

## 010 The Superconscious: The Real You

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 this opportunity and as I stand between the two worlds, to allow you to have a little better understanding in terms of reaching out to find that true a-one-ness with your God.

I am Dr. Carlos Blair, of course and I would like to welcome all of you, since I have what I might refer to as a group of old hands at it here. We will utilize the opportunity, I believe for what I might consider a little bit of a special type of class because the subject that I have been wanting to address and I believe tonight might be the appropriate time. I want to first of all just simply say I'm going to talk about the real you.

It seems as though man is so confused by terminologies in all the varying areas of study that all various thoughts are brought forth and taught as far as various levels of the consciousness and all of the upper and lower and the inner and the outer and all the various aspects of ones self. I'd like to put it in simple terms this night in such a way that I believe each of you will more readily be able to comprehend and thereby utilize to the fullest, your own abilities.

I'm going to speak simply about the conscious, the subconscious and the super-conscious for the lack of better choice of words. The real you, of course in reality, in the fullness of reality, is the super-conscious.

I would like to begin with that because that is much like the storehouse in which the farmer puts his grain. Without the grainary to store his surplus in, when the time comes for him to need to draw upon the surplus, then there would of course be none there.

Each of you as you've progressed through living in the physical body on a day to day basis, are having certain experiences of learning that you are indeed putting back into what you would refer to as you storehouse, as a reserve to be called upon at any point in the time when the necessity might arise for that awareness and knowledge.

Most often times mankind does not recognize it because he gets caught up in terminology such as that of giant computers which he doesn't understand to begin with. I'd rather put it on a level that's more understanding.

Once you do experience either in thought, action or deed any experience involving any aspect of yourself, whether it is indeed your emotional levels, whether it be in your physical, material, spiritual or otherwise, it is very carefully placed there in that storehouse upon which you can draw at any time. This is why spirit has said in previous times, that if you are to do the work such as my medium does, then it of course behooves each of you to upgrade you own understanding and to fulfill to the best of you ability all the nooks and crannies that might be found in that area of storage. Because the more that's put in the more that can be taken out at a later time.

It is of course in Divine Order to be able to reach into that reserve of knowledge, of experience to bring if forth not only for your own spiritual advancements, but most certainly for the spiritual advancements and upliftments of your fellow man. That is the portion in which the real God part of yourself, the you, the real you is in existence. It is from God that all good comes. God is good and good is God. Even though an experience you have been placed in might seem somewhat negative to you at the time, such as one who might for one reason or

another find them selves being incarcerated, none-the-less, it is placed there in a positive level rather than that of a negative. As a means by which man has made progression in his own spiritual evolution and understanding and therefore is better supplied and equipped as it were, to reach out to help his fellow man who later finds himself in a similar situation.

It is much like the man who cannot have the full understanding and empathy for the woman who is involving herself in childbirth. You may experience it by looking upon it, by study, by research. You may have very good understanding but you don't have the knowledge of it. Because you haven't yet experienced or actually felt it. So you think you know, you know. But you don't. That's what happens too often in man's life.

When we speak of the various levels of consciousness, of course that is rather simplified because the subconscious is what you have knowingly placed there, for the purpose in this lifetime of once again reaching back to and picking up and utilizing on a conscious level. Where-in the super-conscious is the true storehouse of your entire existence from the very beginning of that of becoming an entity in itself. Or when that spark of God was put out from the Godhead. At everything that has been experienced lies there yet for your use in the levels of the super-conscious. Where the subconscious is more involved primarily with the experiences just in this incarnation while you've been in the physical body. Man consciously tries to program his subconscious and it can be done. But it is much more important to grow in spiritual awareness to where in reality the programming is being done rather upon the super-conscious, which does indeed have control over and can indeed circumvent from the subconscious directly to the conscious levels. Now I am probably confusing all of you, and I hope not. It is rather simple, unless you through your thinking processes care to make it difficult.

It is again the reason that we encourage those of you in a physical body to spend great times in meditation because it is through meditation that you normally are bypassing the subconscious levels and in reality reaching down into the super-conscious.

There is nothing new in your universe. Isn't that discouraging? Someone else has already experienced it, someone else has already had the thought, someone else has already had the knowledge and in many instances it may be you yourself who experienced it a previous time round as you say.

It is all there but it is in the super-conscious levels. The man in the physical body that you look upon as being what you would refer to a great inventor, is no more than one who has developed his ability to bypass, as it were, through his conscious self, the subconscious self, and get right down to the meat of it, to the Godhead where the source of all information lies. Now in the past you have been schooled in various terminologies, referring sometimes to the super-conscious levels as that of the Akashic records where all the records of all eternity of all time, in your particular existence have indeed been kept.

It is not necessary to utilize, as it were, spirit, as such, for any individual to evolve to where they can indeed touch into what you know as their super-conscious level. The primary source for that is through prayer and meditation. Through spiritual evolvment, spiritual growth and then all of a sudden you find that ideas, thoughts, concepts of understanding, suddenly appear within your own conscious level from out of the great no where into the great some where. And therein the invention, as you refer to it, has come into being.

Too often times man through his own levels of mentality find it necessary to use verbage that appears to make it seem extremely complicated to the extent that it is completely beyond the reach of the individual, so therefore the individual says well, "Why should I even try?" I'm here

to tell you that it is within the grasp of the reach of each of you. It is not only through desire but also through discipline of self.

If you indeed want to learn, to really know, the complete fullness of yourself, to do that would be necessary, to learn through the processes of doing, how to reach into the super-conscious levels by setting self aside. All that is, all that was and all that shall be, have indeed been brought into being by God Almighty. And you have been taught that you are indeed a part of God Almighty. Therefore all of the truths are readily there at your disposal, simply by your being willing, as it were, to claim them as your own.

Man sells himself short, he says, "but oh, how could I possibly, I'm very common person," or "I have received limited scholastic type education." God does not get too influenced, I can assure you, by titles.

It is the child indeed, that is within each of you. That simplicity is what Christ was speaking of when he said, "lest ye become as little children you will not see the kingdom of heaven." Because the kingdom of heaven is at the level of super-conscious, that is indeed within each and every one of you. Be simple, be childlike, be loving, be reaching, asking, and ye shall receive.

Now I believe I should have stirred up a pretty good hornets nest there, of questions pertaining to the subject that I have spoken on.

Ques: The super-conscious is then the property of the mind that permits us sometimes to get into a very quiet state and then and literally go and literally talk with another person at a great distance and then elicit proper answers?

Dr. Blair: That is one of the aspects of the mind, yes, not of the brain, but of the mind as you say doctor. Yes.

Ques: I didn't know which property of the mind that was. And it's been bothering me lately. Thank you.

Dr. Blair: Yes that's correct by all means.

Ques: Dr. Blair are the reincarnations part of the super-conscious or the subconscious?

Dr. Blair: They are all recorded in the super-conscious. Not the subconscious. The subconscious is merely reflecting that which is experienced for the most part in this incarnation possibly a very short while, prior to the re-entry to the physical body in this incarnation. But it is as the doctor does when she indeed through the utilization of hypnosis, regresses, as you say, someone back to a previous life, they are indeed at that point through that means being able to tap into the super-conscious levels and to have that understanding, yes. Now some, as I say, would refer to it as being able to, as it were, research the Akashic records, you see. But it is really the super-conscious.

Ques: When you're in meditation, instead of concepts and ideas come forth, you hear a voice.

Dr. Blair: You better watch out, you've got a spook around you. Of course, you're doing what I do with my medium all the time, you see. And he says "Doc get your nose out of my business and let me do it." You know, sometimes, not always, yes.

Ques: Well I've been trying to figure you if that voice is my super-conscious or somebody else. I can't figure it out yet.

Dr. Blair: When you actually hear it, as you are hearing my voice at this time, whether it be in or outside of the head, then indeed it is that of spirit. When it is only in thought form, not in reality heard, then of course you may very well be either through your own, what should I say, that would not sound derogatory, through your own desire for the purpose of becoming advanced in your development through imagination. You bring it in, or indeed you could well be tapping into the super-conscious levels. I hope that hasn't confused you too much.

Ques: What you're trying to say is to be aware of the voices.

Dr. Blair: Test the spirit as it says in the Bible, by all means, "by their works you shall know them".

Ques: Doc would you say the best way to know whether or not its your imagination or in reality spirit is by knowing yourself as well as you can?

Dr. Blair: Yes, of course. But many times man puts his blinders on, you see. He says one thing and does another. He says I want to know myself and he's scared to death to know him self. He doesn't really want to at all. He puts the blinders on, yes. Because all of a sudden he starts seeing himself, the true self and sometimes does not like what he sees. And he says, "whoops I don't want to get into that." You see what I'm talking about? Yes, because it might indeed interfere with his lifestyle, as it were. You see? When you see both of the paths, the one that you may not be on and know you should be on, then it's a little difficult if you've seen it clearly to stay on the one where you should not be.

Ques: Your soul while you're on earth, is it considered to be dormant?

Dr. Blair: Not at all, you can indeed refer to the soul or the spirit of the individual who is incarnate, in reality is another terminology for the super-conscious. Yes, that is indeed the soul or the spirit of the individual. Yes. That's why that all that has ever been in the existence of that individual from the time that they took on the manifestation as a soul or spark of God is yet recorded there in the super-conscious levels.

Ques: I know that some psychics, when they are in a trance, reach their super-conscious and others reach... or spirits speak through others again. What is the difference, can you choose that yourself, which you prefer?

Dr. Blair: It is indeed the manner in which that individual has developed, as it were. I believe you're referring to the young man whom has indeed gone from his basic understanding of his own religion, and has evolved over time and experience with the one name Peterson, are you not? Yes, and in that situation it isn't really important, but you see, how should I address this so I don't bring about misunderstanding. I want to do it properly. Because of previous beliefs and concepts, that have been so deeply bestowed upon this one, who is indeed a very beautiful teacher, and brings forth great and beautiful truths. It would have been in conflict for him to have recognized as it were, or permitted, spirit entity, as such, to utilize his body for that purpose, because then it would be in contrast to what his basic upbringing and teachings were, you see. So it is, as it were, from the super-conscious levels that he works, Yes, but the source of the truth is none the less, equally as great, you see. Because the super-conscious level, all truth is there.

Now I believe there might be some more. David, you still awake? My goodness I don't know how it happened. I'm teasing him a little you know. You tell Lee that I don't think, on behalf of himself as well as the other involvements that would be necessary, that at this time we feel that it would be at all appropriate or proper, either one. Do you understand what I'm speaking of? For the involvement of the church or himself. Yes.

Now I believe there might be other questions.

Ques: (unintelligible)

Dr. Blair: Well, I would have been disappointed if someone hadn't asked, I assure you. We in spirit have the awareness that, my mediums brother, Dr. Richard, has very well developed and utilized that gift for many years. And he was indeed here in this place, but only for such a short time due to circumstances that were unforeseen, that he returned to what you call the islands, you know, where he lives, and so he didn't get a chance to come down here, and work with us so that we could utilize his medium-ship for that purpose. But we'll attempt to get him here as soon as possible, yes. And that's not to say that we may not do it in his absence. Yes, Now she has another chapter for the poem(?). I'm teasing, yes. And it was very well done by the way. Now how's the time David. "I have you about 10 minutes ahead." Yes, well I believe then that I can indeed open it up to questions of whatever nature you'd like to ask. And I'll promise I'll give you correct answers even if I have to tell you I don't know.

Ques: I had an experience whereby I had felt that one of my previous lives took over my present life for a short period of time. Is that possible being that reincarnations form part from the super-conscious. I could understand it better if it would be part of the subconscious.

Dr. Blair: No not at all. What you're doing is finding yourself with one foot in one lifetime and the other foot in the other. Its like when the doctor intentionally takes someone back, you see. If it isn't done properly, then of course there can be rememberences of both, at the same time and that's the space you happened to find yourself in for a short while, yes.

Ques: I'm not sure if you are aware of what's going on in California, there's a case involving evolution and Darwin's theory. The churches are coming out and saying, I guess you could say, God's evolution of man should also be taught in the schools as well as Darwin's. You see this as the church winning this time, or is it just gonna take another step backwards?

Dr. Blair: I believe that you're going to find that it's going to be set aside without any formal decision being made for quite some time yet. There is indeed much opposition to the thought, as it were, therefore I don't believe you'll find it will be ruled on in that sense. So it will remain pretty much as it's been for quite some time yet. Yes

Ques: Is it going to continue to rain the next couple of days?

Dr. Blair: Yes

Ques: When is it going to stop, do you know?

Dr. Blair: Well, I'm not God, of course, but I believe you are into what is called the monsoons. And it should be some relief from it after two more days of it, yes, but it won't be a lot of time, and then it will start again. So you best make hay while the sun shines. But in this case you best put on roofs while the sun shines. Do you understand? And that is coming along very nicely that you're making for the top you know. Yes, you've conceived it very well. Now that

should be painted, as it were, and I'm speaking of the cross portion. Wait a moment, what? With what you would call iridescent paints-gold iridescent. Do you understand what he's speaking of?

"Not entirely"

Well you will when you ask them for gold iridescent paint. Yes, the cross, no we don't want the members involved. They'd look funny in gold. I'm teasing you, yes. I know it's going to be very nice. He does a lot of things very well, you know. You ought to see him cook. I'm teasing him a little. It's good that he has her, because if he had to cook for himself, he'd starve.

Ques: In my last reading he told me \_\_\_\_\_ involving another individual. It didn't come to pass. Is it just being put off the \_\_\_\_\_ or what?

Dr. Blair: It is nothing more than the proper timing yes. Yes the thing of having the proper timing. It will and when it does we'll blow the trumpets huh? I think that might be good, yes. Now we might have some more questions.

Ques: Dr. Blair....

Dr. Blair: You know it feels so good not to be rushed for once that Robert finally got started where he was near on time.

Ques: I asked Bob what to do about an acid condition in my system-could you give me some help?

Dr. Blair: I am familiar with the situation and of course it would not be proper or legal, as it were, for me to make diagnosis you realize. But if it were mine, if I had that kind of situation I would probably find my self utilizing a small amount of baking soda about twice a day, yes. That of course is not diagnosis you realize, or prescribing.

Ques: I was told that I would take a vacation this year and that I would be-one person told me in April and one person told me in May, and I would meet someone. Can you tell me when this will be exactly and where?

Dr. Blair: Well I think that's pretty close when you say April or May. No, I won't tell you where because I don't want to interfere with your own free will of choice. But you have no concern for it, just follow your inner guidance and it'll all come into being, yes. And it will be April, May... that area of time yes. Do you understand why I have given you the answer I have?

Ques: Yes, but I was also told that in order to prepare, to reserve the time in advance. In order to reserve that time I have to know when it is.

Dr. Blair: Well you just follow your own inner guidance and when you feel like well I should do this on May the third, you know, then you make the time according to that. You see? Yes, that's how I would do it, yes.

Ques: A young man in my office today and we were looking for a certain military man who seems to be going between San Diego or Los Angeles and the Pentagon. Can you tell me is this man going to come to Tucson, or are we going to find him someplace else?

Dr. Blair: Well he's up in the Washington area now. Washington state. But he's coming back down. (coughing) Sorry about that, you know the old boy, he drinks water that has cement in it. Then he eats popcorn, and then he gives me the body and says, "Now you have fun with it, Doc."

And he expects me to keep his choppers in his face while I'm doing it, yes. I believe you will meet him elsewhere, it will be in the San Diego area, yes.

Ques: I'm going to be in San Diego in a month?

Dr. Blair: You said it, didn't you? But you're not going to make that trip this week. Do you understand?

Ques: That dripping that seems to be occurring from my ceiling. Is that \_\_\_\_\_?

Dr. Blair: It's called water, yes.

Ques: I know, its rain water. Is that just involving the duct work?

Dr. Blair: It's very minor, yes. It is coming there, but it is coming down, well, I don't know what you call those things, its not plumbing, it's.... what, it's running down along studs, rafters he says.

Ques That's minor?

Dr. Blair: Well the leak is minor. It just runs down so it looks like it's coming from a different place you see. But it is coming from that thing you talked about on the roof.

Ques: The cooler duct.

Dr. Blair: Yes

Ques: Dr. Blair, Bill....

Dr. Blair: Yes, and he got all a great big messes didn't he? Boxes and all kinds of things all over the place. You can't go and visit him. His house is a shambles. I'm teasing him just a little bit. Yes.

Ques My question.....

Dr. Blair: Yes, you're right where you belong.

Ques: No, should I be expecting a visitor before long?

Dr. Blair: Well I'd certainly try to get things put away because you're going to be embarrassed a little otherwise. Yes.

Ques: Can you tell me when?

Dr. Blair: Well I could but I don't think I should, because then you'll put it off.

Ques: unintelligible

Dr. Blair: Well it'll be a couple a weeks. So as they say you have to put it in high gear.

Ques: I have been told twice that I'm going to take a couple of trips in the near future. Can you please tell me where I'm going?

Dr. Blair: Boy, what I could do with that. I don't think it'd be appropriate though. I'm teasing her just a little. You know it isn't often I get the chance to let the old boy's hair down like this, huh? Yes there will be, and I don't want to spoil it for you. I'd rather not spoil it, I believe. But one will be, the two of you will make another journey in about three months. Yes. And it'll

be a nice one, well pretty long, yes. You see its like fishing isn't it. A long one and pretty soon well how long? I enjoy that though, my dear, I'm teasing you a little, but yes, it'll be a good trip. Don't worry about it. It will all come into you own awareness and it'll unfold right in front of you. And the other is going to take you to San Francisco to get everything finished that has to be done there. You understand now? Yeah, I kinda thought you would. Clear as mud.

Ques: I was told sometime ago that I would have a job change and I'm still doing the same thing and, I don't see any....

Dr. Blair: Have you tried standing on the other side of the workbench? I'm teasing you a little. It seems as though, in that place in which you are working, that there is great instability right at this time due to contracts, you call them, and some changes that had been planned, have been delayed because of changes in what you call contracts. Does that make sense to you? But they'll still be forth coming, yes.

Ques: Can you give me a range of time?

Dr. Blair: Well there's a lot of free wills involved there and I would say in the next few months, yes. As soon as the contracts they're working on are consummated. Yes, they'll go forward then with a new program.

Ques: Will I still be working on the computer or will it be a different type of job.

Dr. Blair: You will be in supervisory capacities over that aspect, you see, you'll be teaching others. Yes, she doesn't think she has the ability but she can.

Well you know with all that earthly rain as you call it, you know we would call it heavenly rain, but I'll say all that earthly rain you've had and with the extra energy that's been placed into the air as a result of it and it's almost got it cleaned up well enough now for even those of us in spirit to be able to not choke too badly when we have to use one of these bodies. It's kind of a pleasure to have it.

Now Robert, the old boy, getting old enough that with this weather, his bones creak and crack and the pain set in, and he says "Doc you just have it for awhile." And I don't think he'd care whether I gave it back to him or not. But he can't get out of it that easy, he's got too much yet there to be done.

But it has indeed been a pleasure and it's been enjoyable to have the opportunity and I hope in some small way I might have caused each of you to think a little more simply but a little more in depth about knowing yourselves. And now I ask as I leave the body 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.