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Receiving Communications from Spirit

By Maurice Barbanell 2019

In the Astral Plane and above they talk essentially by "mental telepathy" for want of a better word. Is that the same way that the guides talk to Roy?

In the crudest form yes, but when we have communications we are still using the verbal method. We are not doing the same as a thought transference. We are speaking but we are speaking words into his mind. So therefore he hears me exactly the same way as he would have done if I was talking on a one-to-one basis on the Earth Plane.

With all the different voices does it come through differently?

He would like it to be but at the moment no. At the moment when the different people come through, they announce who they are and therefore that's why he can be definite on who's coming through and that thought is given in the background of the thought of the actual words. So you could say two thoughts are given at the same time. So he then has the capacity to pick up both thoughts simultaneously.

OK. For someone who's new to receiving that information, how do you differentiate between what's a thought and what's a message?

Very difficult until you accept what is coming through as being from spirit. And the easy way of doing it initially is 'that thought wasn't mine.' Because as soon as you start rationalising, which is what you're trying to do, then you put a block on it. So you have to relax. The same situation, and I will give you an example which both Judy and Roy had very recently, we had a visitation from Shanawaha and they had a conversation about your grandmother's guide Tasunka Witco but both of them had a mental block and whenever they tried to think of what his name was they couldn't. Was that not correct?

That's correct yes.

But that's because the name Shanawaha was in your minds and you couldn't get out of your minds. And it wasn't until Roy was doing something totally unconnected and then the words came into his mind. And then he would know that wasn't his consciousness, that was given from spirit. You see it as an understanding of what is coming through. And that is why when he is receiving a lot of information he, likes at this point in time, to verbalise it, because if he verbalises it he's not allowing his subconscious to interfere with it. And Judy will tell you that they often have conversations where he is actually taken out of it. It's his voice that is being used and they are utilising his subconscious and just speaking. But when we are speaking to

him, he is aware that it is not his thoughts and unfortunately, like yourself, he gets his mind thinking about other things and that blocks the information.

And so my advice to you is, let it come. Accept it that it is what you perceive it to be and eventually you will be able to differentiate and you will get the information as your father does, as soon as it comes through, who it is. With a lot of people when I come to speak to him, he is aware of my vibration and therefore he knows that it's me talking. The same thing when Estelle comes through. He knows her vibration, it feels...the vibration is different. When his guide Henry talks to him he doesn't feel a different vibration because they are so connected.

Is a stronger vibration generally someone that you're more familiar with?

Yes.

*Maurice Barbanell
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