

49 Internalizing

Dr. Carlos Blair

And I say good evening to you one and all. Well it is indeed a pleasure for me to have this opportunity once again of manifesting in this manner. And as you've probably recognized I'm a little bit English, but I don't believe that's too bad.

And it seems as though I want to touch on a subject this evening that I feel, in your world at this time, is much in need of contemplation as well as investigation on man's conscious levels. And I'd like to speak of the processes that mankind find themselves involved with at this time that is referred to as internalizing. It is indeed one of the processes by which man is bringing upon himself and his own generations of existence the greater stress values than what has been at any time previously.

And this is done because man predominantly is so involved with internalizing within himself all things which are taking place round and about him, whether or not they are, indeed, of his own doing and because of this he has created for himself a negative frame work that, indeed, does work upon the psychological as well as the physical aspects of his own being. What I'm speaking of in simplicity is that of taking the thought that you have so many times heard, of making the mountains out of the molehills.

Man does indeed look upon his problems, all his troubles, as it were, and rather than looking at them from an analytical viewpoint, finds himself taking them within, and creating through internalizing, blockages there, which indeed are of such negativity that it does not allow him to manifest in his greatest behalf or abilities. And it is through that limitation that he builds within himself great stress factors, as it were, where if indeed he would but take the time to externalize those inward thoughts, those inward feelings, to look at them in honesty, and recognize the reality of the importance of each of them, rather than allowing them to grow, as it were, like that of putting the seed in the ground. Because when it is internalized it grows beyond all proportion. And if man would but look at it from a realistic point of view, that which he refers to as his problems, that which he refers to as his daily responsibilities, he would find very quickly that he could minimize them in their levels of importance, externalize them rather than internalize them, and thereby release much of his inner stress that he creates for himself.

Man in your world today, not only is taking upon himself all of the problems that he is confronted with on his personal level, but he goes beyond that of reaching out and even borrowing, as it were, those which are not rightfully his. He finds himself becoming concerned or worried, as it were, about all the varying aspects of life, those in which he has no ability to be

able to, in any way, change. And it is man's responsibility to himself to look upon the circumstances around him that he finds himself involved in with an analytical mind, and to look from the levels of whether or not, first of all, he can indeed change that which is. Secondly, to recognize that if he cannot change it, then of course to come in acceptance of it and then release it, as it were. And thirdly of course, if he has it within his powers to bring about change and it is of a negative nature, then he should set forth taking the proper positive action to bring the change into being.

But man instead of analytically looking upon his situation has the innate and natural tendency to just take it within himself, internalize it where it grows beyond all proportions. And then you wonder in your world today why mankind is finding himself in such a distressful situation in terms of his own physical well being, that of what you refer to as hypertension, that of what you refer to as high blood pressure, that of the problems of those who are having great-in great numbers the difficulties with the heart. It is brought upon themselves by themselves not by their circumstances.

If man were indeed in control of his thoughts, if man were indeed in control of his emotional functions, he could eliminate some ninety percent, at least, of all the physical, as well as, the mental and emotional problems that are besetting mankind in your world today.

There are those who are so concerned with reaching out for the purpose of gaining great status, for the purpose of gaining great material wealth, that in the process they miss the entire purpose of being once again in the physical body, and those are the ones who are bringing upon themselves such tremendous inner turmoil through their processes of internalizing their difficulties.

If there was one thought that I might bring to this little group there this night, is to eliminate what is so often referred to as all the varying dis'es, disharmony, discord and most especially, that of disease. It is one that man has created for himself. And then he looks upon it and says, "And why does God inflict this upon me?" When in reality it is true, because the God portion of self has allowed that portion as the creator to create what the thoughts of the individual had set out to bring into being.

It is important, as all of you know, to very carefully guard and control most especially your mental attitude, your mental thought patterns, and recognize and realize that the power of the control of that where you as an individual is concerned, is not within the grasp or the reach of another individual. It is totally and entirely within your self. There are those of you who might go forth whether it's that of coming like to the medium, or that of going to the psychiatrist, that of going to the psychologist, or the varying areas of the professions in search of help. And the help is given, and very rightfully so, but the help is not in changing your status, the help is merely in having you analyze for yourself in such a manner, that you can see

clearly the problem as it really exists, and through that awareness, take it upon yourself as your personal responsibility to bring about change. It is not well that one should wait until the wrath of hell, so to speak, has fallen upon one's being in terms of either physical or mental or emotional health. Prior to coming into the awareness of the importance of taking the time to look upon oneself and seeing clearly as it really is, those situations they find themselves in, and realizing they are indeed the sole creator, and through that they will realize also, it is within their realm of possibility to bring about the varying changes which are necessary to be brought into being. Man needs to learn to stop internalizing, but rather to look upon the necessity of bringing all things that are within without, to where they can be dealt with and coped with in the proper manner and framework of time.

And now I believe that I probably have caused a few questions there, so I'll allow you to ask whatever you like in relationship to the subject that I have spoken on this evening.

(long pause)

My goodness David, I can't believe that there's not questions pertaining to it at all. That means if all of you understand it that well, you're not going to do it no more. Is that right? I'm teasing a little bit of course.

(pause)

My goodness I cannot believe that Ann or someone doesn't have a question.

Question: I'd just like to say I often feel like I'm an internal student I can never make up my mind, I always think there's something more you can learn and I think I consider that my internalizing . If you could comment on that.

Dr. Blair: Yes I believe that it is well to always be reaching forth for greater awareness and understanding and knowledge as it were. But that is done not on an internalizing basis. Internalizing in the concept that you're referring to would be that of going on the search within oneself, to having a greater awareness and understanding of oneself. But that is not in the same context I'm speaking of. I'm speaking of taking that which you find around you in the outer portions of self that you find are not satisfactory to your own standards and then taking them within and leaving them there rather than getting them out and looking at them. It's called hiding in the closet. You know it's like the ones, none of you here of course do, but it's like the ones who pick up the corner of the rug and sweep the dirt under it. Well the dirt's still there. And if you take it within one's self and internalize the negativity that's around you, it's still there. You haven't gotten rid of it.

Question: So when we are faced with a problem then, rather than, for example if we're feeling unhappy in a situation, rather than feeling depressed and letting all of that unhappiness affect us physically we should, if necessary, write it down on paper and look at it realistically?

Dr. Blair: Yes of course or find someone who you might utilize as a sounding board. And be careful in your selection. Because mankind likes so much to give advice you know. And it's about as worth as much as you pay for it, nothing. So you need someone merely to listen so that you can hear it as it's coming back to yourself and thereby better understand it, of course. But you get it out, look at it. It is not that of playing the ostrich so to speak, in the placing the head in the sand in the hopes it'll leave. It won't.

Question: Is it also a fact that if-if we have problems that we make mountains out of molehills, would be the best thing to do to let go and let God handle it, because no matter what we're gonna do, we (decide?) our own way, it's not gonna work. If he does it, it's gonna work.

Dr. Blair: That is exactly correct and but the realization that as a part of God in each individual being a part of God, that you indeed are responsible on that level, so therefore it is the God portion of self that should look upon it and see it clearly, and then as you say, place it in God's hands. But remember, God won't help those that don't help themselves.

Response: I was just going to say that God helps those that help themselves.

Question: The looking upon it and seeing it clearly, I think when we start our spiritual path there are time that we look at the negative feelings and emotions that come up, the anger or resentment and say, "I shouldn't feel that way," and talk ourselves into believing we don't and erring instead of realizing that it's there and if we can talk it out and deal with it. Is this what you're saying?

Dr. Blair: Yes of course. It is first of all, it is like the one who has difficulty with alcohol. If indeed they cannot bring themselves into the acceptance that they have a problem then they have no possibility of overcoming the problem. That doesn't mean the problem isn't there because they won't recognize it. It'll only grow worse.

Response: I did this for a long time with anger. I was afraid to admit I had any and I turned it on myself.

Dr. Blair: Well the medium you know, he sometimes as those who are here, around him a great deal. He comes in and when you see him, most of the time you see him what you would call in the positive frame and bubbly, and all that kind of stuff. Well I can tell you he's not that way all the time. And quite often he'll come in and he'll say I'm a grouch today or I'm in this mood or that mood. And he realizes it, but it's only through realizing it and accepting it and verbalizing it, that he can release it and overcome it. Yes. He tells them yes, he tells them that

he's not fit for human consumption. Yes. Then they've been properly warned, you see, and he isn't.

Question: How do you keep from materializing other people's problems if they're using you as a sounding board?

Dr. Blair: It is learning child to be in a place of what I refer to as detachment. In not getting emotionally involved with it, but looking upon it as though you are indeed there for that purpose only. Not, you see that was what I was referring to. It is mankind's tendency today to find himself as you might say buying into other people's problems, and taking them on and then treating them like they belong to themselves. It's part of the martyr instinct you know. You say, "oh I want to be able to handle that one." Yes.

How's the time David the Rock's getting a little nervous? Well I told you we shouldn't have taught that Indian to tell time. Yes.

Question: What causes us to take the problems in and hurt ourselves?

Dr. Blair: Because we're in the situation in your world today, you are in a time when man is finding it very difficult indeed to be trusting of others. So rather than looking outwardly and reaching out to others for the possibility of solution it is, "I'll take this one within myself and nobody will know I have it." It's like the ones who have difficulty in admitting to the problems they have. Do you understand what I'm speaking of? Yes. And so rather than admitting to the problem they take it within and internalize it and say, "I shouldn't say anything about that to anyone". Do you see what I'm saying? And then there it lies, and grows.

Question: Doesn't it often grow if you talk about it to the wrong people, I mean you think they're the right people but they happen to be the wrong people_____.

Dr. Blair: Well there's nothing wrong with it as long as in the process of verbalizing it, you also are releasing it. It is like the young lady there, Diana. Do you mind if I use you as the example?

Response: Is it going to be a good example?

Dr. Blair: Well it is as I would the medium you know.

Response: I don't mind.

Dr. Blair: I'm speaking of the physical situation that existed. It was a situation there of having been made aware of the fact of having cancer. And those who have it who chose to internalize it and say, "oh but I can't even say the horrible word, let alone recognize that I have contracted that and brought it to myself," that find that they cannot release it, let go of it and get over it. But here this young lady had the courage to face it and speak of it to others and to verbalize and

say indeed I have had cancer, but she has it no more, because she got out of herself through verbalizing it. Do you understand what I'm saying?

Response: Yes, I do.

Response: But Dr. Blair, I brought it on myself.

Dr. Blair: Initially yes, child, through the wrong thought processes. But indeed you came into the awareness of it and through the reversal of that same process, you rid yourself of it. Do you understand what I'm speaking? It is like those who have not the proper understanding for what man calls death. And I, with tongue in cheek might say, many and most are scared to death of death. Yes. Because of a lack of understanding and internalizing and fear, remember all forms of fear are indeed negative. Regardless of what that fear is. If it's a fear of the physical, if it's fear of judgment of others, if it's fear of the fear of failure or whatever the fear might be. It is of a negative nature and if it's internalized it will grow into negativity.

Now I believe I best take leave of the body because I know I'm well past the time. And once again it has been a pleasure of having 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, but most of all may you be filled with his peace. God bless you one and all.