

## 008 Understanding Vibration and Energy

Dr. Carlos Blair

And I say good evening to you one and all. Well it is indeed a pleasure for me to have the opportunity of once again manifesting in this manner. And as I come forth this evening I hope in some small way we might bring some enlightenment and upliftment to each of you so that in your own manner, you might go forth to find that greater a-one-ness and peace, that peace that is spoken of as the peace on earth and goodwill to all of mankind.

I'm Dr. Carlos Blair and I most especially wish to welcome all of those who might be here for the first time. And as you've probably recognized I'm just a little bit English, but I hope you won't hold that too much against me.

I know that David has already somewhat anticipated what I might speak upon because I would say, yes indeed you're correct, in that I'm working towards re-doing the various lessons that have been done previously that inadvertently were destroyed in the process of taping.

And this evening I've chosen to speak upon a subject which I think would be a nice carry through, as it were, from the first half of the class and that is since all of you who are already somewhat aware at least, of the area of vibrations as well as energies. And I will speak on that subject because I find that it's an area that is of very great basics but still very much misunderstood by most in the physical body.

First of all, scientifically speaking, as it were, all materials, whether it be flesh, whether it be of wood or minerals or whatever form it's in, is and does have an individual vibratory level. It is the rate at which the vibrations are moving in conjunction with the molecular structure of that object that causes it to be what it is. It is not at all unlike that when you change the form, whether it be water that you change into ice, as it were, or into what you know as steam. It is done by the process of changing the vibratory levels of the molecular structure of it. And all of mankind whether it be flesh or whether it be of the things around a man, does indeed have its individual vibratory level.

And I would like to speak first of all on the area of vibration because, as I say, it is so often misunderstood. I'm happy to say however in the past few years, as it were, in your scientific realms, science has indeed become more involved with the realities of vibration than previously. There was a time, as an example, when man was thought to be not at all sane when they thought of voice traveling, as it were, over the little wires what you call the tele, you see. And that is through a vibratory level that that comes about, much the same as electricity and many of the other things that man has brought into being.

Now I wish to speak so that I might be understood, rather than misunderstood, about the simplicity of vibration. Too often time's man in a physical body thinks of the vibratory changes between himself, as it were, and those of us in the spirit world as being a great margin or a great distance of change, and that is not true. It is very minute and very minor in reality and that is why it is possible for communications such as this to take place. It is a process whereby the medium, whether it be my medium or another individual as a medium, has the ability, as it were, to raise the vibratory levels to where they can coincide with the vibratory levels of those of us in the spirit world and to, in other words, make the connection, as it were. You know it's like you have to have them the same or they don't match up. As I have spoken

previously, it would not be at all unlike the radio that you know. If you had it on that doesn't necessarily mean you're going to hear what is there. But it's still there you're just not hearing it because you haven't tuned to the proper frequency, as it were. But when you do tune to that proper frequency then you become aware through your own normal senses that indeed it is there. That does not mean that it's not there when you're not tuned into it. The same is true with those of us in spirit. We do make the passing and, at that time, change our form from that of the physical body to that of the spiritual which is indeed of a different vibratory level. So that in simplicity is exactly the process that is utilized in manifestations such as this.

It might be well also for you to contemplate for a moment, the vibratory levels that you're familiar with and that is as the medium had spoken earlier in the evening pertaining to people being at different levels and rates of vibration. Each of you in the physical body many times on a daily basis will change your vibratory level slightly. That is what causes what man's come to know as depression or inspiration. That is what happens when the old boy gets in the pulpit, as it were, and gets a little bit fired up and inspired and he's working from a little higher level of vibration than normal. But also if you were to see him extremely depressed, which is rather rare, you would find again that the vibratory level you would be sensitive to realize that it would be of a lower nature.

It is like those of you who are combined into one through the bonds of matrimony. You walk into the home before anything is even verbalized between you, the other individual almost knows that that one has had a good day or a bad day without anything being said because you are indeed sensitive to the vibratory levels of that individual.

It is much the same with that of those who are indeed finding themselves in a situation that they're not comfortable in. It's because your vibratory sensor, so to speak, tells you that the level there is contrary to what you enjoy or the rate at which you're vibrating at that time.

Vibration cannot take place without putting forth energy. When energy is expelled, it is brought about through the vibration. As an example when this little class was to get into a solitary contemplation of thought with the Lord's Prayer, then you have a vibration of the overall group and a change of vibration. If it were that you would get into anger you would find a different vibratory level, here in the entire room as it were.

By the same token when you sing as it were, you find yourself reaching another or a different, yet, vibratory level. Each of these do put out energy, not only that can indeed be measured, but also that man just with his own levels of sensitivity can, indeed, sense, as it were.

Vibration changes have more to do with the situations that are taking place in your world today than most any other single thing. It is part of nature, as well. When you have storms, as it were, you have a vibratory change in the atmosphere that man is affected by. For some it might be upliftment, while to another it might be times of gloom, or as it were, depression, because no two individuals react in the same exact manner to the same vibratory levels.

Another very simple example of the expansion of your own levels would be that which you know as the whistle that they have made for the purpose of calling dogs, that man cannot hear, because the frequency, the vibratory level of it is above man's normal hearing capacity with his normal hearing sense. However if man were to raise his vibratory level then he, in turn, could indeed hear that whistle the same as the animal does. My medium, as an example, can hear that whistle and it is one of the means by which he previously been tested.

You see, vibrations play a much more important role in each of your lives, than you previous to now have probably contemplated or had awareness of. Your happiness brings a vibration, it brings with it energy changes, upliftments, excitement. Depression is of the negative, it's a lowering of the vibratory levels and of course the purpose that I've spoken of so many times of setting aside time each day for meditation and prayer, to find a greater a-one-ness with your God, is for the purpose of raising and uplifting the vibratory levels. This is exactly what transpired when Jesus the Christ was on the Mountain of Transfiguration. His appearance, the change in his appearance came about because of his ability to change his own vibratory rate of his physical body. That is not the only example, there are many, many that you would find in your scriptures or that which you call your Bible.

All of the times of his appearance after the resurrection was he utilizing the energies, as it were, in both the physical levels as well as in spirit, to manifest himself in what you in modern language would call through the utilization of materialization, not etherialization, because that again is of a different vibratory level, and when Thomas thrust his hand into the wound of the side he found that it was indeed solid. That would indicate in itself that it was what you know to be as materialization. If it were merely that of etherialization it would have been possible to have seen but not to have felt, as it were, through the sense of touch. Again, the difference being that of a vibratory level change.

It is easy for man in a physical body to very quickly overlook the importance that he plays in others lives through his rate of vibration. That's why you feel love, one to the other. That's why you feel excitement, upliftment, depression, anger, and all the other variations of the emotions, is because it is through the changing of the vibratory levels. These, as I say, do bring about a change in the energy that's being brought forth, therefore it can and has indeed scientifically now in your world been very carefully measured, and I'm here to tell you that in the coming few years the strides that'll be made in this area will surpass all of man's understanding at this moment in time. It is like the process by which science has come forth to photograph, as it were, the energy fields not only around physical beings but also physical objects and material objects. All have that energy and the vibratory rate.

Now I don't wish to belabor the subject at all. I think I've tried to, as best I could, bring it into a level of simplicity that would not be difficult for all to understand. And so now I believe I will open it to questions, as it were, pertaining to the subject on which I have spoken.

Question: I understand if you do not eat red meat, that raises your vibratory level?

Dr. Blair: The not eating of it will of course, because the blood meats, as it were, does indeed lower it to more of the animal levels. And yes, it is desirous if you're working toward your own personal development and attaining a higher vibratory level, of course it would behoove you not to utilize the red blood meats. That is true.

Question: Is there any way of knowing whether you're approaching any level or not? As far as say making contact with your guides?

Dr. Blair: Well, most definitely. With the old boy he isn't a bit doubtful when especially if he is contacted by Rolling Stone. Because his vibratory level is enough, well it's kinda like somebody sticking a stick of dynamite in your pocket, you see. He lets his whereabouts be well known. But to put it in a simpler term by all means you do become aware of a higher rate

of vibration as it raises on a gradual basis, your awareness of it will also increase. Yes. And that again is another reason for the purpose of your meditations and prayer times.

Question: I want you to explain what happens to the vibratory rate when you go into meditation, especially when going forward or backward in what people call time?

Dr. Blair: All right I'll be glad to do that. Again you are indeed in both instances still encountering the same thing. You are raising your vibratory levels to a higher level which allows you to remove yourself somewhat from the physical body and get into what is commonly referred to as that of being astral, as it were, and then once that is accomplished you can go in either direction by just choice. Yes.

Question: Is that also vibration\_\_\_\_\_?

Dr. Blair: Yes the vibratory levels do rise yes. As my medium gets out of the body there's a period in which the body, heart rate, his blood pressure, all the measurable temperatures and all, rise, at the first sign of his releasing himself. But then shortly after he has released himself, such as he was being monitored now, you would find that his heart rate is much lower than when he's in the physical body, his temperature does drop and also his respiratory levels drop. All things calm down somewhat, you see. Because he's not putting the strain upon the heart and nervous system of his own physical body, as it were. And before I get into the other questions...

David, there are two involved there, what should I say, the takee and the rightor, you might call her. Yes, but there's two involved. It is indeed a woman, and it will be taken care of, yes, very quickly in fact. Now didn't want to not take care of that because I knew it was important.

Question: You're laying on a bed like and you feel like you're floating up and down on the bed, is that a change of vibration?

Dr. Blair: Yes it is.

Question: I had the feeling like I was laying on the bed with my back touching the bed and I turned over like a somersault.

Dr. Blair: Well what is happening there is you are changing the rate of vibration which must come about in order for you to experience what is known as an out of body experience, as it were, and even though you're not out of body entirely, you are removing self to the extent that you have awareness of lightness in body and yes, that is the beginnings of the vibratory change. Yes it is. Many of you, as you know, my medium has been sitting in this manner for some thirty years but there were many years in the beginning when he had great difficulty in releasing himself and allowing us to utilize the body in this manner. It used to take what you know in terms of time in your world, as much sometimes as 15 minutes, as it were, for him to let go and get out and allow us to get in. And vice versa when it was over. And he used to cough and gag and, my goodness, you thought he was about ready to make the transition himself. Yes. But it was because he was not used to the change in the vibratory levels.

Question: Is it possible, theoretically, for any of us here or whatever to sensitize our self so that we could become receptive to your presence.

Dr. Blair: Yes, by all means, and again that would be the primary purpose, or the primary means for that to come about would be that of meditation, as it were, and prayer thought. Yes.

Question: Prayer has a physical effect, I don't want to use the word physical but it has a radiation?

Dr. Blair: Yes there is energy involved in prayer. And you might want to read a very interesting book I believe that my medium, you might ask him about it, because I've kind a looked over his shoulder somewhat, and there is a book that he has, I believe it's something like, 'The effects prayer on plants.' Yes. There's some very interesting scientific work that's being done in that area. Yes, by all means.

As each of you attain a little greater a-one-ness in your vibratory levels with the God-head as it were, then of course you become aware of that vibratory change, yes.

Question: Would vibrations...we've become such a wordy communicating species, for lack of a better way of phrasing it, is there some words or simplification we can use when we're talking to our-selves for better inner vibrations?

Dr. Blair: One moment I'm trying to keep the old boy from losing his choppers. I thought he was going to sneeze and that would be terrible, yes.

Now, I'm sorry would you repeat the question please?

Question: Certainly. Admitting that words create vibrations that are being sent out in the air, I would assume that they also create an inner vibration in the person themselves and that vibration must have some effect on subconscious, whatever. Is there a simpler terminology we can get back to using to communicate with ourselves that would create more favorable vibrations?

Dr. Blair: By all means. First of all, speak to God from your heart in simplicity, as it were, and not, you know he doesn't get too impressed, I don't believe, so you don't have to verbalize in great vocabulary. But speak simply from the heart and what you're saying is definitely true. You see if you shout in anger, you most definitely put that vibratory level into the etheric, as it were, and then you're going to respond accordingly to it, but by the same token if you become very prayerful in your attitude and in your speech, as it were, then you're going to also put that energy and that rate of vibration into the etheric, and you're going to respond accordingly. Yes.

Question: Would chanting of mantras be considered...

Dr. Blair: Most definitely, yes, prayer, chanting mantras, but most of all, that of quiet inner searching through what you know as prayer and meditation. Yes.

That is why Jesus the Christ, as it were, on many occasions through-out his ministry, found it necessary to go off to be by himself for the purpose of attuning his own a-one-ness with his God. Yes.

Now I believe you have another question there Paul.

Question: When some people experience a great emotional trauma, a sickness or an illness, sometimes they have a flash of illumination. Is that because of the vibratory rate?

Dr. Blair: Yes, by all means, yes, Robert last evening, I guess you might say, this day, it was rather late as it were, found himself being very highly vibratory, as such, while working with a young child, as in the capacity of allowing himself to be the channel for healing. And you could not do that without his physical body being fully aware of the drain of energy that was put forth in the process. And then, of course, being extremely, as it were, tired when he got to his home, he then of course, he would lie there and look at the ceiling, as it were, you know. He's a little bit wired, as you might call it. Yes.

You see a good example of that, is this day Robert, my medium, had very little rest, as it were, last evening and he has had, by far, more than normal strenuous activity for himself this day. So the physical body itself was low in energy as well as the vibratory level had lowered, and prior to the time of his coming into the church, as it were, for the sermon, then he indeed sat down in meditation and asked God almighty, as it were, for the energy, the inspiration, the upliftment in order to fulfill the purpose that he was here to do, and of course came forth to do just that. He was glad to get out of the body and let me have it 'cause he's resting pretty good right now. And still when I'm finished with it and give it back to him, he goes home, he'll probably not be able to sleep for awhile because his vibratory level is too high, so it has to come down to a normal state for sleep. Yes.

And do we have other questions pertaining to the subject at all? David what time is it now? The Rock is a little bit nervous, he says it's getting close. Yes, we'll allow for more questions. Yes.

Question: You speak of timelessness...

Dr. Blair: In spirit yes, but my medium, he is very timely. He allows me-if I should go beyond the time that he and I agreed upon and I misuse the privilege of utilizing his body in this manner, then by his free will of choice he would just say "Well I'm not doing it any-more."

Question: What I was going to ask is that you are very much aware of time.

Dr. Blair: Well I must be while I am utilizing the body. Yes. That is like you being in a foreign country, you certainly want to be aware of their customs there. You see, even though it may not coincide with your own understanding.

Question: But being on the other side of the veil is in addition too-in other words you don't forget the time sense, but you add to it, other dimensions.

Dr. Blair: Well we don't have it at all over here. But when I'm dealing in a space that involves what man knows as a time frame, then of course, I have to recognize it and abide by it. Yes.

Question: But are there not sequences of events?

Dr. Blair: In spirit?

Response: Yes.

Dr. Blair: Well eternity is forever is it not? Yes, there is not time as you know it to be, and I have endeavored previously and too effectively I'm afraid, to try to explain what it is like to not

be in connection with what you know as time. Yes. It's very difficult, it's beyond man's comprehension in reality, yes. But it is indeed an excellent question.

Now I'm going to just break it off here for a moment because I don't, by anyway or means, wish to slight anyone and, of course, I know that Ginger has had some questions there for me that I would certainly want to contemplate and be receptive too.

You have carried them through pretty well so I'll just give you the opportunity.

Response: No that's all right I can't think of any, really.

Dr. Blair: I'm teasing you somewhat you realize? I'm doing that because she has-well I won't get into that.

Response: Go ahead.

Dr. Blair: She's been giving the medium what you would refer to as a rather difficult time, as it were, since the last week because he didn't allow enough time and so therefore she could not ask her questions, you see? So I just thought I'd be nice and kind and thoughtful and allow for it here before we ran out of time. Yes. Now if we have other questions, I'll certainly entertain them at this time.

Question: I would like to have some information on dream analysis and what importance you give to dream analysis. Also I would like to know the source of your dreams. Does that come directly from your\_\_\_\_\_?

Dr. Blair: My dreams or yours?

Response: My dreams.

Dr. Blair: I'm teasing you a little of course. I know what you're saying. Yes. Well, first of all, it would take a great indepthness and time to properly answer the questions in the fullness that they deserve. But I can, I believe in a thumbnail sketch here, just say, yes not to all dreams but to many dreams there is great validity because many times man is indeed not in, what he refers to a true dream state, but rather in an out-of-body state where he is projecting himself forward and he is encountering, in reality, in advance of that which is going to happen much as it was with the visions that are spoken of in the Bible, such as that with Joseph and taking onto himself Mary for a wife, and the taking of her and the child out of the country and various forms of instruction that have come about in that manner. Yes. And it, most inventors, what you call inventors are receiving their instruction primarily in what they would consider a dream state, you see. If you were to read upon the history of the one you call Edison, I believe it is, that brought into being what you know as the light bulb. You will find in reading of this one that he worked very arduously for many years with the concept to no avail and then he said, "And then one day I lie down and in a dream I saw it clearly, got up and promptly invented the light bulb", you see. Yes. There is certain validity.

Question: Do these dreams come from your guides or your teachers or do they come from\_\_\_\_\_?

Dr. Blair: No not at all. It comes from your levels of astral projection as you might call it.

Question: Would that be your soul self?

Dr. Blair: Well, I can see that I might get a discussion started here that would take another week. So I best not stay on the subject beyond what I should. Because, as I say, to give it

proper time would indeed require the better part of what we refer to as one of the periods, yes. But I would be glad to address that one of these days soon.

Now I believe that I might surprise the old boy and get him back into the body on time for a change, you see. He won't know how to act to that. And before I do though, I do wish to again express those of us in spirit's gratitude to those of you in the physical body for all that you're helping to bring into manifestation, not only here with this little church, but more importantly into your own lives and lives of those people that you come in contact with on a day to day basis.

It is indeed a pleasure for me to have this opportunity and as I leave I ask only that God pour forth his richest of all blessings upon each and every one of you. And may you ever walk in his light and know his love. But most of all may you be filled with his peace. God bless you one and all.