

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 might just tell you it's good that all of you have the energy because I don't think the medium had hardly enough to get to the chair, as it were. This is one time when I wouldn't have difficulty in getting him out of the body at all, might be a little more difficult getting him back in, however.

It seems as though, that this is going to be the opportunity that I have waited for and that was to get the medium, as it were, to where he would let go and let me have it in early enough time that I could utilize it well.

I'd like to speak this evening on a subject that I feel is one that gets in man's way of his own progression so often because he has misconceptions about it. And it's one that we don't have any difficulty at all here in spirit with, because we don't have it here and that is in relationship to man's concern for time.

It is indeed the one thing that man has placed upon himself almost to that of being a so called hex as it were, because of the great importance that he places upon it, that it is the means by which he creates all of his stress factors in your society.

Man finds that he hasn't the time to do all of the varying things that he feels as though he would like and can therefore not accomplish to his own satisfaction all of his varying interests. He says to himself he cannot wait, as it were, when he is the child to be the adult. And when he gets to be the adult he can't wait to have the children, and then he can't wait for the children to get be adults, and so it goes into the time that he finally gets out of the physical body.

It seems he's always in a hurry to get somewhere that goes nowhere. And it would be much better if he could indeed not place so many limitations upon himself, and stresses upon himself through utilizing what he refers to as time.

There are those who find themselves embarking upon their own spiritual search and, they seem to immediately place limitations upon it. They say, well you know this thing they talk about as meditation, well I'll limit it and I'll try it for so many months and if by then I don't have-haven't accomplished the fullness of what I want, then I'm not going to bother with it. You see, he puts time limits on it.

Also, you utilize the same concept when you're looking at your own progression in terms of even the things of the world. Man says I will take this job not for the entire duration of my being in the physical body but he looks upon it the moment he enters it, with "I wonder how long I'll stay with it". He starts immediately as soon as he has started it, getting away from it.

Man, as I have said so many times before, cannot indeed control his time. He cannot affect what you refer to in your world as the clock. It keeps right on going. Man sometimes finds himself being very wasteful of that precious commodity that you look upon as time. He finds himself not utilizing it wisely or well. He finds himself being complacent in many areas of his life. He finds himself a great part of it being wasted as it were, in waiting. And still he doesn't put forth the effort or the energies to plan his life in such a way that he can utilize it more wisely, thereby placing even greater stress upon himself.

Man indeed is a very intricate instrument in that he has been given by God Almighty, the greatest capacity of anything on your earth that is what is referred to as the brain, of which in reality so very little is known even though there is much greater knowledge and awareness in your world today than there has been in any previous time. But it is indeed comprised of a very small amount of tissue that indeed encompasses such great capabilities that it's totally beyond man's comprehension.

One of the factors that man does not utilize well in conjunction with it, is time. Man feels as though he has to do things under pressure. And if he's not under pressure, if he doesn't appear as it were, to be busy, then he is fearful that others will look upon him with condemnation for doing nothing. And when he is extremely busy and has no time for himself or his God, then he looks forward to that day when he won't be busy so that he can have all the time he wants to waste, as it were. If you give him that time, then he's dissatisfied because he wants to be busy.

It is indeed time that man came into his full awareness of what his total capabilities truly are and to realize that there is not, or that there's not need to be as it were, in the majority of situations the rigidity of the time factor that he creates for himself. If he would but not put those limits on it he would indeed relieve a great portion, by far the greatest portion of his total stress. You see, society dictates certain things pertaining to time. Heaven forbid if one of you were to, by choice, find that your greater ability for functioning in the physical body, was during that period that is called night, and you were nocturnal, as it were, and you chose to sleep during the day. And I'm not speaking of in a working sense that is indeed forced upon you, but that by choice that's just your preference, then you'd be looked upon by society as being rather strange, being different. And man is too concerned with the fears of being different. That is why he allows himself to be put in a situation of creating stress upon himself through utilizing of time.

Now of course, you're living in a physical and material world and therefore there are certain things that dictate that you must indeed meet certain deadlines. If it is indeed the rules of the land, then you must meet them. But there are indeed many things in each of your lives that you have much greater control of, than what you exercise in relationship to your time.

Now I'm going to take the opportunity to better utilize the time that has been left for me to work here this evening. And first of all I don't want to-- with the-- yes, yes just moment. Yes. It seems as though it would be well at this time for me to just go right ahead and allow you to ask questions pertaining to that which I've spoken on. But I want it to be known while that is taking place we want to utilize the time even better because Dr. Lange says indeed there are several including the medium here tonight that needs to have additional healing energy sent out to, and it seems as though you might while the questioning is going on, also not only listen but utilize your time by sending the healing energies out to be received by those who might be in need of it.

Now, yes that's right. You see I get all kind of instructions like I give to Robert, too. It seems now I'll ask-I'll answer questions pertaining to your utilizing of time.

(pause)

Well my goodness, none of them have any difficulties with time, how 'bout that. Yes.

Question: Do you have a--should meditation time be set aside at the same time everyday or does it--is that real important? I've had several...

Dr. Blair: It is indeed very important and I would say at least to have one that would be on the early rising, shortly after arising so the mind is not yet cluttered, as it were, with all the thoughts of the day and what has to be done the next day and so on, as it would be at the conclusion of the day. So while the mind is not cluttered, that is a good time, and of course as Christ taught, pray unceasingly. That means simply to have constant awareness of what is right on a spiritual level, and in reality that is a form of meditation in itself.

Question: I'm very aware of an inner clock that everyone probably knows if they want to wake up at 6 and they don't have a clock...

Dr. Blair: It's called spirit, yeah.

Response: And you wake up at that time and I'm wondering, is that something very different from attuning into more, perhaps pay less attention to the watch and the clock on the wall and pay more attention to that inner time guide. Is that something that you would recommend?

Dr. Blair: Well of course from my standpoint I would recommend it only because that's the way I would like to do it with Robert. The only thing is he puts me on ignore and watches the

watch. You see? But of course it would be. But you can't fault man with time because indeed there have been those who have made great fortunes from it. Certainly.

Question: I would like to comment in the respect of the frequent statement that there is no time nor space and...

Dr. Blair: You mean here in spirit, that's true.

Response: It's my understanding that even we are to get into that consciousness.

Dr. Blair: Well of course you will be once you indeed come into spirit. My medium right now, he is not involved with time nor space. Do you understand what I'm saying?

Response: So far.

Dr. Blair: And of course in the physical body you have to deal with both time and space. But here in spirit there is not distance as you know it, or space. And there of course is no time. Other than what we have to be made aware of in terms of fulfilling man's desires, who is in the physical body. If we want to work on your plane then we have to concern ourselves about time. But it is indeed by far the most difficult thing for anyone here in spirit to perceive accurately, since we don't have it, is to try to perceive the happenings that are taking place in your world in relationship and conjunction with your time. Do you understand what I'm saying?

Response: Um hm. I thought perhaps you might stretch it a bit for us to have even more of the comprehension of no time even in this space.

Dr. Blair: Well if indeed you found yourself in a situation of that of deep sleep, where in there was absolutely no awareness on any level dreaming or otherwise, and the time merely escaped you without any awareness of it, not even the awareness of your own physical being, and then you suddenly by what you call the clock see that a period of two hours has passed, let's say, then in reality you have more nearly come into the awareness of what it is indeed like where there is no time or space. It's awfully hard to explain because that is like for you to say to me well explain or describe, as it were, God in a form, in a manner that I can comprehend through visualization. That's awfully hard to do. Well time is of course very abstract and it's impossible from our level to put it into the concrete form.

Remember with God all things are possible, not with spirit. Yes. Just thought I'd throw that in there.

Question: From what I understand from reading that I've been doing the thing that makes man different from the other animals is that he has learned to use-- or his understanding of time-- that he looks at the future, he looks at the past and he synthesizes the information but that it has its failings. And that he just thinks in terms of future and past and he doesn't live for the

moment any more. And that's the great feat that man is to accomplish, is to learn just to live for the moment and be and once he can get back into that frame of reference, then he'll be able to become what he really is.

Dr. Blair: I don't believe I could have said it better myself. In fact that almost gives you the definition of a situation without time is there is no pres..-there is no past, present or future, there is only now. Do you see what I'm saying? And man gets all caught up in what he has created for himself in terms of past, present and future. And what you say is indeed very valid.

Question: Is there some way we who are so caught up in this concept can\_\_\_\_\_I suppose and to be here now. It seems simple enough to say but when you try to experience the moment it's difficult. Is there some way we can begin to...

Dr. Blair: Well of course it depends on what's going on at the moment.

Response: What would you suggest as a good way to learn how to immerse yourself in the moment and forget the others?

Dr. Blair: Would you really like to know? Learn to say little and listen much. If man would not constantly, in his own mind, be so concerned and caught up with the great pearls of wisdom that he has to give in the future, in response to that someone might be saying to him. But rather was involved with fully listening and understanding what was being said to him, then he would be indeed functioning in the now. And the greatest area, that man fails to do so is by projecting himself out of the now into the future, that just as soon as that person takes a deep breath, I'm going to say this and thus and so and he's going to think I am brilliant. Do you see what I'm saying? And I'm not saying that in any--don't misunderstand, I'm not saying that in any critical manner at all. As I say, it is necessary indeed to ask questions and have exchanges of ideas. But when the one is exchanging, don't worry about what you're going to say in response. Absorb what is being said. When that person has indeed concluded, then if you need to concern yourself with thought, then you can contemplate what you want to say. Do you understand? And I believe that was beautifully put and I don't think, Ginger, that there's any way that I could more clearly give an example of how man could better utilize time, than exactly that. So I thank you for the thought.

(pause)

My Goodness you mean all of a sudden everybody's decided to listen and no bodies going to speak? I didn't mean that. I'm teasing a little. It's alright, you can ask questions. And as I said that wasn't in--meant or intended in any way to be chastisement at all. Merely food for thought. Yes.

Question: I hope this doesn't sound like a silly question.

Dr. Blair: There is no such thing. If someone has need of understanding then it cannot be silly or trite.

Response: I wonder if you mentioned Dr. Lange. I wonder if you might find out from him the question for me. I have a bad joint. Can that be healed without \_\_\_ surgery?

Dr. Blair: Well of course all things are possible with God for healing. And I don't have to consult Dr. Lange on that one. I can tell you myself. Most definitely if you indeed have the understanding and if it is indeed, of course, God's will. It can be healed of course. Certainly. Christ said to ask and you shall receive. But then you know, it's like the medium, he hobbles around, and all that, and he gets to get some sympathy and he complains a little about the knees and how terrible it is to get old and he doesn't do one blamed thing, as it were, towards saying God, now why don't you take care of these knees? You see and I'm not saying that critically either. It's just the example of what man does. Yes. I believe you had another question Ginger.

Response: I forgot what it was. I'm sorry.

Dr. Blair: That's alright that's better than being asleep, is it not David? Just thought I'd get that in there. Now I believe this is so much fun and there's so much time left that I'll just allow you to ask whatever you like. How's that? And nobody has any questions, I'll just say good night. I'm teasing. Yes.

Question: I have a question, not having to do with time.

Dr. Blair: That's alright you can ask about peanut farms if you want to.

Question: One of my interests...well anyway something I've been interested in...

Dr. Blair: You know the medium has a very good dentist who helps in that. I'm teasing you of course.

Response: Because of some exposure over the past few, and especially in the last few months and I've been doing some study into it and I'm very curious about it and that's speaking in tongues. And I was wondering if you could...From what I understand and people that I've listened to teaching it, is that there's two types of tongues, one is your prayer language in which your spirit speaks to the great God spirit and it bypasses your consciously so that actually your soul is communicating completely in the will of God and this particular type of prayer, so that you, or it's making intercession for you on a lower level. The other type of speaking in tongues is the type that is done in a group, prayer is spoken as supposedly a message from God and interpretation is given. And of course it's listed as one of the gifts in the Bible and supported throughout all the scriptures by Jesus at one point and Paul and all of the others. And I was just wondering why do we put so little emphasis on speaking in tongues?

Dr. Blair: Well primarily because, as an example, if you once again go back to the scriptures in I believe you'll find it in the First Corinthians, the twelfth chapter as you well know, you'll find going into the 13<sup>th</sup> chapter when it speaks of the gifts and their order of importance within the confines of the church. It says indeed that it is the less desirable of all the gifts because if there is not someone there to interpret then of course it is indeed a waste. You see what I'm saying?

Response: I certainly agree if you speak of something and there's no one to say what you're speaking.

Dr. Blair: And I believe that's what the emphasis is not greater is what I'm saying to you. So many times if you find one who can speak in the tongues as you refer to it there's no one there to interpret it.

Response: Oh yes I understand that but it's your prayer language and the other reference I was thinking of, it seems to me absolutely beautiful thing to be able to develop, have as a gift or...

Dr. Blair: Well of course you realize that the speaking in tongues as man interprets it in your world today, is in reality not at all in the concept that it was given in. There was during the time that Christ was on the earth when these teachings were brought forth, there were indeed many varying tribes, all of which spoke different in dialects and tongues. And many times as they would move from place to place with the preaching and teaching, as it were, there might be someone who wanted to respond in a spiritual sense to give information, as it were, to the masses or the group that was meeting there. But if the group as a whole did not understand the language or dialect, as it were, then of course it would be of no benefit. You see what I'm saying? It was indeed an actual tongue, it was not what man refers to so many times in your world today of it as being that of, well sounds about the Rock when he would get going off real strong on Blackfoot you know.

Response: \_\_\_\_\_ would it not if we were in. You're not referring going to a university and learning Spanish. This would just be a wisdom to communicate with people without training, would it not?

Dr. Blair: Yes to some extent it would. You see the place in which you are from, you know where I'm talking about. Very near there, there are those who speak what is referred to, of course, as the Kings English that if someone from the north were to hear them couldn't understand them at all. Do you understand what I'm saying? Even though both are speaking actually the same language, as it were, because of the inflection and the dialect. So therefore, for that person it would be as though they were indeed speaking in tongues.

Response: But is there a prayer language that has to do with speaking in tongues?

Dr. Blair: Not in that connotation. There is indeed whatever language one has to commune with his God, whether it be in thought form or verbalize is of course is prayer language. But I do not believe that what you're referring to is a language with that which would be contrary to that persons intellect on an intellectual level, and still that he would understand. In other words if he spoke English, as it were, let's say that he spoke in some form of gibberish, as you might call it and if he spoke in it and understood it, then that would be what you're referring to as a prayer language.

Response: No actually what I was referring to I think there was a scriptural reference to it, I can't quote it exactly but it was that the person actually doesn't know what they're saying, it's the soul's more or less intercession with God and so it just sort of bypasses where you higher self possibly I'm using words that's not in the scriptures. Your higher self is making intercession for the lower self and it's in complete attunement, it's the communication of spirit.

Dr. Blair: Well I would sound as though that which you have perceived pertaining to it is a little bit like what Robert I believe spoke earlier this night about, man's ability to take that which is indeed quite simplistic and make it very, indeed, very complicated. And I think again that is a situation that you're speaking of there. See when you get all caught up in all the varying selfs.

Response: Oh I know those are the terms I was...

Dr. Blair: Yes I understand.

Response: To come to understand the gifts are spoken of.

Dr. Blair: Yes, but remember the God consciousness of the individual is indeed the individual in itself. And therefore if that individual's own God consciousness does not comprehend or relate to that which is being said, then it is of little, if any at all any good. You see what I'm saying? If the inner self of that individual does not have awareness of the meaning of that which is being said, then it would have virtually no value to that individual, would it not?

Response: Well ok, I'm still just trying to come to understand it.

Dr. Blair: God does not have a separate universal language, as it were.

Response: What I was thinking was we speak of becoming attuned.

Dr. Blair: Yes.

Response: And becoming one with our higher self. And I--it sort of seemed reasonable to me when I heard this that before we can actually maybe be attuned and completely at one with our higher self, that there might be some other type of communication there, that would bypass or act as a bridge and this might be the thing that would help draw the attunement.

Dr. Blair: But you see it wouldn't be according, as it were, to the laws of nature, or natural law. Because indeed that which is of nature and natural is instinctive, as it were. And therefore, you would find that to commune as such with God Almighty, or with the inner self or higher self if you prefer, to refer to it in that manner, then of course the most simplistic way of doing so would have obviously be the best, would it not? Yes. God is not at all complicated. It's only man that's complicated. Yes.

Question: This perhaps relates a little bit to time when I'm thinking back on that, and that is, how in my mind for\_\_\_\_\_an example I'm so busy, there are so many thoughts, that when I sometimes ask God to come through me I think how does he get through all the clutter, because so many thoughts come in and of my own, that I sometimes have trouble clearing away, even in meditation I find I have trouble clearing the clutter to get the true message, and I'm wondering how does one still the mind a bit better? How do you clear out the clutter or determine which is spirit guide and which is my own mind throwing in self doubt?

Dr. Blair: Well first of all, I think a good rule of thumb there, is that to be aware, most especially, that it is indeed very hard for you to not have emotional clutter involved, if indeed you are trying to perceive for self, you see. Because there you are indeed very emotionally involved. So, it is more difficult perceiving for oneself than it is for someone else. And I believe also that again this is why I would say the first thing in the morning on\_\_\_\_\_ when you first rise in the morning before the mind is so busy and cluttered. You see what I'm saying? And then of course meditation should always be done with centering utilizing that of fourscore or that of, and I'm teasing a little, that of maybe the rosary or the Lord's Prayer as it were.

Response: You speak of rising in the morning, often in the morning when I'm trying to be quiet, my dreams are so vivid to me that I'm sitting there analyzing and analyzing well what could this mean and was this or was it not spirit directed and I have trouble even quieting it even then...

Dr. Blair: Well when you get all done with the dreams then sit down and do your meditation. Certainly.

Question: Yesterday I typed out a note thinking possibly you would have blind billet tonight and I have his request on this note which I'm holding in my hands and what I need is a page reference in this little book. Would you be able to tell me on what page I would find it?

Dr. Blair: Well they're saying to go to, yes, seventy-eight, I believe you're going to find where it's at.

Response: Seventy-eight, thank you very much.

And now I believe there might be other questions.

Question: What can we do to make the box noisy(?)?.

Dr. Blair: Kick it! I'm teasing of course. Well of course, there is that one that Robert's trying to get here you know to do that. And I can't get the Indian in there, he says it's not big enough.

Response: We were discussing possibly a new more decorative box that might, would that help if we...

Dr. Blair: I don't believe so unless you write in Blackfoot maybe.

Question: Well I'm having trouble in meditation, either doing it or concentrating or feeling or having positive thoughts rather than negative thoughts. What can be done to eliminate the negative?

Dr. Blair: Well of course, that involves a conscious effort on the part of the individual. And the first thing would be to think of something beautiful, as it were, such as that of a beautiful flower, or that of the birth of a child or something that is indeed beautiful to contemplate, you see. And then as soon as you've made the transition go off thinking good thoughts.

Response: Are there periods of time in people's lives that meditation is a difficult task?

Dr. Blair: Well of course, if you happen to be in the lower portions of your cycle, as it were, as though you've recently passed through, then of course it's more difficult then, than it is when you're on the high side of the cycle. Yes by all means, certainly. That is also when you find yourself more depressed, as such. Do you understand?

Response: I don't want to monopolize the whole night but this is my last night here before I leave for Santa Barbara so I'd...

Dr. Blair: That's right but you're not going to stay there, so it's alright . Yes.

Response: I've lost something personally, too, I has some astrology charts done for myself and a friend of mine and I think I've lost them but I'm...

Dr. Blair: No they're not lost.

Response: I may have left them in Santa...

Dr. Blair: You left them over there, yes, well that's not lost.

Response: I'm returning you said, to Tucson in particular or...Am I, you've got me intrigued now, because I was all set to go back to Santa Barbara and look for something of this sort.

Dr. Blair: Well of course you will but you won't stay. Just thought I'd throw that in.

Response: Thank You.

Question: I've been receiving a great deal of information in my meditations lately and I've been very happy but the little obstacle that I'm running into many times I don't know how to interpret the information that I'm being given.

Dr. Blair: And of course with that it involves twofold, first of all that of writing it down and such as that, and then when you see it repeating itself time and again, you soon then learn to get more involved with the interpretation of the meanings that you're perceiving. You see.

Response: So that's going to come with experience.

Dr. Blair: Yes, it's called trial and error. In Roberts case it was err then try. Yes.

Yes, I won't do that. Loretta, well God Bless you and a happy birthday and you've got many more yet ahead of you girl. Just thought I'd throw it out there. You know it's her birthday. I won't tell how many.

Response: Is she the one that brought the cake? Well Happy Birthday to her.

Dr. Blair: Yes she certainly did.

Dr. Blair: No I wouldn't endeavor that either. I've heard Robert sing so I wouldn't try.

(pause)

Yes, did everyone go to sleep? Not yet, all right.

Question: There's a man living here in Tucson whose name is Kim Stratton, and he's been diagnosed with having a brain tumor. Do you happen to have any insights on whether he'll have to have surgery for that or whether he'll be able to work with God and heal it?

Dr. Blair: I believe it's going to take the combination of both. Yes.

How's the time David-well how many is the few? The Rock said it's time. I told you-you shouldn't have taught him to tell time.

Now I believe I best take leave of the body. And it has indeed been a pleasure to once again have this opportunity and I thought it'd be fun just to allow everyone to ask questions for a change. 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. But most of all may you be filled with his peace. God Bless you one and all.

