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## **Preparing for Christmas and the Upliftment**

*By Maurice Barbanell 2015*

It is a wonder why at this time which should be a season of happiness, a season of joy, a season when family and friends get together, you would anticipate at these holiday periods that all stress, all negativity, all problems would be put aside. The issues within a family, the issues nationwide, but unfortunately this is not the case. It is a time when the stress within the family unit reaches a peak. Why? Why when you should be rejoicing for whatever doctrine you follow, rejoicing and be filled with the divine spirit and love and yet more family disputations occur during this holiday period than any other. It would seem illogical would it not? It would seem totally contrary to what you would expect.

The reason being is people are put into a situation which is at variance with their life normality, with the normal run of the mill processors of their life. For a short period of 2 to 3 days the euphoria can be portrayed and carried forward, but it is almost like the effort is too great. We have more unprogrammed visits to the Summerland from people committing suicide and carrying out unnatural acts which finalise another's visit.

Do not allow this, my friends, to be part of your being. You, my friends, have been given forewarning that this emotional stress can occur but if you put on a smile, calm the waters, then happiness and peace will reside. It is not something that you would consider that you need to be told about. It is not something that you would think would even occur.

In the Christian areas you are rejoicing for the coming of the Christ child. The fact that it is not the date of his entry into the Earth Plane is immaterial. The date has been utilised for our benefit not yours because we all have an illuminating experience. We have something which each and every one of you should do mentally. We go to the Upliftment, we have a visitation from our guide, our mentor, and we analyse the positives and the negatives of the preceding period, the period from the last Upliftment.

Now it is not expected that within that period that you will have cleansed all the negativity which was discussed and was evident in your being, but what is expected, what is anticipated, is that you have listened to our teachings. We have listened to our mentors and we have taken heed of their words. We have taken heed of their words

to the point where we have changed our outlook, our reactions, to a particular set of circumstances. Now if we have only overcome one of these negative traits then it would be considered that the progress has been successful. Obviously if we can alleviate, overcome, more than one, then a greater rejoicing will occur and does occur.

But once we have overcome the problems which beset us previously do not let us get smug, do not let us sit on our laurels, because if we do this it is so easy for us to slip back into our old habits. It is so easy to slide. We have to give a conscious effort, a conscious effort not to devalue our being by repeating the negativity which was part of our being.

So during the period of the Upliftment I want each and every one of you to look at yourself circumspectively. Look at the negative situations which have occurred and whether you are proud, whether you consider that you have dealt with that situation adequately, correctly, and if the answer is no go into meditation, ask your friends, your guides, to give you help to assist you in the forthcoming period, the forthcoming year. Because we all need that, we all need to remind ourselves that we have to continually improve. We have to remind ourselves that even if we have achieved more than was anticipated, even if we have achieved overcoming our negative traits which we had exposed at the last Upliftment, let us accept that we have now progressed and try with all our being to be a better person than we were previously. Not so difficult when it is mouthed in such a way but yet we all find it very difficult in actually utilising what was asked, actually living our lives as a better person than we were.

This is a time of great love and joy, so please my friends make it a time of great love and joy. Fill your hearts with love, give until it hurts and I do not mean in a monetary way. I mean in a loving emotional way because that has far more value than any material gift. It is something I feel very passionate about. You need to continually remind yourself and if you remind yourself often enough it then becomes a normal state of affairs and then you wonder how on earth you ever lived your life any other way.

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