

009 Your Interrelated Health  
Dr. Carlos Blair

And I say good evening to you one and all. Well it is indeed a pleasure to have this opportunity once again of piercing the veil between the two worlds to bring forth some understanding that might help each of you to reach and find that greater a-one-ness.

And first of all I'm Dr. Carlos Blair and as you've probably realized I'm a little bit English, and I might say welcome to all of you and most especially to those who've not had the opportunity previous to now.

First of all I have a little bit of work there that I have Dr. Lang over there taking care of, and it seems like the young lady the medium of Jackie, as it were, is been somewhat in a little bit of a trance state here, and Dr. Lang is working with her to release that and it's just to bring additional rest to the physical body so I don't want you to have concern dear, do you understand? (no) That she is all right. They've just kind of removed her slightly there for a short while to give the body time to recuperate as it's needed. And she'll be all right when the circle is completed. (thank you).

And now I first of all want to take this opportunity to once again thank the Rev. Stanley, as it were, for the beautiful work he has done on my behalf, that of my portrait as I have said to him before, it's better than what they did when I was in the physical body and that's going a little.

First of all I want to speak this evening on a subject that I feel is very much needed at this time and I'm going to digress somewhat from the previous patterns because of the time that I will not speak on the subject upon which I have spoken on previously.

It seems as though this evening I would like to speak of one that kind of fits in between. First of all I have spoken previously on vibrations and how they affect your over-all being. Also previous to now I've had the occasion of speaking on health, as it were, and that thoughts are things. This evening I would like to rather speak on the subject pertaining to your own spiritual health, emotional health and mental health, because all three are directly tied one to the other.

In doing so, I must reach in both directions and also speak a little bit of the effects of vibrations, as well as reaching in the other direction pertaining to thoughts. I want to do so without reiterating that which I have brought previous to now.

But man has been placed into a physical body that has been associated with emotions, with nerves, with the brain, as it were, and all of these are interconnected. It's somewhat like a machine that has the various components within it, and it has the various links being made from one to the other. And if any of those are in any way interrupted, then of course there will be a malfunction. I'd like to speak of the malfunctions that man brings upon himself through the concepts of his thoughts, as well as his eating habits, as well as the vibrations that he puts himself in. This is what brings about more illness in a physical body than any other single thing. And first of all let's take, and to consider the emotions of people, those of you in physical bodies.

If your thoughts produce a certain emotion, that of hatred, that of anger, that of fear, anything of a negative nature, then the body responds by releasing through the glandular

system, various portions of adrenaline and of other acids of various things which are dumped into the system. And then the physical portion of man has to compensate for it. And many times you will find that those who are suffering, as it were, from physical problems, in reality are not at all suffering from physical problems. That is the symptom of what the problem is. The underlying disease of the problem, in reality, many times is that of thoughts, mental or emotional, problems. Man creates within his own body the changes that take place in his body chemistry that either brings forth good health or brings forth upset-ment or deterioration to the system.

If you find one who is prone to be carrying within themselves thoughts of remorse, thoughts of anger, thoughts of hurt, thoughts of resentment, or any of any negative nature, you invariably after a short while will see this person manifesting that in their attitudes towards others. They'll manifest the same thing in their own physical reactions. Many times the body will respond by a malfunction of one of the minor or major components of the body, because it has been given a foreign substance to try to utilize whether it be the acidity that is dumped into the stomach and the intestinal tract, or possibly its stimulation to the nervous system. It may evolve in several ways. Sometimes it might bring about what man knows to be as internalizing to the extent of that of a nervous breakdown. It is a matter though of getting to the problem rather than the symptom to the problem. When man finds himself consistently plagued with what you know as headaches, as it were, in most instances the headache is not the problem. It is merely the symptom or the reaction of the physical body to the chemistry imbalance that's taking place. And for man to correct the problem is to look within himself and find through soul searching, as it were, and identify the true problem. And only in identifying of the true problem can it be removed.

Now the process of removal may come about in several different ways. It may be helpful, as it were, to adjust diet. That if man is operating in a very high vibratory lever which is that of, let's say, almost too much energy, very nervous, what you might call skittish, for the lack of a better word. Then of course it would be well to not take within the body those things which create that type of reaction, such as that of the heavy blood meats, as I have spoken on previous.

By the same thought if man is finding no energy, that his vibratory levels are at very low level at all times then it only makes good sense, as it were, to take within the body those things which are going to stimulate the adrenaline glands and the other glands which will bring forth energy. And that can be done, not only through diet, but it also can be done through exercise of the proper nature. It can also be done with meditation and working with the thoughts of the individual. And when you find the one who is in your world at this time who is referred to as therapist, as it were. In reality that is their primary job, is to allow that person to get more in tune with themselves and to realize what really makes them tick, what makes them feel good, what makes them feel bad, what gives them good health and bad health, what uplifts them, what puts them down.

Thereby man can learn to control not only his nervous system, but his emotions which are triggered by the nervous system and through that, also control his own physical well being. Most of the problems that you will encounter while in a physical body are not such as the one I just encountered. (he sneezed a few times) That is keeping the old boy from losing his choppers. But instead it will be that which comes about from your own emotional

upheavals and that in turn will work directly on the nervous system which in turn will also be internalized and work upon the glandular system, which reaches to the physical well being of the individual.

So to have good physical health one must first of all learn to have good mental health. One must also learn to control and have good emotional health and in doing that, then the physical itself will indeed be taken care of.

Now when man has brought forth enough negativity into his body and internalized it for a long enough period of time that it has indeed impaired or caused permanent damage, as it were, to some organ or portion of the physical, then of course, it necessitates that of having what you recognize as modern medical attention and technique in order to correct it. But the majority of you in a physical body have the awareness long in advance of the time, that the problem becomes that serious, to where if you look within and you find the true underlying cause, as it were, and work with that in prayer thought, through proper diet, through proper exercise, through proper breathing, and through meditation, most of the physical situations you encounter, you will find can be very easily remedied and corrected. Now sometimes God and the body has to have a little additional help from man because the body may be malfunctioning in some manner that it is not putting forth the proper secretions from such as the thyroid or one of the others and then it's necessary for, medically, for that area to be artificially stimulated through what you refer to as medication, as it were. Sometimes in doing that is will then-it's kind like the old automobile that won't start, you know. Sometimes you put a little gas in the top of it and it'll start and once it gets started then it'll keep going. Well that's kinda the way it is sometimes once in awhile. It might take some medication, as it were, to artificially stimulate one of the glands or one of the areas such as that, and once it has been stimulated then it'll carry on, on its own. So it is, we in spirit are not saying, by all means, that all things can be taken care of just through the inner soul searching and adjustments through what you will commonly come to know as holistic health. But it will indeed from time to time require the expertise of those in the medical field to help the malfunction areas to work properly.

Now I hope that I haven't confused any of you too much and if you want to feel good just look at the cause; don't look at the effects of the problem. And then you'll find that once you work on the cause and remove it, then you will have the results you desire. Now I believe I should have stimulated at least a few questions and so I'll address any question on the subject. How would that be?

Question: I would like you to address yourself to a cause for a very strong emotion, a disquieting emotion, and I would like some response on separation. I think it's one of the most painful emotions.

Dr. Blair: Yes, of course, or loss, you're talking about separation or loss.

Response: And the question is why, why. Perhaps it's like asking the question of why do cats have tails?

Dr. Blair: Yes, I understand.

Response: It just seems cruel if this is the kind of universe that God designed.

Dr. Blair: Not at all, because to the contrary of that is an opportunity of that one to have a full fledged, as it were, growing experience, to where when you have grown and followed and been on the search that was created as a result of that, then you will find that within your own

consciousness you'll become aware of the realization, of the passing of another is not the loss of another, but merely the loss of the physical aspects of that one and that will certainly, if you have great love for that one which has passed on, such as you would speak of, then of course that's a great motivation for your own spiritual growth, is it not? You see so in that sense and connotation it is not at all what you might say, cruel, it may seem cruel because it's extremely painful. It's like many other things like the child who is very small, and they find medically speaking, it necessary to inoculate the child against disease that could either be crippling or life threatening. It is not pleasant at all, to get that needle put in there, you see. But it does bring about an effect in the end that is much better, and it's kind of in the same light, you see. Once you've grown beyond that, then it is indeed a realization of the beauty of God's work in relationship to eternity, yes. But I understand the feelings of the pain and the feelings of the loss that you would encounter, especially if the understanding has been somewhat limited in that area.

Question: Is it a false analogy then to think for instance of the hostages in Iran and what was so painful was the break in communication. It was bad enough that they were being held, but for the families here what really hurt was the fact that they couldn't communicate.

Dr. Blair: Yes, of course.

Response: And likewise in loss it's not so much the separate physical or psychological separation, it's that it's so difficult or almost impossible to communicate.

Dr. Blair: You at least feel that it is, you see. That again goes back to the level of one's own understanding. As an example when my mediums father passed on there was great joy in his heart, because of his understanding. He had seen his father suffer horribly with what you know as being cancer for a very extended and long period of time. Therefore, to see his father relieved of that physical pain and hurt was a great relief because he had the awareness and understanding that it was just a change in the type of body that his father would now have and of course through his utilization of his gifts, as it were, has continued to have the communication there. So it was not looked upon by him as a great loss, it was looked upon by him as a blessing. Do you see what I'm saying?

Response: Yes.

Dr. Blair: So it depends, in reality, as to where you are in your own spiritual progression at the given point in time. It is like that of the hostages, as you say. Of course, much of the concern with the hostages is for the families, I'm speaking now, is because the lack of the ability to communicate, and a great fear of not knowing whether or not they would once again be returned, you see. But it's the fear of the unknown, and that's what man has always feared the most, is the uncertainties of the unknown, yes.

Question: When Dr. Duran delivered a lecture here, he was making a correlation between the emotion that was lacking or the emotion that one had and the part of the body it affected like sinuses. If you had sinus problems to know that (it's) an inability to express anger. I was wondering if well for instance a person who would have problems with a spastic colon what would that denote? Any particular thing that you could look directly at and work with?

Dr. Blair: That could indeed be caused by many things one of which, and I think when you're trying to define the specific cause in a general sense, then you're going to find invariably there's

going to be inaccuracy with it. Because it depends a lot on the particular individual, as an example, some people's bodies will accept, as it were, and handle great amounts of acidity being dumped into the stomach. While another who has much less of it actually being triggered and placed there all of a sudden finds themselves with an ulcer. You see what I'm saying? And it would depend a lot on the mental, as well as the emotional, as well as the physical habits of that one. And so it's very difficult to say that is always the cause. It is many times the cause, of course. Yes. And as an example you speak of the colon. That could come about through many different things can cause difficulties in that area of the body. As an example there are those in a physical body who when they are very much aware and the body tells them but they don't listen for the need to excrete the waste within their systems they say, "Oh well I'll do it when I get time" and they put it off for long periods. And they find that there is a collecting of it-that takes place within the colon and that can of course cause problems. There is to the contrary the one who if they find or think within their own thought patterns that the regularity isn't quite what it should be, they run and take something that would be over-reaction that flushing of the system, and thereby many times bringing about irritation to the walls of the colon which again can cause problems. And of course the eating habits, whether it be utilization of too much or not enough of the roughage. There are so many aspects of it, that to merely say that that is always the cause is, of course, I feel, a little presumptuous, yes. Do you understand what I'm saying?

Question: I have a person in particular I'm thinking of, that has a deterioration of the body and he's-that person is very negative, hostile person and has an extreme desire to die. Could that, in itself, bring about a real drastic deterioration of the body?

Dr. Blair: Most definitely, because those types of thoughts do trigger the various emotions which in turn put into play the various glandular systems and thereby overloading the body with poisons, literally, that will indeed bring about aging as well as deterioration, yes. That's what I spoke of when I spoke of 'Thoughts are Things'.

Question: is there anything I can do as...

Dr. Blair: Only that of trying to bring forth encouragement to the individual to see more clearly that there is a purpose to be fulfilled with being in the physical body and of course then sending, additionally, healing and prayer thoughts, as it were, to that individual. Again, he has been placed in the body with free will of choice, and if it be his choice to be destructive of himself in that manner, of course then, even God won't usurp that free will of choice. He'll just have to come back to do it over anyway.

Question: I know in the human body, as a person's physical aspects that if we indulge in too much of good food, good food that is good for us, that we might get to thin? Now on the good feelings, the good thoughts, is it possible to get too much of them and go kind of\_\_\_\_\_?

Dr. Blair: Well of course. One of the things I've spoken on previously on many occasions is the importance of the proper balance in all things, in all aspects of one's life, and if you were to get so spiritual, as it were, in your consciousness that that was the only thing that existed, then of course you have an imbalance in that, as the same as the person who ate only the rich and good foods, as it were. You see. But it takes a combination if the person's going to eat the proper

diet, then to supplement that diet should also be the proper exercise, and should also be those proper times for quietness and meditation. There should also be those for excitement and joy, and there should be those moments of seriousness and solitude. So it does require that man have a good balance in all areas. Because any imbalance in the system is not good regardless of what direction it might be in. Yes.

Question: How does one find the emotional or mental cause of a physical illness?

Dr. Blair: Well this can come about through many different means and methods. One of the best of course, is to reflect back to the time when you first became aware of the change that started within your body. And then when you say, "alright this started about so long ago." Then you start saying, "and what happened in my life at that point?" And then you start looking back to, as what you might refer to as incidents in your life or events. Then you say, "and how did I react to that?" And you don't kid yourself. You don't say "Oh, I reacted well to it" when you know within yourself that you didn't react well at all. Maybe you reacted with hurt or anger or any of the other emotions. So it's a matter of, that's what I'm referring to as the soul searching aspects yes. And that is the best way.

Question: In my family we have some very strange things happening along these lines and have had for a number of years. It's my father who lives in Bristol, Oklahoma. If his leg is hurting him pretty badly, then my leg starts hurting. It always takes me a few minutes to figure out if it's my leg or his. And there's a lot of other things, a lot of connections. As long as I can remember. Now what causes something like this, is it a close psychic tie?

Dr. Blair: Yes it is. It is exactly that. It is no different than when my medium is working and all of a sudden he has terrible pains in his ovaries, which he doesn't possess, you know. And he says, "uh oh, somebody's going to have a child". Well of course it isn't really his ovaries cause he doesn't have any. But the pain is very real that he feels. And that's because he is at that point vibratorily tuned into that individual.

Question: So it's the vibratory rate?

Dr. Blair: Yes, by all means, you're picking up the vibratory levels of that individual. It's like when you read for people, you know.

Question: I understand but I don't know why it would be with family. I don't think about my father for weeks and then, wham, my leg will hurt.

Dr. Blair: That's maybe a good reminder to give thought to him a little more often, you see, as it were, yes. But that is not at all-I wouldn't call it abnormal. But of course I don't think what I'm doing is abnormal, either. But my medium does. As the reverend says, I like that very much by the way, Reverend Stanley, "being a little cracked is good because it is through the cracks that the lights come in", yes. I think that's a very good one. I may just capitalize on that and might not even tell where I learned of it. How about that? I'm teasing of course, yes.

And I've got a nervous Indian, David, what's the time? Yes, he says it's quite a little over. Is that correct? Yes, I think I better take leave of the body.

And before I go I have to tell, I just have to clarify one little thing so that one young lady won't have too much concern. And that is I certainly indeed hope that she enjoys her filly. I

just thought I would throw that in, as a little aside, you see. I don't want you thinking that I don't stay around the old boy and listen in a little, you know. And I know again, you're going to find, Reverend Stanley, that Reverend Jackie is going to be very restful and feel quite well tomorrow. Because Dr. Lang said there's been a little energy imbalance there because she's been allowing a little too much of it to go out to others. So they've kind of got it balanced out now. Yes, too much drain there.

Now I better take leave of the body. It has indeed once again been my pleasure to manifest in this manner. And I hope in some small way that I might've cause you to look at your own situation, your own physical, your mental and emotional selves, and to become the master of your soul, so to speak, in the truest way.

And as I leave, I ask only that God pour forth his richest of all blessings upon each and every one of you. 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.