

## 040 The Meaning of Simplicity

Dr. Carlos Blair

And I say good evening to you one and all. Well it is indeed a pleasure for me to once again have the opportunity of manifesting in this manner. I am Dr. Carlos Blair and would like to welcome all of you here, especially those who might be here for the first time.

This evening I would like to speak on a subject that I feel is of great importance to mankind because it is what man overlooks too often. And that is the very essence of the meaning of simplicity.

Man in your time has grown so accustomed in his life to making things as it were, complicated, that he feels that it elevates himself as well as his ego and the manner in which he is looked upon as far as his great levels of understanding and therefore he prefers to move away from the very essence of simplicity.

One of the things that I have spoken on previously to now that I would like to reiterate is that no understanding that is forthcoming to man regardless of the source from which it comes should ever be accepted into your own awareness and acceptance lest you can indeed test it for yourself and primarily through the means of not only your inner guidance and inner feelings but also the simplicity of the application of logic. Nothing has ever been nor shall ever be in all forms of time that indeed does not have a logical explanation. It is not that it is so difficult to comprehend or understand, it is merely that man has made it that way.

Whether it be the simplicity of the automobile, which the first ones that you are familiar with having been made, were done so in a very simplistic manner. It did not take great wisdom, great intellect, great understanding to be able to comprehend the workings as well as how to go about the process of repair if the need should arise. Man since that time could not stand to have the great levels of simplicity and has indeed set out, as he does from year to year continuously, trying his best to make it even more complicated. I use that merely as an analogy, as an example, because man is doing it in the whole of his existence.

Man is doing it in relationship to his understanding of the very essence of God itself. Man has complicated it from the time of the beginning through verbalizing with words that were not needed or necessary. In fact in many instances not even desirable. But he spoke with a purpose of impressing rather than expressing and as a result therein lost a great deal of the communication values that were intended.

The life of the one that you are going to be celebrating the birth of very shortly is indeed a life of simplicity, not a life that is indeed complicated, that is indeed one of great complexity, and even this great teacher taught it well. He said lest you become as little children you shall

not know the kingdom of God. And in speaking in this manner his reference is to the levels of the simplicity of that of a child. The open acceptance on a logical basis as is true with the smallest of child. The child that is made to understand why, will then be in acceptance of nearly anything. But even man when he is working with children due to the necessity of inflating his own ego, as it were, has the tendency to utilize vocabulary that makes the child either not understand, or makes the child say, "I don't understand." And in both cases it is a negative happening, because rarely will a child speak forth and say and admit the lack of knowledge. Therefore they go on confused. Man does the same to man. Your very areas referred to as religions and churches have done this from the inception of formalized religion. They have told you that only the Pharisees could interpret the law. They have told you that only those who are of higher education in the theology, as you refer to it, can properly interpret the written word of God that you call your Bible. They have told you that you indeed must accept blindly the interpretations that these educated ones have put before you. I say merely, that as I spoke in the beginning, man unless he is indeed ignorant should follow or accept no one or no teachings blindly. He should weigh it very carefully and see if indeed it does make sense, as you call it, if it is tested by logic. And if indeed it is tested by logic and found to be a truth, then take it within. If in so doing you find that it doesn't feel right, then merely set it aside, don't reject it, because you may be receiving it in advance of your own abilities to comprehend and understand. Merely set it aside, do not incorporate it as a part of your belief system. Accept that which feels right and then set about living your lives accordingly. When you indeed hear the teachings or the word being taught, as it were, whether it be from a philosophical level, a religious level, or an academic level, none the less it should indeed be tested in this manner.

One of the things that I have been faulted for on many occasions has been because I have spoken with a great simplicity. I have been criticized, as it were, and faulted for not speaking greater in depth. And still I find when I speak with the greatest of simplicity, that I know is at a level that all present can totally understand and comprehend and be in acceptance of, I find that man then chooses to continue the path that he was on, oblivious, nearly, to the fact that the teaching was ever brought.

I have spoken in this little class on multiple occasions in the past year, and one of the things that I have stressed from the very beginning that I started utilizing the mediums body in this manner, was that the simplicity of reaching your own a oneness with God was twofold. First of all, coming into an acceptance of self, and seeking the kingdom of God and his righteousness through prayer and meditation, times of reflecting, times of quietness, times of going within and communing with your God in whatever form you see your God as being. The time of prayer of that of asking for the guidance and direction you need and the immediate time of meditation, of being quiet, and in the stillness to listen for the answers. If I could impress

upon this little group the value, the true value in that two-fold process, each of you would indeed enrich your lives in all aspects and areas of your lives, so far beyond your ability to comprehend, that you would find it to appear as though impossible.

I know that many of you present here desire the very gifts that God gives, the varying gifts that have indeed been promised, whether it be the gift of clairvoyance, of seeing of spirit, hearing spirit, whether it be the gift of healing, whether it be the gift of counseling others, understanding/speaking in tongues, interpreting tongues. No matter what that gift might be that you have desire of, you do not need to seek the gifts. You do not need to seek as it were, psychic development, when you seek indeed in simplicity of it and truth of it, your own a-oneness and awareness with God, and you seek on a spiritual level to build the foundation, you will find that the process of prayer and meditation will, automatically, bring to you gifts so much greater than you could comprehend. And yet the many times that I've spoken of the simplicity of it, I still in the hundreds that I have spoken to, and I've stressed the importance of the purpose of it daily. I would feel quite safe in saying that less than one percent have bothered to follow it.

Man has sought the gifts in many ways. He has sought the development of them through the utilization of drugs, he has been seeking through the utilization of diet, through the utilization of inflicting pain upon the body, all the varying and many ways. And all the time turning his back on the simplest truth of all, that of seeking the God within through utilizing prayer and meditation. And when Jesus the Christ said, "take no thought for the morrow," and he mentioned the varying areas, he also said, "your father knows you needs before you ask." And it would be indeed proper and prudent as it were, to realize that God in his wisdom is not a god of complexities, but truly a god of the greatest simplicities. Seek as a little child, ask and you shall receive, seek and ye shall find, knock and it will be opened unto you, and the method of seeking, asking and knocking is that of utilizing prayer and meditation.

Hopefully in the days to come, in the coming years yet ahead of you, one of the things you will strive most in your areas of self discipline towards, is realizing that the time that God has given so lovingly and freely to you, that it is vitally important that you give back a portion of that time to God, because in giving it to God you are indeed returning it to yourself multiplied. And on this special occasion prior to the time of the birth of the one you refer to as Jesus the Christ, as it was then it is now, that there were preparations being made in advance, there was indeed those who had already began on the long journey. There were those who had perceived it way in advance of the time of birth. There were those who were in attunement with God, who were guided and directed and the foundation was carefully laid. At this time I believe it would be well not to worry about the roof or any other portion of the structure, the finished product of that of having great spiritual gifts, but get very concerned about being certain that the quality of the foundation is flawless. And I can promise you as you build it on the spiritual

foundation through seeking with simplicity of that of a child through prayer and meditation, you will find that the doors of abundance in all areas of your lives will be opened and poured out upon you, much greater than you have the ability at this time to comprehend. That is indeed our wish for each of you in this coming year. God Bless you all.

Now I think you might have some questions about that of which I have spoken on.

Question: In the book Venture Inward written by Edgar Cayce's son, about his father, is that information correct as far as meditation and techniques to look within?

Dr. Blair: There is no single way, it is one of the ways, yes indeed. But as I myself have done on several occasions I have given guidelines and methods and procedures that can be utilized for that purpose. And what you have to find for each individual is their own best way and that is best found just through trial and error, as it were. But there is, yes great truth there, but it is not the single way or the single best way, because what is good for one does not work well for another. Do you understand what I am saying?

Response: Yes, thank you.

Dr. Blair: Yes

Question: What is an individual doing wrong, speaking of myself, when you're not comfortable in your own home and in your own surroundings? What-how does this tie into the simplicity thing. I'm really trying to figure this out and I have like a block.

Dr. Blair: Yes of course and that would be natural because you're in the midst of it and, child it is very simple, you are a very highly spiritual person in your own right. You have a very high vibratory level and when you find your place to be, yourself being placed in surroundings and circumstances that are of a negative nature, then you find that reacting against your own vibratory levels in a negative way, and you would find it difficult, if not impossible, as it were, to properly meditate or pray in those surroundings. It is not unlike at all like that of Christ when he was with all the multitudes and then he all of a sudden, he found a compulsion and the necessity to go up on the mountain by himself for prayer and meditation. He was indeed seeking for a place with higher vibratory levels, and so in simplicity removed the situation of the negativity.

Response: Ok, thank you so much.

Dr. Blair: Yes.

Question: In meditation, what is the source of the answers and knowledge that's received and does the quality of information that's received vary from person to person?

Dr. Blair: Not so much from person to person as it is in the beginning when first you started to learn to cook, you know, well if you're like my wife was she burned a lot of food in the process. It wasn't all good in the beginning. But it might even be palatable. Well but as time went on and she became more sure of herself by doing it over and over, then it got to where it was quite good, even very desirable. Well the same is true with that of your first receiving your inner guidance from God or spirit, whichever the case might be. It could be either, that you may feel in the beginning uncertainty about it. And it is only through the processes of time, of having done it over and over to where you become comfortable and relaxed and relying upon it. Do you understand what I'm saying? Does that answer your question?

Response: I think so, I'll think about it. Thank you.

Dr. Blair: Yes.

Question: I have a problem with thinking very logically because of the type of work that I do and unfortunately it's rather difficult for me to think very simple.

Dr. Blair: That's because you've been technically trained.

Response: Yeah I realize that but how do you break down the technical, yeah you know it, how do you break down the logic format that I've built up over the last twenty years?

Dr. Blair: There's nothing wrong with the logic, that's what I'm saying. You be skeptical, that's healthy. You approach it openly with an open mind and weigh it with the utilization of logic. The one that my medium speaks of many times is the passage in the Bible concerning Paul when he was on the road to Damascus, and in the older books of the Bible, that you call the Bible, it was stated as such that where Christ spoke to him and said "Paul, Paul, why dost thou kick against the pricks"? And most theologians wouldn't even begin to try to answer that, the meaning of it. They would say how dare you question the word of God or you must accept on faith alone. And that was what was the beginning of my medium starting his ministry, his search. Because he had the minister who said, "how dare you question the word of God." And yet when he got into the histories of it, he learned readily that during that time the means of driving the oxen were with buggy type shafts that went up alongside the cattle. And they would quite often drive wooden pegs through them and sharpen them. And if the oxen got off the path it would stick him. And he would get back on the path he belonged on. And sometimes when they would stick him or prick him, as it were, the oxen would kick at the pricks. And all Christ was saying to Paul was, "why don't you stay on the path where you belong and quit fighting it." That's simplicity, that's logic. You see what I'm saying? But sap-headed man, as it were, has chosen to make it a great thing of mystic and mystery out of his own ignorance. So accept it only on the levels of logic.

Response: Also another thing, and thank you for that, another thing is that I have a little problem with thinking that there might be so much free will, I have sometimes problems avoiding listening to what I'm being told to do.

Dr. Blair: My medium complains at that, yes.

Response: Avoiding it.

Dr. Blair: Yes I'm aware of it, yes.

Response: Is that a common denominator among all of us? Are there people that have got the guts to stand up to him?

Dr. Blair: Yes of course, my medium does you know.

Response: Not very often I'm sure.

Dr. Blair: Well he tries too, let's say, and a lot of the time I let him think he is. Yes. And in truth it would be take much too long to answer it properly, but I'll give you a synopsis of it, if I can and that is that man of course is, by God, given free will of choice and man has chosen his path prior to entering the physical body for the purpose of fulfilling certain purposes, and once he is in the physical body he can either follow it or not as his own awareness dictates that he should. However when there are those of us in spirit who have attached ourselves to that individual, we strive as best we can to guide that individual toward their goals that they had set for themselves. Now, sometimes in the process of that you might say that spirit influences a little the free will of the individual. But I would be somewhat reluctant to say, out and out, that we would usurp the free will. Does that give you a little better understanding about it?

Response: Yes, I understand. Thank you.

Dr. Blair: You know it's kind of like when David talks with me and he tells-first he talks to my medium and he tells the medium we have to have such and such you know. And the medium hollers and kicks and yells and says no, we don't have the money and such as that you know. And then David talks to me and I tell David, "well never mind, you go ahead". And then David, he informs the medium, well I did it. And the medium says, "oh, ok". You see what I'm talking about. He's been a little bit influenced, that's all. Yes.

So I best take leave of the body. It has indeed been a pleasure to once again have this opportunity of manifesting in this manner. And for those of you that I don't have the opportunity of speaking with again prior to that special day that you refer to as Christmas or Christ Mass, I would indeed wish you all the happiest, the most joyous, the most uplifting, the most beautiful Christmas ever. And I am talking about in a spiritual sense not the material. 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.