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Being Satisfied with Your Lot in Life

By Maurice Barbanell 2012

While I was on the Earth Plane my brain was full with so many things which I considered were important at the time. I was very involved in everything that I did. I considered that everything which I had to do had to be spot on, had to be perfect in its transmission. I did not consider that I had to be perfect because I knew that I wasn't and as soon as you start dwelling on that then you start going down because we can all look at ourselves and see the negative parts but what good does that do. Does it do you any good feeling that you could have done better? If you could have done better you didn't, but do better next time! Go forward. That's what the teachings are trying to get through to you. You understand that don't you?

Yes.

To not flog yourself because of your past but re-evaluate yourself because of your past and see what you can learn and from those lessons improve yourself and move forward. We've all got to do it. With all due modesty even I have to. Got to be very careful what you say at times. People are so bloody thin skinned aren't they? You say something in jest and they all get their knickers in a knot. Some of your movie stars at the moment wouldn't have a problem because they don't wear them and therefore you can't get your knickers in a knot when you're not wearing them can you!

Something which I have been considering is the fact that our teachings have become too serious. We are going into too much depth and not having a bit of levity and brightness into it. We all like laughter. We all do enjoy it.

How can we do that?

All you have to do is take it in and laugh. You just have to allow yourself to let the love and the lighter side into your being. The trouble is though when people laugh in a meeting such as we have now then the level of concentration is then diminished and people do not fully take in the messages which are being given and we are all guilty of that are we not? As soon as we raise our, or what we consider we raise our thinking, we have in fact put a block on it because as soon as your frivolity comes in all the purity and thoughts go out the door.

I have been around and seen what you have been doing in your lives. I've seen an awful lot more than I would like to but I'm not going to communicate that.

That's good.

Because we all have our closets and we all need to get into it occasionally. You open them up and an awful lot falls out of it. But you're not Robinson Crusoe you know.

There isn't an individual on the Earth Plane at this point in time who hasn't got a closet. Some people like to come out of the closet. That's what they call it now-a-days when they accept the fact that they are of the gay nature. What a strange term. When I was on the Earth Plane being gay was to be happy. So what's the problem with having a gay nature? We require that from everybody do we not? We have gaiety, we have joyousness, lightness, the ability of appreciating good music, that is something which lifts the soul. It's something when you listen to good music you can't get upset because it fills your being with lightness does it not? And I don't talk about some of the rubbish that's going around at the moment which they classify as music. The head thumping. But it doesn't matter what period in evolution on the Earth Plane that you were brought up on, that the music of the day, the older generations considered it an abortion. Even when Tchaikovsky was young they considered it dreadful to listen to some of his music and yet now it's classified as a classic. But it's your perception. The music hasn't changed, but your perception of the music has changed. Perception, that's something which is a problem is it not? What people perceive.

If people would only listen and allow the teachings to come part of their being rather than consider that there are other teachings out there and therefore ignore all the teachings that they have had? Always looking for something around the corner which is going to change their lives, rather than accepting what they are. And we all have that problem! Don't be smug any one of you! We all have that problem. We look at ourselves and we want to change rather than accepting our current state.

I heard Henry (*our mediums guide*) give a talk about happiness and that's after all what you're trying to aspire to on the Earth Plane. You are trying to be happy, so how do you achieve this? The best way to achieve it is to accept the situation that you are in and do not seek for things which are out of your achievement. If you can accept your life as it is, and I'm not saying that you do not try and change it, that you do not try and improve, that is also part of your human nature which is necessary, but accept what you have. Try desperately to change it, but do not make it a force which creates a negativity to enjoying the current. You could always wish for better but if the manner that you wish for better creates a disturbance in your thinking and therefore disturbs your current life, then it is wrong is it not? It's in fact being a negative not a positive, but if you can look forward and look forward to it in a positive manner and then try and achieve it, well then that's what you should do providing you can accept the fact that once you get there you don't then have to look for the next goal, and that's the problem with the people of the Earth Plane, they are never happy.

You have a man who has 10 million, I used to say 1 million when I was on the Earth Plane, but with inflation we talk 10 now. You have a man who has 10 million and you would say he should be content, but he uses every part of his being to make that 10, 20 and once he gets to the 20 you think he would be happy but no, he then wants 40 and he spends all his time trying to achieve something on his perception that when he gets there he will be happy and he doesn't stop to smell the roses.

So look at things in life which give you pleasure and look at them in the positive manner. We all have things in our lives which give us pleasure and give us happiness. Concentrate on those and don't concentrate on the negatives which bring us down.

Our medium today had a day full of negatives, created a lot of problems for our occupation this evening. That is something which a lot of people on the Earth Plane do not fully comprehend, that if the medium's mind and this goes the same for all the sitters who are around, if their minds are concentrating on the physical it's very difficult

for us to communicate and come through and we wish to be the best communications, have the best communication and communicate in the best way we can, so please raise your thoughts, raise your vibration and then the communication that you will have will be that much better. And I can see it in your mind, how can you get much better than we've had over the last year. Is that not true? Those very thoughts were going through your mind were they not?

They were.

I can see what goes on in your aura and in your thinking. Frightening thought that isn't it?

No I've given up worrying about that.

(All) Yes we have too.

And that is one of the great pluses of our group, the acceptance that yes this happens, but I'm not going to get worried about it because it just is. So many people get themselves hung up because they have secrets and I have to keep my secrets to myself. Well believe me you can only keep your secrets to yourself while you're in the physical. When you come here it doesn't happen, it's all exposed to all and sundry.

But who said we were going to come and join you, we're going to stay here for evermore.

Believe me that will not occur. Your physical body is designed for a limited life form.

We all have use by dates.

Exactly. Yours hasn't been stamped with an end date yet but I can alter that if you like.

Please do.

Would you like an early date or a later date?

The earlier the better.

Why would you not want to spend as much time as possible on the Earth Plane so that you can avail yourself to the lessons that you can learn from and hopefully utilise?

*Maurice Barbanell
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