

How We Look at Natural Disasters

By Estelle Roberts 2017

Something that people don't always appreciate until they haven't got it, and that is the support we get from our friends and our loved ones. And I hope you don't mind if I classify myself as a friend and loved one.

You are most definitely Estelle.

Yes and the more work we do on the Earth Plane the greater I have to spread my wings so to speak but that's not a disappointing result.

When we look at people, when we look at the disturbances which are occurring upon the Earth Plane, at times we look at them in the incorrect perspective. We look at the earthquake that occurred in Mexico. Was there anything which can or could have been done to alleviate the problem? We look at the disaster which has occurred in Mexico, and it occurs in many other locations, when the people of the Earth Plane build houses, build cities, on a fault line. And what occurs when the Earth Plane crusts move, the platelets, when they have a natural adjustment? You end up with earthquakes do you not?

So what is the solution? The solution is don't build over the plates where they are known to have earthquake problems. But that's where the best building areas are isn't it? So therefore why should we be condemned and we have been condemned by many people. They go to their churches and they say "how can God allow this to happen"? God didn't allow it to happen, it was a natural phenomenon of the Earth Plane, a natural occurrence. He didn't tell the people to build their houses, their schools, in the location that they did. He didn't tell them to construct the buildings in a manner which was a problem if the earthquake occurred. Because you can build buildings which will withstand the problem, but in poorer countries this does not occur

does it? It doesn't occur in wealthier countries either. So why do we condemn God, the Great Spirit, for something which is a normal natural phenomena?.

But what has occurred as a result? There have been a number of people who left the Earth Plane and joined the Summerland. Do you not think that it was known that this was going to occur? Do you not think that the individuals were placed in that situation because their time was up? Do you not think that the lessons, the love, the reconnecting of so many people, the love which is being brought together as a result of these disasters is something that wouldn't have occurred in any other way, if any other state of affairs existed.

You look at the Great Plague, the Great Fire which affected London. These were necessary to change the habitat of the area. Change the way people behaved. Change the way people thought and sometimes it is necessary to have these traumatic events to shake people up, to bring them into a different state of mind. The situations with the hurricanes or cyclones, whichever you like to call them, they once again are natural phenomena. They will occur many, many, many, many more times upon the Earth Plane and what we see as a disaster so often can have a positive result. You take the bombing in Hiroshima and Nagasaki. They were considered to be traumatic events and yet the result was to bring an end to world conflict was it not? So from a small comparative effect a greater good resulted, and that is true with so many things in our lives.

We learn from trauma do we not? We learn from when things go wrong. Why we can't learn from things when they go right I don't know but we have a greater learning capacity when things go wrong do we not? We then get an understanding and a change of thinking and yet when things are going right we just go along for the ride don't we? We just roll along with life thinking that everything will be sweet smelling for the rest of our time on the Earth Plane. This will never occur because the whole point of your being on the Earth Plane is to learn and to help others. And so often people who help the most are going through great personal traumas in their own lives but they have learned to overcome their emotional stress on a personal level for the betterment of others.

When you look at the areas which have had natural disasters a gathering together of people who would never otherwise have connected are connecting, are sharing their distress, are sharing their love, are sharing the problems which are resulting and the goodhearted nature comes out in so many people. People who would never have considered helping a neighbour then have this longing desire to stretch out the hand of friendship to help.

Now these are positive results of the natural phenomenal disasters. It is not something that the people of the Earth Plane ever consider is it because it's a natural state of the Earth Plane that we look at the negative. We look at the disaster, or our perceived perception of the disaster. We look at the destruction and it could be that the destruction was there for a need to rebuild correctly. The disaster could be therefore for so many reasons.

The Great Fire of London was necessary to remove the disease, the problems which were occurring in that area and with the fire it was cleansed, but we don't look at it as a cleansing do we? We look at the destruction. We look at the negatives and that's the problem we have in our lives. We look at the negatives which are occurring. We look at the negative problems which might occur. We don't look at life with a positive attitude and that is something that we all need to change, our thinking. Look at things that we have, look at things in a positive way.

It's very easy for our friend here who is suffering from Multiple Sclerosis, and I can refer to her because I know I have been around her far more than anybody else, it's very easy for you to get dismayed because of the problems with your walking or lack of walking and your lack of ability for movement which are occurring and you can get distressed. You can put yourself into a state of total destructive stress because you can look at the negative. You can look at the way it has affected your life rather than accepting the situation as it is and look at what you can do to overcome, and if you can't overcome what you can do to live life to the fullest with the capacity that you have. And I hope you don't mind me using you as an example.

Not at all Estelle.

But that is what we do in our lives don't we? We can look at the negatives within our life and if we look at the negatives then we get jolly well depressed don't we? We get despondent. We have the scenario of "woe is me". I've heard that recently and I thought I like that. But we all have that in our lives do we not? We all have problems which we have to overcome. They can be physical. They can be emotional. They can be so many different situations, but how we overcome them is acceptance. Acceptance of life as it is. Acceptance of the situation with other people that they are as they are. If we can change their attitude, if we can change the way they think, or the way they behave, then it's our responsibility to do that. But if we can't, don't let us get distressed within ourselves because it's not our issue.

We have to come to terms with how to live with the problems of others but in the long term it is the other individual who has to overcome the problems which are occurring or which they are having in their lives. They are the ones who have to overcome, not you. They have to

overcome the mental change, the mental attitude, the physical attitude, but more often than not it's the mental attitude which has to be refocused. It's the mental attitude which will allow you to accept or make you go into a state of depression because things haven't turned out the way you would like.

Well things won't turn out the way you would like my loves. It's just not a state of affairs which occur on the Earth Plane. We get highs and we get lows. We get times of ecstatic happiness. We get times when we are comfortable and we just roll with the punches so to speak and there are times when other people create a lot of stress in our lives and how we accept that stress is not up to them, it's up to us. We are the only ones who will dictate if and how we accept the negativity of others. We can't necessarily change the way they think. We can't change the way they behave to be in accordance with the way that we live our lives. So therefore why are we distressing ourselves over something which we have no control of? You have no control of the fact that your physical body has deteriorated have you my friend?

None at all.

But how you approach the problem, that is something you are in control of aren't you?

Yes.

How you react. How you respond. Whether you respond in a positive way which reduces the situation. Whether you make alterations to your life to accommodate the change in situation. And we can adopt this to so many events in our lives and it's all down to the way we look at the problem. The way we look at the physical problems which are occurring due to natural disasters. The way we look at the way the radicals are behaving and if they are not actually affecting you, why are you getting distressed over it? Because you haven't... you do not have within yourself the capacity to alter it and if you haven't got the capacity to alter it why on earth are you worried about it? But we all do it, don't we? We get ourselves all hot and bothered over things that we have no control of changing. No control of influencing. So please my friends, accept what you can't change and change what you cannot accept. And keep your mind on a positive note rather than a negative note.

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