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## Taking on the Problems of Others

*By Estelle Roberts 2015*

How often do you get involved with the problems of other people? What is not required is for you to take upon yourself the problems of their being, the problems of that person, because what will happen if you take the problems upon yourself? What happens is that your being, your mental state, degenerates, suffers and I'm sure none of us if we really think about it are true masochists because you don't really want to inflict pain upon another. But equally why would you then take upon yourself their suffering, their problems, because it affects your being.

Try and help as much as you can but please try and create a barrier. And what I mean by that is you don't create a barrier to the point where you do not care, but create a barrier so that it doesn't affect you personally. Because if it affects you personally you're suffering for another person and what will it benefit the other person the fact that you are suffering? It will benefit them nil. What will occur is that your soul, your being, will have a blackened stain upon it because of the stress that you have created within yourself.

It's very different to be apathetic and be caring because if you are caring and you have it within your capabilities to help another individual, then it is good and honourable to do so. But if it is outside your capabilities then do not take the problem upon yourself. You should never take the problem upon yourself because if it is within your capabilities to help, it then isn't a problem to you because it is a situation which you can assist in resolving and if it is a situation which you cannot resolve, what you do? You take it upon yourself and you worry yourself silly over something which does not in the true essence affect you.

So do not ever allow yourself to be consumed by another's suffering. Be concerned, take it within your being in the point of concern and give out love and prayers. Do not take it into your being so it is a part of your being. I know it's very difficult to really practice that is it not? Especially when the problem affects one of our family. Sometimes we feel very helpless do we not?

Yes.

But what you have to do is understand that the problem is theirs and give as much love but do not let it affect you emotionally. Do you understand?

Yes.

I know it's very difficult but life on the Earth Plane is never easy and never has been purported to be easy is it? After all if life was easy on the Earth Plane it would mean that everybody upon it had elevated their being to the point where the Earth Plane would not require existence and I'm sorry to tell you it will be many millions of years before that situation occurs. It will certainly not occur in your visit to the Earth Plane or any subsequent visits to the Earth Plane. It will occur when it does occur. You will all, I hope, have elevated your beings far beyond the point where the Earth Plane becomes even a dim memory.

I hope my explanation has been easy and clear to understand

*Your words have helped greatly to not take the problems of others on board and try to keep their problems separate from our own.*

Thank you my friend.

*Thank you.*

*Estelle Roberts*

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