



InsightsFromSpirit

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On Books and the Need for Rest

By 2012 Maurice Barbanell

I see that you are reading another one of my writings.

Yes I am I didn't realise that we had it.

I wrote a few you know. You don't have to just contain yourself with the one reading of 'This is Spiritualism'. I know it was my essence that I first delivered it but I have actually put pen to paper a little bit more than that.

It is not easy to find.

All you need to do is go on to your computer.

Oh and Google it.

Exactly. Yes. I've heard that before. If you need to find something, you Google it.

That is very popular.

It is but unfortunately, unlike Estelle's book, mine still attract a little bit of royalty, so you cannot download them so to speak, on the net. You have tried that, have you not, looking for books of mine that you can download on the net?

Yes.

You see there are no secrets around here.

So who gets the royalties from your books?

The Psychic Press, or the National Spiritualist Union. Actually I passed the royalties in my will through to the National Spiritualist Union.

They do well.

No they don't sell that many anymore. They sold a lot just after I left and when I was around but they are still trying to promote it. Do you know the Psychic News has temporarily closed down?

No. All together now?

It has come under new management and new press so in essence what was there before has closed. It is just as well because it was going off on to an incorrect tangent shall we say. So many people think that I should get upset about it. Why should I get upset about it? It was important while I was there when I had something to do with it, but when you haven't got anything to do with it, why should you continue to carry the burden? So many people think that do they not? That just because you have created something, that you have to be worried about it for the rest of your existence. My lord! When you consider that I've been to the Earth Plane a few times just imagine if I had to carry on worrying about all the problems and all the things that I have created. It would be a very heavy burden indeed.

It's a strange thing you know, that when you move on, that the matters which you considered so important when you were on the Earth Plane get put into their reality. They're put in their place shall we say and their place is a matter of a lesson, and once you've learnt the lesson, you don't keep your book do you? Well I suppose some of you do. You have hoarders on the Earth Plane. Mind you, you have hoarders over here. Just because you were a hoarder on the Earth Plane don't think that you don't become a hoarder over here. The only difference is we have more room. That is not something that you have actually conceived is it?

No we are wondering what they hoard?

In the less advanced, less purified levels of the Summerland, I was going to say the lower levels but we try to get away from that, there are books, there is everything that you have on the Earth Plane and therefore if you want to hoard something you can. You just have to have a bigger house and that's the advantage you see, you can have a bigger house. Once you become more enlightened you can have as big a house as you want.

But when you get more enlightened you don't want.

Exactly. It's a conundrum shall we say because by the time you become worthy of having the mansion, you realise there's no essence, there's no joy from it, because after all what do you want a home for? You want a home for somewhere to retire to and rest. You want a home so you can converse with your fellow beings, but that's all. So what do you need? One room. You don't need a kitchen. You don't need a toilet. You don't need a bathroom. You don't even need a bedroom although you can have a bedroom. Most people have in their homes two rooms. One where they retire to sleep and the other where they retire to communicate, meditate and share with their loved ones.

So does the need for sleep still exist or rest?

Not sleep in the perception of the Earth Plane but there is need for rest, yes. I cannot talk about the higher planes – there I go again. I cannot talk about the higher planes but I can tell you that whilst you're in the essences of the astral plane, the Summerland, yes it is

required that you rest. You don't have night and day and therefore you don't have the same physical need for rest, but you need astral rest. You need rest of the mind. You need time, you need time out, because you can't keep going and delivering messages, delivering help, or learning. You'd go into overload wouldn't you? There has to be a time when you sit back and you think about all that you've been told. You might do that on the banks of the river. Judith here would do it sitting below a waterfall would you not?

Well not quite below it.

Well I mean alongside it. I meant on the rocks. Don't be so literal girl.

Sorry.

Yes. You to be careful what you say sometimes don't you, people become so literal.

I thought I'd got away from that when Sylvia left the Earth Plane but it's no different. I come here and then I get nagged just the same. Or corrected. That's what she always used to say. I'm not nagging. I'm merely correcting. I'm merely showing you the error of your ways.

Or reminding. It all means the same.

Yes, exactly that's what I was about to say. Yes. It's nagging put in a different form, different phraseology. It's done just to make you feel good and make us feel bad!

Sorry I wouldn't want to do that Maurice.

Well it's alright if you do. I'll just leave. I have that ability now you see. If I disappeared I will make sure that the medium that we're utilising has had the opportunity to come back.

That would be good.

Yes, after all I mean I'm only borrowing the body. It's not mine permanently is it?

You don't really want it do you?

No! I got rid of that long time ago and pleased of it I was as well, to get rid of it that it is. I didn't think so at the time. I was still a bit worried. It just shows you, you know. It doesn't matter how much lessons and teachings you get, when it comes to the point you still question. You think my God I hope what we've been saying is right and I do hope that Silver Birch will be there and I'm sure he will but I do hope he will and it's that doubt, that small doubt which just means that you haven't really got total confidence and we all have that problem to a greater or lesser degree.

*Maurice Barbanell
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