



[www.insightsfromspirit.com](http://www.insightsfromspirit.com)

## **Accept a situation as it is, Not as you would like it to be.**

By Maurice Barbanell 2013

*Before Maurice came to give us this talk we had another visitor who gave us a most uplifting talk.*

Our last visitor is exceptionally gentle. If you only knew how much of a wonderful person he was and is. I say was, it sounds as if he's in the past tense doesn't it? What I mean is he was while he was on the Earth Plane. We obviously have all been on the Earth Plane.

*Some of us many times.*

Indeed. It's a strange statement but all the people who come to our meetings have been on the Earth Plane at least once and I am very careful with that statement, at least once, because there are some who have been amongst you who have only been on the Earth Plane once.

*I think that I've been here a few times....*

Haven't we all. You have had a lot of life in between your visitations, so therefore what you have been before is really immaterial. It is what has made you the person you are today and that is something which is very difficult for a lot of people on the Earth Plane to grasp. They feel that their history of their current visit to the Earth Plane is so important.

I thought it was highly amusing when an individual, whilst you were on the cruise, asked Roy about his guide, "What was he!" And Roy truly could not perceive what they were actually asking because so much importance is placed upon what a person was. And therefore was he a great man? Or was he a great teacher? It's amazing how many people you speak to and when they look into their ancestries they were all princes, or kings, or whatever. There must be an awful lot of royalty going round, that's all I can say.

But it is true is it not? And nobody wants to be just an ordinary person. What was the Nazarene? He was an ordinary carpenter. Nothing outstanding. There was nothing that would make him stand out in a crowd. He was just a normal man but a normal man with a pure heart and the ability to tap in to the higher power and therefore it was within his last three years that the true essence of the being rather than the man came forth, but up until that time he was insignificant in the terms of the Earth Plane.

So don't ever consider that what you are doing is unimportant because we have great plans and I say we, it has been taken out of my hands because we bungled it last time and therefore it's been put into other hands. I say that with all due modesty.

*Well isn't that in the past now?*

It is. Although it is in the past I am now a helper rather than a forward action person shall we say, but that is alright. That is also a lesson for us to learn and it is the nature of that lesson that you accept the fact that another might be more in tune with what is required and therefore you do not get, as the Earth Plane would state, get your knickers in a knot.

*But you're still part of it.*

Yes but you're not necessarily the leading part.

*That's OK.*

Exactly and that is something which the peoples of the Earth Plane would find very difficult to accept would they not?

*Yes, and that is because because they want to be top dog.*

Yes, because if you were second top dog then you are demoted to third or fourth. The individual on the Earth Plane would immediately feel antagonistic. Feel as if they had been thwarted whereas when you truly advance those thoughts do not even enter your conscious. You don't even think about it. You just accept the fact that this is the way that we have to move forward and this is the best way to do it and therefore where can I fit into that equation.

*Accept the situation as it is at the time.*

Exactly, accept it as it is, not as you would like it to be.

*You still contribute. You're still part of the whole.*

Exactly. And that is something you have to impregnate in your brain do you not my friend? Accept it as it is, not as you would like it to be.

*Yes absolutely.*

Because you would like to have full function. You would like to have so much because you feel that you are letting the side down. Is that not correct?

*Yes that's correct.*

It's not necessarily because of, and I say it's not necessarily, I know it isn't because of any self aggrandisement. It is purely because you feel that you're not doing your part.

*Exactly.*

So therefore do not ever feel that way my child. Always remember, you do as much as you can within the limitations that you have.

I used to wear a hair shirt when I was upon the Earth Plane, not this last time but the time before. I used to wear it because I felt that I needed to be punished. It is a state of stupidity to inflict pain and discomfort upon yourself unnecessarily, but at the time I considered it was the right thing to do. I considered that the only way I could cleanse the negativity in

my being was to inflict discomfort upon my personage and accept that discomfort with a smile. I realise now how stupid I was.

*Oh well you learnt from it.*

I didn't learn from it until I left the Earth Plane, so it wasn't any good my learning was it? We need to learn while we're on the Earth Plane.

*We need more guidance I suppose.*

While having the guidance is one thing, accepting it into our being is another and that is the problem that we have is it not? We've all had these wonderful talks but how many of us have truly taken it into our being and I can tell you, none. The reason is because we haven't advanced to the state where we can take it all in, but we have all improved and that is all the Great Spirit asks of us. He doesn't ask an instantaneous purification of your being but he does expect that once you have had the teachings that you will slowly improve the negativity within your being.

*If you are going through a difficult time, is it alright to ask God to help you, to guide you through it?*

It is always right to go straight to the Great Spirit. The Great Spirit, the Great Master, God, call Him what you may. It is irrelevant. It is always better you ask the top man and then the filter process will work and the individual who is best suited to sort out that problem, if the problem can be sorted out, is then placed in action. So often when people get involved with groups such as ours they get very connected with a particular being. Mr Rosen (*the leader of our healing group*) has that problem does he not?

*Yes he does.*

So many people try to connect with him. When our medium's father had the group one of his guides was asked to be connected with so many of the people who were in the group. Unfortunately he could not be all with one or one with all, but the very fact that they called out, a helper could be dispatched and if then if the person who asked wanted to feel that it was the guide whom they called for, well it didn't do any harm did it.

And another problem of the Earth Plane, is that we get possessive. It goes against the teachings does it not?

*How can you own anybody.*

Well the answer to that is no you can't. Nobody can own another individual. All you can do is give out love and if that individual reciprocates, well then the connection is there and therefore the ownership is not a statement which comes into being because there is a connection.

*You should be happy if someone that you have connected with goes and helps others.*

Quite.

I was highly embarrassed at the healing group on Saturday. But did you note that the great man did not give one delivery of negativity to the fact that that state had occurred. He just accepted it with the graciousness of the being that he is.

*Yes.*

And believe me the suffering which he incurred was immense because it is something which was totally devoid of any experience that he had had for a long time. For an explanation to those who were not there, our medium forgot to take his nasal medication until just prior to the healing meeting and as a result the sinuses were activating rather badly and therefore he had a rather severe sneezing attack and required the removal of some mucus from the nasal passage, but the great man did not issue one modicum of negativity to that state did he?

*No he didn't.*

A great lesson can be learnt for all of us from that. He was inflicted with a discomfort and pain which was not of his making and yet he did not retaliate, he did not complain, he just accepted it as part of the negativity of doing what he did. We could all learn from that could we not?

*Yes it's a wonderful example.*

*Maurice Barbanell  
January 2013*