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Breaking down Barriers and Accepting our Visit to the Earth Plane

By Estelle Roberts 2013

It's a strange thing you know how people feel that they need to be in the limelight. Why do we do that? Why do we consider that we should be more important than those around us?

I think we just like to be noticed.

But it is a problem that we all have to a certain degree, do we not? We have a tendency to want to be noticed in some form or another. It's the opposite problem we have with our medium though.

I pretty much know that Estelle.

Yes, we are just going to have to break down the barrier. We have broken down a lot of the barriers already and that is the reason why we come. We come to break down the barrier between the physical and the astral. I was going to say between the living and the dead, but that's the way people on the Earth Plane look at us is it not? They look at us as we are the dead and I can jolly well tell you we're not! We're jolly well alive. We've been alive before and we are alive now. I've never spoken to a dead person in my life, but that's the way people perceive us and if you say you're talking to the living who are no longer of the Earth Plane, some people want to lock you up don't they? Well they do, but when you tell them that you're actually speaking to the living, you are not speaking to the dead, well then they think you're three parts loony instead of only just being one part.

It's bad enough admitting that you're talking to the dead because they can understand that concept because they're not of the Earth Plane, but we have spent so many years and efforts in trying to break down that barrier, break down the barrier and the understanding, the understanding that you are contained within a physical body. Your physical body is no more or less than a vessel, a machine, something that is required so you can live on the Earth Plane and the Earth Plane is not the be all and end all.

So many people, even in our group and I'm talking about our spiritualistic group, not our immediate group, consider that the Earth Plane is where all progress should revolve around. They talk about reincarnation and how do they perceive reincarnation. They perceive reincarnation as leaving the Earth Plane and waiting for a re-occupation of the Earth Plane so as you can progress.

Now in essence that philosophy is correct in a small part because yes, if it is considered or deemed necessary, you will return to the Earth Plane because the lessons that you can learn on the Earth Plane are unique. They are uniquely situated for your learning curve but that's not the only place you can learn. Most of your learning occurs in the astral sphere so therefore if it is deemed necessary for you to return, you will return in a higher vibration mentally than you were on your last occupation and hopefully you will have advanced a great deal and therefore your lessons that you have to learn are different.

Having said that, I am now going to correct myself, because it isn't always the case. I am talking now, or I was talking before, about normality and my normality I'm referring to is the normality of each and every one of you in this room on the Earth Plane at the present time. Each one of you have returned under your own volition. You all jolly well chose to come back! Now I want you to consider that statement for a moment because each and every one of you have chosen to come back and what's more you have chosen the path which you had to lead on this visitation, so don't go jolly well blaming somebody else because you chose it! You chose the problems and the lifestyle which you are living.

People think that life is preordained. If it was preordained there would be no purpose for staying on the Earth Plane would there, because all the problems would be preordained and your solution to the problem would also be preordained. Well obviously that is not the case. What is preordained is the manner in which you enter the Earth Plane, the circumstances you enter the Earth Plane. Your being, or the development of your being, is you and that doesn't change and therefore your level of attunement with the Great Spirit is what is the essence of your being. That is what makes your nature. That is what makes you what you are. It doesn't make your position in the Earth Plane. It doesn't make the position of your financial wherewithal on the Earth Plane, because all of those are merely what are placed before you to overcome, the issues that are considered are necessary for your advancement.

So if it is considered that you need to overcome, shall we say being a cripple, now you would consider that the most appalling defect to place upon your being wouldn't you? But it isn't. If you have the right mental attitude to it you can overcome the negativity and that is what is important, being able to overcome the negativity which the problem which has been placed before you, allows you.

Now each and every one of us while we're on the Earth Plane all have problems and there isn't one person who is upon the Earth Plane who does not suffer in some form or another. How people overcome those sufferings, that's different and that is the reason, the essence, of the Earth Plane, giving you the opportunity to overcome specific problems which can only occur if you are in the material world, and I used the example of being a cripple.

If you're in the astral sphere obviously that negative trait can't occur. Being without food in the astral sphere, that situation does not occur for one very simple reason. There's no necessity for it. Why do you require food? You require food to give your physical body energy, no other reason. Yes we do enjoy it, but that is a benefit, that isn't the real reason why you require sustenance. After all if you stop eating what happens? Your physical body decays and you come over here. So it is the physical body that requires two things. It requires food and it requires water, both of which are merely the fuels to keep your physical body going. Now you can abuse the taking of liquid. You can abuse the taking of sustenance and then your physical body suffers.

So therefore do not condemn the Holy Father, the Great Spirit, whomever you'd like to call Him, for the problems which you have. Go on your knees and thank Him. Thank Him for the opportunity to overcome and when they are behind you then you can understand that you have learnt a great lesson. You have learnt humility, you have learnt trust and the most important lesson you've learnt is to love.

So look at the problems not in a negative way and that is the big issue that we have while we're on the Earth Plane is it not? We take our problems very personally and we wonder why we should be inflicted, rather than accepting them for what they are, because if you accept your problems they stop being a problem, don't they? You then look for solutions and a problem is only a problem until you find a solution and if you can't find a solution, well then stop worrying about it. Hand the problem over to your friends and the Great Spirit and once you've handed them over, stop jolly worrying about them because as soon as you start worrying about them you bring them back to you and there's no point in saying I've handed the problem over if you then continue to worry about it, because if you continue to worry about it you haven't truly given it over, have you?

You have paid lip service and we all do that from time to time don't we? We pay lip service. We say I have a problem and you go into meditation and you do the right things and you hand the problem over and the very next day you start thinking about it and you bring it all back on again! So what's the point of giving it over if you're going to take it back! It's a bit silly really isn't it? But we don't think of it that way do we. We say well I gave it over. Yes but you jolly well took it back again! So once you've given your problem over, stop worrying about it, because if you worry about it the problem it's still there.

That I think is probably one of the biggest lessons we have to learn upon the Earth Plane and really that shows a lack of trust in your friends and those in the higher vibrations, because if you're taking your problems back what you're really saying is, I don't really trust that you will take the problem away from me. We don't think of it that way though do we? We make excuses for ourselves. We create reasons why we have brought the problem back and then we say why are we suffering.

It's like banging your jolly head against the wall and then asking for it to stop and then when you stop it feels good but then you wake up the next morning and you bang your head against the wall again. Obviously the problems that you had from banging your head against the wall in the first place will still be there won't they because you haven't taken the nub away. You haven't taken the cause away and therefore you will continue to suffer the effect.

I know my example was a bit silly but I hope it was silly enough to get the point over. I mean sometimes we have to look at things in simplistic terms don't we, because sometimes we just can't see through the fog. We can't really see the true meaning of what is ahead of us because the fog is there and we are stopping it being cleared away.

So have faith, have trust. I had 100% faith and trust in my friend and guide Red Cloud. 100%. If he told me to jump off the cliff and I would have been alright, I would have done so. He would never have done that but I just use that as an example. That was my faith and trust in my friend. So what I'm asking is that each and every one of us have that faith, have that confidence rather than faith, that if we can't cope with the problem and I'm not advocating that you give all your problems over to your friends because what would be the point in that? The problems are there for you to overcome. It is only when the problem gets unbearable and you cannot see a solution that you should then hand it over.

It's not a get out of jail card. That was in the game of Monopoly isn't it? I used to play that. It is not a get out of jail card, but it is a card which you can utilise when all others have been played, when you have truly tried, because if you can overcome the problem then the victory is yours. If somebody else solves the problem for you there is no victory is there, because it has been taken away for you. So don't be hard and critical about your lives. Accept your lives for what they are and make the jolly most of it. You have a golden opportunity and if you can leave the Earth Plane a being of greater love and greater life, then you have not wasted your visitation and then hopefully, like me, you will not have any need to return.

I say that because I don't want to return. It's not that I couldn't if I was asked to, but I have no need to and I want each and every one of you to be in that state. So that there is no need to return to the physical and once you've been away from the Earth Plane you will realise how important in some ways, but how in the big picture how unimportant it really is. It is only important for the lessons which have to be learnt. It is not the be all and end all. It is not what the cosmos was made for. It is only a small speck of sand in the Sahara Desert. That is the significance of it in the big picture, but that speck of sand is very important when it is your world. So put it in context. Do not place more or less importance upon it than is necessary.

Thank you my friends. I always enjoy coming to be with you and I hope in my own meagre way I have been able to assist you on your journey. So until we meet again toodle pip and my love and light be with you all.

Estelle Roberts
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