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## Is Suicide a Way Out?

*By Maurice Barbanell 2014*

*Good afternoon Maurice.*

Good afternoon. You don't mind if I sit amongst you do you?

*Not at all.*

Well it's just as well because I had the intention of occupying the seat. After all Estelle has that demeanour does she not?

*Yes she usually sits.*

Yes and therefore why should I utilise more power than is required when...I don't know if you realise that but when you're in the seated position the amount of power which is required from our side diminishes greatly. That's a little bit of useless information which you can do with as you will.

You might wonder why you have the dubious pleasure of my company this day.

The reason I came is because I stopped Roy from working on one of my discourses, should we say, for inclusion on our website, because the talk was done in brief format and therefore would not give true weight, should we say, to the import of the talk because it was about a specific individual rather than the problem generally. Now I have you all in wonder do I not?

*(All) Yes.*

What on earth is this individual raving on about? The question which was discussed was that of suicide, suicide in the physical sense. Now so many people upon the Earth Plane look at suicide as an escape. So many other people upon the Earth Plane consider that those who have elected to remove themselves from the physical sphere are courageous. They consider that what they have allowed themselves to go through is a wondrous objective and rather than looking at the individual in dismay and despair they hold their morals on high and almost give the accolades.

Well I can assure you that the actual removal of your physical being from the Earth Plane prior to your designated lifespan is the worst thing that any person can contemplate. Why do I say that? People who contemplate suicide do it for one of two

reasons. Either because they have physical pain or they have emotional pain and they consider that the pain they are suffering is excessive and therefore they want what they consider is an easy way out. But I want you to think about that statement for a second, an easy way out. What is the sole purpose of your visitation to the physical sphere, your visitation to the Earth Plane? The purpose is so that you can experience both physical and emotional problems and have the strength of character to overcome them.

So those people who have taken what they perceive, at that point in time as the easy way out, or the way out which is acceptable to their thinking, will consider that their problems will cease once they have removed their astral from their physical. Well I'm very sorry my friends, as I have said on numerous occasions, that perception is a load of poppycock. Nothing could be further from the truth. What happens is you have shortened the period of time which has been allocated for your utilisation upon the Earth Plane.

Now what happens to you as an individual? It means as an individual you have not succeeded in overcoming the problems which have beset you. You have not succeeded in advancing your being for overcoming the issues whether they be physical or emotional which beset you. If they are physical the removal of the physical body obviously temporarily removes the immediate problem, but the Divine Plan has a problem because you have not utilised the time period which has been allocated to your being, to your progress.

Now having shortened your time, removed yourself from the physical problem, you have admitted that you do not have the intestinal fortitude to overcome them. Now the Divine Plan and the Law of Cause and Effect will not permit this imbalance to occur. So what happens is you are returned to the Earth Plane in the shorter term, or shorter period of time than is normally allocated between visits, for you to once again experience the problems which you ran away from last time. But because you elected to take what you perceive was the brave or easy way out, the problems are accentuated on your return visit. So you haven't really succeeded in the solution of your problem have you? You have had a short holiday so to speak, but the problems are there to be overcome. The problems are there for you to experience. The problems are there for you to successfully get on top of.

Now when you return, even though the problems might be magnified slightly, the one difference is you are placed in a position where you have help if you seek it because there is nothing, there is no suffering upon the Earth Plane which cannot be overcome, that you cannot cope with, that you cannot be a master to.

At times in all our lives we consider that life is very cruel do we not? We feel that maybe we have been hard done by. What happens when people are in the state of despair is that this emotion is accentuated. So if you're ever in the presence of somebody who requires assistance either physically or emotionally, be there to support them because

it could be that the reason that they are suffering is so that you can open your heart and assist them. And that is something which a lot of people do not realise is that at times the suffering which you are enduring is for the benefit of the loved ones who surround you because sometimes it brings forth an inner love which they have masked previously, an inner caring, an inner willingness to help your fellow man.

I hope that my brief description has been adequate for all to understand.

*(All) Yes thank you.*

So please, do not ever consider that someone who has committed suicide has been brave. It is in fact the most cowardly exercise that anybody can do for themselves. It is saying I am incapable of dealing with the problems which surround me. What is that saying about your teachings? What is that saying about the love that you have for your nearest and dearest? Because if you look at it, it might be relieving the problem that you have within yourself but you have created a lot of distress for those who love and surround you. Always look to your friends, look to the Great Spirit, ask for help, because there is nothing and I repeat there is nothing, which you suffer and encounter upon the Earth Plane which you are incapable of dealing with. After all that is why the Earth Plane has been placed in existence and if you could not cope you would not be put into that position.

I thank you my friends. I give you my thanks for listening and may the love of the Great Spirit be within each and every one of you.

*Maurice Barbanell  
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