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## **Help, Blame, Overcoming Negativity**

*By Maurice Barbanell 2013*

It is something that people don't truly understand, that when you have the responsibility to be a medium people consider that you have a very easy job in devoiding your mind of the troubles of the Earth Plane. That would be true if we as mediums didn't have any of the problems of the Earth Plane, but as you all know, just because you're a medium it doesn't mean to say that the troubles have been taken away. The powers that be feel that because you are more enlightened you have the ability to take a little bit more. Dammed unfair isn't it?

*It certainly is.*

Yes but it's as they say, a cross which we have to bare. Fortunately we didn't have to bare it in the same way as the Nazarene.

It was quite an exceptional talk and visitation we had last time was it not? I was quite taken back. It was beyond what I had expected you know. Obviously I was aware of the individual prior to him coming in but when he came he came totally uncloaked and I was quite shocked. When you are in the Summerland you are cloaked in the garb which suits the area that you're dealing with and therefore, although I had spoken to the gentleman on numerous occasions, I had always talked to him on a one to one basis in similar cloaking so to speak and therefore you don't really see the true essence of the individual.

And we have a tendency to do that don't we? We cloak ourselves down. We close ourselves down. We try and say that we can handle things, we don't need other people and you do. None of us are islands you know. We all need assistance from time to time. We all need somebody to lean on, somebody to help. We find the big problem when we're dealing with people who are enlightened in that they are very willing to give but very reluctant to receive.

*It sounds familiar.*

As they say in the Old Country, if the cap fits dear girl. It wasn't poignantly directed towards you ..... It was a general statement because everybody has the same problem. We all feel that we can cope ourselves and we feel that it is an imposition if we have to rely on somebody else and yet when you actually analyse it, how can you offer yourself to help other people if you won't receive that in return. As they said in

the good book, to every receiver there has to be a giver and to every giver there has to be a receiver. So the moral to that short story is that we should leave ourselves open. Don't be afraid to ask for help when we need it.

That's something else that while we're on the Earth Plane we have a great tendency of doing. We have a tendency on blaming somebody else, a tendency not to accept that the problem is ours. It's always somebody else's fault. We can always put the blame on somebody else can't we?

*Well we can try but it won't work.*

But we do try though don't we?

*It depends on the circumstances. If somebody keeps undermining you, you can only do so much.*

Always follow the teachings my friend and if you cannot communicate in a civil way you're better to step back. Some people look at it as a coward's way out but it is not really the coward's way out because there comes a time when, if you continue to persevere, you then create a problem where there wasn't a problem before. Do you understand? So there are times when it's better just to take a step back. We all have a difficulty in doing that though don't we? Sometimes we get bull-headed. I was going to say pigheaded but it's not really pigheaded. You get bull-headed because you get determined in your own thinking, determined that you are right and therefore what's the point in even listening.

*But I think you realise it quick smart.*

If you're wise you do. If you take your lessons from the teachings then you are progressing because what do they tell you? Or should I say what have you been told? You have been told that you can overcome any problem. Do not condemn yourself for having the problem but once you realise that you have the problem you're half way to solving it, because you can't rectify a negative action on your part if you don't realise that there is a negative action to overcome can you. So therefore realising that you are doing wrong means that you are halfway there. In fact you're more than halfway there because once you've realised that you are doing wrong then, if you're sensible, you go about changing your mind, changing your methodology, changing the way you think and it's not really changing the way you think because once you've realised, your thinking process has changed already. But then we get what I was going to say in the first place, pigheaded rather than bull-headed, because we get pigheaded and we stick our feet in the ground and we persevere with something even though we know it's wrong, just because we've made the point and we don't want to step backwards.

*We've got to be able to accept that if you're wrong, you're wrong.*

Exactly, but it's human nature though is it not that we don't accept the fact that we want to admit that we are wrong. It's a great man or woman who accepts the fact that they are wrong because if you accept the fact that you are wrong, you then stand up to be ridiculed, stand up to be questioned, stand up to be taken to task and then the

essence of whether you have truly understood the lesson is if you can accept criticism and move forward from it. Not all criticism is positive. A lot of the time criticism is there to denigrate you and therefore it is negative in its essence. So therefore that sort of criticism you must block out of your mind, block out of your thinking. It's very easy to say that but it's not that easy to actually follow through. We all go into it with the best of intentions don't we, but as we have been told many times, every time you realise and you go back, you don't go back as far as you were, so therefore the next step forward is in advance to where you were and then if you fail there, you're really only failing to where your success was previously. So therefore you are slowly moving forward. So many people want to do it in the big leap don't they? I have a problem. I realise I have a problem and therefore because I realise I've had the problem I can overcome it.

Our friend The Cardinal (*one of our other guides who sometimes visits our group*) is very sure of his devotions. He is very sure of the message that he gives. He was very remorseful of a lot of the misgivings and the missed teachings in the Catholic Church and one thing that he would always assert is that he would only teach those teachings which he was comfortable with and that's the problem with a lot of the preachers. They read from the good book as they call it. They put their interpretation into it, or they put the interpretation that somebody else has, but they don't really believe it within themselves. You can always tell when people are giving a talk and they have no sense of ownership. They are merely passing on words and it's the same thing with prayers you know. You can pray for 24 hours but if you have no soul, no belief in what you're saying, you may as well talk to the wind.

That's a Red Cloud saying you know. He has a lot of sayings like "if you have no truth in what you say the wind will take it away", which means that it has no substance. When he first said that to me I thought what the heck are you talking about, but then I thought about it and I thought yes, there's a lot of depth of wisdom in what you just said.

*Obviously he's referring to the fact that it's so light it just blows away.*

Exactly. It has no substance and that's a problem that we have with a lot of the teachings which are given within our Movement. I was going to say within our churches, but that would be an inaccurate statement because there is very little teaching in the churches and that's a problem which we are going to have to address. Spiritualist churches they are going for messages and not for the teachings, and in fact if you went to the churches and you only gave teachings...

*Nobody would come.*

I would beg to differ there, because if you went to the church and they got quality teachings, they would come back in their multitudes because that's what people are really looking for you know. You can have weeks where you have messages but every second to fourth time you should have a meeting which is devoted purely to teaching,

but you sneak it up on them initially because if you don't sneak it up on them they will recoil initially, until they get the message that the messages aren't really why they're going there.

There are times when we in the world of spirit make mistakes and that's something that a lot of people in the Earth Plane, especially in our Movement don't understand. The majority of people who listen to our teachings sometimes have a great difficulty in understanding and comprehending that we are only individuals and as such we can make mistakes. We are only people and sometimes we can formulate an idea and plant all the seeds for it to germinate but if those seeds fall on rocky ground they don't develop. In the past we have had a few hick-ups should we say and errors of judgement.

*Well maybe you are not going really looking thoroughly and not fully visualising all the possibilities.*

Well that is a problem that we have because when you are visualising things from afar, shall we say, you get at times caught up with your own thought pattern and you can't see why anybody else would not follow that thought pattern. We've learnt and now we bounce the ideas to the people more in tune with the peoples of the Earth Plane shall we say. I was going to say of lower vibration but I was corrected most severely for even thinking such a statement. You don't think that just because I'm here that Silver Birch doesn't have a big stick so to speak, to control me, but he does it in such a lovely way doesn't he and as I was about to utter the wrong thing he just came into my aura and said rethink that Maurice. He didn't actually say rethink that Maurice but that was the impression that he gave. And that's what we need to do. When we get into a situation when a negative has been placed at our feet and we want to respond from our gut, we need to step back and rethink because quite often the reaction from our gut is a negative one because that's the way you want to do something. If somebody tries to put you down you want to either justify or go on the defence and when you go on the defence you then create more of a problem because then they go on the attack which then creates another issue and it goes on from there doesn't it.

*You can have a war.*

Exactly and so many wars are caused by man's misunderstanding or impetuosity.

*Well you see Maurice you all have a disadvantage because you have removed negativity from your thinking. You are dealing with the Earth Plane that has a lot of negativity so you are at a disadvantage as to how to avoid getting into that little pocket.*

You are 100% correct and that was the problem that we had in that the discussions that were held were held on a higher plane and therefore the consideration of where the actual action had to take place wasn't taken into account and we often have that problem ourselves don't we? We look at how we would react to a certain situation and therefore you can't understand why other people don't follow that way of thinking.

*Because they don't want to think that way. They want to actually bring you down and put what you're saying into disrepute.*

And obviously the way we think has got to be the right way hasn't it? (*chuckling in background*)

Thank you for that laugh ..... You got my attempt at humour. But we do, don't we? We have this problem that we think that we know best. It's not wrong that we think that we know best, it's just that sometimes we don't and that is a real blow to the ego isn't it? Because sometimes we have to admit that the other person, the other party, actually had a point and we were wrong and then we have to be person enough, you see I'm being politically correct there...

*But would that mean...what you're saying is that I'm only looking at the teachings so that would mean that the teachings are wrong.*

**No.**

*Exactly, so how can it not be correct?*

That is if your interpretation of the teachings is correct and if you are following the teachings to the nth degree, because so many people hear the teachings but they do not really hear what's being said. Do you understand what I'm saying?

Yes.

You have that example many times have you not Judith? Where you listen to people after a talk and they make statements and you wonder were they listening to the same talk? How can they put that interpretation into it? It's their mental attitude and because you do not have that mental attitude yourself, you can't necessarily understand how other people can have that mental attitude and you think my God, how can you think that, but we all have that problem.

*But if they're negative from start, even if you give the talk, they put their own interpretation to what they are hearing.*

Exactly. They will hear what they want to hear. Which is the same way of saying that they will put their own interpretation on the words which are said but their own interpretation isn't necessarily what was intended, and then we feel that we have failed because we haven't explained it in a manner which had no doubt about its interpretation. And therefore we feel bad. We feel we have failed.

*Sometimes you keep repeating the same thing. They're still not clicking.*

Why do you think we do repeat? Although we do try and change it and add a little bit different into it, so as eventually it will click.

*Maurice Barbanell  
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