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Asking for Help

By Maurice Barbanell 2013

You don't ask for help when you should. That's something which is very difficult to get through to people, that our hands are tied unless you ask.

Is there anything which can be done with the spasms I am having?

And I'm sorry Judith but the problem that you're having with your spasms is a self inflicted problem. *(We have been told that Judy's MS and spasms were an issue that she had requested to suffer prior to her coming to the Earth Plane on this occasion.)*

Oh dear.

But we will try and overcome the barrier of your preconceived thoughts that you had to overcome this issue and we will try to remove them.

I certainly would appreciate that. Is there anything that I can do to help myself?

Not a lot more than you're doing and keep in contact with Dorothea *(Judy's guide)* and she will keep you guided in the right way. She is exceptionally pleased with the fact that most of the time you do now contact and communicate, but not as often as you should.

No, I must admit sometimes I do forget to ask.

Recently there has been a great void.

Yes, I sometimes think my goodness why didn't I ask for help.

Yes and then when you ask for help you say my goodness why didn't I listen. Is that not true?

Yes.

Because there's no point in asking for help, getting it and then totally ignoring it. It rather defeats the object does it not?

It does.

But if you ignore it, who is the one who suffers?

Me.

Exactly so therefore it's a bit silly is it not?

I think maybe sometimes I just don't pick up on the advice I'm being given.

Until after the event. Then you think ahh I was told that wasn't I, or, I had a sense that that is what I should do. That's more the way you feel isn't it?

Yes.

Rather than chastising yourself for not listening, you chastise yourself because you didn't pick up the sense which Dorothea was putting into your being and until you can get clear communication that is the manner that we have to conduct our information transfer so to speak. You sense what is right and what is wrong and then you go pigheadedly in your own direction. Well it is true is it not?

Yes it is. I'm quite sure I'm not the only one who does that.

We are not talking about anybody else Judith. We are giving them a rest night.

OK.

We could all have the finger pointed to us could we not?

We can all raise our hands.

So therefore I was being selective on who would be in the best mental state to accept my comments. I won't say criticism because criticism isn't what I was intending. It was merely an enlightenment or a realisation of what happens.

Judy you're not alone.

No I didn't think I was.

We are all not alone.

We can all share with the same guilt.

*Maurice Barbanell
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