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## **Coming to the Earth Plane to overcome Problems**

*By Maurice Barbanell 2015*

Why do we have doubts? Why do we question the life and the problems which surround us? If we considered life in a perfect world it would be totally free of pain, it would be totally free of war, it would be totally free of any violence of a physical nature. That is what, while you're upon the Earth Plane, you consider is Utopia is it not, a place where all these physical situations do not occur. Well I can assure you, all you have to do to return to that state is to remove yourself from the physical condition because as soon as you remove yourself from the physical condition all the problems which I enumerated are removed.

So why do we choose to return to the Earth Plane where we are surrounded with people of lesser vibration than ourselves? Please note I said "lesser" vibration not "lower." Because their vibration isn't as intense, with all due humility that each and every one of us have attained, but if you mix with people who are of equal vibration or a higher vibration to yourself, the opportunity to show your love, to show the sincerity that you have within your being, is minimised. You cannot show the love that you have within you if you are surrounded with love.

It sounds a little bit like an oxymoron doesn't it because you would think it would be easier when you are surrounded with love for you to improve your being, but this is not the case. As our friend Sumner Miller said "why is it so?" It's because you then get into the state of comfort and you have no desire to move forward because you're in a nice place, you feel at ease. Everybody around you is of a similar frame of mind and therefore the desire to move forward is minimised.

But then we get a wakeup call and how do we get this wakeup call? We get this wakeup call because beings of a higher vibration to that which we have attained come down and mix with us and then we realise that we have not reached the epitome that we considered that we had, because that's what happens when you fall into your comfort zone do you not. You just think it's very nice and why bother to put any effort in to change the situation. Because you don't need to change it because you are quite happy where you are and unfortunately you then stagnate.

So therefore people of a higher vibration are brought into your presence and then you realise how much more wonderful life would be if you could attain that level of purity. And therefore then you turn to these individuals and say "I would love to emulate your being but how can I do it? Obviously I can't do it by stagnating where I am. What is necessary for me to advance and purify my being?" And the answer is you have to mix with the people of a lesser vibration. You have to mix with them because then you can truly show the proof of your love because you will then be faced with antagonism, people who are trying to discredit you, people who are trying to harm you in a psychological way. Please note I said in a psychological way because they cannot harm you physically. Why can they not harm you physically? For obvious reasons, you have not got a physical body.

Then the realisation that one of the ways that you can advance and improve your being is to return to the Earth Plane because on the Earth Plane you have all this opportunity at your feet and you think "yes I can overcome those problems." Sometimes our expectations of our capacity to overcome exceed reality. Certainly at times we do consider that do we not?

Yes.

But I can assure you, you have exceeded your expectations of overcoming the turmoil which you are going through physically.

*That's good to hear.*

I didn't say that you could not do better. I am just saying that you have exceeded expectations.

*One can always do better.*

Exactly and that is the beauty and the wonderful opportunity we all have when we visit the Earth Plane. We can exceed our expectations. We can exceed the opportunities which have been placed before us. We don't look at them as opportunities while we're on the Earth Plane do we? We look at them as conflicts and problems. But by overcoming them, by showing that even though other people are bringing you down and causing you stress, that you can return their feelings in a state of love. Then you have succeeded. It doesn't mean you have to verbalise in a manner which is denigrating to your being. At times it is necessary to retort in a negative way but the retort has to come from a positive state of mind.

You have been told many times it is not the words or the deeds that are important. What is important is the love and the intent behind those deeds. You are in full control of. That nobody can influence you in. Nobody can change the way you think. Nobody can change the way you react within. They can change the way you react without but they cannot change the way you feel and react within. That only you can do.

You can get compliance from an individual who has total disregard and hostility towards you, or you can get compliance from an individual who looks upon you as a person who requires listening to and following. An individual who gives out love and that love can be in teaching, it can be in so many ways. So make people follow you by giving out positive vibrations, giving out love, giving out positive thoughts and even if you think they are a complete idiot keep those thoughts totally to yourself and try and respond in a positive way. It's a very difficult thing to do at times on the Earth Plane isn't it, to respond in a positive way when you know within yourself that the individual is a complete moron? Well it is, isn't it? If you respected the individual then there's no problem but if you have less respect for them it's very difficult to respond in a positive way.

So change your thinking and look at everybody as being a positive individual and being a positive individual you might equally need to give them a good kick up the posterior with love, but don't ever allow the negativity of others to impact on the way you live your life and the way you think. Keep your life and your mind pure or as pure as is physically possible with your current evolution, your current state of evolution, because that you have control of. You do not have control of how other people have evolved. You cannot change the way they think. You can influence them. You can impart your knowledge and your love but they as an individual, as you are an individual, are the only ones who can physically change their mental state and their mental approach to things.

You will come across each and every one of us, each and every one of you and us, and don't think it changes just because you leave the physical plane. The problems are just as much in the astral sphere as they are in the physical sphere except here it is all emotional. It's not physical. Then you learn the true meaning of the viciousness of the tongue. It is the most useful tool that you have but equally it can be the most spiteful and cruel tool you have, so please use it for good. Try and think the best of people and if you cannot think the best of them do not let their negativity affect your being. If necessary block them out but do not ever allow yourself to be lowered because of their negativity. That you have control of. You have no control of how they respond and the way they behave.

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