

011 Habits, the Unconsciousness of Your Conscious
Dr. Carlos Blair

And I say good evening to you one and all. Well it is indeed a pleasure for me to have this opportunity once again of manifesting in this manner. As I come forth I would feel that it's only proper that I introduce myself since there are some here that might be here for the first time-I am Dr. Carlos Blair. This evening I am quite reluctant to admit to being English, after that demonstration that came from my homeland. I can only stand in apologies, I'm teasing a little bit because it did fulfill a good purpose. But my goodness what sounds.

I'm not going to endeavor to keep the body too long this evening. I'm going to speak on a subject though that I feel is of prime importance for each of you and your consideration as you go about living your daily lives, for an even greater fulfillment in your relationships one with the other. It is that which I would have to refer to as being the Unconsciousness of you Consciousness.

Man so often times in his manifesting in a physical body, and going about the daily portions of his routines, unconsciously, without thought, or a lack of thought, or because he has indeed become preoccupied with thought, finds himself bringing about situations to his fellow man that is certainly not in keeping with the laws of God as it were. Such as that of virtually placing one another in a situation of ignoring the presence of one. When one is preoccupied in his thinking processes and another enters, many times, through the lack of concentration or the awareness of that presence, that individual might unintentionally not make the recognition and thereby bring a little bit of hurt to his fellow man.

There is many areas that this takes place in and not only in the example I've just spoken of. Man unconsciously creates many habits, as it were. Unfortunately many of those habits are bad habits and they come about on an unconscious level. Man brings these about in speaking as far as his use of grammar, as far as grammatical habits, as it were, and my medium is one who has some real doozies, I tell you that right now, that he kinda throws in there and a lot of times he doesn't even have the awareness that he has said it until someone else reminds him of it. That is typical of what I'm speaking of.

It is sometimes lazy habits as it were because it's easier to do that than it is to think. And contrary to what most people might conceive, man does not like to think. It is easier if he can get some one else to do his thinking for him.

And by the way, David, you can tell the good Doctor whether it's lateral or otherwise, I don't recognize what he's speaking of there in terms of the lisp. How's that? I just thought I would throw that in for fun. I'm teasing of course.

It seems as though that man, as I say, develops from the time he's a small infant, many habits that are of an unconscious nature, and sometimes those habits are offensive to others around them. Now the ones you're very aware of such as that of smoking, as an example. That may be a habit that has, that...for those who utilize tobacco in that way, quite frequently will light a cigarette without even being aware that they've done so. It is merely from habit, it is unconscious habit. Man learning to drive the automobile, when he's in the process of learning he's very much involved, but then it becomes such habit that he doesn't even think about it. He just gets in and automatically does all the necessary things to have it go down the road. It's an unconsciousness. However, many times it would well if he were to look at and analyze the various habits. There are too often times in your world, habits that have come into existence by man without his awareness that are, let's say, irritating or undesirable to his fellow man and the

person with the habit isn't even aware of it. Now I could give any number of examples. It is like the one who when you find insincerity in a greeting or in a smile. You know sometimes in your world there are certain areas in work, where one of the prerequisites is, you must always seem friendly and smile. Well many times the smile is a smirk rather than a smile. Because it is being created consciously and it's not coming from within. It's only external and if it is continued consciously long enough, then it becomes habit, and then it certainly is, many times, having the exact opposite reaction that you were really striving to have in the beginning. Because no one likes insincerity. It is much like the music and how it affects people. Sound, color, there are many areas that affect others. But this evening I want to just jog you a little bit, as it were, to have you do a little in depth search of self, and saying, "What are my habits?" "Am I one who interrupts others when they're speaking, in the midst of what they're saying?" "Am I one who, not knowingly, unintentionally walks away from one when they are speaking?" That's one Robert does sometimes you know. He's got his mind on something else, someone's telling him something and he says, "excuse me" and leaves in the middle of it. As though he wasn't interested. And it isn't meant in that way, but it seems that way to the person who is speaking. And it is not a good habit. Some of you have the habit of, well, biting nails, you know. There are others who have various habits and I'm not coming about this in a negative sense at all. I'm just saying that you should be aware of your unconscious consciousness. Have a conscious and awareness of what you're unconscious about.

It is also a failing of my medium sometimes in not speaking forward directly to those around him with the appreciation that he feels within himself. He has the thought, it's there but his mind gets going and then he sets aside the opportunity to let that person know. I'm not picking on the medium tonight; it isn't pick on old Robert night, at all. I'm just using it as an example. But it is of course a true example. Many in the physical body have created, for one reason or another, habits which do have direct effects on their fellow man. And it is necessary to control your thinking processes to be aware of reaching out in the best possible way for the upliftment, and creating the best possible image and reactions and interactions with your fellow man that's possible.

I could go on for hours speaking of the various habits that are of an unconscious nature, because they're in various depths such as you unconsciously breathe. You don't think about it every time you do it, that's an unconscious habit, and a very necessary one I might add. The reaction to the physical body are many times unconscious reactions, however, there are certain reactions that you might have to another person that may well be unconscious for you. That you should indeed be conscious of in order to correct, whether it being abrupt or possibly rude, possibly it may fall into the various categories. But those are the ones that I'm speaking of, that there is a necessity there to discipline one's self and the thinking processes and action in such a way to bring about the greatest harmony possible, between themselves and their fellow mankind. I'm not going to belabor the point because I chose this subject merely because I felt the need was there to speak of it and also that Robert didn't leave a great deal of time for me tonight. So I wanted to capsule something here that could be brought in a short while.

Now I know I've probably created many questions and before any of you get after me too much about being on the medium, as I say he's handy you know. And he won't listen to the tapes anyway so he doesn't get his feelings hurt.

Ques: You were talking about looking at our habits and trying to figure out the undesirable ones. Can you tell a method-you know you can say to someone else, "tell me what it is about

me you don't like," but then you're falling into that fear of criticism and you're not going to respond well to that anyway. What's the ideal. I mean how do you go about finding out what your undesirable traits and habits are?

Dr. Blair: Well first of all it would be well to have one whom you could confide in, in that manner, such as my medium does with Dr. Bill. You know they, what you call, critique each other. You see? Do you mind if I tell some tales out of school?

Everybody's saying, "Oh boy, do, do!" But they tease each other a lot and it's done in a loving way but it also is accepted graciously by both, and then they work to make changes, you know. But Dr. Bill when he does the prayer, the meditation as it were, pertaining to healing, he used to say all of the time, see; I'm going to make everybody aware now. He used to say, "We will now allow the shaft of white light to come down and touch each of you on the head". And my medium teasingly said, "You mean you're going to shaft them all?" Now you'll notice that Dr. Bill says "And now we'll allow the column of white light". Sounds better doesn't it, yes. And you see it's little things like that. Of course he does the same with Robert and so it is necessary or best to have one that you can do that with, that can be a benefit, and not to have your heart on your sleeve when that happens, you know.

Ques: You said that a smile should be spontaneous or it could be a smirk.

Dr. Blair: Yes, it should be sincere and from within, from the heart not just on the exterior, from the face.

Ques: If one does not feel like smiling...

Dr. Blair: Then don't do it, because when you do you're phony. No you best not to be as it were...If one is in the habit of constantly smiling when they don't feel that, people are aware of it and they become distrusting in all other areas pertaining to that person. They say because they're not being sincere. Do you understand what I'm saying?

Ques: What about that job description you were talking about where it says you have to smile?

Dr. Blair: Well I would say the best possible situation to have it come about in a natural way is everyone who you came in contact with, you just visualize them as though they were naked and you'll smile all the time! Yes, that's one way is it not? You see all of you immediately started...you think not? You just look to the person next to you, you see? And all of you get a big smile, yes. But I wouldn't do it...it would have to come from within you see. Not from the surface.

Ques: I find myself being uncomfortable around many people, I might even say most people, and I want to get out of the habit of being irritated by them, or feeling negative toward them. Uncomfortable you know for certain reasons. You know, I feel uncomfortable towards some people. Like they don't want me in their presence or something. What can I do to get out of that kind of a habit?

Dr. Blair: Well first of all child, is to become aware of why you feel uncomfortable and then work on it from that level you see. Because, if you're feeling uncomfortable, then don't make excuses that aren't real. Don't say I'm uncomfortable because they're older than I am, you see. You say, I'm uncomfortable whatever the real reason is, whether it be, I don't feel that I'm on their level of understanding, or you say I don't ... feel that their not in the same beliefs or understanding that I'm in, or whatever the real reason is, you see. And then deal with it. You

can't deal with it without knowing the cause of the problem. So you have to first determine what it is that makes you uncomfortable. And then you can work with it, yes.

Ques: Is there some way that you can objectively remove yourself to the side and look at you own self?

Dr. Blair: Oh, most definitely, yes. It isn't a...well we don't have any trouble here-but of course when you're in a physical body you have some difficulty with that, at times. But yes you can. The trouble is you see it, but you lie to yourself about it, you see. That's what happens, you say "well I know I do that but I don't care, I'm gonna pretend like I don't even do it". You tell yourself "no, that isn't really the way it is" only because you don't want to face it.

Ques: Is it...a lot of people have a tendency, I know I've done this, blame others.

Dr. Blair: Most certainly, that is the most common of all things to do, yes, certainly. "If it wasn't for so and so I wouldn't be that way. You know being around them makes me that way." Oh, there's a million excuses, yes. Yes it is, it's hard to step aside from ones self and be objective. And be honest about it. And look at it and say "Well that's one I don't do so well so I ought to work on it". You see. Robert has to do that all the time you know. And he does pretty well at times. He'll go for a while and be a little more attentive and such as that and then all of a sudden...it's very easy when you're in a physical body to slip back into old patterns of habits, yes. So it's a thing of working at it, yes. And all of you might think the medium, for the most time, is very, what should I say, energetic and always happy and up and all that. Well I can tell you if you'd seen the old boy this afternoon, just before he went to clean his body up, you would have said well, "he's an old grouch". Yes, he wasn't smiling, he wasn't happy was he. He was, oh poor me. Yes. So you see he's not perfect by a long ways. Yes.

Ques: There's this one individual, that I don't care what time or when he calls, my reaction to him, completely negative. I'm rude and I don't like to be rude and I'm very sorry that I'm rude. But I don't understand why this individual irritates the heck out of me.

Dr. Blair: Well my first question would be, is it really necessary that he need to call?

Ques: No

Dr. Blair: Then I would say "Gee I'm sorry, but you know that I find this to be very uncomfortable for me and I don't see if there's no need, there's nothing there for you to call for, I'd appreciate it if you wouldn't".

Ques: It usually has to do with communications with some other friends of mine. I'm always glad to hear the news on them, but I just don't particularly care for this one individual and I don't know why he just brings out the worst in me.

Dr. Blair: Well that's good, you pick him out and learn to love him and then it'll be easy to love everybody, you see. Yes. Your vibrations are different than his, is what the problem is.

What's the time like David? The Rock's a little nervous.

Well I'll allow some questions of any kind then just for the fun of it. How's that?

Ques: Could Rolling Stone do some chants tonight?

Dr. Blair: No. I answered that one didn't I? You want to add insult to injury, don't you? Yes.

Ques: It has to do with your last answer. You said something about your vibrations are different than his. What do you mean by this?

Dr. Blair: All people in the physical body are not of the same rate of vibration. And when you have two who are, one is...let me put it in a vernacular that'd be more easily understood. If you have alternating current and you hook it into direct current, it won't match up, you see. They'll be uh... And that's the type of situation it is. They're both current, but they're different levels of vibration. And as, when you find yourself for no particular reason, finding an incompatibility with another in a physical body and it isn't because you don't like the way they part their hair, or you can't even place why you feel that way it's usually because of the difference in vibration in the two individuals involved, much the same as it would be to the other extreme if two people were totally compatible upon first meeting it would be because their vibratory levels are compatible.

Ques: That's because we are always changing as we grow and develop.

Dr. Blair: Yes, of course, and that's what causes a lot of problems in marriages. Because one in the marriage grows and develops in the spiritual level and the other one doesn't. Then they...one out -grows the other and what had been a very good vibratory level was then changed. Yes.

Ques: Do two people ever keep the same vibratory level?

Dr. Blair: Yes, many times they will grow together. And I'm not talking about having them exactly the same. I'm talking about compatibility. You see, to be compatible, as an example Robert and I are compatible, it doesn't mean he always agrees with me you know, in fact to the contrary. Yes, but our vibratory levels aren't exactly the same, of course, but we are compatible. And the more he grows in his spiritual understanding the more compatible we become. Yes.

Ques: I lost some important paper and I just can't find it, and I don't know what on earth happened to it.

Dr. Blair: I don't believe you are going to find it either, sorry about that child. No, I believe it's gone. It was discarded yes. And by the way Ann, I might just say that was a very good experience, child, you know the necessity of it being fulfilled in that manner you know. I'm speaking primarily of the trip itself.

Ques: What was your comment?

Dr. Blair: I said it was of necessity, needed to be done for the fulfillment of it all.

Ques: Is the karma finished?

Dr. Blair: Yes

Ques: Oh, thank God!

Dr. Blair: You just did.

Ques: I'm currently going through a situation at home. How do you think I should handle that?

Dr. Blair: Very kind but very firm. Do you understand what I'm saying? Yes.

Ques: I'm going through a situation with work and was wondering which road to take?

Dr. Blair: Well you know I could be flippant and say the best one. I don't think that would be best. I believe you're going to have to be very direct and very honest with everyone concerned there, in order to clear it away. Do you understand what I'm talking about?

Ques: Not quite.

Dr. Blair: Well, are you having difficulties there with communications?

Ques: No

Dr. Blair: Well, what do you consider the difficulty to be then?

Ques: Wondering whether I should go to school or look elsewhere?

Dr. Blair: Well, that isn't what you're having trouble with child. The trouble that you referred to and I asked about is the trouble with work and it isn't even existing now that you've already removed yourself from it is it not? Yes and that came about through a lack of communications, and I would say that's a matter of free will of choice. That if you choose, of course it would be well that you to forth and continue to upgrade yourself in your own awareness. But again you must only do that if you feel the desire within. You should not do it just because it's a means by which you can do it. Do you understand what I'm saying? Most definitely. You have to make those choices for yourself of course. But the communications is what the problem was. Yes.

Ques: You were talking about our vibration levels, it is always a two way street? If sometimes you don't...you feel vibrations from other people and they aggravate you, but that other person seems to get along quite well with you. Do they not pick up the same things?

Dr. Blair: Well that is possible, because you'll find that the evolvment and the understanding of different people, considering their temperaments, can bring that about, to where one has a bad habit and it irritates the other. But the other is totally immune to the fact that their irritated. Do you see what I'm saying? Certainly that happens.

Ques: Well, I didn't know whether the current that you were talking about is picked up on both individuals.

Dr. Blair: Well I believe the awareness is usually there it's just put on ignore. You know they go on in spite of it. You understand?

Ques: It they would really look, they would notice.

Dr. Blair: Yes, most definitely.

Ques: I've got a situation at home, that it...

Dr. Blair: Just runs off, like the old saying, runs like water off the dogs back.

Ques: We have an old car and it is not air-conditioned. Is it advisable to put an air-conditioner in the old car, or should we get a new one?

Dr. Blair: I can see where I'm being placed right in betwixt and between there. That's what you call getting into family talk. I don't believe I'll do that, but either would work well yes. You should either put it into the one or get another. Most definitely. I think I sidestepped that one pretty well.

Ques: About cars, should I switch, buying a new car or change cars now?

Dr. Blair: Well you're going to have to before long you know, it's going to give up the ghost.

Ques: How long?

Dr. Blair: Well, I would say you have another few months, yes.

Ques: Getting that bad?

Dr. Blair: But you can't feel bad about it, it's been a good 'ol car. Jimmy (spirit mechanic) says its already gone way beyond what it should've any way.

Ques: Will it make the 200,000-mile mark?

Dr. Blair: Well, that's what he said, its gone way beyond what it should. It's going to that great graveyard in the sky, you know.

Ques: I've been in quite a turmoil about making contact with a very close relative or waiting to see...

Dr. Blair: Allow it to come about in a natural way child. I wouldn't force it. Do you understand what I'm saying?

Ques: Will it come about?

Dr. Blair: Yes, it'll be a short while yet, but yes it will.

Ques: I have a temporary job, and I was told today that the job would be through on the 31st of March.

Dr. Blair: They are saying you'd better look for another one.

Ques: There's a possibility it could be continued, but I was just wondering if I should be looking for something else now or wait until the job ends.

Dr. Blair: They're saying you should if you don't want to be unemployed, because it will be discontinued on that date.

Ques: I started a business a couple of months ago but have lost quite a bit of time due to circumstances. But I feel I'm on the path now again. Will everything go along as has been predicted?

Dr. Blair: Most definitely, yes. But you see many times, when you start a new endeavor in life, that is not an abnormal happening, that you get involved into it partially, and then all of a sudden you say, whoops wait a minute, I'm not sure at all about this and there's other aspects that come into being and you have to kind of side step and sashay and all that. Then finally you say, oh yes, certainly I can see now and then you go ahead and fulfill it. And that's where you are, yes.

Ques: We are expecting a check in the mail on the real estate and we should have had it about 5 days ago. Has it been lost?

Dr. Blair: No it hasn't been lost, it's just slowing...no, no, someone said they sent it by pony express. No it's just slow in getting here. You should receive it yet this week though.

Ques: My name's Betty and we're starting our discussion on course in miracles Thursday night.

Dr. Blair: It'll be good too.

Ques: Thank you and I asked Paul to moderate and I was just wondering, was I supposed to do that or was I supposed to do that myself?

Dr. Blair: Well, you'll be doing it yourself a little later anyway, you know. Yes. But it is good.

Ques: Something's wrong with my energy, and has been since I came home. Should I go to a doctor?

Dr. Blair: No, I don't believe that's necessary, but I think what you're finding there is...the drain you're now feeling the drain that was placed on you while you were away, you see. And it's just now you're feeling the depletion. And I think with the resting and eating habits being good, I think you'll find that very soon now, you'll recover the energies that have been dissipated, yes. I don't see it as anything of a serious nature. And you can bet that I wouldn't dare to do that to the old boy. Do you know what I'm speaking of, Ann?

Ques: No

Dr. Blair: I believe that I overheard the conversation today when someone asked him does he ever leave you? No, not you, do I ever leave Robert and not show up when I'm supposed to. And I've been afraid that would sever the ties for a while. I don't think that would be one of the better things for me to do.

Ques: Well I know how you feel.

Dr. Blair: And that's rather a learning, but not the best feeling learning experience you can have.

Ques: That's right

Dr. Blair: But it's a good experience yes.

Ques: We're quite concerned about our daughter, Dawn. Is she going to get married?

Dr. Blair: Yes, she will.

Ques: And everything will work out the best in her interest in this situation?

Dr. Blair: Well, of course, they'll be some difficulties there but nothing that we for see as being anything for concern.

I believe I've kept the body about as long as I should now. What is the time like, David? You know, we never should have taught that Indian to tell time.

It has indeed been a pleasure for me to have this opportunity, and I feel as though that I should speak of the importance of that which has been taking place here and just to clarify for those who are present that we in spirit are very pleased and very grateful, as it were, for all that has been accomplished and been done by all of you. I believe you all are certainly to be congratulated, as it were, on your interest and your moving forward. And now I leave the body and 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.