

028 The Psychic and Spiritual Diet  
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 of manifesting in this manner. And I'm Dr. Carlos Blair and it is once again this pleasure, and I feel as though that I wish to speak on a subject that I feel is so important and yet man is so far from fulfilling that his oversight is so great in his spiritual search because of it, that I feel that is important that I speak about it at this time. I have spoken on the subject previously, but I believe that inadvertently the tape as it were may have been lost or misplaced. And so I'll speak on a subject that I think is, as I say, of importance to all of you who are in search of spiritual awareness as well as any form of development, whatever that choice might be. I wish to speak about the physical requirements of the body in relationship to the spiritual fulfillment. And it might better be referred to as a spiritual diet. And I'm going to speak about the subject in such a way that I hope will clarify many misunderstandings as to the purpose and the need for concern about man's diet.

First of all to properly understand man and his relationship to God, we must understand that man is primarily threefold rather than twofold as he many times thinks of himself as being. That in reality there is man that exists as the soul portion of man. There is man that is in existence as the mind, and then there is man that is in existence as the body. And the soul, mind and body cannot be or should not be, as it were, separated if indeed the ultimate is to be brought forth. And to do this properly we must understand the relationship of one with the other. Because indeed the soul part of man is at a separate and distinct vibratory level from that of the mind or the mental aspects of man. And likewise the physical part of man is still at an even different vibratory level.

Ideally to come into the a-one-ness of God and understanding of things of the spiritual, it would behoove man to strive in whatever way he might, that he bring a closer level of vibration equally between the three.

It is once again a subject that I addressed previously called balance. The greater the balance, then the greater the functioning of all levels. If indeed the soul portion of man which is indeed the God portion, is completely out of tune with the mind which involves the consciousness, subconsciousness and so on, then it cannot receive the proper spiritual input from the God portion. Likewise, if the body of man is not in attunement with the mind of man then again there cannot be the forthcoming of the most, as far as spiritual unfoldment and understanding.

If man could learn, and it has not yet been accomplished to its fullest degree by anyone in a physical body, but if indeed man could learn to perfectly balance the vibratory levels of body, mind and soul, therein he would come into the realization of the fullness of the universe.

Of all knowledge that is God's to give many wish for development of various gifts, it is still necessary for that purpose to bring a better unification into being among the three levels of man, that once again of the soul, mind and body.

Many times man sets out to search for his a-one-ness with God, or through the soul portion and gives no thought or very little thought to the mind portion of man. And that is

what we speak of when we speak of the need for prayer and what you here this night, have worked with that of meditation, of raising those levels to a more, more in attunement with the soul part.

Many times man works with meditation, man works to evolve the mind to greater a-one-ness with the soul and then totally ignores the physical or the body part of man. And if indeed the instrument through which this is to manifest is going to come about at its highest possible level, then it is indeed important that the physical aspects of the body be at their best. The more problems that are involved in the physical aspects of the body the lower the vibratory levels of that body are. If indeed the body is ill, if indeed the body is suffering or in pain as it were, it will by all means bring about a much lower vibratory level, lowering it to an even lower degree away from the levels of the a-one-ness with mind. And then it is not possible, as it were, for the body of man to be brought into a level of attunement to where he can perceive for himself through his utilizing of his mind, the spiritual aspects of his very soul.

The body that each of you finds yourselves encased in flesh in this what you call manifestation in the physical, is indeed God`s temple. It is the very house in which the mind and the soul are at this time finding themselves limited by. It therefore behooves each of you to take the best possible care of that temple of God`s. And for that reason I wish to speak about the proper intake of various substances within the physical body in order to have it at its finest and highest vibratory level nearer to that of the levels of the mind and soul.

Man finds that God has freely given him the physical and for the most part in his own image and likeness and with a great degree as it were, of perfection. And from the very onset of his inhabitation in that physical body proceeds to ignore the importance or the care of it. And I am afraid in the process of speaking of the subject this night that I will be most definitely be stepping, as it were, upon the toes especially of my medium, maybe as well as maybe a few others. So I hope none of you have too great a problem with corns and bunions you know.

First of all I want to speak of the misuse of the body that man consciously and knowingly does. And that is one in which, well I believe it does not need repeating as it has been done so many time previously in relationship to the medium as it were, but there are those in the physical body who pour within it daily, great quantities of what you refer to as coffee, which is caffeine indeed, which indeed is a drug. Which does indeed have a certain effect upon the nervous system and the central system of that body. It is indeed one of man`s greatest poisons that he has concocted thus far to put within his physical body as a food, as it were, and it has no place what so ever in his diet.

Now obviously being a little English I can't speak too much about tea, as it were. Of course you understand that. And then if that isn't enough you know, to poison the body with then he will as it were, suck into his body great quantities of smoke and flame and act as though he were indeed what you would refer to as a dragon, you know. God gives him pure air to begin with and then man proceeds to contaminate it not only badly enough in the atmospheric areas but also immediately, directly into his own body.

And if that isn't great enough then he goes forth to buy a little whisky here and there you know, the good stuff it is, of course and pour into the system as well and sometimes he buys it in what you would refer to as case quantities, you know, as though they're going to quit making it. Yes. And then he pours some more of that poison into his system which does indeed nullify and deaden even the brain itself. And if that isn't quite enough for the body to

try to overcome then he sometimes goes forth with the injecting of it with various and sundry types of drugs which go to even greater extent.

It is as though he has set out on a mission to indeed destroy God`s temple, that God has freely given to him. Without any concern at all for the fact that it does indeed house both the mind and the soul. In the process of each of these steps he is indeed lowering the vibratory levels of the physical. Man misunderstands and does not realize that anything that is within the physical body that does effect, as it were, the nerve centers of that physical body, that for every nerve center in the body there is a likewise nerve center in the brain, which does immediately and directly react upon the mind of man.

Now that I have spoken pertaining to the relationship of it all, let's move on to the areas of what man might want to include and exclude from his body. First of all, man indeed and I hope your toes are back underneath as it were, because here I come. Man as it were, in most portions in this part of your world has been raised through many generations as meat eaters, many times what is referred to as heavy meat eaters. There are those parts of your world wherein there is virtually no meat taken within the body. And one of the reasons being is because of its scarcity. Depending upon your background, depending upon the area of the world in which you live and depending upon your social atmosphere in which you live, you will find a greater or lesser degree of need, as it were, for the taking within the body of what you refer to as meat or flesh, which is of a very low vibratory level. If you find within yourself and your own consciousness that it is indeed necessary to partake of the flesh, then we in spirit would highly suggest, as it were, to try to the best of your ability at least, to eliminate primarily what is referred to as the heavy blood meats. It would be ideal indeed to stay with what you would refer to as fowl and seafood, which is of a better vibratory level by far than that of the heavy blood meats.

Most of you here in this part of your world, if you are like the majority, nearly seventy percent of your total intake of food is of flesh. And as I have said previously this will vary with whatever part of country or the world or the customs that you have been reared in. If you must partake of it, ideally we would look for twenty to twenty five percent possibly and then, preferably as I say, of the fowl and seafood rather than the heavy blood meats. This in itself will do a great deal toward raising the vibratory levels of the physical body. And it will also lessen the amount of toxics that are being taken within that the body has to work overtime to get rid of, therefore greater health. I am not here to tell you that you should indeed be vegetarians. It depends again upon the needs of the individual, and they will vary greatly.

Man being of the understanding and the culture and the upbringing has in your country most especially, gone against natural law, watch out here's a biggie, in thinking that milk is indeed good for him. It does indeed build mucus in the colon as well as create mucus in the system in its entirety, adding greatly to the cholesterol count in the blood and has been known, even though it has been well concealed by those in authority, to have had a very significant part in bringing forth that of cancer. Man and only man of all the animal kingdom does not, at a very young age, stop the intake of milk. Nature instills within the rest of the animal kingdom that when the young has reached a certain level then there is no more need for it and it is ceased. I would say at best to put great limitations on the intake of it. I would not recommend as it were, those of you sitting here in this little chapel taking within your body the water that comes from the spigot. Because man has through his scientific genius, found that by

the addition of many chemicals, one of which is going to definitely preserve the teeth, he has not given any thought as to what it's going to do to the rest of the body. And the chemical analysis of the very water that comes from the spigots for the most part are indeed poisoning to the system.

Not making it too easy for you am I? We in spirit would also encourage that the daily diet should include not the prepared as it were, such as that which is brought forth by canning or what you call that of freezing, but to utilize fresh products as much as possible, both in the vegetables and the fruits. Because of all of the chemicals, the insecticides, the pesticides and the various chemicals utilized for the purpose of not having the fruit turn color or not having as it were, disease set in for a prolonged period of time and such as that. Man has set out to intentionally and knowingly poison himself.

And then when he gets what you call fresh products, that of vegetables he most immediately would take them into his home, place them into an aluminum pan, as it were, and put great amount of heat to it, that if indeed it was pure in the beginning he'll now put some of the chemicals from the metal into it before he eats it. I would definitely not recommend the use of aluminum for the purpose of cooking for that reason.

We in spirit recommend as much as possible not having as part of the diet the utilization of fats, either in the form of the food itself or for the means by which to cook it. If it must be utilized we would much more readily recommend that you use a natural as it were, product, such as that of what you call peanut oil. Or that if you can afford it, what you call safflower oil or possibly that of olive oil. But preferably not to utilize the natural meat fats as it were.

In addition both the vegetables and the fruits should be included in daily diet and in that sense we would recommend at least one good, what you refer to as salad meal per day. I would also highly recommend the intake of at least one half of a lemon per day and that'll really pucker some of you. Of course it can be in various forms, lemonade or it can be indeed put upon the salad. It can be used in many ways. However, I would not recommend the utilization in your diet of what you refer to as pickles or vinegar. Because contrary to much of the popular belief in your society today, it does not assimilate properly in the body.

I also would recommend at least two teaspoons, a minimum, of honey per day. Some of you are going to say "my goodness I'm going to get fat". Don't worry about it because again the weight you find will balance itself to its own level. And you will not have that as being a problem. And while the honey is not only that of tasty as far as sweetening purposes, it also is good for the elimination in the body.

We would also recommend a serving, preferably of what you refer to as brown rice. It would be well to include in your daily intake of foods, that of a serving of what you refer to as beans or the family of the bean which is very closely related, that of peas, but in a fresh state.

Now in addition to that it would be well to add to the diet unsalted and even preferably raw nuts on a daily basis. They are indeed very high in protein and I would say unsalted because the body should have some salt, it needs it, it requires it and it helps it. But most of you in your country here, salt the food as you cook it, as you place it on the table and again as you put it on the plate to eat it, causing by far too great an intake and therefore causing the body to retain too much fluids and water. We in spirit, for good health would recommend

the intake of at least 8 glasses of fluids per day. And I'm giving that as a minimum.

Now in addition, I think it would be well to say that if you have the choice of either or that of utilizing canned or frozen products, it would of course be better for it to be that of frozen. But we would recommend as best possible to try to utilize especially in the fruits and vegetables that of fresh products.

There are other things which can indeed be added into the diet such as that of eggs. However there are two areas to consider. First of all that they are very high in the production of cholesterol, secondly that they also have indeed the direction of being that eventually of flesh. Therefore, if it's going to be utilized in the diet, I would do so sparingly. But if man would take the simplicity of a diet such as this, you would find in a very short period of time, that through the elimination of the toxics and the poisons that are being put within the physical body as the habits of most those in the physical body are today. And by the intake of the proper foods, as I have just outlined, you would find not only better health, you would find an upliftment in your spiritual awareness, upliftment in your own energy levels, in happiness, in clarity of thought and in vibratory levels as well. And as you raise the vibratory levels of the physical being, closer to the a-one-ness and balance with the vibratory levels of the mind and soul of man then man is going to automatically come into a greater and closer understanding, a-one-ness with the God force. I don't mean to, as it were, expect all of you here this very night to go forth and totally change all of your habits.

Man's physical body as created by God Almighty should indeed be one that could be used-used well, for literally hundreds of years if it was properly maintained. But it is through the lack of that maintenance, through the lack of consideration for it, that man defiles it and brings about its own devastation, much ahead of its time.

I hope that in speaking on this subject this night, that I may have clarified some areas for many of you. Obviously there's much more that I could add to this if the time permitted. But I believe that as the Rock said in the beginning, Robert was a little late getting us underway and the Rock's a little nervous. But how are we on the time, David? Yes I thought so. And I believe though I will open it for just a very few questions about the subject that I have spoken upon.

Question: Could you give me some idea about spices and vitamins?

Dr. Blair: Yes, if the diet in itself is indeed proper then there would be very little if any, need for deficiencies where vitamins are concerned. In fact if they can be avoided for the most part, it would be spirits' recommendation that that be so. Because many time in the process of creating what you refer to as the field of vitamins, the very things which hold it together and the very process of manufacture itself brings certain toxic forms within the physical body. So I would be reluctant about that. As far as spices are concerned, I would use them very sparingly. Many times man indeed has utilized spices to the extent that he has indeed destroyed the very taste buds within his mouth, because he turns it all black with pepper you know and such as that. So he doesn't even know he has it there anyway. But I would say utilize it sparingly to enhance the taste or flavor as it were. But I would say certainly not to any great extent.

Question: Would you recommend that water be the only fluid intake?

Dr. Blair: Not at all, I said liquids child, not just water.

Response: \_\_\_\_\_-

Dr. Blair: Not at all. You can indeed as I say-you know in my day, well we had a little

nip of tea and I wouldn't overdo that either. But I would say it's at least a little better than coffee, as it were. And it seems as though there are natural juices that certainly could be utilized into the body. Yes.

Question: You mentioned putting these toxins into the body. How do you suggest getting them out in a shorter period of time?

Dr. Blair: By purging the body through the utilization of a liquid fast for a three day period and not utilizing anything other than natural juices and water and then at the end of that period going to roughage for a day or so and which will completely flush and clean the entire system and the toxics that are in it. Yes.

Question: What about the use of yogurt and stuff like that, it's still a dairy product?

Dr. Blair: Yes, I would avoid it. You know it-well I hate to tear down the play house, you know, but I'm teasing a little bit, but it is still baby food. You know your mother pushed you away when you were quite small. Yes.

Question: What about cheese?

Dr. Blair: I believe again that if it was not taken into the body it would be well because it is a derivative of milk and I think again it has to be to the level of the habits of the individual and their own understanding. It seems that some of you would want to utilize it, I know I have recommended that as a means, as it were, for a period of time for that of loss of weight. But it can be used very well for that purpose. Because it is indeed high in protein. But it is in a better form there as far as mucus building than any other form that it is utilized in. But of course it would be well to not overload the system. You see it creates great difficulty with digestion. That's why, well excuse the expression ladies and gentlemen, but that's why they say "the cheese is the tie that binds" you know. And that should tell you something about how difficult it is on the digestive system.

One other suggestion before I have it removed from the consciousness and that is one of your worst habits, and it might even be considered worse than that of the intake of all the seventeen cups of coffee, and that is man is, well I don't like to say it that way, but indeed he is a fool, because he drinks water or fluids just prior to eating. He fills his stomach full of it and then he proceeds to eat a great meal. And as he has a mouthful of food, in order to be able to swallow, then he takes another drink of liquid to wash it down. By the time the food gets to the stomach, the digestive enzymes and digestive acids in the stomach have been so diluted they couldn't possibly properly digest the food if they had to. What I am saying is simply this, ideally I would not recommend that of an intake of fluids at least fifteen minutes prior to the meal and certainly not for at least thirty minutes following. And if you're in the habit of washing your food down, stop it.

Question: What spices and herbs would be beneficial on a daily type of intake?

Dr. Blair: Well again you have to be very careful with spices and herbs because well, when you say spices and herbs, you're talking about two different areas and the herbs indeed can be very good and there are so many that it would not be possible for me to take the time this night to speak of them. Spices I would be especially careful of because the majority of them do cause fluctuations within the nervous system attacking as it were, the nervous system and raising the blood pressure and such as that, if it happens to be a spice that is at all accelerating such as hops or that nature, or if it be a spice that is of bitterness, then it does give difficulties as it were, to the salivas in the mouth and part of the digestive system. So I'd be very careful with

what is referred to as spices. I would certainly invite the utilization of many herbs and most of the good literature you have available today can of course give you that. Do you understand what I'm saying? Yes.

Question: Would you give us an idea on the importance of usage of garlic and onion?

Dr. Blair: Well, I-first of all find that is what you might refer to as an old wives tail, you know. That's like you eat an apple a day you keep the doctor away. Well, when I was in the physical body doctoring, I doctored a lot of people that ate several a day as it were. And I believe that indeed that it is helpful, as it were, as far as the-if you have problems within your body involving your, either circulation or central nervous system, then the addition of garlic can and would be very good to rectify the problem. But if you had the proper diet to begin with, you wouldn't have the problem so you wouldn't need the garlic. And the onion of course falls into the same category as that of the pepper.

Question: I've found since I've become a vegetarian that with, due to the type of vegetables and stuff that you eat, you have a much greater increase of gas and stuff like that. Is there any natural way of getting rid of that?

Dr. Blair: I would however suggest that you have to learn individually as to what your body is in acceptance of, and if indeed mother nature, the body itself cries out through the form of creation of gas, as it were, or stomach burn or anything of that nature, then you better listen to it, and say, "well I better hadn't take that in." If it breaks out your skin don't eat it. If it causes pain don't eat it. You understand what I'm saying? Yes.

Question: What about decaffeinated coffee?

Dr. Blair: Of course it is much better, and if they could get the old boy to not know it and not know the difference, he'd probably be much better off. Yes. But it still is not what we would look to as a good suggestion. But it is much better than that which is of the fullness of caffeine.

And now I believe that if I have everybody back among the group as it were, except for those who are slumbering, then I believe I will indeed take leave of the body.

It has indeed once again been a pleasure for me to have this opportunity. And I hope that in some small way it might give each of you some insights as to how you can move properly toward your own furthering of you spiritual evolvment to that greater a-one-ness with God. And now as I leave I as 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.