

Twelve Levels of Consciousness

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. And I am Dr. Carlos Blair and it seems as though Robert is a little over concerned about his physical well being. But I can assure you the old boy is all right. He may be a little stiff and sore-he's not as young as he once was. But, none the less, he's ok.

It seems as though there has been the waiting on the part of David for me to speak about the areas pertaining to the levels of consciousness. I hope you don't mind David and I hope you have the little box listening, as you say, yes.

Well now, if I can have him to where he doesn't hiccup into it, will be all right. I'm teasing him just a little, of course.

This night I would like to speak about the subject that man has so much confusion in his own mind concerning. It is common knowledge, as it were, among those who are in the physical bodies to realize and recognize that there are indeed seven planes within the realm of existence, as it were or the seven spiritual planes of existence.

Quite frequently these are indeed confused with the twelve levels of consciousness. Man it seems in the past has been arguing for quite sometime over the numbers of consciousness planes as they refer to them. And for that reason we here in spirit separate the two.

It is indeed a different entity entirely. I would like to inform you, unless there be some of you that's not aware, that most of you that are manifesting at this time in a physical body are indeed manifesting on what is referred to as the third plane of spirit.

Now that should not at all be confused with the levels of consciousness. I would like to delve a little deeply into the plane that you are existing upon because it is indeed one that man refers to as being the plane of mind and detail, as it were. Man does not conceive the full understanding and awareness of how in fact detailed his surroundings, his life and his existence really are. Let me speak of examples. Everything that you will find in you life is in a framework of segments. It is very carefully and closely detailed. It has been done because of mans mental concepts of mind. It makes no difference if indeed it is the process by which you bring into being the manufacturer of a product, such as that of the automobile. It is done by segments very carefully detailed, very carefully planned, through the utilization of mans mind. In turn let's speak of that which is a little closer to God Almighty, that that of nature. When we refer to the very food that you take within your bodies, man has still made a great plan that is greatly detailed in segments.

First of all he takes the seed and he very carefully, with great detail, plants it at a certain depth. He covers it in a certain way, he fertilizes, he waters, he cultivates, very carefully until it bursts forth as that of food. And when it is very carefully detailed to the proper time for harvest, he goes forth to harvest it and

then prior to his receiving it within his body for nourishment, he with great detail chooses to preserve or to prepare, as it were. He might well prepare merely by the process of soaking. Or he might prepare by that of washing or peeling, as it were. And then he finds himself preparing through what you know as cooking and is very detailed in the whole process. And then very detailed in his thinking as far as what he eats in conjunction with it.

Your world in which you exist is a detailed mind world. For man to evolve to greater levels of awareness and understanding he must first of all reach out beyond the levels of the third plane. Which also coincides, as it were, with the third and the lower fourth level of consciousness. When man finds himself having a mind that is indeed inventive in nature, wherein new thoughts, fresh ideas, new concepts, totally unknown to all, are indeed brought forth into his awareness. It is because he is working beyond the third level of consciousness. The one who writes great music, or who plays it, the one who paints beautiful paintings, without the benefit of teachings, all of these are ones who have learned to reach beyond their normal level of consciousness.

I think it is indeed a shame that man in the physical body, in your world today, limits himself in the manner in which he does. Not realizing that indeed, God does not put limitations at all on mankind. Only mankind limits themselves. It seems that if man would but take the time to reach in terms of his conscious levels that all there is, is at his disposal. And hopefully in the next few moments I'm going to be able to get you in touch with a little greater reality awareness and understanding of the simple process by which you reach to those higher levels of consciousness.

Of course first off, it is necessary and primary that man find that he removes his thoughts from his own physical well being, that he removes his thoughts from self, that he indeed sees himself as a part of God, a part of the universal consciousness.

If you're not in a very relaxed position, I would suggest you get in one. Now for the purpose of the twelve levels of consciousness meditation, I would first ask each of you with the eyes closed, to perceive in your mind's eye for a moment, if you will, your own physical being. As though you are standing separate and apart from it, as an impartial observer. As you see self in front of you, visualize in the area of where the heart is found in the body, which is also referred to many times as the heart chakra. Visualize the beautiful white light of God Almighty, as though it is indeed emanating within your own body. And if it helps, you might even visualize it in the form in which you have conceived it to be, and as it isn't at all, in the relationship to what you call the Valentine, you know. That's all right for this purpose.

And as you look upon self with that beautiful light there in the heart chakra, see it moving upward into the throat, feel it as it comes up through the neck and as you look upon yourself, with the mouth slightly open, you can see the white light of Christ as it rises and passes the opening of the mouth. On up through the nose and you see the light indeed, through the eyes. And now see your entire being, being completely lighted by the love light of God.

Now in this centered state, visualize if you will, standing as it were, on the side of a hill. And hewn into the side of the hill are indeed various platforms or steps, if you will. Each is clearly marked with the numbers. And find yourself standing upon the third step, or the third level of consciousness. As you look upward, you can see the various levels staggered from one to the other. At the very top of that, see the very emanation of God's light and love as it lights the way of all of these.

Now I would ask that you step to the fourth level and as you do ask self, challenge self: are you at that level manifesting as man or woman, and is there a name. Now step to the fifth level and once again, you challenge self. And at that conscious level are you man or woman and is there indeed, a name. Now I would ask that you step onto the sixth level of consciousness and this time before challenging self, look about your self, are there other beings there, present? If so, how do they appear? What indeed is the terrain round and about you? Is it that of mountains, that of desert? Is it that of meadows or great forest or prairie? Is there any water nearby, either that of a stream or lake? Now ask once again, is self female or male at that level? And is there a name? And now I would ask that each of you progress upward to the seventh and all the way to the very top. Realize that each level you step upward there is a greater feeling of love, peace and a-one-ness with God Almighty.

There is greater light being emanated. And as you climb slowly, thoughtfully, each time challenging self at that level. When you arrive at the twelfth level of consciousness, you realize that you have arrived at the level of a-one-ness with creation, of a-one-ness with God Almighty. And in so doing that all things, all knowledge, all wisdom, all understanding is yours and at your disposal. At this level I would encourage the asking of questions, not just that of a few, but of a great many. You will find as you go forth with asking of the questions that you will indeed, almost faster than you can formulate the questions in your own consciousness, you will have perceived the answers.

Once again recognizing and feeling, that it is the God portion of self that has found the a-one-ness level with the great God consciousness. Now realizing that as you are there, that in the future time to come, that each subsequent time, that you choose to utilize this method of meditation for self, that you will arrive much more easily, much more quickly with less confusion. Each time you will perceive even greater insights, as it were.

It is not at all unlike that of flexing or utilizing the muscles. The more it is used the stronger it becomes. If there was a simple way of great simplicity, for man to stretch himself in terms of his conscious levels, I would have to say that this method is what we in spirit have found to be the easiest, the most effective, the most comprehensive for man in the physical body to utilize. I realize indeed that this may be very strange to you own awareness. But I can assure you that as you utilize it within your daily lives, you will find that you have and are indeed, not only seeking that God guidance, as it were, but receiving it as completely as you are seeking it.

Now I believe that it would be well for each of you to look back down over the same steps that you have climbed, recognizing self at each level, and as you

proceed back down the steps, whether you have chosen to stay within your body or that of stepping aside from it, be sure that you feel no limitations. And as you descend back toward the original level, as you come upon the original, once again you see the glow within the physical body of Christ's light. And as you do, you recognize indeed, that it is the beauty of self and that all knowledge, all wisdom, all understanding is not in some far off place. It is not to be found merely in that of books, but it is indeed within the consciousness and subconscious levels of every creation.

And now I believe I have everyone back with us, as it were. And I would say that as I mentioned previously, you might feel a little uncomfortable with this concept. But I merely say, if you are serious, if you are truly seeking with desire to find the greater I AM awareness and a-oneness, then it would indeed behoove each of you to utilize this on a daily basis. And you might say "Oh but it is so strenuous, it is so time involved." But remember, it pays greater rewards than any other single thing that you can discipline yourself too. The problem being that the simplicity of it is so great, that because of that simplicity itself, man is reluctant to utilize it.

We in spirit realize that indeed if you are seeking your a-one-ness with the divinity, regardless of what for you may see God as being, it is through the prayer and meditation, through the inner self, reaching out to the cosmic energies, the God energies in your universe that will bring that all into an a-one-ness.

I hope this night is giving some of you a greater realization of how totally unlimited man really is. God has not chosen to create anything with limitation. It is that which has been created that does indeed create it's own limitations. Most especially, man.

Now I believe there might be some questions about the meditation and that which I have spoken of. So I will at this time open it up for your questions, as it were. My goodness David, do you think that means I did it again? Yes, I'm teasing a little.

Ques: I felt really dizzy and sick to my stomach.

Dr. Blair: Well you're experiencing, child, a new vibratory level. Because on each of those levels of conscious and awareness, there is a different vibratory level present. And your body is not used to those vibratory levels. It is indeed a matter of doing it slowly and if you only find yourself going to the seventh level or the fifth level, as it were, and that is where you find you can be comfortable, then I would of course suggest doing so. And do it gradually, as it were. Yes.

Ques: When I challenged on the next level of consciousness(?), I was aware of being female. What significance does this have?

Dr. Blair: It is merely that man is all things, that once again God is not limited, that the physical aspects and attributes of the individual that they're manifesting in at this time in a physical body, indeed have no bearing on the overall God consciousness. Because God is indeed both male and female, as it were.

Ques: What also would be the significance of a name on another level of consciousness? Such as being female with myself being a man.

Dr. Blair: Well the significance there is obviously a tie that you chose to make of your own awareness with a name that has simplicity and therefore you can be comfortable with. But I believe that fact that you're identifying it specifically, gives it even greater strength and credibility. It wouldn't make any difference if it were Sue, you know.

Ques: Well my next level of consciousness was of being a little boy in a field under a tree.

Dr. Blair: Well I think that's the one you're at now-is it not? I'm teasing just a little bit. You know I tease David considerably, because he allows me too, yes, he understands, I won't say he has broad shoulders, not at all.

Yes I believe to answer the question there, David, it does have significance in that you are at all times the youth, you are the small child, or the baby, as it were. You are the elderly seer and sage and gentleman. You can be all those levels in the various levels of consciousness, yes.

Ques: What does it mean when one is going into meditation and right arm feels like it's on your left arm and your left arm feels like it's on your right arm?

Dr. Blair: It means you're mixed up. I'm teasing you, yes. You've heard the old saying "Don't let the right hand know what the left hand is doing" that's what it is. No I'm teasing of course. It is indeed an energy exchange that you are getting into the awareness that the physical body itself is not of great importance. So you're releasing it and yes there can become confusion about it, as you let go of it. Yes.

Ques: What does it mean when you're going into a deep meditation and all of a sudden you get the feeling that your body is much larger?

Dr. Blair: Well that is what happens to the medium all of the time you know, when the Rock gets in he puffs him all up you know. In reality you are experiencing someone else's awareness and presence, yes. You're not losing it-not at all. I guess you don't utilize that term do you? That means you're not going crackers, you know, yes.

(Rock is Rolling Stone, Robert's control. He is a huge Native American with a booming voice. (Renee's note).

Ques: You started us on the third level-what are the first two levels?

Dr. Blair: That's where you are. That's of a much lower vibratory level than yourself, so that you find that being of a negative feeling to you. So there's no point in going there. Man has difficulty enough staying in a positive framework at the level he's actually at without finding himself at a lower level of vibration.

Ques: When you told us to go into the fourth level which I believe you said was a challenge, I was really reluctant and didn't want to go at all, then all of a sudden I wanted to skip all the rest of them and just go to the twelfth level.

Dr. Blair: Go to the top, yes.

Ques: Is that just a sign of my impatience or immaturity?

Dr. Blair: You said that I didn't. But I think you have assessed it somewhat accurately. I don't believe I would say immaturity. I believe I would say a little bit of fears involved with impatience. You tend to push yourself a little harder at times than what you're comfortable with. Do you understand what I'm saying? Yes.

Ques: Does this correspond to the twelve levels of Buddhist teaching?

Dr. Blair: Yes it does indeed. They are very smart people you know. And you know just for the information of those present here, the God that they look upon, one of the female, Goddess as it were. And there's nothing at all wrong with that, yes. Because God is all things, male-female, all things.

How's the time David-Rock's getting a little nervous. Yes, he's-I told you we never should have told him how to tell time, you see.

Well it has indeed been a pleasure and I hope that in some small way this might serve as a tool, as it were, for each of you to realize the lack of limitation that God has placed upon mankind. That it is important indeed for man to break out of his shell, so to speak, to reach beyond functioning merely in the mind detail levels. And realize that you have the capabilities within self to reach out much beyond the mind in details into the other levels of awareness and understanding. And in so doing you are indeed your own teachers. And this is what it is-why it is so important indeed-that we in spirit come forth with the purpose of trying to give direction so man can find for himself, his own a-oneness with the universe and with the God of that universe. So that he can have total peace, harmony, love and happiness on every level of his being.

It has indeed once again been a pleasure to manifest in this manner. 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 your path be clear. And may you most of all be filled beyond capacity with his beautiful peace. God Bless you one and all.