

Allowing the Problems of Others to Affect Us

By Estelle Roberts 2015

Why do we persist in allowing the negativity of others upon the Earth Plane resound into our being? We are all guilty of it are we not? We let the negativity and problems of others resonate within our being. Haven't you been listening to the talks that I have been giving you? How often have I told you that you can sympathise, you can help, but do not ever allow the problems which are affecting another influence your being. But we are all human aren't we? We all are connected in so many ways with other people.

We say it is because of the love that we have. We say it is because we are required to coexist with other individuals because it affects our workplace. There are so many reasons why we can link other people's problems with ours. We can feel that if we take on their problem in some way we are helping.

Now I want you to think about that statement for a while. How can you suffering assist the individual you are trying to help? You can feel pain in your heart. You can feel empathy for their situation. But do not ever take their problems into your being. Create a separation. Create a situation where you can assist but in a separate way. And what I mean by that is you can have all of the empathy, you can deliver all the love, you can utilise all the facilities and faculties which you contained to assist and help the other individual but do not take the problem in to yourself.

We all make excuses on why we do it. We reason it is because we love the other individual. We give so many reasons why we take it into our being but how many times do you have to be told that you can help and you should help, but you should not ever allow their problems to become your problems.

It's a lot easier philosophy to say than to live by isn't it? Because when we are emotionally attached to the situation we consider that it is right to take it on ourselves, but please my friends do not stop trying to assist. Do not stop giving out love. Do not stop trying to help in any way you can, but please do stop allowing it to upset you as a person.

We can associate it with one losing one's temper. What have you really done? You have lost the grasp of reality. You have lost your facility to logically reason because that's what happens when you lose your temper isn't it? All reason and logic goes straight out the door and it is the same to a lesser degree when you take other people's problems into your being. You lose a lot of the ability to assist because you then become part of the problem. You then become and suffer the same way as the individual you are trying to help.

Now we hurt when we see our friends suffering and what do we do? We look at ways in which we can advise and give love so that that individual can alleviate the problem which besets them. In other words we are being what you call on the Earth Plane pro-active, because you are looking at the issue and you are looking at solutions and you are disassociating yourself with the problem within your being.

It is the same thing when we give talks. We give advice and our friends hear our talks and take it into their consciousness. They then leave our meeting. It gets placed from your consciousness into your subconscious and then when the situation arises in which the teachings are directed to, the filing cabinet in your subconscious has a closed draw and you forget all the teachings which you have been given.

Now if and when this occurs I will be upset because my teachings obviously were not put in such a way that they could be readily brought to your conscious mind. But I will not take your negativity into my being. I will merely look at the situation and say "Estelle you didn't do a very good job there otherwise they would have brought it back to mind. So what have we got to do to change their thinking?"

Do you see the difference? I could just as easily have thought I am a total failure. I have given the lessons. I have given the directions of how people should assimilate when they are in certain situations and my teachings have been forgotten or ignored and therefore as a teacher I have failed.

So therefore I could go into a state of depression couldn't I? It's just as well I don't because there are so many failures on the Earth Plane aren't there? And don't think it is unique to the Earth Plane because when I lecture in the astral spheres they too have a tendency to have short memories. And by that I mean they remember for a short while and then their old thinking returns. It would be good if we could impart knowledge and it would be there for eternity wouldn't it? But unfortunately that is not the case. I don't think that I will extend that talk any further because I think I have covered the subject admirably. Is there anything upon what I have talked about which anyone feels unclear.

Thank you Estelle. I think you have covered what I was thinking earlier in regards of memory and how I often forget your teachings. I was questioning my memory about that because I don't utilise your teachings as often as I should.

Don't you find it very strange that I utilised your thoughts for the subject matter for my talk.

You did thank you.

And this is my way of trying to help. I like to hone in to issues which people are concerned about in their daily lives because if you do that it hits the point a lot better than if it's merely an academic discussion does it not?

Yes.

And it just seems that you have more questions than most but I do not want you to ever feel guilty and you do feel guilty sometimes don't you?

Yes I do.

You should feel pleased that you have the connection to have your answers explained.

I do appreciate it thank you.

I was about to say that some people would give their right arms to have the connection we have, but I felt that I was really putting myself on there. But that is a saying which we used to utilise on the Earth Plane isn't it?

Yes.

Most strange saying really when you consider it isn't it? Why on earth would you want to give your right arm and if you gave your right arm you then would only have one arm to give at another time.

There are a lot of strange sayings on the Earth Plane Estelle.

There are aren't there.

My friends you are all very special to us. Do not ever consider that you are unimportant or that the work that you do is not as important as other situations upon the Earth Plane. We all feel that at times don't we? We feel that we are inadequate. We feel that we should do so much more. We look at others upon the Earth Plane and we consider that they are achieving so much more with far less capacity to do the work that we are doing. And we are all to a greater or lesser degree guilty of that are we not? And what are we really saying? We are saying that we have a greater capacity of understanding than that of the Great Spirit. Because if it was necessary at this point in your evolution to do a lot more, then don't you think we would have facilitated that? We are doing as much as is required for our current position. Do you understand?

Thank you very much Estelle.

*Estelle Roberts
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