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Passing from the Physical to the Astral

By Maurice Barbanell 2015

I did a lot of work while I was upon the Earth Plane. I did a lot of talking but my main essence when I gave lectures was to convince the uneducated – unenlightened is a better word isn't it rather than uneducated – unenlightened people of the continuation of the physical body once it has demised from the Earth Plane.

The people that we will be addressing in the future will have a far greater level of understanding than the individuals that I was addressing when I was upon the Earth Plane because to a great extent in the initial stages we were breaking ground. And when you are breaking ground the lessons and the teachings which have to be given are obviously far different to that once the acceptance of the teachings from the astral sphere and beyond become a fact of life.

Obviously when I was in our group, in the Hannen Swaffer circle, the teachings were of a similar nature to that which we have in our current group. It is a strange phenomena because it is recorded that our group was fairly small. We tried to keep it to 8, to a maximum of 10 and yet the misunderstanding that people have is that we were communicating to a much larger audience. This obviously occurred when we went to the various churches and halls which greeted us but the misunderstanding is unimportant isn't it because that is the past and we have to look forward to the future.

Please note that I am staying in one position. I would not like to wander and end up on someones lap. I have remembered what I have to do and I am keeping my calf muscles against the chair. That way I do not wander. I have a tendency you see to wish to move around. It is my normal nature and when I reoccupy a physical body obviously my idioms which were part of my nature when I was on the Earth Plane, come with me. And that is something that a lot of people fail to realise. That not only when you pass from the physical to the astral that your mental makeup does not alter one iota. Every thought, every negative utterance, every positive utterance that is within your brain, every emotion whether it be good or negative, everything transposes

from your physical form to your returned astral form. All you are losing is your physical body. This obviously is a great weight off your mind and I know that there are two ladies here who would rejoice in a new physical body.

You're right there.

But I can assure you once you leave your physical body everything that is within your subconscious, everything is exactly the same. That is something which is a great misunderstanding. The misunderstanding that once you pass, all knowledge, all understanding that you had in the past, is returned. It is returned but not in the initial stages. In the initial stages you are exactly the same individual without a physical body although you do not really totally recognise the fact that you haven't got physical body because you look exactly the same. You feel exactly the same. You have two legs, you have two arms, you have two eyes, ears and a mouth. So therefore the perception that you have is that you are still a member of the Earth Plane.

It is not until you have been acclimatised to the new life in the astral sphere, or the returned life in the astral sphere should be a more correct statement, that slowly the knowledge of your previous existence...I was about to say incarnation but that isn't a statement of truth because your incarnation obviously only refers to your current visitation to the Earth Plane, but prior to your knowledge of your previous incarnations being returned, the knowledge of your last visit to the astral sphere to your current position is what is returned. It is only after that acceptance that we have the ability to reintroduce your previous visits to the Earth Plane and the periods in between your incarnations.

Now, until you leave the Summerland, that is the full extent of your memory recall. It is not until you pass through the 4th plane that your memory of your existence up to and until we left the Heavenly Host, the 7th plane, and even then it is limited to the time when our demise occurred and we were brought back onto the road of recovery.

I use the word recovery because that is exactly what it is. You are recovering your former self. You are not breaking new ground. You are not making yourself a better being than you've ever been before, you are not elevating yourself to a higher being. All you are doing is returning yourself to the position you were prior to your demise. Prior to the point when you left the straight and narrow – we left the straight and narrow – obviously I have to include myself because if I hadn't left the straight and narrow I would have been part and still part of the 7th plane wouldn't I? And the very fact that I still have a way to go means that I too wandered from the straight and narrow.

So when people say that life is too hard, that it is impossible to improve the love which they have within their being, it is difficult to share the love to another. It is difficult to cope with the negativity of your physical being and the retaliation responses, aggravations of another, we say it's too hard. Well it isn't because we are all capable of total pure love. We all had it within our beings. Every single one of us. So I will not understand or accept any excuses when people say it is too hard to forgive. It is merely

a hurdle which we have to overcome and once we have overcome, and we all have the capacity to overcome, because we were all in a position where that was not a negative part of our being and as it was not a negative part of our being we can then rekindle that state. We can rekindle the fact that we are a being of pure and infinite love.

We do realise how far we feel that we must have come down do we not, because it seems such a large hurdle, but I can assure you it is not as large as you would perceive. Each and every one of you have come a long way, have come a long way in the journey back to our previously more glorious self.

It is no secret, because it is a fact that I have shared with you on a previous occasion, that both Estelle and myself have been through the 4th plane. We came to the Earth Plane for a specific purpose and we remain within the vibration of the Earth Plane because we wish to continue the work that we have started.

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