

031 The Spiritual and Physical Bodies of Man  
Dr. Carlos Blair

And I say good evening to you one and all. Well it is indeed a pleasure to have you here and have this opportunity once again of manifesting in this manner. And as most of you know I'm Dr. Carlos Blair and I hope you don't mind that I'm a little English, but I'll try to not let it interfere too much, that is. And first of all to start this evening I want to welcome those who are here for the first time, as well as welcome back the many who are here who have been here in the past. It seems that time wouldn't allow to go around to each of you, but just want to as I say, extend that welcome.

I've chosen this evening to speak on a subject which in reality is somewhat of a carryover from a previous time. And as I have spoken previously on the three bodies of man, that of the spiritual body, that of the mental and that of the physical. And this evening I would like to define it a little more closely in relationship primarily to that of the spiritual and the physical because it seems that man now in your world has started to come into a greater awareness of the importance of the proper care, as it were, of his physical well being. And not that I don't mean by that, that he has indeed evolved to the point where he is doing it properly, or even nearly so, but at least it's more of his awareness.

As I have spoken previously there is not physiological reason that if man took proper care of the body that it wouldn't be possible for man to extend his life in the physical body to way beyond the two hundred years. It is through his mistreatment as not only through the physical activities of it, but as well as the dietary habits and the other habits that I have spoken of previously.

However sometimes as man does he has a tendency to go to extreme, as it were. When man comes into a new level of consciousness about his own importance of any area or aspect of his life, whether it be that of receiving spiritual awareness, as you would refer to that of being born again. Then many times he gets completely out of balance as it were, and goes off the deep end, so to speak, in that direction, and many times in the process doesn't have the proper balance in the other areas of his life. I have also spoken on that subject previously.

But tonight I would like to clarify a little more clearly, so that it is in terms that each of you in the physical body can understand. And that is, it is of vital importance, first of all, for the physical aspects of man to indeed be proper if indeed he chooses or she chooses, as it were, to evolve in a spiritual sense. Now this is not something that is strictly approached from the scientific levels. It is that which is approached from the simplicity of man's own just simple understanding and logic and awareness. If you indeed find yourself being in great levels of pain, as it were, due to a problem with the physical, you will find your emotional level in turn are subdued considerably. I care not how spiritual you might be.

However when the physical of the individual is feeling good, and the energy levels in the individual are high, and the body indeed is functioning properly without pain, then man automatically finds that his spiritual insights are much higher and much greater than they would be at any other time. So to indeed inflict, as it were, difficulties, pain or whatever upon the physical is to indeed do it also to the spiritual.

There are those in the physical body who pride themselves, as an example, on their choices of diet and then they immediately go out and find themselves over exposing

themselves, as an example, to the extremes of heat which indeed does greater damage than if they ate all the junk food as it were, that was available to them.

Man is wise in one area and is with ignorance in another. It means simply that there must in the physical levels be also a proper balance. A balance of diet, a balance of proper exercise, a balance of the proper resting habits as it were, which many find themselves what you should say is gung ho and excited about life that they don't-well they say, "my goodness I don't need sleep" and then they find once again that the body is not reacting properly and when it isn't then they wonder why they're not perceptive in the spiritual areas. It involves mans need to have the proper physical balances in all the aspects of his physical well being. Once he has, then he can consider and concern himself with the importance of the spiritual and the varying balances in that area, as it were.

As I have spoken so many times previously it is important not only to know God in whatever form you see your God as being, it is not only important to recognize yourself as being a part of God. Realizing that indeed God is within each of you as well as in all the other aspects of nature. It is not equally important to realize that there is need here for the reaching out to your fellow man in a spiritual sense. There are so many varying spiritual involvements that must be considered to have a true balance of spirituality. So many times in your world at this time especially, you find those who are very much involved in the teachings of the church, who are very much involved with going forth to uplift their fellow man in those teachings.

At the same time however they neglect their own spiritual evolvment through not utilizing the very things they teach others, such as that of prayer, such as that of meditation. They do not discipline themselves in that manner. And then they find that all of a sudden, they have a waning of the spiritual awareness within and wonder why.

All things must be in proper balance. It is not proper that man make the-make God of his body. In the first commandment when it said, "thou shalt have no other God before me" that does not just include the graven images, that does not just include the Gods of nature, such as the worship of the sun and such as that. But it means in the literal sense that man should have no God that he looks upon with the same feeling of spiritual need that he would look upon God Almighty with. If he has made indeed a God of the world, a God of the material, the god of the money, if he has made God of prestige, of his own ego, if he has indeed made God out of his physical well being, his physical body, then he has misled himself. It is proper and prudent, as it were, to recognize the physical being and the body, the flesh as it were, as being the temple of God, but certainly not God in itself. And you have those in the body who do that, you see them with great pride as they remove the various clothing to show their tremendously beautiful physique, as it were. They spend most of their time dwelling upon, thinking about, their physical body. And in the process neglect the spiritual and many other aspects.

It is indeed important to keep the temple of God, that of the physical body of flesh as much in tune as possible, with perfection, that of good health, that of good energy levels, properly functioning, because in so doing it uplifts and brings forth a greater evolvment of the spiritual aspects of the individual. The spirits are high, they're light, they're happy, they're reaching out in love. It is indeed hard to think in terms of love if you have a thorn in the bottom of your foot and you're trying to walk on it. It distracts you somewhat. If you have great physical pain of any sort it would be very difficult to look at your fellow man in the true light of God's love. And that of course is the essence of spirituality. You might refer to it as

the dual nature of man, that of the spirit and soul and that of the physical or the flesh. And it is not a new concept at all. It's one that indeed has been considered and looked upon scientifically for many, many years past in your world. It is not indeed enough, as I said in the beginning, to merely recognize you're a-one-ness with your God. It is also equally as important to manifest yourself in such a manner both in the physical and spiritual levels to where you can reach out and, as it were, live in the fullness of that a-one-ness with God. It is through this, that your fellow man and yourself are uplifted and brought in to a greater spiritual evolvment that each one in the physical body are striving for.

Now I believe that I have covered it fairly thoroughly and I would certainly think by now there might be some questions about the subject that I have spoken on this evening, so I will entertain those questions at this time.

Question: Your idea about the physical body and the thing of duality. I have considered duality many times but not quite in the same light that you were talking about, I wonder if you could go on with that a little bit further?

Dr. Blair: In what area?

Question: The duality of man in terms of his physical body and his spirit here, you brought it up that it might be like the duality of man.

Dr. Blair: Well of course there's so many in the past who have spoken of this, in your world one who was very well known which was one you referred to as William James, who was considered indeed the father of modern psychology, as it were, was one of the first who came forth with the concept of the duality of man, rather than him just being merely a physical individual. And well there's so many that have followed since that time and it is something that is being looked at in a scientific level, however yet cannot be fully accepted or comprehended especially by the areas of what you refer to as, well I hope I don't have too many of you here tonight, but that of the psychologists, you see. They have difficulty in dealing with that. But the duality of man is simple and factual. It only makes logical sense, yet everyone is aware of the fact you are indeed a physical individual. But you cannot deny also that you are indeed a spiritual individual and if you are indeed both of those simultaneously at the same time, it's the dual nature of man.

Response: But it isn't, it's because of the physical body is the manifestation also of the spirit.

Dr. Blair: No I'm afraid it isn't the physical body is not the manifestation of spirit because spirit indeed is never as you would refer to it, done away with and the physical body indeed is.

Response: Not in reality it's not-it goes back into the earth. And the particles that formed it are still there. But it's like, that's why I asked you the question, it's like- it puzzles me a bit. Because to me without spirit there would be no body.

Dr. Blair: And without body there would not be manifestation in this manner. And it would not be a good habitat for spirit to find itself in. And there's a lot of them walking around that aren't fit habitats as they are, you see. But I realize what you're speaking of, that in the level of what you would refer to as the cosmos, or the cosmic consciousness, the overall that all is a part of all. So there's not separation, I understand that, yes. But then you see I could go into the speaking of that of alchemy, as an example, where in you do have the abilities to change the molecular structure of material and matter, as it were, and therefore change its very existence as appearing to be one thing when in reality it is indeed another. Do you understand what I'm

saying? So there'd be no end to it, yes. I understand.

Question: As a physical body comes into balance through diet and becomes purified, if you may, what is the outcome of that to the spirit? What is the relationship?

Dr. Blair: Well first of all the vibratory levels of the physical body are raised to where they are indeed more in tune with the vibratory levels of the spiritual portion of the body and that's what I spoke of in the lecture, pertaining to the three bodies of man, when I spoke of the mind, the body and the spirit. And the ultimate of course would be that to bring all three to the same level of vibration, so that they have a true a-one-ness and then of course you're manifesting as nearly-well, as near perfectly as you could in a physical body, yes. Does that answer your question?

Response: Yes.

David I believe that we're there on time, the Rock's a little nervous. Yes I thought so. I told you we shouldn't have taught him to tell time.

It has indeed been a pleasure for me to once again have this opportunity of manifesting 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. May you ever walk in his light and know his love. And most of all may you be filled with his peace. God Bless you one and all.