change. But in the majority of cases, it's a case of accepting it as it is and then looking at ways of improving it, changing it. And a lot of the times changing it can be a matter of a change of thinking. Because if you cannot change the physicality, if you cannot change the environment, what you can change is the way you accept it, the way you look at the situation. Whether you bemoan your lot so to speak, or accept the situation as it is with a happy heart and move forward.

Because it's very easy to move forward when everything is going well isn't it? It’s very easy to move forward in your mind when everything is running smoothly. But I can assure you that the best way to improve is to overcome hardship, to overcome hardship with a clear and happy heart. And if you accept the hardship, for some strange reason it doesn't seem such a problem.

You see the only reason you considered that it was a hardship was a mental state. You perceived it to be not what you would like it to be and therefore by changing your thinking, accepting the situation as it is, not what you would like it to be, but as it is, and then looking at how you can either move forward by accepting, or move forward by changing. And always look at how I can change. How I can improve my lot. How I could change my thinking. Because it is only by changing your thinking that you can actually move forward.

After all that's why we've been given this physical body. Some of us would rather have a different one, wouldn’t we? But the body that you've got is the one you have to live with at this point in time. You can change it next time if your desire is that. Or you can be one of the fortunate ones who don't have to return to the Earth Plane. Or you have no desire to and no need to.

I can assure you that there aren’t very many people on the Earth Plane who are pleased with the choice that they have come here. And so many people, I've heard it so many times, is “When I leave the Earth Plane I'm never going to come back” and yet they are the first ones to put their hand up and say “Please can I come back and try and overcome the problems in the physical world.”

So I hope that we will all keep our minds positive. Keep our minds in the right direction. The direction of improving the being that we are by improving the love that we have for our fellow man. Improving the love we have for mankind. And that improvement obviously has to start with the people who are in your immediate surrounds, but you can improve your thinking, improve the love that you have outside that.

And what I mean by that is, if in the current state of mind you are looking negatively at say what is happening in Iraq, or Sudan, or many of the other countries in darkest Africa, because there’s a lot of problems there and you're not sending love, you're looking at them and you cannot understand their mentality and therefore you feel anger towards them. Now if you can change your thinking and send love to them rather than anger, you have then moved forward. Do you understand? You have stepped forward in your love that you have within your being. And that after all is what we all desire isn’t it? To increase the love that we have.

Well I have to keep my talk a bit short this time so I hope you don't mind that I was a little bit concise.

*Thank you Estelle*