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Apologising even if you are not in the wrong

By Estelle Roberts 2018

As long as we have rules laid down then we can all accept them.

And that is so true with so many things in our lives. Providing we all follow the same rules nobody has a real problem. It's no different to whether you're playing a game of football, whether you're playing a game of cricket, or whatever, providing you follow the rules and everybody follows the same rules, then the game will proceed in a correct manner. But unfortunately we always get these people who like to bend the rules, so to speak.

I've always wondered about that statement, bending the rules. How can you bend a rule? You either accept it or you break it don't you? It's trying to justify yourself. You say "Well I was only a little bit wrong." Like saying "I was only a little bit pregnant" or "I was only a little bit dead." So don't ever think about justifying your actions by saying "Well I only bent the rules" because there is no such thing as bending the rules. You either follow the rules or you don't.

And that's so true with our lives. But the big problem with our lives is that the rulebook is different with different people isn't it? And what we perceive as being correct and the way people should behave is totally different to the way other people perceive it. That's where we have to have tolerance. And how often have I heard people say "Estelle you tell me I have to be tolerant. Why can't the other jolly person be tolerant and accept my issue or the way I look at things."

Well my answer to that my friends is very simple, you are not in control of the way they perceive or deal with the issues that they have. You are in control of the way you behave, the way you react, the way you respond. So to put the blame on somebody else is really an idiotic way of looking at it because you can't change the way they think. Not in the short term if somebody has a closed mind. You can put up an argument and if they have an open mind then they might have the capacity to change their thinking and come around to your way of thinking. But don't ever consider that that is the norm, that is the status quo, because it isn't.

So what you have to do when you face this negativity, which each and every one of us faces from time to time, and sometimes we say things which in all innocence is not meant as a derogatory statement but the other party considers it as a derogatory statement and you wonder how on earth they could have perceived that from what you said.

We have had that situation very recently have we not?

Yes we have.

Yes, recently Roy made a very innocent comment and his son-in-law immediately perceived it as a dig or a negativity against his family, which he is very protective about, and as a result he got on to his high horse did he not?

Yes. He certainly did.

You see something which is said in all innocence could have ended up causing a major family dispute if it hadn't been quelled in the manner that it had been. And the way you quell the situation is by eating humble pie as we used to say. Apologising even though you feel that there is no need for you to apologise because there was no negative intent in what was said. But the very fact that the other party perceives it in that way means that the apology needs to come because of the perception. Because you wouldn't have said it in the manner that you did if you had realised that it would be perceived or received in a negative way.

So, we've all got to be jolly careful, haven't we? Because some people are so jolly precious. Well they are, aren't they? They're jolly precious and they think that the whole world revolves around them. And in reality we know they're wrong because it revolves around us doesn't it! Because we all have that perception don't we? We consider that the world revolves around the way we think. Not necessarily around us because that we would perceive as being egotistical and we don't like that word, do we? We do like to try and remove ego from our being and our behaviour.

So, if you have said something in all innocence and it is received in not the manner which you had intended, then be the bigger person and apologise. Apologise for the fact that it wasn't intended in the manner that it was received and they will either accept it gracefully, or get in a huff and walk away. But it doesn't matter you have done the right thing.

We can all point the finger at ourselves can't we because we are all guilty from time to time. We're all guilty of not being considerate or understanding to another person's feelings. And sometimes it is done in all innocence. Other times it's not really done in the same amount of innocence and we do it deliberately to stir things up don't we? And when that is the case that is the time you have to realise that what you have done is wrong and you need to take a back step and apologise and hopefully the apology will be accepted.

I don't know why people find it so difficult to say sorry, to admit that they were at fault, but I'm not saying just saying 'sorry' the word, I'm saying sorry and mean it. Because we can all say sorry and it means nothing. It's the same thing people say "I love you" and in reality they don't. You have an affection for the person. You like the person but you don't truly love them. Do you understand the difference?

Because the definition of love is very difficult to live by. Because love is the absence of all negativity, all judgement, acceptance of the person as they are without any restrictions, without any parameters put around them. And there's very few people when we look at love in those words or that way, that we can really say we truly and I said truly, love another person. We all have our little hiccups at times but to find true love is truly a wonderful thing.

You see we don't always have to start with a good slate should we say. We can always get the rubber and wipe the negative parts of our being out over time, can't we? And whether we wipe them out because they have been corrected or wipe them out because we have grown an acceptance. You see even having an acceptance is showing love. Love in its true form is so wonderful and yet it is so difficult, or we perceive it so difficult, to actually attain.

Paul, in the bible, did a wonderful poem on love didn't he? Well I didn't know if you knew that but he did, and it is often used in the marriage ceremony.

It was one of Paul's better moments should we say.

Estelle Roberts
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