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How can we Control the Waywardness of our mind

By Maurice Barbanell 2011

Is there a way of trying to control the waywardness of the mind? The thoughts in my mind sort of drift away into areas which I don't want them to be. When I realise it I try and pull myself back from it. I was wondering how do I control it, stop it from just wondering off. It is as if it has a will of its own?

It doesn't do it by itself. There are many ways your mind can wander off what you would call the straight and narrow. It can be because of outside influences within your own existence. Outside influences affect your thinking, affect the way you perceive what is going on in your life, what you would like to do in your life and these influences can affect the control you have with your mind. If you can cut them out then you can be totally in control. Then you have the influence of outside and the influence from outside is both in the material world and in the astral world. There are beings out in the astral world whose sole desire is to create negativity in your thinking. Their sole desire is to drag you down. To put thoughts in your mind to make you do what you know is wrong and they deliberately put those thoughts into your mind. The secret is learning to overcome and blocking them out. Your guides and friends will assist whenever they can, but once the thoughts been put there it's very difficult for us to superimpose another thought, but that's what we try and do. Once this thought of negativity has been placed in your mind your guide will then try and supplement that with a positive thought. Which way you take it, which way you accept, is then up to your free will. Unfortunately sometimes the thought from the misguided soul is a lot stronger and therefore it has more affect upon your being and your thinking.

When you're most vulnerable.

When you're most vulnerable that's when they hit. They don't hit when you are feeling strong because they can't get through, but when you are vulnerable and you are feeling low and weak that's when they attack.

There must be a way of strengthening the ability to have a measure of control.

You can do that. You have the ability to do it. But it is not easy my friend.

I don't find it easy.

But you can, you can overcome. There is nothing which the misguided souls can do to you which you cannot dispose of and dispense from your mind.

I'm going to make an extra effort.

The big thing is, as you've just said, is realising that it's there and then making a physical effort to remove it.

I find that it's when I'm most vulnerable and during this period when my energy gets sapped, it more likely happens.

Believe me you are not Robinson Crusoe. It is the way of humanity. It is the way that it affects each and every one both in the Earth Plane and beyond. Just because we're over here we are not exempt from these attacks.

That is not something you've ever thought of is it?

No. Actually now that you mention it, makes sense.

Because we and I do not wish to sound bigheaded on this, when we go to the lower vibrations of the Summerland, obviously our being is there to help those who have not advanced as high as we and therefore we are going to the lower levels. I am using this purely in diagrammatic explanation, we are going down to the lower levels and because we are there then the people of that level will try and keep you down at that level, but therefore you have to have the ability to block them out. That is why as your friend, our friend, Beloved John, who works tirelessly in the realms of the dark planes cannot be exposed for a prolonged period without being removed to rejuvenate, regenerate and cleanse his being. That is the mistake that we made when we denigrated our being to the level that we did. We were allowed to go out and be exposed for a prolonged period. We were not taken back. We did not go back to get re-cleansed, refocused. This was an error of judgment of the Heavenly Host.

As you have been told, just because you have purified yourself to be reunited with the Great Spirit, the Heavenly Host, that doesn't mean you are devoid of the possibility of denigrating your being to the state it was before. Because if you think about it logically we were all there originally, we all denigrated, therefore we were at the point of purity that we are trying to get back to and we wouldn't have denigrated ourselves if we did not have that spark of negativity in our being. The only difference is now we have the understanding of our imperfections and therefore with that understanding we hope that we will not reduce ourselves as we did. That is the desire anyway.

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