

## **You can't change what Might Be**

*By Maurice Barbanell 2021*

*At our home circle a speaker had a problem drinking some water as he didn't realise that as I was in deep trance he had to close the opening into my lungs. He had observed that while I was in trance both Maurice and Estelle drank from a glass of water without any problem.*

I don't have a problem with the controlling of the physical body. I can drink and I have no issues! And just to prove it I will have another drink!

It is something. I found it quite interesting actually because it's not something that I had ever considered was an issue because for it to be an issue it has to be something which you perceive yourself doesn't it? Then a situation comes up where you suddenly realise that you don't fully understand the problems which other people are occurring, or are occurring in their life, because it was a normal part of your life isn't it?

And obviously because I was medium on the Earth Plane I understood when we came over here that I had the requirement to control the physical body and therefore you go to people in the Halls of Learning, people who are more knowledgeable in that subject than yourself and you learn. Going back to your question earlier about not being able to ask a question if you don't know what the question is in the first place, you see there you have a unique example. Our last visitor had no perception that to drink some water he needed to control the valve in the throat. Because like breathing it is perceived as normality and when he visits the Earth Plane or the astral sphere and sees people like myself doing it, having a drink, it just happens automatically doesn't it? And therefore it didn't occur to him that there could be a problem.

And really when we look at it that is so true with all our lives isn't it? That we don't really perceive that there are problems out there until we are faced with them. I know our friend Judy considers that the problems that are manifesting themselves at the moment are a little bit unjust. Do you not?

*They're definitely quite daunting.*

Quite disturbing to the mind, this body and the soul aren't they?

*Absolutely yes.*

But when you look at the reality of things as they are at the moment there is no point in getting yourself upset or concerned about what might be, what might be will be, you can't change it. So we better make the best of what there is now and if it does change that would be for the better wouldn't it?

*Well I'd certainly hope so.*

Well if I'm talking about a change obviously I'd be looking at the affirmative rather than the negative. And it's very easy when things are occurring the way they are to get into a state of despair and look at the negative and where's the nearest gun because I want to blow my brains out. Those thoughts have been through your mind I know.

Yes.

Because you thought of various ways and tablets are a bit of a problem because you can't take them.

*Couldn't swallow enough, no.*

Exactly and I mean the idea of choking or drowning was rather a nasty thought wasn't it?

*Definitely.*

So taking up a rifle or a revolver and pulling the trigger seemed a lot better way of doing it didn't it?

*Not really. I'd have to get my hands on one.*

Exactly there is the problem! You have to get it in the first place.

Yes.

And then what would happen with your religious knowledge? You'd have to come back and suffer more! So what a stupid idea it was! We all have a bit that way don't we?

*Yes. They are only fleeting moments when I get depressed.*

Fleeting moments that lasted a few hours!

*Well yes.*

How big a fleet do you want?

*I've already got one child going through that. Please don't do that to me as well (a comment from our daughter).*

Oh yes. It is the cross as they say you are there to bear. Some of the crosses have been self-inflicted and I say that with love, because sometimes at an earlier age a firmer hand might have...I'm not saying it would have...might've changed her mental attitude. But we can all look in retrospect can't we?

*It won't stop her having suicidal thoughts.*

Well it would if she has a change of thought, a change of thinking. We've all had suicidal thoughts at one time or another my friend. Every single one of us. So she's not unique. But I can't see her doing it. You've just got to be there and give her a little bit of support and sometimes a little bit of support is a kick up the bum. Well sometimes that sort of support is good support you know.

*She's getting that.*

Yes but this job which I am sincerely hoping she will close on, will make an enormous difference to her psychological output. It will change the whole way she feels about herself and life. So I am sure that her guide is working 24/7 as you say. And your guide said he had to leave it to her guide because he had his hands full with you! I don't know whether he said that as a plus or a minus but that was a comment that he had made me, not today but in the past. And he advised me that it is his duty to look after your well-being and

sometimes looking after your well-being means that he has to look after your daughter. But he is restricted there because her guide is there and it is her duty and job to do it. So she is quite entitled to go and tell him to take a running jump! “Why would you want to interfere with what I’m doing? Are you saying that I am incapable of doing the job?” You can see where that would lead can’t you? And we’re all a little bit that way aren’t we? We would like to interfere and really when we’re interfering that’s exactly what we’re doing!

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