

About the Mind

By Maurice Barbanell 2012

It has been my extreme pleasure and honour to have been the medium whilst I was upon the Earth Plane of the guide you know as Silver Birch.

Something that we keep talking about upon the Earth Plane is that we have a problem with the ego. Don't think that just because you come over here that that problem disappears.

I'm still intrigued to know more of what mind is and for us to return that essence that we are.

Do not concern yourself about what you consider is the separation of your mind and your being. If you consider that your mind is the essence of your being, your conscious, your subconscious is all part of your mind. Your brain is a muscle. The brain is the power house which generates the electrical connections for the physical body. It operates all the physical apparatus should we say that are contained within the body. It does it automatically but that is only one very small essence of your mind. It is the physical essence but the true essence of yourself is your conscious, your subconscious and something which I don't know whether you have been advised is what we call your superconscious.

Your superconscious is the memory of all that has occurred in your life, your previous incarnations, all your previous visits to the Earth Plane and the previous occasions that you occupied a place in the Summerland or the planes beyond. That is contained within your superconscious.

Your subconscious contains the memories of what occurs within your current existence, your current visitation, but within your subconscious is the essence of you as a being. Therefore the love, the nature that you have arrived at, at your point of evolvement (and I will talk about it as evolvement rather than devolvement because we have all devolved to a point and now we are evolving therefore we are going forward). So therefore we won't look back because what is passed is past. We cannot do anything about the past. We can only change the future. This is why my friend and guide Silver Birch will never apologise because you can never apologise for something which is going to happen and something that has happened, there is nothing you can do about it. So what's the point in apologising? All you can do is make sure that you learn from that lesson and go forward from that point. Do you understand?

Yes.

So often people spend so much unnecessary time recriminating themselves about things which have happened in the past. Can you change them? Can your concern and worries do anything about them? The answer to that obviously is no. What you can do is learn from them and then go forward in a manner in which that situation will not occur again. Then you are learning, then you are evolving, then you are purifying. All of that is contained within your subconscious.

Then you have your conscious which is your mind set for the present. The thinking pattern, what you do and what you create and the love and all the rest of the things that happen in the present is in your conscious mind but although they are in your conscious mind what is contained within your subconscious mind influences what you are doing in your conscious mind.

So never look back with regrets. Look back upon your indiscretions and learn from them. Go forward with the understanding of this learning. This is what your subconscious is for. It's like a little nagging mother-in-law. I had one of those you know. A mother-in-law, not necessarily a nagging one, but a mother-in-law and they are there to keep pressing your buttons so to speak, to remind you of what you are not doing correct. That's contained within your subconscious.

If your superconscious was fully revealed whilst you were upon the Earth Plane your journey through the Earth Plane would be superfluous because you would be aware of all the problems which are about you. You would be aware of where you're going, where you have been and what you have to do and therefore what would be the point of revisiting the Earth Plane, revisiting and having the opportunity to overcome the issues which you have placed before yourselves.

Do not think that other people have placed burdens upon you because they haven't. Each and every one of you have stipulated before you arrived what problems would be placed before you to overcome. I have heard the statement on many occasions, ask Judith she does it on a regular basis at the moment, do you not? I have heard you say, "I must have been bloody mad."

Yes.

On many occasions have I not?

Yes you have.

And the answer to that is no you weren't. You knew full well what problems you had to come and therefore if we took them away we would be doing you an injustice.

Yes I understand.

And that is something which is very frequently misunderstood.

Maurice to overcome them does that mean you just have to go through it?

You have to go through it and you have to go through it with love and without recrimination.

OK. Just embrace love through it.

Yes. Because that is what you are here to learn, that even though problems are given to you that you do not look at these problems with recrimination. You look at them as a means of learning and therefore you treat them with love. I'm not saying that at times it is necessary to correct another individual but that correction has to be given with love, without a negative reaction from within.

You know yourself when you recriminate or correct your offspring you do not do it with anger, you do it because of a love which you have within you and you can see their misguided thinking and ways and it is your sole desire to reduce their suffering and their problems is it not?

That's correct.

That is not wrong. What is wrong is when you place your thoughts and you force your thoughts and your will upon another. You should give guidance. You can never ever force your will upon another and then expect it to be the right thing, because if you are having to force your will upon another then you are the one who is diminishing the love. Do you understand?

Yes.

That is something that we all have to learn as we mature. I've heard it said many times upon the Earth Plane that when I was 18 my parents knew nothing. It's incredible by the time I was 25 how much they had learnt. It is merely the maturing and the understanding that the desire was to help and not to hinder.

Now the subconscious, the conscious, the mind, is the essence of your being. I don't know if I can explain it any more. I hope that the explanation has cleared your thinking.

Thank you.

That didn't tell me whether that cleared your thinking or not.

I just have one more question. Where does that mind dwell?

The mind dwells within you – the best way to relay it at the moment, your mind, the essence of your mind resides in your brain because the rest is anatomical. Therefore contained within the brain is the essence of you. The rest is purely physical and anatomical and that statement is true through the various evolvement through the planes.

If you could really see a being who comes from the 6th or 7th planes you would have no recollection, no recognition of that being as an individual in the terms of the physical and astral plane. But that doesn't mean that that being is any lesser a being than you are when you are within the physical body.

It's often been referred to your being as being a state of vibration. The vibration that you have currently is that of a physical body. You conceive that physical body as being solid, but it is not. If you reduce your size to the size of an atom, a neutron, a proton, which are particles of the atom, you will see that your being is full of space. You're in fact not solid at all. It is merely your perception because these atoms have gathered in a certain way that a physical body has been formed. But that doesn't mean to say that that state of being is the only state of being that can occur. That gave you food for thought didn't it?

Yes it does.

So many people upon the Earth Plane consider that the only way that we can survive as a being is in a physical form and therefore when they look out at the stars they look for worlds, planets, which can sustain life in the physical way. All you have to do to sustain life outside the physical being is to remove yourself from it.

Do you think that just because we have removed ourselves from our physical being that we do not survive, we do not live, we do not have a world in which we exist, in which we live, a world which is far more beautiful, far greater, far more the essence of what is to become than that which is contained within the Earth Plane.

What is contained within the Earth Plane is matter. Matter is generated, brought to life, by spirit and therefore spirit when it moves forward continues life in another vibration which cannot be perceived in your physical form because you cannot see it, but just because you cannot see it does not mean it's not there. So often, so many years ago, people considered that the world was flat but that was only because their perception was limited. It is exactly the same within your physical being. Your perception is limited within the confines of your physical. So you remove the physical and your whole vista changes.

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