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Sharing your Problems

By Estelle Roberts 2019

It's true that we all have our place. We all have our place in which we conduct our lives. And I want you think about the way we conduct our lives because each and every one of us have different situations, different issues which we have to overcome, but there is one aspect of our ability to overcome and that is our acceptance of the situation which we are going through. Because if we can accept the situation, we can then dispel the negative energy which has created the situation to occur.

Now so many people consider that their lives are more important than anybody else. And to a great extent that is true because your life is the only one that you are in control of. But don't let that mask the desire to help other people. I know we've always told you that you cannot change the way other people behave, think and act, but you can be a positive influence. And if you are a positive influence it is quite surprising how people around you will accept the problems which you are going through so much better because of your mental attitude.

If your mental attitude is such that you are bemoaning your lot, that you are complaining all the time, it has the situation where people will put a guard between you and they, because they don't really want to have your problems do they? The only people who want to have your problems or share your problems are those who care about you, those who truly love you, or people who are in your circle who care. But when you actually analyse it that is a fairly small group of people isn't it? And therefore don't ever try and satisfy and make everybody happy because that is a situation which will never occur.

You can't change the world. You can change the little part that you're in. You can change the way people react to you. And the way you change the way people react to you is by being positive in your nature, positive in the way you look at life, positive in the way that you look at your situation. Because if we are continually bemoaning our lot, it has the tendency for people to switch off. And they say "Well they're just going on. That's just the way they are" and they don't have any desire to lend a helping hand.

But if you are coping, or if you are trying to overcome the problems and people can see that you're trying to overcome your problems, they are more inclined to offer help aren't they? You see so if you have an acceptance, or a good attitude to the problems that you are incurring, then the problems that you are incurring will be lessened because more people will be willing to help.

So therefore it's far better to look at your situation in a positive light because we can all bemoan our lot can't we? We can all look at our lives and see the negatives which are occurring whether they be physical, whether they be emotional, whether they be financial. We can always look at the negatives within our lives. But if we continue to look at the negatives within our lives, we have a tendency then to drag ourselves down.

A lot of the times we can't change the situation as it is but a strange thing will happen when you have an acceptance. Then your mental attitude changes and even though you might be going through the same issue, because your mental attitude has changed, your ability to accept and be happy changes and you are then uplifted.

You see so always look at positive things in your life, the positive situations. And if you have various issues to overcome ask your guides, ask your friends, "Well I've been given this challenge what is the best way for me to adopt the right mental attitude to move forward?" And if you do that a strange thing will happen is that your problems will appear to lessen. And a strange thing will happen after that is after they appeared to lessen, they will.

So to a great extent you are in control of how you accept life. Nobody can change the way you accept life. Nobody can change the way you perceive life to be. You are the only ones who are in control of that mental state. And if you utilise your mind, your thoughts, in a positive way you will find life is a lot happier and you get a lot more pleasure out of life because you are looking at the positives rather than the negatives.

Thank you Estelle. Your words are always easy to understand. It's just putting them in practice. I think it's not always remembering your talks and then when the situation happens applying it.

Yes but before we gave you the talks that thought would never enter your mind would it?

No.

So therefore we have moved forward haven't we my love?

We have. It's lovely when you can recognise that moment, or being in that moment.

Yes and then you think "Well I didn't react quite as bad as I used to so maybe I'm improving."

Yes. And you do feel much better in your mind and around the situation by not responding negatively.

Yes it's strange that isn't it? Yes it's when you give love out the strange thing happens, love is returned. And if you give out negativity how can you expect love to be reciprocated? It's a bit like a seesaw isn't it? You put negative energy out, you need positive energy but positive energy moves up and therefore you have negative energy coming in and it creates the situation to be worse than it was before. So what you need to do is to have your positive energy and put it on his side of the seesaw. And then...and please note I said his side because we ladies wouldn't do it would we?

I hope that my words will resonate in your being, in your thinking, in your subconscious and when the situation arises you will think "Well that's what Estelle was talking about and therefore I need to change the way I think." And if you can do that I can assure

you I will be very happy.

Thank you Estelle.

Estelle Roberts

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