

M-5a Healing Meditation
Meditation Only
Dr. Carlos Blair

I will indeed now ask each of you to breath in and as I ask you to inhale it would be well to count yourself to a very deep inhaling of about a count of seven, a slow count that is. Then it might be well to hold it for a count of two let's say. And then exhale it and once again while doing so to a slow count of seven. When you feel the lungs are completely empty then blow out just a little more. Because that's when you're getting rid of all the smog that's still in there, see? First of all let's all of us think in terms of that. I believe a couple of times would be well. We don't want anyone to hyperventilate and fall off the chairs. It's all right, I permit laughter in the classes, yes.

It seems first of all, lets all just concentrate for a moment and lets start slowly inhaling as it were. Hold it one, two. Exhale. Blow it all out now. Now once again lets inhale and as you bring the beautiful energy through the breath of life within your bodies see it as being pure. See it as being white, with a tinge of golden color as it is coming to you, giving energy and cleansing away all the negativity. Hold it one, two. Now exhale and as you exhale see the darkness of all the negativity of whatever form it might be. Dispelling all discord or disease, disharmony. Clearing the body entirely.

Now just relax the breathing, as it were, and for the purpose of this healing, I want you to envision being, as it were, not in the sanctuary of this little church, but the sanctuary of the church you first remember as a child. Find yourself going to the front. And as you approach the area that would be referred to as the platform, cross it. We are indeed going to add something which might not have been there. Because against the back wall, as you approach it you see steps going down into a beautiful pool of water. I'll ask each of you, as it were, to visualize yourself as you immerse yourself into that water. Once you are immersed, reach over to the side and, as it were, pick up for yourself a bar of soap. Proceed to clean, cleanse the entire exterior of the body washing of course, the hair, the face, the neck, the shoulders, proceeding on down the arms, the trunk of the body, the hips, the legs and the feet. Now you have completely washed the body, as it were, momentarily hold the breath and submerge yourself underneath to rinse away all of the residue, all of the uncleanliness. As you do you see it coming to the surface of the water and running out through an over flow. Once again you see the pool of water as being crystal clear. Now I would have each of you lie back on the water and as you're lying there floating, you lose the consciousness as to the weight of the physical body. You stand to the side and see the etheric body as it is indeed

floating on that water. And you see descending down upon that body in it's full length and shape and stature a beautiful column of white healing light.

It is almost as though someone has indeed surrounded the body with artificial lighting. You see it being like that of what you refer to as the x-ray. The light penetrates clear through the body, all portions. You see it emitting in the water beneath the body as it purges out all negativity. Then you watch as the etheric body once again stands in the water erect, walks up the steps and back into the podium area of the sanctuary. And as you see the body you see it as though it were made of glass. That you can indeed see all aspects inwardly and outwardly.

Now you visualize what looks to be a flame burning on the very top you the head. And as you see it there slowly you watch that beautiful light coming down through the body. As it surrounds the brain completely you see it clearly. Removing any for of negative thought, any for of discord, that is found within the mind of self. And as it comes down to the level of the eyes, you see it is removing all discolorations, all stress. Making them healthy and pure in every sense. It proceeds to the back of the throat. And as you see that beautiful white healing light through the opening of the mouth, once again you see that it is clearing away, as it moves ever so slowly through the body. As it gets into the area of the esophagus, you see it flowing forth and into the lungs. As it goes down the throat it goes, of course, into the intestines and into the stomach. You see the lungs expanding ever so greatly expanding. Totally clear, contracting almost to the point of being deflated completely. Once again filling , beautifully full with great breathing capacity. As it purges through that of the stomach and the intestinal tract you see it purging out and darkened areas, any forms, and solids, cleansing and cleaning as it goes. Then you see it as it goes out through the shoulders, down into the arms and as it passes through the joints you see the fluids in the joints as beautiful cushions so that there is no stiffness, no pain, all perfection. Then you see it as it indeed goes down through the major arteries of the body, clearing away any fatty tissues, any imperfections. As it moves into and through the heart, you see the heart as it palpitates, as it beats and swells and contracts, all of the valves working perfectly. You watch as it moves downward through the trunk of the body. And as it moves forward through the intestinal tract it is cleaning the colon. You see it going off to the side and cleaning the liver of all impurities. You see it going into and cleaning the kidneys. As it proceeds into the hips you see them moving freely.

Then you once again have the awareness that is now started moving back upward in the spinal column, you see it straight. You see good flexibility clearness of all joints, no obstructions. Then you watch it as it comes back down and proceeds on into the legs. As it moves forward through the thighs it removes all negativity, through the knees, you see them as healthy, complete and whole.

Through the muscles and the calves of the legs, into the ankles, through the tendons in the back of the heel into the heel and down into the arch of the foot. Reconstructing, purging out all negativity as it proceeds on through the toes. AS it indeed spills out at the bottom of the body, we see it very slowly, rising up around the body as though it were in a glass tube that is being filled with beautiful white light that holds it all in place. And as it's moving ever so slowly upward we realize that it is cleaning the exterior of the skin, removing all blemishes, making it completely healthy. As it passes the various portions of the body, whether it be that of the eyebrows or the hair, it is making it complete and healthy once again. Then as we stand and look upon that etheric body, we realize that everything that is taking place there is in reality taking place with your physical wellbeing. There is an upliftment of the heart, there is an upliftment of the consciousness, there is the feeling as that of a newborn babe, that is just in it without imperfections.

Now that you have indeed healed and cleansed self, you walk to the front of the platform and you turn and as you turn to where the sanctuary is, you see standing in front of you, singly, individually, one at a time, each and every individual that you wish healing for. As you see them standing there once again it is their etheric form. As you look upon it you can see the darkness of negativity with that etheric body any place where there is imperfection. You visualize the white light moving rapidly through the other portions of the body to the afflicted area and see it being cleansed and made whole. When you have taken time to think of all those individually that you wish healing for realizing that there is such an excess of God's healing energy within you. That you ask that all that be needed for you be held within, as you indeed, send forth from self God's own healing for the entirety of the universe. Allowing that energy to return once again from where it came ever aware that it must also be in accordance with his divine will. Realizing that you have been allowed to stand as the channel for that divine healing to pass through. And as should always be a moment of gratitude of Thanksgiving should once again go forth from self to that creative force from whence you came. For having allowed you the opportunity to serve in that capacity. God Bless you all.