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Development of Mediums vary

By Maurice Barbanell 2020

Good afternoon Maurice.

I think Henry (my guide) was very kind to allow that individual to come through. But it is good to have more earthly beings coming through, we then have a little bit of different communications don't we? Because if we keep our communications in the way that our friend came and shared, everybody will think that life over here is boring and the only way we can communicate is delivering higher messages. And a lot of people feel that way you know. We come to sit with spirit and therefore we're going to get higher intelligence. Well I can assure you a lot of people who sit with spirits the people who come through are bloody imbeciles. And contrary to what you are thinking my friend, to be a medium has no connection with how higher or lower vibration the individual is.

We had a long conversation about that.

Yes, I am aware of that, I was there. And it is merely the ability of the people who surround them to utilise them. And a lot of the time the best mediums as you would perceive them on the Earth Plane, are the people who do the work! Strange that isn't it! People who actually spend the time on their craft. And it is a craft. I mean nobody can all be like me and just sit down and go to sleep! I mean nobody can be that lucky can they! Well they can because Roy never really tried very hard, it just happened didn't it?

Yes.

But we won't go into that because that's more an exception rather than the rule. But I can assure you my friend that there is a lot of mediums out there who in the vernacular of the Earth Plane are total arseholes. I've been hanging around with our last visitor too long haven't I! I mean they aren't of the highest vibration, should we put it that way. And that's good because they can get through to the people of similar vibration. Do you understand? So what's the point in having these wonderful teachings because if you deliver them to people who are not ready, people of and I don't like using the term people of lower vibration, it will go straight over their heads.

Well I think they would be bored.

They would be totally bored. Yet if you bring somebody who is of the same ilk as they are, then we are breaking the ground you see. We're doing baby steps. So there are people who we utilise as mediums who I wouldn't cross the road to see and a lot of the people who are like that have a very large three letter word attached to their name (EGO). It is the great 'I am' and yet all the true mediums are modest because they realise that it has nothing to do with them. All you have done as a medium is prepared

yourself, got out of the way and your friends spirit side they do all the work don't they? I mean if Roy was here giving the talk, we'd probably all get bored, wouldn't we? Because he has a limited knowledge and he only has a limited knowledge because of what he has received. I use that as an example, purely as an example. But that is why we utilise people who are of different levels of understanding and even the crass and the people with the hugest egos, we still utilise them because it spreads the seed and then once the seed is spread then we can work on it.

It is the same thing when people are hugely clairvoyant but it was part of their DNA so to speak when they came to the Earth Plane that they be so and therefore they just had to put the switch on for that to occur. Some of us had to work harder at it, had to develop it and it's like everything else unless you actually commit and allow your guides and friends to work on you, it's not going to happen. We not going to give you a cherry if you don't bake the cake because we got nowhere to put the cherry on have we! And it would improbably be glacier cherry for you Judy. Yes you do like the glacier cherries...

Yes I do.

You don't mind the ordinary cherries either do you?

No. we've had some lovely ones.

Yes but the pip is a bit hard! I must admit I have been around occasionally because you have been excelling the virtues of them and coming to either yours or Roy's aura when you're having it and seeing what it's like and it's not bad. You have got the Barbanell tick of approval. I hope you feel privileged in that.

Oh most definitely.

Well I'm going to sit amongst you and allow you to ask me a question.

Now that you've been talking about the development, I think to become not a clairvoyant but a medium as you yourself and Roy and others, it takes a lot of work.

I can assure you it takes a lot more work from our side than it does from your side.

But you still have to contribute.

Oh yes, as an individual you have to do the work.

So you still have to participate and do your share to the best of your ability otherwise you wouldn't be as good.

Well my contribution initially was to go to sleep. What a wonderful contribution!

That was the perfect way of getting you in wasn't it?

No. It was the only way that they could quieten my mind. They needed me to be relaxed. If I was realising what was occurring, I would have stopped it right away. So they had to switch my mind off and put me to sleep.

It was a good job of Silver Birch.

Yes. Big Jump did a good job didn't he? He jumped straight in.

Is meditation still the best way to do that? To quieten the mind?

Meditation is the best way to develop any of your gifts because it is only through

meditation that you quieten your mind. How can you develop when you got 100 and 50,000 things going on in your brain? How can we change the vibration of your being to make the connection? Because you've got all this energy going around and we can't get through. So yes, the only way to development is through meditation.

I've got to just stop falling asleep.

No falling asleep is fine, because if you fall asleep you are truly relaxed and we can continue to work on you while you're asleep. You hadn't thought of it that way, had you?

No.

You thought I have to be conscious.

Unconsciously conscious.

But you are. Once you have put yourself into that state of relaxation, the state of meditation, then we can work on you. We can work on your vibration, work on what we require to do the connection. So don't ever apologise for falling asleep. I have thought about sometimes putting a TV in front of Roy before we sit down here so he would fall asleep.

Yes.

But there again you see we had or I had, I'll rephrase that, a perception of how things should occur because it's the way I did it and obviously the way I did it has to be the correct way doesn't it? Because that's the way you feel. But I couldn't shut this stupid person's mind off! He wouldn't switch off completely. He has the same problem in trying to go to sleep, doesn't he?

Yes he does.

So we had to come up with plan B and this is a Roy plan B, not the overall plan B. And so what we worked on, we said 'Well all right we can take him into light trance fairly easily and he then while he was in that state he's a good lad and does put himself to one side.' So we then slowly deepened the trance until the point is we can get rid of him, or get rid of his subconscious, his thinking.

How do you deepen that?

Come over here and you will find out! How do we deepen it? That is our job not yours. You deepen it when the person is, the medium that you are utilising is relaxed. Because when you're in a state of light trance as a medium you are fully aware of everything that's been said and it is almost as if you're speaking except the words aren't coming from your consciousness they're coming from somebody else's. Do you understand? So to take a person into that and we found out that once we did that then Roy switched off and moved away and therefore we could develop it in that way. It's not the ideal way but it is the way we had to do to do what we want to do. Do you understand?

Yes.

The end result is important.

Exactly. We received or we achieved, I'll rephrase that, we achieved what was required. We just had to go back to the Halls of Learning to find out how to do it because as far as

I was concerned it was an impossible occurrence. I thought how can this man just not go to sleep! What doesn't he realise! Can't his brain get into the relaxed state where he can just...and then I realised...and the sleeping problem is the same, that he has an issue there. So we thought 'Well alright we have an issue, we have a problem, a situation not a problem, so therefore with the situation what we going to do to overcome it?' And therefore we worked out a way and we've overcome it, so therefore it's not a problem.

You really gradually took him further and further.

Yes and now we are...now when we do it, it doesn't take that long. Initially it could take 5, 10 minutes before we had achieved it. Now we can do it within 30 seconds. You see it's just a progression because as soon as somebody's comes through he realises 'Yes all right, I'll move out.' And I thought 'Why didn't you do that in the first place?'

I think relinquishing self completely...

It's very difficult.

That's correct.

Yes I know it's correct dear girl! I've been there, done that, you know!

Maurice Barbanell

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