



www.insightsfromspirit.com

Clear the Fog in our Minds to Move Forward

By Maurice Barbanell 2012

Trying to take it all in is not always easy. You want to try and sit in a direct voice circle and have the pleasure of being dressed down in no uncertain terms by our friend. Red Cloud has an ability to be very gentle but at other times to be gently cruel. Whenever he told me off I considered that he was being cruel. I mean after all why would anyone want to nullify what I was doing even though at times I did go off the straight and narrow psychologically, not physically. We all have that problem you know. We get to the point where all the people around are giving you adulations and you suddenly think that it's me that they are really putting on a pedestal rather than the guides that are coming through. That is why going to the lessons with Red Cloud was very good because he didn't allow you to expand your ego any further than it was necessary. I don't know why he did that because Swaff did a perfectly good job while I was on the Earth Plane anyway.

You do make life a bit awkward you know.

We do? One of us or all of us in general?

All of you. Yes. I have had a suggestion and I'm contemplating it. The suggestion came from young Roy (*our medium*). We do communicate occasionally now you know. Not as often as he does with Henry but I will permit that because after all Henry is his designated guide so therefore I suppose at times I have to take second fiddle to that. But I do quite enjoy the communication you know. It's a funny thing that. You'd think that we have more than ample people over here to communicate with and yet we enjoy communicating with somebody in the physical sphere, which is a lower form way of communicating but we get a kind of buzz when we can actually get through. You get through the fog. You may talk about getting through the fog You haven't cleared it yet. Yours is a smog, not a fog. It is just so thick. I mean if you were in London in a thick smog you would know what I'm talking about.

Yes I have and sometimes you couldn't see your hand in front of you.

Well it's sometimes just as well because it was pretty filthy and it was blimin' cold. Actually it wasn't normally cold, it was wet.

Wet and horrible.

People don't think about that when it's foggy. All it is in essence is an intensity of the humidity, the cloud and therefore it's really a dense cloud which is lowered down to the level of the ground rather than being where it should be which is several miles up in the sky and yet people think of fog, smog as being a gaseous thing where in fact it's very wet.

It is the molecules of water.

It is the molecules of water as you quite correctly say and these molecules get impregnated with the filth and the dirt that's around and that is what creates the smog.

It's the same thing with people's minds you know. You have a clarity, but then you have a cloud go by and then you have all these negative vibrations and thoughts go into it and the cloud then becomes heavy with all the negativity and then you can't see through. You can't really see the truth because you're clouded by all these thoughts and vibrations that other people have put in there. What we want and try and do is clear it away so that the information that we give out is in bright sunshine and if it is in bright sunshine you need to then take it into your being and live by it.

We were deeply touched (*to a member of our group*) by the realisation that we hadn't considered ourselves until you had mentioned it. Yes your guide would have known that your way of thinking has changed since your communications with us and this is good. This after all is what we are trying to achieve. Not to give you pleasantries, pleasant talks, pleasant communication, although we do always hope that it is pleasant, but to give you communications in such a way that you find it within yourself to change your thinking and change the way you behave and react to your fellow beings and if we can do that we have exceeded our task. We have exceeded our charter.

People, and I was no different, when you are on the Earth Plane consider that you need to change the world and the truth is you don't. You need to change the part of the world which you can and if you change that part it has a multiplying effect and the 1, 2, 3 people that you change will equally change 1, 2 and 3 people each. They will equally change 1, 2 and you can see it expands like the inverted pyramid and eventually in a matter of 50 incarnations the whole world's changed because it's spread and we are not in any hurry. After all how long do you think from conception to the current time, and I'm only referring to the Earth Plane, how long do you think it's taken? Hundreds and hundreds and millions of millions of your years.

So therefore why do we always keep putting this barrier and feel that we've failed because we haven't changed the world and I'm as guilty as anybody. I wanted to get up there and change everybody, convert everybody, because I could see and it's very difficult when you can see. You want everybody else to see and it's so obvious, why can't they see and that's the problem. They can't. They have blinkers. They are still living in the smog. We have to be the clearer of the smog and even if we can only clear it to a light mist we have succeeded far in excess of any expectation. So don't ever put expectations ahead of what you consider our journey ahead is to be, because as soon as you put expectations there you will create a problem and the problem is of your making and you will not be in a position to communicate in the correct way with those who come to greet you.

*Maurice Barbanell
March 2012*