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How we Look at Negativity in Our Lives

By 2013 Maurice Barbanell

We all need a little bit of a wake-up call at times. We all get riddled with a few doubts do we not? We get tied up with our own mundane problems and in reality when you look at the big picture, they are not as important as we considered they are at the time. I'm not saying that at the time we do not think that they have mammoth importance but when we look at it in retrospect 2, 3, 4 years down the line, we realise how much importance we placed on things which were so important at the time and yet in 4, 5 years' time their significance fades away does it not? Fades away because we have other problems that come forth. That is the nature of the Earth Plane. We turn over one set of troubles only to find another set but they're only really problems if we make them that. How often have I heard it said that I was really stressing over this or that. Then I removed myself, I had a holiday, I went on to a different direction and I put my problems into perspective. I saw them clearer. I have heard it many times have we not Judith that when you come back from holiday, the problems and the issues are still there but you are more able to cope with them, to see them clearer.

Yes it's very true Maurice.

And we need to do that in our lives do we not? See things with the clarity of a clear mind because that's what happens when you go on holiday. The problems that were around you prior to your leaving are removed. They are removed from your mind and then when you come back you can see the solution so much clearer can you not? You have to step away from the problem because if you are involved in the problem as the old adage says you cannot see the woods for the trees. It seemed such a fog does it not? You can't see clearly. Need to get one of those big bulldozers in Judith. They do that in Tasmania. I went back and looked at one of your holiday outings where they did the clear felling of the mountains. That's what we need to do with our mind. We need to wipe it clean. Get rid of all the things that aren't important.

It's a little bit more difficult and therefore I have no problem in dealing with it myself.

It's wonderful when you meet people who have a passion isn't it? You can't help but get caught up in their enthusiasm. Sometimes their enthusiasm is misguided but we still get caught up with it don't we? And then sometimes we have to think, well am I just getting caught up with it because it was a momentary adrenaline rush because

that's what they do in a lot of the seminars that you go to. They built up this adrenaline rush but it's very short lived and how often have you been to a seminar Judith where you have been infused and then three months later you think have I actually adopted anything.

Very true.

And that's what we don't want to happen. We want to have the infusing of love and determination to be instilled into each and every one of us so that we can go forward and never be afraid because we have a conviction within ourselves and if you have a conviction within yourself it doesn't matter what other people say. They can tell you that you are the biggest charlatan that ever walked the earth and it would be like water off a duck's back because you don't take it to heart. And that's a lot of problem that we have isn't it? We take the negativity of others to heart. We feed off their negativity instead of allowing the love that we have within our being to be the dominant force because if you treat any argument with love as a response, they might bluster, they might shout, because that's the only way that they can get their position over. They might feel the necessity to strike a blow and why do they feel this necessity? It's because all rational argument has dissipated and they cannot respond in a logical way and therefore they retaliate in the only way that they consider that they can feel superior.

So do not condemn them, feel sorry for them, give out love. I have seen it so often when the news comes on and you hear of a Moslem uprising – I just use that as an example obviously because it's fairly topical at the moment – and a negativity festers in our being doesn't it? We feel that we wish to retaliate. We want to respond in like kind. What's that saying in reality? That they are wrong? Of course they are wrong! But you have just lowered yourself to their level. So don't allow that to happen.

My friend who was with us earlier never allowed the negativity of others ever to take away from his sense of purpose. He knew what he had to do and therefore you could call him all the names in the world, throw stones, hit him with a stick. It mattered not because the firmness that he had, the fire which engendered within his being was strong enough to eliminate any thought of negative response and that's what we want to do to each and every one of us. We want to have the thought so firmly within our being that we need to deliver all our actions with as much love as we can. And do not misunderstand that statement. To deliver something in love doesn't mean that you have to be a lapdog. It doesn't mean you have to accept the negativity of all those around. You can respond but respond without any negativity within yourself. If they are being a bloody idiot, tell them they are being a bloody idiot but don't allow the negativity to fester in you. You are merely saying words. You are trying to direct their thinking with honesty within your being and sometimes people require a divine kick up the you know where, because that's what is required but providing it is done with love in your heart, it is not wrong.

When a child reaches up to put her or his hand on a hot saucepan or hotplate you take it away and you smack it and you don't do that because you have any negativity in your thinking. You do it out of love because you know that with that response the child will think twice before doing it again and therefore your actions, although they could be perceived as wrong, they were done with love in your heart and therefore they were positive. Do you understand? You can raise your voice in a positive way. Do you understand?

Yes.

It doesn't mean to say that it is wrong. So many people when they get involved in the Spiritualist teachings think that they have to be a metaphorical recluse. They are not allowed to contradict people. They are not allowed to question or put them down. What a lot of – excuse me I was just about to do a blasphemous statement so I do apologise – but it is a lot of rot is it not? Providing your motive is based on love then the response is acceptable. It is only not acceptable when the response is generated by a feeling of vengeance, a feeling of anger, a feeling that you wish to chastise or bring the other person down, chastise for a negative effect. You can chastise in love and the apparent effect will be negative but if it's for a greater good then it is not wrong. So don't think just because you are going to be involved in the Spiritual teachings that you cannot question or stand up for yourselves. You have to be firm in your thinking and if you're firm in your thinking you're going to ruffle a few feathers.

Do not ever consider the import of a person by his title. Titles after all are manmade. Who was the Nazarene? He was a carpenter's son. He was a carpenter by trade and yet 2,000 years later he is held up with the highest esteem by many millions. So it doesn't matter who or what you are. It's how you behave which is important. How you think which is important. How you treat your fellow man which is important.

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