



www.insightsfromspirit.com

Overcoming Physical Problems

By Estelle Roberts 2015

It is always a problem you know when we occupy the physical body that we require it to be relaxed and the head is such a heavy object and it sort of flops around. That is why Edgar Casey used to go in to deep trance in a prone position. Were you aware of that?

No.

Well we do have these gems of information for you don't we?.

I wonder how many of you have really considered why, in a selected area should we say, the general health of the populace is on the decline for a short period of time. I don't know if any of you have ever considered that. They have what they call a flu epidemic at the moment do they not?

Yes.

And it's not really an epidemic. *(Coughing)* Mr Rosen *(leader of our healing group)* didn't do a very good job on this chest did he? Never mind. As I was quite correctly put in my place I will not complain because it is a privilege that we are given to come and talk to you and that is something that people don't consider on the Earth Plane is it, that we consider it a privilege to be able to come to the Earth Plane and spread a little bit of our understanding and wisdom.

I got a little bit side tracked there.

The reason that the physical condition deteriorates in a mass state rather than an isolated state has several reasons. One it could be the karma of the individual, or it could be for the greater awareness and empathy of those who are privileged to be carers or assistants to others on the Earth Plane. Because when our partner and our friends and colleagues are under the weather as we say, we automatically feel this desire to help and assist in any way we can and what we really doing? It is giving us the opportunity to show the love that we have inside, so... *(more coughing)*

Would a lozenge help that throat Estelle?

No he's got a little bit of phlegm in his lungs which is a result of the cold that he had and when you have that the only thing that helps is to extract it from the lungs. So thank you my friend for your offer but as you are no doubt aware we have ample healing guides over here who are at my beck and call so to speak but thank you anyway.

So if you look at it in that vein it is a wonderful opportunity for you to advance, for you to show the kindness and the love which is inherent with each and every one of us, but when we are poorly we do go into a state of feeling very sorry for ourselves don't we? We don't consider the fact that other people are suffering as much or more than we are and why should we? It's not our physical body that's being affected by them. It is our physical body that is affected and we are suffering. So we feel very sorry for ourselves don't we? Really that is the wrong way to look at it. We shouldn't feel sorry for ourselves. We should do the opposite thing shouldn't we Judith (*Judy is my wife and has MS*)? We should say thank you. We've had that conversation haven't we many times?

Yes I think so.

Because the afflictions which affect the physical body are something which is a gift. Now I'll let that settle in your mind for a bit. How can you consider that being inflicted by a problem is a gift? Because it is how you accept it, how you respond to it and how you recover from it. Because feeling sorry for yourself doesn't achieve anything does it? It doesn't change the fact that the illness has to take its path. It doesn't change the fact that you need to go to either the healing group or your physical physician to get assistance. Feeling sorry for ourselves only makes things worse. So we can assimilate the flu, the fever, the cold and other problems to the psychological effect that we impact upon our physical body when we are in a problem, a problem area.

Now problems on the Earth Plane do not necessarily resonate in a physical form do they? The majority of times there are problems on a psychological level which are far more frequent and far more problematical than any physical issue, but your mental state should be exactly the same for the one to the other. Accept the problem, accept the fact that your physical being has to overcome the situation, ask for help, but do not wallow in self-pity. Because it's not going to change the way you feel is it? In fact it's going to make you feel worse and it's exactly the same with psychological problems. It doesn't change the situation it just impacts negatively on your aura and your astral being. So when you consider it in that light it's a bit of a stupid thing to do isn't it? Because all you're doing is making life worse for yourself, making life more problematical.

We know that physical problems are something which are unique to your visit to the Earth Plane. It is unique for your being to have the opportunity to overcome, and please note what I said there, the opportunity to overcome. Because if we wallow in self pity we haven't really learnt a lot have we? We haven't really accepted the problems which are before us. So if you look at these issues as something which you

learn to cope with, because it doesn't matter what problem you have, it will only in the long term be very short lived. After all once you lose your physical body all the physical problems go don't they? And I don't advocate that as a resolution to some of your problems because it will come when your time is ready.

So don't try and expedite your leaving of the Earth Plane. Spend the time that you've got in spreading love, spreading teachings and enhance the forgiveness that you have within your being, because if you can do that you've really achieved an awful lot. You might not think so while you're on the Earth Plane but I can assure you that once you have achieved it you have jumped leaps and bounds in the overall goal of purifying your being because if you can overcome the physical problems then it gives you the strength of character to then overcome emotional problems.

And I'm very sorry to have to tell you that although your physical problems leave you when you come here your emotional problems just jolly well go on. And therefore isn't it wonderful to have the tools to overcome them while you are upon the Earth Plane so when you are divested of the physical body you are in a more suitable mental state to overcome them in the astral sphere, because in the astral sphere the emotional problems are the major issue which you have to overcome. So be thankful for the tools that you have been given on the Earth Plane because they can be utilised when you return to the astral sphere.

Thank you my friends. Always remember my words because they are given out of love that I have for each and every one of you and speaking on a personal basis it will not advance me one iota if you take heed or don't, but it will give me great joy if you do listen to what I say and live your life in accordance with the teachings.

Estelle Roberts
July 2015