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How We Look at Our Problems

By Estelle Roberts 2017

Something has been bothering you?

Yes, you look at the world and, as you say, you just have to accept if you can't influence changing it. I think I've learnt especially with my daughters to accept how things are and to help if I can.

It's not easy though is it?

No you want to make it all better for everyone.

You haven't learned to accept it but you are learning, because if you'd learnt to accept that means you have fully overcome the problem and you haven't really fully overcome the problems but you are learning to work with them. Because you can't change a lot of things can you?

No you can't. You don't want to see people suffer...

No, you can't change the way your young daughter thinks, the way she keeps looking at the negatives rather than the positives. The way she looks at "what if" in a negative way rather than "what if" in a positive way. You can't change that. The only person who can change that is herself. You can keep giving her positive input which will help to have her change her way of thinking, but you cannot actually do the changing. That is something she has to do herself isn't it?

That's right but she knows you're there to sound off to...

Yes, and as I've heard Roy's wife say many times when her daughters ring her, she just has to be the sounding board, just has to listen and reply "umm, yes love, of course love" and then you hear it 3, 4 and 5 times and you have to be patient as if it was still the first time you've heard it.

Yes they do tend to go around in circles, but we do hope they grow up wiser.

Yes we do. You survived. You got to the age you did and you had just as many problems at their age of life and you had a large problem dealing with your ex-husband and you overcame that. And because of the cancer he had it made you change your thinking.

Yes it's just a challenge isn't it, life.

Yes there are so many challenges and there were times in your relationship where you just wanted to give in, give it away. But that wasn't to be because you wouldn't be in the situation you are in now if you had made that decision back then. You see what you thought was traumatic at that time in fact was for the best in the long term.

Yes. We just don't know it at the time.

No, we just have to have faith or trust don't we? As they say the Christian church asks you to have faith. We ask you to have trust. Trust that the Divine Plan works in wondrous ways. We don't always like the way it works do we? But I can assure you there is nothing in the Divine Plan which is unfair or unjust although we don't necessarily think that way while we are on the Earth Plane do we? When we're having our problems walking, when we're having our problems with spasms and with all the other problems we don't necessarily think "well the Divine Plan has this all worked out and I'm sure I'll understand it in the long term and why the hell am I going through these problems?" Isn't that right?

Yes I think everyone has those thoughts.

Exactly we all have those thoughts. We all say "why on earth am I suffering? Why on earth am I going through these issues or this situation?" And the answer is because that could have been one of the reasons you were placed upon the Earth Plane, to overcome that particular scenario and if you weren't put on the Earth Plane to overcome the particular scenario, then a solution will be quickly forthcoming. That's our way of assisting because we are not sadists you know. We don't like to see our loved ones suffer and it's very difficult for your guides and your friends to see you in distress and know that they have to hold back and not help because you have to overcome the problem yourself. Because at times it will do more harm than good to step in and take the problem onto ourselves and solve the problem. Because the benefit that you get from overcoming the situations which you have been placed in are the reasons why you are upon the Earth Plane. So look at your problems and smile and say "well aren't I lucky to have all these problems because obviously I'm learning really well because I can accept them". I know I live in a dream world but it would be nice if we could think like that wouldn't.

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