

035 Know Thyself

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 wish to especially welcome those who might be here for the first time.

This evening I've chosen a subject that I feel has too long since been delayed in forthcoming, because it might well be that which is going to give man the insights to his own direction for being in the physical body. It seems that I want to, first of all, reiterate the fact that man should always have the awareness that he has indeed come into the physical body with definite purpose for spiritual growth and fulfillment. And usually prior to the entering of the physical body he has indeed seen and had the opportunity of knowing that which would be-he would be confronted with, as it were, for the purpose of his growth.

Rarely is it that man is enveloped in the flesh in the physical form that he has not also had many times previously been encased in the flesh through what you refer to as reincarnating from one life to another.

It is indeed perfect in the fact that man does retain in his memory banks, as it were, of the soul, the knowledge that has been gained in all previous incarnations. It is only logical then that when man comes into the physical body and he finds himself being placed there with a free will of choice, for him to go forward to gain in his own spiritual evolvement and come closer into that a-one-ness with his God, that man should desire to do so. Many times however, because of the environment in which he is born into, because of the social aspects that he finds himself in, because of his surroundings and his association with others, because he indeed does have free will of choice, society, education and various other areas come in to influence his direction. Man many times finds himself caught up in rather than seeking ye first the kingdom of God in his righteousness, that is what he seeks last, as it were. He finds himself seeking into the things of the world, he finds himself seeking, as it were, great pride in self. He finds himself seeking the things of the material, he finds himself seeking the opportunity to be looked upon in a way that inflates the ego. And many times, over looks entirely, if not entirely, nearly so, the importance of his real purpose for coming into the physical body, that of spiritual growth.

Christ, as well as others, had taught the same concept of teaching when it was said, "know thyself." Knowing thyself can and is probably indeed the greatest single manner in which man can come into his full awareness of his own purpose of being in the physical body at this particular moment in time. It is through the inter reflection that man does within himself through prayer and meditation that he might well tune into, and have the overwhelming awareness of his reason for being there. There is indeed, however, another means by which

man might find the direction, at least in general, as to his purpose for being in the physical body, and once again it has to do with his own levels of awareness. There are those who are born into the physical body and they find that in the process of that new birth that they have brought into that birth with them, through what many times is called heredity, sometimes it is referred to as talent, as it were, that they have certain talents, or God inner latent abilities. Sometimes these are looked upon as prodigies. And in reality all mankind has brought with him, or her as the case might be, certain innate abilities, God-given abilities if you will, abilities which have indeed been there at birth, that were indeed brought into this incarnation, and man looks upon these not with importance. The one who has the beautiful voice man not at all sing. The one who has been given the gift of discerning may not discern. The one who has gifts of speaking may not speak. The one who has the gift of painting may not indeed paint at all. The one who has the abilities or the talent inborn and natural, as it were, to play upon the instruments may never touch one.

It is because man is not taking the time to look at the God given assets and strengths that he has brought with him into this incarnation, whether it be that of teaching, that of guiding others, that of healing, I could go on and on with all the varying abilities. If man would simply take the time for meditation to truly get to 'know thyself', to look upon oneself and say, what are the greater assets, the natural gifts, the natural talents, the natural assets that I have, then in all probability he could discern for himself at least his primary purpose for entering the physical body.

It is quite unlikely that he would choose as it were, to come into the physical body to administer medicine to those around and about him if he had no desire, knowledge or inclination in that direction. But through choice of free will, as an example, where parents might not just encourage but insist upon, that be his choice in life, that man is misdirected. He finds himself doing that which is contrary to fulfilling his spiritual purpose.

There's not one among you that if you were told indeed that there was gold in your yard, that you would not go forth to dig ardently at it, to find it. Man goes off into many directions under great stress and duress, at great expense into the far reaches of the worlds, seeking gold, without even think of ever looking upon his own property.

Man is much like the well that God has placed the water underground, and it is there and man goes about being oblivious to the fact that it's there at all. Walking upon it, walking over it and never thinking of searching beneath his feet. So it is with the tendencies of man's thinking about his spiritual progression.

If each one here would sit down in quiet meditation, as it were, and ask oneself, "what are some of the greater qualities that are natural for me, that are instinct, that are natural talents?" In all probability you would come into your own awareness and through that awareness find

your true direction for being in the physical body. It is indeed when man goes about it for the purpose of creating out of free will a certain unfoldment that is not in harmony at all with God's plan that he might indeed fulfill and bring it into being. But while his efforts and thoughts are being diverted to that goal, he has indeed missed his primary purpose for once again entering the physical body on a spiritual level.

The time spent in the flesh is indeed so very short in comparison to the eternity of spirit, that if each individual in the flesh would take the time to 'know thyself', to look upon the very gifts God has given you freely, look upon the very strengths you have and find out indeed with inner searching how you can go about applying those strengths, you will undoubtedly find you selves very quickly on your path of spiritual progression without having to encounter all of the stumbling blocks along the way. It is as though the man that has sight chooses to walk about with his eyes closed in the darkness and then to complain that he can't find his own way.

There is indeed need in your world at this time more than any time previous to now, for man to reach forth, to seek that great a-one-ness with God, for man to reach forth as the individual spark of God that is indeed within each and every one of you and attempt to manifest that, as near towards purity as can possibly be done. Many are called but only a few are serving. All have been called by God with certain gifts. And the young man who is called and has a natural talent and ability for that of working upon the things of the mechanical nature, and it is like a very part of his being such as that of breathing, then he should indeed pursue it. And not be influenced because the parent says, 'but that is a lowly station in life in man's concepts of thought. It would be better if you were a man of the law, as a lawyer. Or it would be better that you go in an unnatural direction to become the doctor. So that you can indeed receive more of the material within your world. So you can indeed have the status and the pride in self.' That is misguiding their fellow man.

If you are indeed naturally inclined to have the abilities of that of a teacher, then most certainly teach. If you have the God given gifts of painting, find the means by which you can utilize that gift to the utmost. Or if it be that God has seen fit to gift you with the abilities of music, then one would be very wise indeed not to concern themselves about the material or the things of the world but to strive to the best of their ability to do the maximum that they possibly could through the musical abilities given to them. If man has the innate ability or God given ability to uplift his fellow man through that of speaking or counseling, as it were, then he indeed should speak and counsel.

No job, no profession, no labor that is known in your world today is menial, if indeed it is done in accordance with God's divine will. So, if each of you who are in the flesh and desire the direction and the path for your own spiritual progression, then indeed take the time simply, as I have said so many times before, to set aside that time for meditation, set aside that time to

get to truly know thyself. And if you find that in knowing thyself that you are not functioning in the areas in which God has given you the natural strengths, the natural talents, as it were, then ask God for the courage to change your direction in life toward reaching out to fulfill your God given gifts. When one has learned to do this you will have indeed found riches much greater than man could ever perceive.

It has indeed once again been a pleasure to have this opportunity of manifesting in this manner. And now I hope that each of you may in some small way find it a little easier to go about seeking to find, seeking to know the direction for which you are here. God Bless you one and all .

Now I think I might have stirred up a few questions, as it were. And I would like to keep them, as such, to the subject that I've spoken on.

Question: It seems to me that then, should be a reason behind the reason why we are here.

Dr. Blair: I'm not sure I understand the question. There is a reason for the reason, and that is to overcome short-comings in previous lives.

Response: Why did we get here in the first place then?

Dr. Blair: By your own choice.

Response: On an individual basis.

Dr. Blair: Yes.

Response: Like all of mankind.

Dr. Blair: Why did God create all of mankind, is that what you're asking?

Response: Yes.

Dr. Blair: Well in order to bring about the opportunities of the evolution of the universe, of the entireness of bringing into being the fulfillment of the cosmic consciousness, of the universe. It could have indeed been done without, as it were, that utilizing of man, as you know man to be. But that was God's choice.

Response: The total consciousness of mankind is an expansion of the universal consciousness?

Dr. Blair: Most definitely, of course, as each of you are indeed a portion of the God-head, as it were. Then you are indeed a portion of that consciousness. Most definitely, yes. That's kinda like coming out of the great nowhere into the great somewhere, you know. Yes.

Question: Well then how did the God-head get started? Where did that come from?

Dr. Blair: I'm afraid that would take a very indeed long period of time to speak upon and quite honestly, I have not been given the insight of that as such. Because it has not been one that I have concerned myself about. But in the beginning, as it says, God was, God has always been and shall always be. And I haven't had the privilege of speaking with him on a personal level, in a direct manner that is, of course. I'm teasing just a little. You know many times when those who are in the bodies speak to spirit in this manner, they immediately think we have the complete awareness of all things in all universes. Just because we're no longer in the physical but rather in a spiritual body, and this is not at all true. That's like saying all who are enrolled in any level of school has all knowledge. Not at all. They're all at different levels of understanding. It's the same over here.

How's the time David? Alright, I'll allow any other questions you might have as long as the time lasts.

Question: On the different levels, the level of consciousness or the level of spirituality that you're on, are you acquainted only with those who are on your level or are you acquainted with those who are on all levels?

Dr. Blair: Not at all. I'm acquainted with those whom I have the ability to raise my level of vibration and they can lower there's to match mine, much the same as my medium has the ability to raise his level of awareness, and I in turn lower mine and there the two are merged into one, and the contact is made. You see what I'm saying? But for-alright let me explain it in simpler terms as it were. A little off the subject but it's still similar. Here in spirit we look upon it all as being a series of seven levels of consciousness. That being that being the God-head being at the seventh plane, as it were. Now if indeed, Robert who's manifesting in the physical body is in the fourth plane of understanding of spiritual evolvment. Contrary to that, I'm in the fifth plane, as it were. He has the ability through raising his own conscious level to get close to the fifth plane, as it were. Now in turn I can lower myself down far enough to make the contact. Now I can reach into the sixth plane for my teachers. However, Robert could not raise his vibratory levels that far. Do you understand what I'm saying? Yes.

Response: Thank you very much.

Dr. Blair: See, I learn the same as those of you who are still in the physical, because I have teachers as well, and my teachers have teachers. Because each plane of the seven in indeed very broad in its scope. It is not a very minor space as you would think in terms of years in your, what you would refer to as schools.

Response: Do you find your learning is more quickly to come in your level then it would be on ours?

Dr. Blair: Well since we don't have time (on this side) it's difficult to say fast or slow. Do you understand what I'm saying? There is no space or time here in spirit.

Response: I wasn't necessarily speaking of marking time but in absorptive ability.

Dr. Blair: Oh yes of course, of course. But again, we have free will of choice. You know it is not as though the change between the physical and the spiritual body is that great a difference, because it's not. The soul portion remains the same, the consciousness levels, the awareness levels remain basically the same, as it were, when you make the transition. And therefore, by free will of choice I can indeed block myself from my own spiritual growth. And I do not have to accept into my consciousness as truth, the teachings that I receive from my teachers, anymore than you do the teachings you receive from yours. Do you understand what I'm saying?

Response: Yes, thank you.

Question: If it were in fact, if on the spirit side there is no negatism and no negative thoughts, per se, why would one want to come back into the physical body?

Dr. Blair: Only because there are times when you look upon your own spiritual growth and realize that the only means by overcoming something that is indeed there, that is a short coming within oneself, that you can best manifest that by being in a physical form or you may be in spirit, not have the need at all for your own progression to come back into a physical body, but in looking into the world as you live in it at this time, you see a situation that you feel you could be helpful in, helping your fellow man make his spiritual progression, then by your own choice you are permitted to reenter a physical body once again for that purpose. It is not always for your own growth. Many times are those who enter for the growth of those around them. Yes.

Question: I was wondering if, if why can't when we come into the physical body, why can't we remember anything of the spiritual or anything like that?

Dr. Blair: That's what I'm referring to in this entire thing this evening, child. And that is that man has mental blocks, as it were, in terms of remembering the experiences that he indeed has encountered in previous lifetimes. But if man would take the time for meditation and for prayer, to go within to know thyself, he would glean the actual awareness and understanding of those truths that he has known from previous and past experiences of being in the physical body. Therefore he would have greater insight to his direction and purpose of being in the physical body this time. It is like when you're, you know even now when very few who are in the physical body can remember the things that happened, let's say at the age of two. Do you understand what I'm saying? So it isn't a block that is put there, as such, just through birth. It is a block that is carried for some time. And man even in his adult stages, if he had something happen to him which was distasteful to him, quite frequently he will knowingly, mentally, put a

block there so he can't have the awareness of it, on a psychological level. I better hadn't get into that, it's gonna take all evening if I do. Yes.

Question: Will meditation and prayer eliminate one's some negative thoughts that's preventing, not the acceptance, but being able to obtain one's own abilities?

Dr. Blair: Yes of course! It is in fact the only way. Man, as I say, gets so caught up in education as such, man gets so caught up in the, what society says is right, that to be successful in this life, one must have material things, one must have titles, one must be respected by his fellow man for his, as it were, ego station in life. And those are all of the least important for the fulfilling of the purpose for man entering the physical body. It is for his spiritual growth, so most definitely.

Question: How can we put aside the physical when you're responsible for raising a family, for the...

Dr. Blair: It isn't necessary to put it aside at all. See again man has a tendency to go from extreme to extreme, as it were. It is not at all unlike that which Christ taught when he was walking the earth. And he said, take no thought for the morrow, what you shall eat or wear or drink, or where you shall live. God takes care the lilies of the field and the birds in the air, and he will much better take care of your needs. But he said and this is the biggie, he said "but seek ye first the kingdom of God in His righteousness and then all things shall be added onto you". So if one is in truth seeking spiritual awareness, a-one-ness and guidance through his meditation and prayers, then he's going to find that he's got a very good pardner who's willing to carry more than half the load, of fulfilling the needs on the material levels. Do you understand what I'm saying? You know it's like the farmer who has the small calf, as it were. And he has seed but he says if I take the seed that I have and feed it to the calf then I won't have any seed anymore. But if he wants the calf to grow then he better feed it to the calf or the calf will never become the cow. And when it becomes the cow it gives back to him in multiplied measure. So it is foolish if man does not utilize his abilities to seek the kingdom of God first.

I believe I'm way past the time, the Rock is quite nervous now. How's the time David? Yes I thought so.

It has indeed once again been a pleasure to have this opportunity, and I hope that in some small way it might cause each of you to realize fully the importance of the meaning of the words, "know thyself," and how to go about seeking through your meditation and through prayers that kingdom of God in his righteousness. And knowing as you do that the direction of your spiritual evolution in this life time will indeed be enhanced and come about to much greater than your expectation or fondest dreams. And now 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. But most of all may you be filled with his peace. God Bless you one and all.