

044 Your Inner Freedom

Dr. Carlos Blair

And I say good evening to you one and all. Well it is indeed a pleasure for me to have the opportunity once again of manifesting in this manner. And I'm Dr. Carlos Blair. And it seems as though you have a good crowd here even though they don't sing too loud. But you sing well and you know that better than the medium does.

So it seems that I believe tonight that I would like to speak on a subject that I think behooves each of you to have considerations for because there's many mis-concepts with man in a physical body about what he refers to as his own freedom. And I know in the country in which you live this indeed is a word that is held in reverence and revered by all because indeed you live in a country which is considered to be free. It is a country that by that I mean there is no longer the slavery situation existing, that each man coming into the physical body is free to go about through his own purpose and choice as to his fulfillments of his own well being. However, man gets so caught up in the freedoms of his world in which he lives that he misses entirely the importance of the true meaning of freedom. And that is the freedom of spirit. And I'm not speaking of the spirit such as myself, I am speaking of the spirit of the individual within, or the God portion of man.

It seems that though that man prides himself as it were, as I say on that of being a free individual, having free will of choice, as it were. Having the freedom to either succeed or to fail, to work or to not work, to live where he chooses, to marry or stay single, to have children or not. He has many freedoms but they're all world freedoms. And I'm talking about earthly freedoms. And the freedom that he should be placing much more awareness upon is that of his freedom of his own inner spirit. That is why you find so many times in your world today and even in this beautiful country in which you live, that there are those who are indeed free to move about, who have not indeed been incarcerated or been subjected to scrutiny, as it were, by the government, such as it is in many other countries of the world. But man takes it for granted and realizes still that it is a part of his earthly freedom and doesn't look upon the importance of being spiritually free. If indeed man is placed in a situation of what you would refer to as incarceration. It may be that the body itself has been removed from its freedom of movement and actions. However, the spirit that is within that body is as free in the situation of incarceration as it is in a situation of picking and choosing as to where to go and when. If man could but realize the importance of understanding the freedom of the inner spirit, the freedoms that are God given to each and every one of you, the freedom to love as it were, the freedom to make your own decisions, the freedom to commune with your God in whatever form you see your God as being, the freedom to attract to himself all of his material and physical needs, the freedom to worship, the freedom, as it were, to be a creator. The spirit within man cannot be

harnessed except by man himself, and when I say man I'm speaking of the individual in which that particular spirit has its manifestation.

There are many who are in your world who have great freedom, who do indeed travel extensively, have had the opportunity to have great wealth, have had the opportunity of having the friendship, as it were, of those in high places. And still within the confines of their own inner spiritual self have indeed been incarcerated for the entire period of time they've been in the physical bodies. Why does it come about? Because man through society has been taught that it is indeed wrong to allow a total freedom of the inner self. You must restrict your actions toward your fellow man or be looked upon as not being, what should I say, an intellectual. If indeed one chooses to manifest in a manner which is contrary to the popular beliefs of his society, he is looked upon as indeed being strange.

When you take the individuals who are referred to in your world at this time as being rather eccentric, they are being categorized because they have a spiritual freedom within. They are free to manifest as they choose and do so without finding themselves being put into the mold, so to speak, by society. There is the right to be free to be different. The freedom of the individuality of each spirit should be what man strives to express to the greatest extent. And you have been well blessed indeed, in that you do not have many of the restrictions placed upon you that many of the other countries of this world have. You can pretty much, as it were, speak your thoughts, you can, as long as it does not interfere with another, fulfill in action most anything you choose. But still there are those who are not free in the spirit. They hold, because of hatred, because of distrust, because of previous hurts for many and varying reasons, they hold back, as it were, and do not allow themselves to manifest in the true meaning of a free spirit. It would be our wish in spirit, that every one of you in a physical body could manifest your own total personality with complete and total freedom, thereby releasing the spiritual portion of self to be seen more accurately and more clearly by your fellow man.

There are those among you who pride themselves on not allowing anyone else to know them as they really are inwardly, and through that indeed are a prisoner within themselves. They may have the freedom, as you say, to walk the streets, they may have the freedom to live where they choose, but if they cannot feel free totally to manifest as God has indeed created them on a spiritual level from within, then they are indeed incarcerated in the flesh.

I have on previous occasions spoken of the terminology utilized in religions, as that of born again, or being born again, and I have had the opportunity from this side to look upon man in such a way that to realize that in most instances when man feels as though he has indeed been born again, all he has done is come into the awareness of releasing the pent up, the incarcerated spirit within himself and allowing himself to manifest in a total free manner. That is indeed being born again.

If there's any among you that might have for whatever reason, that of your past upbringings, that of spiritual teachings of the church, that of looking towards your elders as it were, for approval, regardless of the reasons for hurts that have been inflicted, if you can but set that aside and allow the totalness of the freedom of the spirit from within to be displayed at all times, you will indeed find that you are much closer to your total fulfillment of spiritual purpose of once again coming into a physical body.

There is indeed a great deal in your world that is being said at this time about the freedom of this country in which you live. There are those of the other countries who are suppressed, who look upon it as a haven, as an opportunity if they could but reach the shores of once again having freedom. They're not referring to just that of freedom of moving about, they're referring to the deeper freedom, the freedom of allowing spirit to manifest through them as they really are and wish to manifest. So count your blessings because if you indeed have your spirit of self incarcerated within you, then it is indeed by your own choice and choosing.

I could not possibly encourage strongly enough to allow that to manifest at its highest possible level, and do so without concern of what others might think. Allow them to come into the acceptance of your individuality as God indeed has seen fit to create you. God Bless you all.

Now I believe there might be several questions about the subject this evening. I'll entertain them first of all.

Question: The time of year there's something I'm really working on, the time...

Dr. Blair: Yes, I know child.

Response: When you were speaking about the lesson, well you weren't calling them lessons, I'm calling them lessons, things about medical problems or grudges or problems that we should set those aside...

Dr. Blair: Yes, the obstacles.

Response: What happens to us, we come in and we get stuck in the obstacle and that keeps us from releasing the inner self?

Dr. Blair: Yes, of course, you get so caught up in being in the cocoon that you never get the chance to be a butterfly.

Response: Well what's the way to help that, speeded up prayer maybe?

Dr. Blair: Well of course child, prayer and meditation. But more than that, I believe the inner searching of self and then making logical and as well as emotional decisions that are indeed

have the God given right to make it different than it is, and then the setting about doing so.
Yes.

Question: I have always felt that the definition of freedom is the ability not to react.

Dr. Blair: The ability to have the choice of whether or not to react. Yes of course, that is freedom. But most in a physical body find themselves automatically reacting, you know. Yes. It's like David, if you stick him with a pin he'll automatically react, I promise. I had to say that to see if he's still awake over there, yes. I believe you have another question there.

Question: Sometimes it appears to me as though all these things that come up in front of us are obstacles, it's almost like we need to create them ourselves _____ to make it. Maybe I'm the only one that does this, but I doubt it. And it's like some plan that we decide to act out or work through in lifetimes. I don't know how valid that is.

Dr. Blair: Well I think indeed it's very valid and a very good observation that indeed you are as creators do, of course hold the responsibility for the creation of all things that are placed in front of you and man, if he gets a little bit bored he, you know if it's going too well he'll create something else for himself. It's like the medium, you know, has an art as it were, that worried because he didn't have anything to worry about, you know. When there was nothing to worry about, he says, "well something terrible is going to bound to be happening because everything is going too well." Well that's what I'm talking about, yes. Man does indeed create that and incarcerates his own spirit by doing so.

Response: I think we get caught up in the mass thinking.

Dr. Blair: Yes, of course.

Response: And harder to get the obstacle out of the way.

Dr. Blair: That is why I've repeatedly said time and again, even that which we bring forth from spirit, as being truth that we indeed are limited to the level of our understanding and the teachings we receive here. We have not yet reached perfection and therefore I would ask that no one in a physical body be in a total acceptance of it blindly, but to indeed take it within himself and search in his own consciousness to see if it has truth. And if it is valid, then be in acceptance of it and if it's not, set it aside, of course. But do not be-use-have the freedom of the spirit usurped, as it were, by the thinking of society or spirit, even. Do you understand what I'm saying?

Response: Yes I do.

Dr. Blair: Yes, Arthur go ahead. He doesn't like it when I do that to him, you know. He thinks I'm in his head.

Question: I can do-have a little negative thoughts constantly and I keep trying to throw them out of my mind but when I-I don't seem to know why I have these.

Dr. Blair: Well first of all let me say that's because you're human and still encased in the flesh, and as that you of course have both the positive and negative aspects, and therefore it's going to once in awhile as it were, come to the surface. But have no concern because you see the difference in progression is very simple, and that is, had you had these negative thoughts and I'm-I can assure you, you had them even more frequently, let's say five years hence or five years ago rather, that you had those negative thoughts and didn't give any consideration to them. And now every time you have one you're aware of it on a spiritual level and saying "uh oh, my goodness there I go again," so that tells you your own spirituality and awareness has indeed increased considerably. There's nothing wrong with being wrong. It's only wrong when you don't recognize it and admit to it.

Question: Then sort of the pathway to inner spirituality is introspection?

Dr. Blair: Well, of course.

Response: Looking within, in that manner.

Dr. Blair: Certainly, and getting into the attitude of I'm going to let the good part of me shine through, and if others can't comprehend it and cope with it properly, then I'll look upon them and say, "well, God Bless them". But it's not a thing of looking to others strictly for their approval. Do you understand what I'm saying?

Response: Yes.

Dr. Blair: Yes, man is too much caught up in that. David what's the time, the Rock is getting nervous?

Well that's fine. You know the medium couldn't wait to get out of the body. Did I tell you it's older now? Yes. It gets that way today. But tonight he's-he's complaining about the knees, you know. Well just tell him that's a birthday present to remind him that, well he isn't quite as young as he once was. Yes.

Question: How would we best cope with, let's say, life around people who bounce negativity to us all day?

Dr. Blair: Well of course the best thing there is if you cannot avoid being in that setting, then of course to be constantly aware and in the consciousness of, in truth, sending love and a-one-ness of healing to that individual, because, for goodness sakes, they, you know, need it. It's like you see when Christ was on the earth, that he didn't bother to go to all of the hierarchy and all those who already had great spiritual acceptance and awareness. He went forth seeking out all those

who were, as it were, the ones who had great difficulties in their lives, the ones who were the lost souls, so to speak. And that was because they are the ones who needed it. There is none the less, if God has put you in a position of surrounding you with all those lost individuals who think in negativity most of the time, my goodness what an opportunity to help people.

Question: Well how do you help them if they say they don't want any help?

Dr. Blair: Well you don't, you can't. The old saying there, you can lead a horse to water but you can't make him float on his back. Yes. And what you do is you merely plant the seeds and you with great love manifest it and look upon them and think to yourself, and God Bless them. You see there cannot be any negativity where there is love. I best not say that. I was going to tease David just a little, but it's alright.

Question: Why is it I have this friend and every time I get upon a real high level and think that things are really going good, she just continuously cuts another friend of mind down and tells me that it will not work, that they're no good. Now why does she do this?

Dr. Blair: Well its two-fold child. First of all it pushes your buttons and she gets a little bit of enjoyment out of watching you. And secondly is that there's certainly some jealousies there.

Response: _____

Dr. Blair: Well of course and a lack of understanding, as well. And you look at her and smile and say, "yes I know and God Bless you." Yes. She won't know how to answer you to that. Yes.

Response: I believe it.

Dr. Blair: Yes of course. She'd probably say, "what did you say", thinking that you're using it in another term.

Question: I have one more question in regard to visualizations.

Dr. Blair: Yes.

Response: In paralleling what you're talking about when you're in this process of working with your own spiritual freedom and your own spiritual identity, then I have a little difficulty giving myself permission to visualize this. Is that still a hang up or is that something that happens to a lot of people or what?

Dr. Blair: Well it happens to many, yes, but it is because of the previous conditioning and the- don't be distraught over it at all but just realize that, well in spite of it all I'm giving myself permission to do. Certainly. Because it is indeed a God given right you know. And it was not intended that man should come into a physical body strictly for that of suffering or being in the

negative. But to reach about for his complete and total spiritual fulfillment. So it is indeed the God-given right to each of you. And once you manifest in that manner you never want to manifest in any other way. Those who might slander you, you look upon them with great love and great admiration and a song in your heart so to speak and to say well, "God Bless them". Thank goodness I'm not at that point anymore. You feel compassion rather than anger.

Response: It's like it's their reality, but it's no longer yours.

Dr. Blair: Well of course, you know it's like the little child that you're helping who's in the first grade, trying to understand the simplicities of mathematics. And here you have the capabilities of utilizing, let's say calculus, as an example. Well that which seems very difficult to them is very simple for you. And you look upon it with empathy and say "my goodness, I can remember when that was indeed difficult for me, and it's alright for them to be at that point and God Bless them." Yes.

Now I believe that the time has expired for this particular moment and I believe it will be best for me to take leave of the body. But it has indeed been a pleasure to once again have this opportunity of manifesting in this manner. And I hope that by your presence here this night that you might go forth and through what has been said, come into a little closer awareness of your God-given right to be a totally free spirit within as well as without.

And as I leave I as only that God pour forth his richest of all blessings upon 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.