

## 018 The Three Bodies of Man

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. And I am Dr. Carlos Blair and I suppose by now you've noticed that I'm a little bit English. This evening I've chosen to speak on a subject that I feel is of utmost importance to man in this time in which you live.

I would tell you David, the old boy, you know, got new choppers and boy do they work nice. I wouldn't tell that for anything in the world. You know, I would like to say that it is indeed the pleasure to have this opportunity because, again, it is through this means that it is my privilege of working toward my own progression as well as allowing others to work toward theirs.

I've chosen this evening to speak on a subject that I feel is to often misunderstood or overlooked, and it is from that portion of your Bible, in fact found in several places as it were, but most definitely spoken about in what you would refer to as John. It says there to test the spirit, and too many times man does not understand the full meaning of that statement. And I would like to embark upon that in a rather unusual way, by first of all letting you realize fully the capabilities as well as the limitations of man, and to do so I would like to speak about the three different bodies of man.

First of all, of course, is man's spiritual body. The spiritual body is that God portion of man or what you might refer to as the a-one-ness or the I am that I am, the God part of the individual who is manifesting in the physical body, and that is the spiritual body of man. It is concerned with strictly those things pertaining to the spiritual aspects, and not that of the things of the material.

Then of course we must talk about in addition to the spiritual body, the mental body of mankind. Because all manifesting in a physical body do indeed also have the mental body. The mental body is that portion which man refers to as his mind or the subconscious or the brain, that aspect of it. And if it's-(would someone not utilize the light in that way be done manually David? I would. Is that the one in the mediums office? I would ask that be turned off because it does create a little bit of fluctuation in the vibration against the body. And besides that, it is distracting to those who are sitting in the group you see. Don't you believe he's a very good gopher, yes. You know he goes for this and goes for that. Yes. He does it quite well. I love to tease him too. I haven't had the opportunity in a long while.)

Now back to that which we were speaking of, that of the mental body of man. It is, of course, through the mental body that all thought processes come into being. It is through the mental body that perception and perceiving comes about. I'll go into more detail with that a little later. Of course the third level is that of the physical body, as it were all, of which you're all familiar with. However, to fully understand the utilization of the three various bodies that man is existing in all at the same time, simultaneously, it is best to understand the control areas of those bodies. As most of you know from previous studies of metaphysics, there are within your being what is referred to as spiritual or psychic centers which are commonly referred to as that of chakras. The physical body is primarily manifested through the root or the spleen chakra. The mental body of man, however, is manifested through predominantly that of the heart chakra, that of the throat chakra, and that, of course, in the mid-section which is so often referred to as the solar plexis chakra. While the spiritual body is controlled entirely through

what many refer to as the brow chakra, or the third eye as it is sometimes called, and the crown chakra. It is when one has developed themselves and indeed opened the crown and the brow chakra that they are manifesting and utilizing as it were, that a-one-ness, that perfection of that a-one-ness, and they are bringing forth spirit truths, God truths at that level.

However, if man has failed to first build upon the spiritual understanding and awareness in foundation properly, to have opened and developed the brow and the crown chakra, that does not mean that it is impossible for him to receive from spirit, or to utilize what you might refer to as the psychic. Because it is indeed possible to also receive through the solar plexis, the heart and the throat chakras, which are more concerned with the translation of that which is received through the brow and the crown chakras. The throat chakra of course is almost totally in control of manifesting that, which is perceived through man's normal physical senses, such as that of the eyes, the ears, the nose and such as that.

While the spleen and the root chakra, as it were, are not concerned with the mental aspects nor the spiritual, but rather that of the physical aspects. It is possible for those who are in a physical body to open the various areas of chakra through meditation, through prayer, through study. It is by that means that the various levels are indeed opened. However, if one is of spiritual understanding that is so limited that the only chakras that are opened are those of the spleen and root chakra, the majority of what that individual will receive will be of a lower understanding. It will be of the things of the world, of the things of the material, because it is of the world.

With one who has developed those chakras and as well has worked with the heart chakra and opened the throat chakra and opened also into the solar plexis, that individual is going to be able to reach to a much higher level and bring forth much greater truths and teachings because they will indeed be working with the mind portion, the brain, as it were, and to some extent getting into the levels of translating that which is received through the subconscious.

While one who has studied and disciplined oneself for the purpose of developing and indeed opening the brow and crown chakra, that individual will be more involved with the things of the spiritual and also is indeed working with the levels of perfection, as it were, or the I am that I am or the Christ consciousness level, which is going to of course bring greater teachings with more validity, with more indepthness, than say the one who has only developed to the lower stages.

It is not at all unlike what you refer to as your systems of education. One might go through the preliminary levels of schooling, that of what you refer to as grade school. There will be others who will go through what is referred to as high school, and there will be those who on to college, and such as that. Each one developing levels of understanding, and remember, that like does indeed attract like. As the medium had said earlier when he was working in the first part he spoke of 'water seeks its own level'. And indeed that is true. And if you are to utilize your own abilities, as it were, then it behooves each one of you to first of all, as I have said so many times in the past, to work toward your own spiritual development and fulfillment of reaching out with true love to all of mankind, utilizing and working from the level of your own spiritual, not your mental or physical bodies. But utilizing the spiritual body.

That is indeed what John spoke of when he said, "test the spirit". It does not mean that if one, as it were, and I'll try to put it in a connotation to be more understanding. If you went to the one who had only gone through the grade school and asked for their advice, they could only give you the advice to the level of their understanding. While the one who had gone to college

could give you the advice at that level, which would invariably, definitely be a better source of advice.

I hope that this makes it rather simple. I've tried to take what man has created into being complicated, and tried to put it in a simplified form, so that it's easy to understand, and also at the same time, however, try to make everyone vitally aware of the tremendous need to fulfill that which Christ spoke of when he said, indeed, "seek ye first the kingdom of God in his righteousness and all things will be added". This is what even Christ was speaking of when he said, "I am the light of the world." In reality, he was saying I have balance in all areas, through all three bodies. And I am working from that a-one-ness, that perfection level. Not from the mundane. Not from that of the physical, but he had balance in all. And that is what is so sorely needed in your world today.

You will find many who will come forth with prophecies of various natures, of condemnation of the world, of the damnation of the world, in fact, of the coming of the end of your world. There are those who are quick to stand up and say by the authority of God I have been told of this tremendous thing which is going to happen to all of mankind. This terrible devastation, and of course it depends on the level of that individual's personal development into their spiritual body and awareness into their a-one-ness, as to the validity of the information that is being brought forth.

It is not at all out of deceit or out of a desire, as to were to mislead, because that person will go forth with as much enthusiasm, and as much conviction about their beliefs, as the one who has indeed received it from a higher level of understanding, because that person is seeking and giving at their level of spiritual awareness. Therefore they're giving the best they have. That is exactly what was meant when it's said, "test the spirit".

There were, of course, other references made as to how to test the spirit. One, of course, was that if they shall deny that Christ manifested in the physical body and was then of course it's not of the spirit. And if they shall accept Christ and say that he was born into the physical body, then it is of God, and it is of the good spirit, as it is otherwise put.

Now I believe that I should've stirred up a few questions about the subject I've spoken on. I can see so many out there with the minds going four hundred miles an hour as it were. Just wanting to say "Hey Doc what about \_\_\_?"

And so now I believe I'll open it up to questions pertaining to that which I have spoken to, yes.

Question: You were talking about the chakras-a friend of mine was in meditation the other night, she got the message that she has to concentrate on the ninth chakra. Is there such a thing as the ninth chakra?

Dr. Blair: Man has developed in his own connotations many varying numbers that they refer to and you can find those who will profess that the body indeed has what is known as many more than the nine, but I think the highest is around 13, as it were, varying chakras and in reality chakra is nothing more than the psychic center or spiritual center of the being. And there in reality are primarily the seven that I've spoken of, yes.

Question: The ancients in the eastern philosophy, maybe I didn't quite understand, but I lost you some place when you got to the spleen chakra. But there are the first three chakras centers, the third chakra center being the ego center. In other words the root chakra the second chakra with the third chakra starting from the bottom up being the ego center and the fourth chakra in the

ancient teachings from the fourth chakra up through the crown chakra were the spiritual centers. The third chakra was not considered of the spiritual nature. Somehow or another arriving there I didn't quite understand. I thought you said that the spleen was something connected with the spiritual center.

Dr. Blair: Not with the spiritual center as far as the crown and brow chakra, but it would be indeed possible for spirit to psychically manipulate those lower chakras and thereby make contact with a medium, who was only developed in those chakras.

Reply: Normally it would be the fourth, the heart, the throat, the third eye and the crown chakra would be the spiritual centers.

Dr. Blair: Hopefully, it would be if it is spirit manifesting to someone, of course, the brow and the crown chakra, because then you're attracting teachers as such who are of a higher spiritual level and awareness and to, ok I didn't really want to get into it, but I guess maybe I should.

I do not like, as it were, to ever stand in condemnation of what man utilizes as a means to reach or to find his God or indeed to even reach and find and contact spirit. But I believe, in order to clarify what you've asked about, I should do that.

When the spiritual portion of man or the a-one-ness of that individual has indeed tuned in through the crown or the brow chakra, that, in turn is translated by the mind chakra or the mind body, the mental body, as it were. And that comes about through the throat, as well as the heart, as well as the solar plexis. Now when you reach below that, then man is getting into the physical, the things of the world. That of utilizing, as an example, what you would refer to as a ouija board, or that which would be referred to as the pendulum, or that which is referred to as tarot, or that which is referred to as the I Ching, and on and on it goes, astrology, numerology and all of these other areas are of the world, they're not of spirit. They are tools of the world, and therefore that which is going to be received through the utilization of those tools are, indeed, going to be somewhat lessened comparably speaking as to what it would be if the person did not involve the things of the world but only the things of the spiritual. And I don't say that in condemnation of the use of them, because there are those who indeed utilize them as a focusing device, or a centering tool, as is were, for their own meditation, and then they work from the spiritual or the crown or brow chakra. But they merely use the tools as a centering you understand what I'm saying?

Response: You're considering the third chakra as being part of the spiritual rather than the physical.

Dr. Blair: Not at all I don't know from which end you're counting of the body.

Response: Starting at the bottom.

Dr. Blair: Every chakra is part of a psychic center of the body, not of the spiritual, but psychic center. Yes. The spleen, the root chakra even, are psychic centers. As all chakras are psychic centers. But it's not of the spiritual, only the crown chakra and the brow chakra are of the true spiritual or a-one-ness center. It seems as though we have other conversations maybe we should listen to them.

But have I clarified a little more? It is contrary, I realize, to some of the other teachings you've heard, pertaining to chakras.

Response: I thought maybe when you were talking about the third center chakra here that maybe for a medium, that particular psychic center would tie into then the spiritual aspects. That was where I thought there was a difference between just the person, say, who's not going to be a medium. There wouldn't be that same development in the third chakra center as in someone who was.

Dr. Blair: Yes I understand what you're saying, but not necessarily so. It is merely that to, first of all, most who would develop to the level of what you would call medium-ship would have had to have done enough study, and enough prayer thought and searching within themselves, and discipline to have, indeed, already opened the brow as well as the crown chakra yes. They would not be apt to be working from what you would refer to as either the mental body or the physical body level. They would be working from the spiritual body level, yes.

Question: Is there such a thing as an emotional body and physical...

Dr. Blair: The physical part, the physical aspects are indeed in control of the emotional. Yes.

Response: When you get into the spirit world, therefore you're saying there's no...

Dr. Blair: There's no disease, no discord, no, disharmony, no emotion in the sense that you know emotion to be. Only love, yes. That's all. But it is such an a-one-ness of love that you would think of as being an emotion. Yes.

Question: Earlier you were talking about testing spirit and Dr. Ireland was saying ask somebody without telling them, you know, like making a decision, so ask somebody to tune in.

Dr. Blair: You mean another person, yes, as he does when he, I believe I had the privilege of speaking to you once did I not? Privately

Response: Yes.

Dr. Blair: As you would recall there was no discourse between yourself and my medium prior to that time was there?

Response: No

Dr. Blair: And did I not speak to you for a very long period of time about many aspects and areas of your life, without your having divulged that knowledge to me or to my medium?

Response: Yes

Dr. Blair: That's what he was referring to, yes.

Question: Some of us get together and what we do is we pray the Lord's Prayer and say that the guiding light is...

Dr. Blair: That's good.

Response: But then what we get into is we use sometimes the ouija board or we use our minds to contact our spirit guides. Can we contact spirits that aren't our guides or are of different levels when we use the ouija board or what ever, or automatic writing let's say?

Dr. Blair: Alright let me explain child. It would be a preference to not utilize, as it were, particularly, most especially, the one which you refer to as the ouija board. As far as your visualization, as far as even the utilizing of automatic writing, I would be more prone to encourage that, and even then I would do so with not taking all that came to heart, as it were. It would be a thing of allowing time to pass and after having reviewed what was given, and tested it in that manner and utilize the opportunity to see how much validity was there. Then you would realize, of course, much better the level of the individual that was bringing it. But in the beginning, the primary, if I had my ruthers, let's put it that way, if I had my ruthers, and I realize it can't be that way, all who had desires for psychic development would never have the experience of any form of the psychic. Only study the spiritual teachings and aspects for a few years. And sit in meditation and prayer prior to the time that they considered the gifts of the spirit, as they are called. Because as one evolves in their spiritual awareness and understanding, they don't have to become concerned about the gifts at all. God automatically opens the doors, and the gifts are given freely, yes.

But man is so intrigued as it were, for the lack of a better word by the gifts, that many times in reaching for them, misses the importance of the overall concept of God, reaching for them rather than that of the things of the spiritual.

But it is necessary I know, when I was in the physical body I did a bit of it myself and I know the intrigue that is there with it, yes.

David, how's the time, the Rock is getting a little nervous? That's what he said, but I wasn't sure the Indian could still tell time. I won't keep the body, I would've liked to have been able to open it to just a question and answer period, because quite frankly the body is rested considerably to what it had been, and, my goodness with new choppers and all, I don't even think I whistle, David. Yes. How bout that, and I felt a little bit what you would call, in rare form, as it were.

I has indeed been my pleasure to manifest once again in this manner. And I hope in some small way that it might cause you to go within yourself to look upon your own spiritual growth and awareness, your own spiritual understanding, and to reach out to truly seek your God--the God that is indeed within each and every one of your beings. And find that true a-one-ness, the I am that I am, the Christ portion of self. So that you can fully realize the beauty and the Love that therein lies. It has been once again my pleasure. And I ask only as I go forth from this service 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 beyond capacity with his peace. God bless you everyone.