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## **Overcoming Various Forms of Suffering**

*By Maurice Barbanell 2013*

We all have various forms of sufferings which the physical body creates and it isn't necessarily the suffering which occurs to ourselves which affect us. It is also the suffering which occurs to those we care about that affects us.

*It could even be somebody you don't know. Their suffering could affect you.*

It is unlikely that it affects you in the same manner.

*Probably but there is empathy and sympathy.*

You can have sympathy but you do not have a true feeling of sorrow within your being about their suffering.

*Because there's no connection.*

Exactly. You have the example with your friends, and I use the term in plural not singular, who are suffering and their suffering distresses your thinking. Distresses the love which you have within your heart does it not?

Yes.

And therefore their suffering has a direct interference with your being, sometimes far more so than the suffering of your personage.

*Yes true.*

Why do you think that it is?

*I don't know.*

Because we feel helpless. If the suffering is within your own being then you can take steps to overcome it but if the suffering is outside your zone of influence, you feel almost helpless...

*Because you can only watch and do nothing.*

You can give love and you can give support and sometimes that is as much as you are capable of doing.

*One learns that.*

Yes it's a very difficult thing to learn is it not? Especially when all your desire is to remove the problem and it is totally outside your capacity to do so. It would be good if we could change it but if we could change it we would be the Great Master himself.

*Wouldn't be a purpose though because the person is going through whatever it is they must go through.*

Exactly and that is a very enlightened statement there because it is a statement which comes from knowledge but it is a statement which is very difficult to live by.

*Very much so but one must.*

One has no option and therefore you just have to do the best you can with the situation as it occurs and do not distress yourself because of your inability to change things and that is a lesson within itself. To learn when you have to give assistance but not get emotionally upset.

*Learn to be detached.*

Exactly. It's a very difficult thing to accomplish because when we care about people we just want things to go right. Unfortunately you cannot control the Divine Plan. You do not know what problems have been placed before the individuals that are for them to overcome. I don't know if you have ever thought but you look at an individual who is truly insane – from their perception they are perfectly normal - it is the rest of the world which is out of kilter with them and therefore the rest of the world are the ones with the problem, not he or she who is truly insane.

And it is the same with the Mongoloid children and people – I was only going to say children, but obviously a lot live into early middle age and they have no problems within themselves. They have a very simple attitude to life but they are totally dependent because of their inability to conduct their lives in a manner which would allow them to live on the Earth Plane and therefore they require assistance and with that assistance comes love and the love which is generated as a result is a lesson within itself.

So many people cannot cope with that problem and therefore they cast their charge out for somebody else to look after and therefore they have not learnt the lesson and taken the opportunity which has been placed before them. And we are all guilty of that, every single one of us. Not taking up the opportunity which life allows us to achieve.

You comment about a computer chip. I was not upon the Earth Plane when such phenomena was freely available so I would have said it would be good if we had a book with the problems which were before us and how to overcome them. It would be good because then we could refer to it and say well this is a problem, this is the solution. If life could only be that simple but if it could be that simple what would be the purpose? The purpose of coming to the Earth Plane is to learn and show your knowledge and your ability to give love to your fellow man. That's the bottom line and that is basically what we have to do and yet we all find it so difficult do we not. It's easy

to love those who give love in return. It's very difficult to love those who react in a hostile manner. It's human nature. It's very difficult to give love to those who are inflicting pain and discomfort onto you, or onto others. You then feel a swell of anger and retribution in your being, in your mind, in your thinking, and the forgiveness is unfortunately lacking in those situations.

*It takes some time.*

Yes and once we have achieved that then the necessity to return to the Earth Plane desists because lessons that we have to learn then can be learnt elsewhere.

It was not programmed for you to have a serious talk this evening but it is unfortunate that I cannot get into a subject and then not expand upon it.

*It is good.*

Thank you my friend for that kind remark.

*Not at all. We are the ones who should be thankful. Where else would we get all these lessons reiterated to us, so we are the fortunate ones.*

We are all learning my friend, each and every one of us.

*Maurice Barbanell  
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