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## **We All Look for Somebody Else to Blame**

*By Estelle Roberts 2014*

We can't have everything laid out on a platter so to speak, but things if they are correct will transpire in an easy and correct procedure. Things when they are done in accordance with the Divine Plan all seem to unfold very simply do they not? And this is so true with everything within our lives. We wonder why life at times becomes so difficult and we all look at outside influences to be the cause and the effect upon ourselves. We do not look inwardly. We do not look at the way that we have responded or initiated a certain set of circumstances.

Free will is the blessing and in so many instances the curse of our development. We all look at somebody else or somewhere else to place the blame. We all think that we in ourselves are on the right path and as we are on the right path, if things go wrong, it has to be because of an outside influence. We very rarely look inwardly at ourselves. We very rarely look at ourselves and say "what have I done, how have I created the problems which surround me". What we say is "I am angry and upset because such and such a person said or did something" and therefore we are justifying our lapses. We are justifying the fact that we have not proceeded on the correct path and we are all guilty of that, each and every one of us. We all look for a, as you say on the Earth Plane, a scapegoat, somebody else to blame. We should all buy ourselves a very large mirror because in the majority of cases the problems that we are suffering reflect directly upon our thinking or actions.

We get an ulcer and we wonder why we are suffering. What created the ulcer? Our mental state. Did anybody create that mental state? The answer to that is obviously no. So therefore the answer was self-inflicted. I use that as an example because it is something which is easily understood but so many problems that we have within our lives are as a result of our actions or our responses to outside stimuli or actions.

It's so much easier to blame somebody else is it not? Rather than look inwardly and put the blame truly where it lies. Nobody can increase the love that you have within your being, nobody apart from you yourself. Nobody can stop the anger, the negativity that you have within you. We can give you guidance, we can advise you as to the correct way forward, but you as an individual have to do the work. You have to change your thinking. You have to change your actions.

How often do we get hurt because of the actions of another? And I want you to think about that for a second. We get hurt because of the actions of another. A loved one passes away and we feel lost because we have at this point in time lost the physicality of that person, but you who have greater knowledge should be aware that this parting is but a short period of time and to feel sorry for ourselves is a negative response. We are all capable of communicating with those loved ones who have passed, but your responsibility is to live your life as full as you can with the current situation. At times we have physical restraints. Two of our group both have physical restraints upon the activities which they can carry out.

But does that mean you should bury your head and give up on life? No. You look at your physical problems and you consider what you can do within the parameters of your capabilities. And please note what I said there. You look at what you can do within your capabilities. Not what you can't do. That is what so many people do. They look at the things that they cannot do and then they get upset. Getting upset is a negative response because if you cannot do it what is the point in upsetting yourself. It doesn't change your situation. In fact it makes your situation worse because by creating this negative response you in fact can amplify the negativity rather than help. That isn't something that most people think about is it? That by concentrating on what you cannot achieve in fact amplifies the fact that you cannot achieve other things and interferes with them because you're then making excuses. You say you make reasoned analysis but in reality a lot of the time it is only an excuse.

There are so many wonderful experiences that you can have while you are upon the Earth Plane that you cannot have when you leave. So live your life to the fullest extent of your capacity while you are on the Earth Plane. Do not wish for it to end. Rather encompass everything that the Earth Plane has to offer. The Earth Plane is a wonderful gift, so therefore do not allow yourself to waste that gift. Do not allow yourself to bemoan the problems which this gift has allowed you to overcome. Look at life in the positive. Do not look at life in the negative.

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