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## **Sensing a loved one when they have passed and Receiving Communications**

*By 2011 Maurice Barbanell*

It is good to be back with you. I say that it is good to be back with you, I haven't really gone anywhere so the perception of being back would infer that I had been away and that inference is in fact not a statement of fact. This is a problem that the people of the Earth Plane have when people pass over. They consider that we only come and are around when we can communicate where in fact I am in contact with our group at all times. You might wonder how that can be. Do I actually stand around, as you would call it 24/7, to see everything that's happening? That would be totally illogical because to do that would mean that anything else that I have to do has to be eliminated. So what happens? We have a connection, a connection of vibration between the one and the other and therefore I am aware of every emotion, every thought, which is conveyed within the individual which just happens to be the medium I am occupying at the moment that I am associated with. So therefore if there is a need for me to be there in the physical so to speak, I can be there within an instant but it is not essential for me to be in the actual presence at all times. And the reason why I give that explanation was for general interest but mainly for the understanding of the new people in our group.

*Thank you.*

Because you have a misunderstanding that your thinking about the loved one who has passed will keep him by your side at all times where, in fact, what happens is you have a mental communication on a vibration level, one to the other, and therefore as soon as you think about him, as soon as you need him for anything, he will be there but there are other times, like when you are in your state of slumber, when he is able to go out and do the learning which is required. You do not think that while you are at your workplace that he would be standing there all the time because he would be bored silly, but there is that vibration connection. Do you understand the difference?

*Yes. I'm not understanding totally so what I would like to know is what I'm hearing in my head is that person or is it just my wishful thinking talking?*

You can tell the differentiation. At times it can be your subconscious but it is far better to accept the messages as being genuine rather than dispense with them because then you will dispense with the ones that are coming through. Do you understand the differentiation?

*Yes. It's just not knowing that clarity that they all... I mean I can sense his happiness and his joy. I felt that quite easily but I guess if I'm hearing messages I don't know how to differentiate between my thoughts and the messages that are coming through.*

Do you think you are Robinson Crusoe? Why do you think that just because he was your partner that your communication and connection should be that much better than anybody else. Is that not so my friends *(talking to the group generally)*? We all have that problem. I had that problem when I was on the Earth Plane. You just have to trust that the communication when it is coming through and you feel that it is right, that it is right. I hope that helps.

*Yes it usually is right but I have doubts about it being my thoughts and not messages coming through.*

Stop doubting because as soon as you doubt that is when you are getting misinformation because as soon as you start doubting, as soon as you start change the words, then the truth of what is coming through is diminished. Have we not told the peoples of the Earth Plane so often, the peoples who can hear us and give their messages out clairvoyantly, give out what you receive. Do not put an interpretation on what you are receiving because as soon as you put an interpretation on it then your subconscious has taken over. Have you not heard that many times?

Yes.

It is unfortunate that a lot of the individuals who consider that they can give messages clairvoyantly do not utilise that knowledge. They know it. They all know it! But knowing it and actually doing it is two different things and sometimes the communication isn't there and this is the problem we have with individuals who do clairvoyant readings for financial return, because they have been paid they have to come up with something. Only genuine communicators will say I'm sorry, I do not get anything. And that doesn't diminish their ability to receive. It is merely stating that at that point in time they do not receive anything. This could be for a number of reasons. It could be that the individual is not ready to receive the message that they want. Or the message that they want is contrary to what they want to receive and would be negative to their being and therefore if that's the case we do not allow the message to be transmitted. But, if you are in a situation of being paid to convey a message and nothing comes, you can pick up the vibration from the individual if you are perceptive and therefore you are in an understanding of where they are mentally and you make it up and that's where the problem comes about because you are putting your interpretation of the feelings that you are receiving and putting them into words and the messages that are going over are false and that creates a problem to our Movement. It is far better to say I am sorry, nothing is coming through. But this ego thing comes through doesn't it? People feel that they have to perform. If it is necessary to have the advice and the messages to be given out well then they will be received and conveyed, but it is not always possible to convey the messages because at times people have to make up their own decisions.

So often when individuals come to what they call psychics they are looking for an easy way out. Somebody to tell them what to do when it is part of their development on the Earth Plane that they make the decision themselves and if you have to make the decision yourself what benefit is it if somebody else tells you what to do. You haven't overcome the problem have you? All you have done is followed instructions and as we have told you so many times, you are here to overcome certain obstacles. The obstacles which you don't have to overcome we can help with. We can also help with the ones that you have got to overcome by giving you the knowledge and the ability to reason and therefore you have the reasoning power and the knowledge to move forward. But we're not actually telling you this is what you've got to do. We have given you the tools and having been given the tools you can then utilise those tools to go forward but so often people who go for messages aren't looking for tools. They are looking for the easy way out and I'm sorry, we are not here to make your life easy. We are here to give you guidance and if it is within the Divine Plan that your life will be comfortable it will be. We can't change that. We can't change the position that you have elected to live your life. If we did everyone would be living in a 20 room mansion wouldn't they, because that's what you would want to do, everybody wants to live in a mansion. There are a limited number of people who can do that. Our friend Arthur lived in a mansion. It was considered by some people a modest home. It all depends upon the perception of where you start from and if you look at Buckingham Palace, yes, it's a hovel but it depends upon your starting point.

*Maurice can I ask, is meditation a good way, as a tool to get clarity?*

Meditation is the major and best tool. If we could get everybody to meditate our ability to communication would increase 100 fold because when you meditate you clear your mind and once you have cleared your mind then we can get through but always remember when you meditate to ask for protection. Never meditate and leave yourself open without requesting protection. The reason why I say that is because if you meditate and leave yourself open a lot of the misguided beings can get through as well but if you ask for protection then they cannot break through the barrier. Does that make it clear?

*I see. Yes. So just to sit quietly and what, open your crown chakra and just ask for light to come through?*

And then clear your mind. You will find it very difficult to clear your mind so concentrate on something and keep that something in your thinking. Most people find it easier to concentrate on their breathing. Our medium concentrates on a cross on the top of a green hill. Why he has chosen a cross on the top of a green hill I have no idea but that's what he concentrates on.

*A symbol.*

It is a symbol as you quite rightly say and having got that in your mind you block out anything else. The reason why I mention the breathing is because our Medium has been utilising that recently and found it easier to keep his mind focused on it and keep the rest of the problems at bay. Because it's very simple when you get there and then your subconscious goes ten to the dozen

does it not and everything else goes through and you say, I'm meditating. No you're not! You're laying there comfortably or sitting there comfortably and thinking about everything else other than meditating. Now how on earth do we expect to get through with all that fog going on? You have so many messages going through the brain that if we put another thought in there it would just get mixed up with the mumbo jumbo and wouldn't make any sense whatsoever.

*That's what I feel happens.*

Therefore that is what you have to overcome and as soon as you overcome that then you will find it easier and as you find it easier you find it clearer and you will get to the point as our medium does at times, not on all occasions, but at times, he can sit down and switch off and we can communicate on a one to one basis instantaneously. We have to have that connection for the work that we do because as was given in the example, earlier it would be no point for your husband to wait until the Medi went into meditation before he could communicate would there? If you want communication it has to be there and therefore we had to develop the level of communication so therefore he and any other individual who receives it knows immediately that this is what it is and he doesn't question it. You just pass it over because you know the thinking, the thought that has been imparted in your mind isn't yours and therefore instantaneously it clears his thinking and lets the words come from the individual who is passing the message and therefore by repeating it verbally means that the thinking process isn't interfering with the words that are coming through, because as soon as you stop and think the words then are blocked. Do you understand?

*Yes I understand thank you.*

*Maurice Barbanell  
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