

## 021 Positive and Negative Thinking

Dr. Carlos Blair (Loud sneeze)

And I say good evening to you one and all. Well it is indeed a pleasure to have this opportunity once again to manifest in this manner. And as you probably have realized by now, I am Dr. Carlos Blair and I hope you don't mind, I'm a little bit English. It doesn't rub off so I hope you can put up with is, as it were. ~~And~~ that Indian (Rolling Stone) handed me the body just when he was ready to explode, you know. And it passed the supreme test, the new choppers don't fly out too easily.

I believe this evening since the class is rather small, as it were, that I would like the opportunity to speak very briefly, on a subject that I feel is of importance and then hopefully we might have time for not only questions on the subject, but possibly personal questions as well.

I believe now I will go ahead and speak on the subject and I feel as though it might be one that just needs a reminder here and there and that is man's concept of his own thinking in terms of his positive and negative approach to that which is happening around and about him. And we find at this particular time in your world there is indeed, due to many circumstances, a lot of negativity that's being placed within and around those in the physical body, and, as a result, if you were to check the records carefully and you could very easily of course - you will find at this particular time, that the rate of suicide, as you know it to be, is higher than its been in many years. And it seems as though again that's why it might be important to speak in terms of thoughts and attitudes. Because man is not indeed at this time experiencing much greater trials and tribulations than what he has in the past, but he's just not handling it quite as well.

It is very easy when in the physical body to find oneself looking into the areas of negativity rather than that of positiveness. And it is indeed because of this that one finds themselves in what you would call the doldrums, as it were, or the lower levels of the cycle and that is when it is most apt that one might consider such an act.

And it seems as though that now is a time when it is more important than ever for all of those who are in the physical body to be taking the time to set aside the time for God's work as it were, for meditation and especially that of sending forth healing and love to all of mankind. It is the only source that will bring about the reversals of the direction in which man's thinking is at this point. And it is important that each one be cognizant and aware of the importance of their energies as an individual and how great an effect and impact it has on the lives of those around and about you. It is as though one who is effervescent, so to speak, in their attitude, and one who is filled with excitement for living and enthusiasm and fun and such as that, has the ability to uplift many who might not be in that frame of mind at that particular point in time.

With all of the concerns that are not only here in this little place, that of the city, the little group as it were, and as well as your country and all the countries of the world. It is because of all this inner negativity that you see, many of the trials and tribulations that are manifesting as they are, and as I have spoken previously at the beginning of the year, you would start seeing

various occurrences, such as this that were coming into being because man through his thinking processes have indeed drawn this to himself.

That is what everyone is quick to blame on God all of what he calls the natural phenomenas of devastation whether it be that of mountains which are erupting or great ice glacier slides or whether it be that of tornados and fires and the inundating of certain areas of your world, whether it be the strife and the wars that are starting to emanate and come to the surface, and all the internal operations that you find in the negative sense in the various countries of the world at this time.

This was not and has not come as any surprise, as it were, to those of us in spirit because that was why we were able to speak of it previously. But remember you who are manifesting in the physical body, each have the ability to send forth the love, the positiveness, the healing, as it were, and to uplift many, many times your own number, and to be a very important instrument for God to utilize for the upliftment of mankind at this particular moment in time.

It is therefore your God given responsibility to reach out and at least attempt, as it were, to take your fellow man by the hand and to uplift his whole mental capacities, and direct him more into that a-one-ness with his God which is going to bring him into his love of his fellow man. At this time in your world it is more sorely needed than it has been in many years past. And I'm not speaking just on the local levels here in this little place in which you reside. But I'm speaking on the world as a whole. Unfortunately, as we see it at this point in time, it is not diminishing but will continue in this direction, and therefore it is more important yet that those of you that have the spiritual awareness and understanding to put forth that great God Love to the world as a whole.

Now I could get into some very deep thoughts pertaining to the subject but I believe it would be well that if I keep it on the what would be more of a simple level, because the simplicity in reality, as it has always been from the beginning of time, has not changed, and that is man loving of his fellow man, man loving his God and man emanating that love to all. Because not only is it upliftment through the emanation through the love to the individual but you're changing the structure as it were, of the vibratory levels in the etheric, which affects many, many more people than you would possibly have awareness of.

To give you a better example of what I'm speaking about, the positiveness and the love that is brought forth regularly and maintained and emanates here within the confines of this little church, has indeed built a vibratory level into the building itself, that makes it a center of happiness, that makes it a center of upliftment, that makes it a place wherein man can find peace and also gives the power for the purpose of Gods healing abilities, to emanate and be utilized. You don't have to confine it merely to a building or an area. But every thought, every action, word, and deed that is put forth on the etheric is having a monumental effect, much greater than you have awareness of, on the overall of the entirety of the universe.

It is not unlike the sands on the beach of the ocean, as it were, while there are countless millions of them, each one is significant, each one makes up a part of the whole. And if none were to have any significance, then there would be no beach at all. It is no different with man

in a physical body. Each one plays a great important part of the whole, and has a much greater effect on the whole than what any of you have real awareness of.

As I said in the beginning, it is a time in your world right now where you're seeing and hearing more and more about the strifes and the trials and tribulations of not only individuals but that of the world as a whole. Therefore, it is more important than any time previous to stand very steadfast in your positive emanations of thoughts and love.

And now so I don't utilize all the time, I believe that I'll just open it for questions just pertaining to the subject first, and then if we have the time then later I'll allow personal questions, as it were.

Question: I have a friend right now who is very unhappy and therefore negative. Is it all right to avoid our friends that are like that. I can't deal with it.

Dr. Blair: Well you speak of avoid this bothers in physical contact?

Response: Yes

Dr. Blair: Well of course if that be the case you can't do anything but find yourself becoming negative as a result which adds to their negativity, it would be best that you not be present with them. However, it certainly would behoove you to take the time or several times each day, if at all possible, of sitting in meditation and prayer thought and sending not only healing, but Love and upliftment to that individual.

Yes, I have a very soft voice way back there somewhere.

Question: I am in close contact with a person who, the way they express it to me is, they hear a voice telling them to kill themselves. They do not want to do this, ok, the way I have dealt with it is to mention the positive statements that can be made. They hear the voices at night when they retire. The positive statements that can be made, I use one of your meditations for them to listen to at night before they go to bed. How else can I send out the healing, how else can we deal with it because the person themselves when they're awake do not want to do this. But they find them self in the middle of the night awakened in a life threatening situation.

Dr. Blair: Well first of all child, you must have awareness of the psychological effects and undercurrent which are flowing forth in this situation, and that is that it indeed is not a voice that is speaking to them and saying you should do this. It is one who is crying out as it were, for help because their own subconscious is so distressed and so filled with unhappiness and distress, that that is the contemplation of thought and of course the greatest thing of all is that of sending forth great love, great healing and not to ignore because when one is of this nature speaking in terms of the voice that speaks to them within, then of course what they are really referring to is the levels of their own subconscious that is communing with them. But no one in spirit is going to speak to someone in the physical body and tell them to take their own life.

Do we have any other questions at all pertaining to the subject itself? How's the time David? Yes, so we have a little time yet. So now I'll just open it up for personal questions, how's that? You didn't expect that one, did you? I didn't get long winded this evening.

Question: Dr. Blair...

Dr. Blair: Brace your feet here comes a good one, I'm teasing him of course, go ahead.

Response: Ok. Dealing with negativity around you and projecting it, ok, what I'm finding is that, like with trying to justify within myself judging somebody and being prejudiced and trying not to do both, the only way I can say this is like this. Let's say I like somebody physically but I don't like another one because let's say they're Oriental. Let's say Oriental people don't attract me physically. Would that be judging, would that be prejudice, or how does your personal feelings work into the judgment of things.

Dr. Blair: Well you're speaking first of all of actual physical desires, and physical emotional reactions and that of course is not a mental, or as it were, a heart judgment of another individual necessarily. The many who are attracted more strongly to one than they are to another, and that does not mean that the one they are not attracted to in the sense you're speaking of, is no good at all, or that they are looked upon as being lesser in the eyes of God, it is merely that that is your preference, and of course for man to not make, utilize his ability for utilizing his own free will of choice, then he would be in very dire straits, as it were, because that's like saying, well if I chose to eat steak rather than pork, you how, well it doesn't mean that one's good and the other is not, it's just you preference. Do you understand what I'm saying? Now if you're standing in negative condemnation of that person because of their background, as it were, and you're doing it on a mental level, then of course that is wrong. That is being judgmental. Yes. It is prejudice. Yes. First of all do you understand what I've said?

Question: If you feel as though your spirit guides are trying to get through to you and you're not receiving anything from them, is it because you're not ready or is there something you can do to help them get through to you?

Dr. Blair: In most instances when someone in the physical body is finding that condition, it is meaning very simply that you're close to the same vibratory level, close enough to have awareness that it's there, but not close enough to make that connection, as it were. And of course the best possible thing in that sense would be more meditation, as it were, with prayer thought attitude. Raising your own spiritual vibratory levels to coincide with that of your guides and teachers, yes. It's called getting the round peg in the round hole, you see. Yes.

Now, Arthur, I believe had a question as it were?

Question: Last Sunday Bob gave me a message in which he said that the dam was caving in. Could you expand upon that?

Dr. Blair: I'm sorry but what was this all about?

Response: He said that the dam was caving in.

Dr. Blair: Yes, he doesn't speak very plain, does he? I'm teasing a little bit of course. But what he's referring to, that it's all about to break loose, and you'd better have your busy shoes on because you're going, you've had the chance to catch your breath and rest and now the dam's going to break, and it's all going to be flooding right in on you all at once. Much work. Yes. I don't know why he couldn't have said that, as well.

Question: Could you tell me whether I have a job that I'm looking at now, the \_\_\_\_\_ job?

Dr. Blair: Yes, what, what? Just a moment, yes, well you won't have it for another week yet though. But you'll know about it before that. You understand what I'm talking about?

Question: The one that I'm looking at now?

Dr. Blair: Yes, but it won't be immediately there'll be a little delay with it. Yes. But you will have the opportunity for it if you choose to have it. Yes.

Question: I have two questions. I need to know if I should take a plane or my car for my trip. And the other, I need to find my husband's military retirement papers.

Dr. Blair: One moment and let me see. You better order a new one because, what? Yes, you better get the new paper. And you do need to have it, because you lost the old one. And, yes, it is faster you know, in spirit you just think the thought and you're there, but since you're not, you better utilize the air plane, as it were.

I believe that's David is it not. Yes, my goodness we have two of them now.

Question: Bob mentioned to me in my reading that I would be taking a trip to the east coast, the west coast and then the east coast. I wonder if you could elaborate on what that is I'm going to be doing?

Dr. Blair: One moment, let me see. You're going to be going, yes, one moment, you're going to be going to the West coast for the purpose of business, and what? Yes and alright, and then you'll find yourself being drawn to the east coast for both business as well as some pleasure, as well. And I don't think you have awareness of it now, but it'll all unfold very quickly. Yes.

Question: I have a child who is experiencing some problems, can you give me any \_\_\_\_\_?

Dr. Blair: First of all I would say, you realize that you cannot usurp the free will of another individual and therefore, they have to make choices for themselves. Unfortunately when the choices are not of the best nature, then the cause and effect is there and they have to fulfill the purpose they have chosen. However, it seems as though you'll see a clearing away of the problem there, I would feel like by the end of August, it seems like it's going to be subsiding to much greater betterment. Yes. Most definitely.

Question: I have separated myself from my family in order to come to Tucson to help my financial situation with a positive outlook \_\_\_\_\_ am I spinning my wheels?

Dr. Blair: Well I never had any wheels to spin so I'm not too familiar with the term, but no you're certainly are here for the purpose of fulfilling many purposes that you don't even at this time have awareness of. So it seems like no, I would say you're not wasting time if that's what you're referring to, spinning the wheels as it were. You're fulfilling more purposes than you have awareness of child.

Question: I'm experiencing a physical problem, can you as a doctor tell me what's the cure?

Dr. Blair: They'd put my medium in jail for that, you know.

Response: I won't tell anyone.

Dr. Blair: Yes, I know and I won't either, but if I were you I would seek some real professional assistance with it, yes.

Question: I'm going to be house sitting this whole summer and I'm just going to be there. I just wonder. It's sort of restrictive and I feel that I'm supposed to do this, but I'm really not looking forward to it, terribly much.

Dr. Blair: Don't think that you should spend more time there than the people would spend there, that own it. In other words you didn't become man and wife with the house, you're just going to stay there for part of the time. So don't restrict yourself to that extent, at all.

Response: Can you see, will there be other people who'll be house sitting for me?

Dr. Blair: Not it sounds like it's going to get confused.

Response: Yeah as a matter of fact who's going to be living in my house? Could you tell me that?

Dr. Blair: You already have someone there. They'll still be there, except for a little trip. Yes.

Response: Is she going to take a little trip?

Dr. Blair: Well I better hadn't tell her too much, you know.

Response: She asked me to find out.

Dr. Blair: Well that's because she knows she is, because she's already been told.

Response: Oh, ok.

Dr. Blair: You see, yes she will and yes, he's going. Yes, now don't get excited and don't misunderstand. You know I about gave you apoplexy the other day when I told the medium what I said and he told you. And you thought it was JC, and not even with the boys. Isn't that true? Yes. Well it wasn't him, not at all.

Question: I have a horse for sale....

Dr. Blair: I don't know what I'd do with one over here. I'm teasing you.

Response: I would like to know if she's going to sell soon?

Dr. Blair: You see the problem man has in a physical body is with terminology. Now what I think is soon, yes, the mare will be sold soon.

Question: Will she be sold within two earth moons?

Dr. Blair: Yes, prior to that, about six weeks I believe. Yes. But you see when they say soon, sometimes they mean next week you see, sometimes they mean when they say soon, will it be this year. So then I'm always a little cautious, yes.

Question: Do you have a message for my friend who's here for the first time?

Dr. Blair: By all means, I have to be a little careful, I don't want to scare her off the first time, you know. Well first of all it has nothing to do, and I better clarify, with your status in years in the physical body this time. But you're what we refer to as a very old soul. You have been in the body many times previous to now, and a great portion of your purpose in being here this time is for fulfillment of spiritual work. And you finally have gotten both feet firmly on the path and now all I would tell you, child, is to go for it and quit worrying about your physical. The good doctor there will take care of that, yes.

Question: I've been having some problems with my house that I live in.

Dr. Blair: I have problems with this Indian (Rolling Stone) all the time. David what time is it? It's 10:30, yes I thought so. Yes. Now child excuse me. I'm sorry I was so involved in trying to listen to the Rock get excited about the time that I missed the question.

Question: The place that I live in, can you give me any feedback on it?

Dr. Blair: In what respect child?

Response: I've been there for four years, I've had it blessed, I've prayed in the house, I have a real uneasy feeling in it. And I can't get rid of it and I feel that I don't belong there. And even my daughter tells me that it doesn't feel like my house. I've been told to move but I won't give into that and move.

Dr. Blair: Well why don't you bring somebody in with you?

Response: I did, my sister.

Dr. Blair: I wasn't referring to that, you see she won't take your mind off of it at all. I'm teasing you. You see when we get over here we don't lose entirely our sense of humor. I hope you understand that. No, but first of all there is no reason to have concern about the house itself, as such. It is a thing of just surrounding it and filling it with the white light of Christ and asking God to richly pour forth blessings upon it, and to know when you do that it is done, and you'll find very quickly that all the negativity that you sense there at this time will be completely removed, yes.

And now I believe I better take leave of the body because the Rock is very nervous, he said, you know the medium said in advance that for sure it would be over on time and he just ran it past a little.

It has indeed been a pleasure for me to have this opportunity once again. And as I leave the body 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.