www.**insightsfromspirit.com**

**Level of Control in Trance**

*By Estelle Roberts 2019*

I do not need any lessons or reasoning for strengthening my control of this physical body because I have been doing that for many years and I have far greater control of this physical body than the majority of trance mediums on the Earth Plane. And I know exactly what I'm saying because even though people might perceive they have higher vibrational people coming through – I had to be very careful what I said there – even though they perceive that, it doesn't necessarily mean that it is a fact does it?

*No.*

It just means that is their perception. And if you're in kindergarten you consider your kindergarten teacher is the wisest person on the Earth. When you're in Standard Six you think your teacher is wiser than the kindergarten teacher and definitely the wisest person on earth. But as you move forward you realise that it is merely a misinterpretation on your part and we all have a little bit of misinterpretation, don’t we?

Well I haven't come to talk to you on any subject so I'm leaving myself open for any subject that you wish me to expand upon.

*What you just said, I was for a minute thinking that you were going to say not necessarily coming from a higher vibration they would have the skill of control. How does that come, with experience or you just need to have a higher vibration?*

No, the level of vibration has little to do with the ability to utilise a physical medium. You can have an individual who is say, in the middle echelons of the Summerland, who has full control of the medium that they are utilising, but it doesn't mean that the lessons and the ability to convey the truth is of the highest order. Do you understand?

*I understand the difference now.*

And equally you can have people who can utilize beings of a higher vibration but have not got the true control of their mental attitude. And what I'm saying by that is that they are being utilised as most mediums are on the Earth Plane in light trance and therefore their subconscious is interfering with what has been said.

But that doesn't mean that the individual who is coming through isn’t of a higher vibration. It's just that they can't get through the block that the physical mind, the subconscious mind of the medium, is putting up and therefore words are said which are totally contrary to what is intended.

*Yes absolutely.*

So therefore, that is why we always say if it doesn't sit correctly, ignore it. Because it could well be that the information which has been given is the opinion of the medium or the control, or the one who is being utilised rather than the control because the control is from spirit, that the individual is interfering, not necessarily consciously, but subconsciously their mind is interfering with what has been said.

*Is it because they are apprehensive or afraid to completely give control?*

Yes, that is in some instances, that is 100% correct. They want to be around. They want to hear what's being said and when you hear something being said and it’s coming through your mouth you can think “Well that's a lot of nonsense. This is what it should be.” Because you have a different opinion to the opinion of the person who is truly giving the talk.

*So you don't surrender self?*

Exactly. Your subconscious is still active.

*You’ve got to actually leave altogether in order not to interfere?*

Exactly. You must not think even if you’re in light trance. And we have developed that with Roy, so that even when he’s in light trance he doesn't try and think or change what is being said.

*That must take a long time.*

It takes a lot of mental adjustment and discipline. Mental discipline that’s probably the right word to say. It's easy when he's in deep trance because then he knows absolutely nothing of what is being said and therefore we have no problem do we? We can say what we like and he will have absolutely no idea and no interference. You would like that at times, wouldn’t you? We all would with our partners, or the people that we work with.

*Yes.*

Sometimes we will say “I wish they would just think the same way as I do.”

But then let's think. “Is their opinion the idiotic one or is it I who is incorrect and I should change my thinking?” That's a thought isn’t it?

*Estelle Roberts*

*June 2019*