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Accepting our Problems

By Maurice Barbanell 2016

You understand that is exactly what my friend big jump (*the name Maurice called his guide Silver Birch*) was saying is it not? We have to experience these things and not consider it in a negative way. We have to experience the problems which occur and if we look at them in the right mental state, in the right way, we will overcome them and they won't then become an issue. An acceptance. That is the big difference of somebody who suffers and somebody who accepts their lot. Somebody who accepts their lot doesn't mean their suffering is any less but because they have an acceptance they do not dwell upon the negative part of their suffering and therefore it becomes more bearable because you have an acceptance.

Whereas if you don't have that acceptance rather than going on with life you then put a block up and you think "Woe is me. Why am I suffering these problems?" And then you bring all these negative thoughts into your mind don't you? Whereas if you have the acceptance and then you move forward, you don't look at the problem you look at the solution to the problem and move forward.

You see it's all a matter of the way we look at things, the way we accept things and that's what we've got to do in our lives. We have to accept what we can't change. Change the things that we cannot accept and accept the things we cannot change. Great wisdom in those small phrases is there not? And if we could only adopt those within our lives our life would become far more pleasant and you move forward in a lot happier mental state, a lot happier frame of mind. It doesn't change the situation that you're in but you move forward with happiness, with laughter, with joy within your spirit, within your being and people say "I think he's a bit of a crackpot". I mean how can you be happy while you're having all this suffering? Haven't you been told many times Judith that people are in awe with your attitude and your acceptance and I'm talking about both of you, of life and the situations which you are in.

Yes we have.

You see if you hadn't accepted things, if you hadn't given out that aura, people would say "Yes I understand they're suffering but God I wish they'd keep it to themselves". Whereas now they say "God they are suffering. I wish I could be like that. I wish I could

have that acceptance. I wish I could have that state of mind." Now isn't that a much better way of being? It's a much better way of looking at your life is it not?

Yes.

Because we can all be negative about our lives because we've all got things that are wrong with our lives. None of us are living the life on the Earth Plane of joy and happiness the way we perceive that joy and happiness should be, but if we accept the situation as it is then a strange thing happens. A joy and happiness is with us most of the time. I won't say all the time because that's an unrealistic expectation, but most of the time.

I know because I have been around the household for many years now and there's always laughter, joy and happiness within these walls, or within any of the walls that you occupy. I'm not saying that it occurs all the time, I'm talking about as a general state of affairs. There is a joy because there is an acceptance and a wish to go forward and help, to go forward and help family and friends and all those who are in need.

So often people think they are in need and they put their hands up. "Woe is me. I have all these problems" and what they are really looking for is a handout or an easy get out. We don't allow ourselves to get involved with those do we? We say it is your choice. It is your problem. I'm sorry I can give you love but you have to deal with it. And then they look at you and say "What an uncompassionate person you are because you didn't give out what you could have done. You have what I want and therefore why didn't you give it to me". You see it's an expectation of greed or somebody looking for an easy out and you cannot change the way everybody lives their lives. You cannot change the issues, the problems, which are set before every individual because sometimes, the majority of times, it is their path and they have to find an acceptance and a solution to their path.

You can give them guidance and best way you can give them guidance is by your life, so they can look at you and say "You have the same suffering as I have and yet you are happy, why? What have you got that I haven't got?" Then you are teaching by example because people will then look into it and realise that it is our spiritualist teachings that has given you that understanding. It has given you that comfort in your mind. It has given you the reason why you are and why other people are in the state of affairs physically, emotionally or financially that they are in and it's not up to you to take all their problems away because if you do that you're actually doing them an injustice.

You're doing them an injustice because you can be taking away the very reason why they came to the Earth Plane, or one of the reasons anyway. And if you take away the reason you are in fact giving them an injustice, not a helping hand. People of the Earth Plane never look at it that way do they? They say "You should help all. You should make everybody's life more comfortable." Why? Do you think you have the capacity to change the lives of every individual upon the Earth Plane? Obviously the answer to

that is an unequivocal no. So do not try to change the world. Try and change the sphere within your boundaries and help where you can and help within the capacity of your capabilities whether that be physical or financial.

Everything can be changed. All we have to do is change the way we approach a situation, the way we accept it, the way we overcome it. And obviously if you psychologically accept what has been put before you, truly accept, well what's the point of making you suffer unnecessarily? What God of love would carry on inflicting pain and discomfort into your being when you have already overcome what you have set out to overcome? Look at yourself and say "What have I got to do to have this hurdle removed from my being? What else have I got to do mentally, emotionally, to accept and move forward?" Because if we can have that acceptance it could be that it is essential for you to continue to have a reduction in your mobility. I'm not saying it is the case. I'm saying it could be and if that is the case there is very little that we can do to step in because it was preprogramed.

Because you don't know what your pre-program is, what you set out to overcome. You think well I've overcome it here but it might be necessary for you to overcome it there. I'm not saying equally that that is there and that they can't stop it there and move it back. It's all a matter of what was pre-programmed for you to overcome and therefore we cannot interfere with the Divine Plan in that form. The Divine Plan for your visit, this short visit to the Earth Plane.

Sometimes we change things. I say we. I'm really big noting myself there. Sometimes situations are changed. An example which you are fully aware of is the extension which was given to Roy's mother because it was part of the Divine Plan that she would leave the Earth Plane at the age of the 38. But it was considered that the plans which we had for the development of our group would not be achieved if we removed her from the family unit and therefore her time on the Earth Plane was extended. But her physical condition, the condition of her physical body had deteriorated to a degree where it could not be totally removed and therefore she had a lot of problems did she not?

Oh she certainly did.

But she looked at it with a smile in her heart. She was always happy was she not?

Oh she was. She was a wonderful lady and I was very privileged to know her.

Yes. And we did not – I wasn't part of the group at that time – but the group did not eventually achieve what it was meant to do. And so you see there is an example where plans are made and because of free will the people of the Earth Plane, if you don't mind me putting it in rather vulgar terms, bugger it up! And that is very frustrating I can assure you.

I imagine it would be.

You have all these plans all laid out and you cannot see any way that they can be waived from and then somebody on the Earth Plane does a curved ball and all your plans get put to asunder.

That must be very, very frustrating.

Yes but we have to learn to accept it and move on to Plan B, Plan C. I think we are on about F at the moment. That's what we do you see, because if we do not develop in the way that we anticipate we have to find another avenue and develop it there.

Maurice Barbanell

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