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How can I be a Better Person

By Maurice Barbanell 2018

We can live in hope can we not?

You see that is what we have in life is it not? We live in hope. We hope things will occur. We hope life will be a little bit better than it is at the moment. We all have that basis in our thinking do we not? We always want life to be a little bit better than it is. It doesn't matter how good or bad your life is, we always want an improvement. It just means that we all really haven't learnt our lessons have we?

Because what is the philosophy of being happy? The philosophy of being happy is being content with what you have, not with what you want and living within the restraints and the capacity of your financial status. And there's no point in looking at other people who happen to have what you perceive as an easier life, whether it be physical or whether it be financial, and think that you have been hard done by. We all have that problem from time to time do we not? We feel sorry for ourselves. We feel that things would be a lot more comfortable if things were different.

Why do we think that? We think that because we are encased at this point in time with a physical body and the physical body that we are encased in does not have the memory which was part of your being prior to entering the Earth Plane. You still have it, but it has been placed into a locked drawer until you return to the Summerland and until you have developed, or got yourself accustomed to, a point where it can be returned. So because you haven't got access to that you have no idea why you have been inflicted with the problems that you have. And it doesn't matter who you are, every single person on the Earth Plane has problems, has situations which they have to overcome. For pities sake that's why you came to the Earth Plane! You came to the Earth Plane to overcome these problems.

People often might consider that they are going to see a psychologist when they come here to find out why they made the decision but I can assure you the decision was made with your consent. I want you think about that for a second. Every problem that you are encountering you gave your consent prior to entering the Earth Plane. Now you think we all need to go to psychiatrists because why would we elect to have the life that we have, to have the problems that we have, to have the family that we have, to have the relationships that we have or don't have.

All of these to a great extent are physical or environmental problems. And when I say environmental, your family that you're in is part of your environment is it not? I'm not talking about environmental as is referred to on the Earth Plane. Your family is part of your environment. Where you live, what country you live in, is part of your environment. How you progress through the Earth Plane is part of your environment because it is the environment that you have created. You have created an environment around you haven't you?

Now having had that environment created around you, why do you complain, or why do we complain? I've put myself into that because I was in exactly the same situation when I was on the Earth Plane. I considered things should be a lot better than they are or that they were. I thought people should accept things far better than they did. I thought a lot of people were buffoons and I wanted to tell them so. Because I could see things so clearly and when you can see things so clearly you cannot understand why other people can't see it that way.

And therefore if they can't see it as clearly as you and you are obviously correct, they have to be idiots! Well they do, don't they? Because they're not following your thinking. And I want you to think about that for a second. They have an opinion of their own and therefore from their perspective you're the idiot. You see you have to turn your thinking around and the reason why I say that is maybe we are incorrect. Maybe the other person's opinion is the correct one and we are the ones that have to change.

That's rather a large ask isn't it? To accept the fact that we could be wrong. Accept the fact that the decisions we make in our lives could be the incorrect ones. But that's how we learn isn't it. We learn because we realise that the actions whether it be physical, emotional, are incorrect and therefore we have to change them. We have to improve the love that we have. And if we are improving the love that we have it wasn't to the right extent, to the right level beforehand. Otherwise we couldn't improve it could we?

So I don't want you to flog yourself should I say, because of the problems which are inherent in each and every one of our lives. Look at the situations that we have got and say to ourselves "How can I improve them? How can I change them for the better?" And when I say change them for the better I mean "How can I make myself a better person? How can I react to a situation in a more loving or correct way?" One that doesn't cause distress to the other individual but gives them consolation.

Sometimes we have to have the consolation to ourselves, do we not? Sometimes we are the ones who need the kind heart, the kind word and we know when that occurs it lifts our spirit doesn't it? It makes you feel that life is not that bad because somebody cares. And if we can feel that in ourselves surely we can extend that to make other people feel that from our actions and our words. So that we look at the situation and we don't criticise. We accept the fact that other people have a different point of view. I'm not saying that their point of view is correct but it could be that their point of view is correct and yours is wrong. So therefore be open minded. Be open minded to change if it is proved or you can accept or understand that your perception is incorrect.

The challenges that you have in your life, as I said before, have all been preordained. So don't moan about them. Don't go on the "Woe is me" and "Why am I being put into this situation?" You put it in yourself so therefore rather think "I am in this situation. How can I accept it if I cannot change it, or change it if I cannot accept it. And if I can change it, can I change it for the better." Because acceptance of a situation often is as good as overcoming them.

The example that we often use and I know that Judith doesn't mind me using her, is that she has multiple sclerosis. She could go into the doldrums because of what she can't do, or she can accept the fact she has this problem and look at the positive at what she can do. Because if you're looking at the negative of what you can't do, what happens? You get depressed. You feel downhearted. You feel life has cheated you. You have all these negative thoughts going on and what occurs? The situation gets worse. You accept. You look at the positives which can come out of that situation and from that acceptance a happiness and an inner glow will come from it. I'm not saying that it will change the situation but it will change your perception of the situation..

And that's the big problem that we have, our perception of the situation. We can all feel sorry for ourselves. There isn't one of us here who couldn't feel sorry for themselves and go into a state of depression if they so desired. Or they can accept things as they are and look at the positive way of overcoming it or accepting it.

So that's what I want you to do when you go forward in your life. Not just in the next week. Not just in the next month, but for the entirety of your visit to the Earth Plane. And if you can adopt that into your being, into the way you look at life, you will move forward at a greater rate than was ever anticipated on your visit. And then you never know, because you have overcome so much, you might have no need to return to the Earth Plane. And while we're on the Earth Plane I can assure you each and every one of us feels that would be wonderful do we not?

How often have I heard "When I come over to the astral sphere, to the Summerland, I am never going to be stupid enough to come back to the Earth Plane." And yet when you come here you see things in a different way and you beg to come back because you can see the benefit. And then when you come back you wonder why on earth you did it! It's a never-ending circle but it is a circle of a spiral which goes up and providing you are progressing upwards then it is of maximum benefit.

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