

006 Thoughts are Real Things
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 as you've probably recognized, I'm a little bit English but that's all right.

I want to welcome all of you, especially those who've not had the opportunity previous to now. Because of the time I won't speak about the superfluous things but I'll get right to the meat of it all, because some time ago I spoke on a subject that we here in spirit are concerned with as being one of the more important aspects of man's understanding. And unfortunately somehow got, what would you say, eradicated as it were, through the machine that listens you know. I'm teasing David just a little bit. But it's all right. And I believe this evening I'll talk on the subject of Thoughts are Things. You've waited a long time for that one, have you not David? Well you will try not to erase it, huh?

Man so often times misses the fulfillments of his purpose in life. By not recognizing the importance of his thoughts, man gets involved in all the other aspects of his being, that of his physical, the things of the material, the things pertaining to his health, and all of these things but forgets the most important. And that is the power of the human mind, through the process of thought. I would like to digress somewhat in order to bring a greater fulfillment of understanding to you.

As a man thinketh, so is he. What a man's thoughts are, is what he is. If the man in the physical body is putting forth positive thoughts pertaining to himself and others, he will find that he will draw unto himself only positive results.

The mind of man has been very well spoken about, and totally misunderstood. Those who are in your fields of science have done at this time an excellent job of bringing into understanding and fulfillment the concepts pertaining to the brain. They now have gone to the limits to where they can indeed photograph, they can literally dissect it in the process of photography. They now have uncovered and do know the functions of each portion of the brain and how it affects the other portions of the body. But man as yet, has no understanding whatsoever pertaining to the mind. The mind indeed is the most powerful tool in your universe today.

The mind of man is totally unlimited, and it functions within the guidelines as it were, of natural law or God's law, as it were. As an example, the one who has a perfectly healthy body, if their thoughts are constantly placing doubts upon the ether with concern for their own physical well being in a negative manner, they will indeed draw to them the lack of health that they want.

Likewise, if they project the positive, it will not only protect that individual from bad health, but will correct the problems that've already existed, as it were.

The process of a thought man has great difficulties with, because it is very abstract. He cannot see it, touch it, taste it, smell it or hear it. However, the results, the effects of the thought, more often times than not, will manifest as being very concrete. The man or the woman, as it were, who has learned to control their thoughts, have indeed learned to control their lives as well as their universe.

The race that is taking place upon your earth plane at this time is not a race pertaining to technology or how to put man in outer space. The true race is learning to understand and to

control indeed, the minds of man. And when man can learn to do so, he will have harnessed the greatest energy in the universe. I have spoken before that it is necessary for each one in a physical body to more carefully guard their thoughts even than their words.

Sometimes the word that has been spoken harshly or wrongly can indeed be rectified, but the thought that has been placed upon the etheric is already in motion. It cannot, as such, be recalled. Man of course, should guard his tongue, but also, more importantly, guard his thoughts.

If man would but look into the times of history he would see some of the powers that have indeed been accomplished through utilization of the mind. If you were to look upon just the pyramid, the great pyramids, as you know them to be, and the time in which they were built, man at that time was so much more highly spiritually and intellectually evolved than he is today. He had full awareness of the utilization of what is known to you in this time as alchemy, the ability through thought processes to change the molecular structure, to change and turn the form of any material. It is a known fact that the architects who built this great pyramid had placed it not only perfectly north and south, but also placed it at the exact center of the earth. And you must realize this was long before man had what you know to be as a compass. It is also a mystery to man in your day, but also a known fact that the structure itself has within it's confines, stones which are of such magnitude that even man today with his greatest of technology and equipment could not possibly even begin to duplicate the structure.

This was all brought about and brought into being through the utilization of the mind, as were many other great buildings, great accomplishments, not only in that place but in Rome, in Greece, and other parts of your world.

Thoughts are indeed things. Control your thoughts and you control your life. Control your thoughts and you truly will find dominion over all. Control your thoughts and you will have no needs or lacks or wants. Putting forth as Jesus Christ taught so many years ago, nothing but a positive love for your fellow man. Putting forth no other thought at all. It is rather simple, but yet the simplicity is so great that to most it becomes most complex. If you take the one who is indeed perfectly healthy as you know health to be, and you inflict upon them, implant as it were, and nurture negativity by telling them how badly they look, and they will in a very short while become physically ill. That is because thoughts are things.

By the same token, the visualization process through the utilization of thought from the minds of man is one of the strongest, and by far the greatest, gift that God has bestowed on mankind.

If you find that in your own manifestation in the physical body at this time, that you are indeed plagued with problems, that if you are indeed finding it very uncomfortable or difficult to cope with the situations you find yourself in, it might be wise and well to set down momentarily and look at, in all truthfulness and openness, as to what state you find your mind in most of the time. If it is not in that of the positive then of course it needs change.

What ye plant, so shall ye reap, and you reap it multiplied at least a hundred fold. Do not permit oneself to frit away the precious time you have been given by lowering your understanding to the levels of sending forth negative energies in thought forms.

Now, I believe that I might have caused a few questions pertaining to the subject on which I have spoken. And so I will at this time open it for that purpose only.

Question: I was just gonna ask a question.

Dr. Blair: That's alright if it's pertaining to the subject. Yes

Question: I has to do with intelligence. It was raised by a class I had today in which we were talking about what happens to those of us in physical form as we grow older and that we're born with just a given amount of intelligence because it comes through...or a large factor of it is biological or genetic and that as we grow older we lose memory and ability to reason. And I wondered if you had any comment...because...

Dr. Blair: Most definitely. You're referring to of course, to what man has looked upon for ages as senility. And it is again a man created situation that in truth does not otherwise exist. Unless man has, through more than the aging process, brought about physical damage to the body that has indeed impaired in some way the brain of the individual, the age would have no bearing whatsoever with their capabilities as far as memory, as far as recollection, as far as their ability to think. It is usually caused because man has programmed himself, "Well I'm getting older, therefore I should not be responsible to have as good memory," and then he starts writing down all things so he won't forget, which is further programming himself in a negative manner and pretty soon he has quit utilizing the ability to remember, and like any other muscle of course, then it weakens. But unless there has indeed been some form of physical damage take place to that portion of the brain, then there is no reason for senility, yes. That is some more of man's misunderstandings. You see many years ago and even now, at this time, there are those living in a physical body in other portions of the world that are exceeding the years of 200 in the body. And they are as crisp and as brilliant as they were the day they entered from the womb.

Now I believe there might be other questions. And that was a very good one by the way. If we gave out grades we'd give an "A" for that one you know. Yes.

Question: Just wondering if the ability of the mind was such that we could neutralize a hydrogen bomb?

Dr. Blair: Most definitely. Man in biblical times...Did not Moses turn back the powers of the waters? And part the seas? He did it only with mind. Most definitely. It is only the limitations that man accepts for himself, that holds him from accomplishing what is known in his consciousness to be impossible, you see. Yes.

Question: If someone is having negative thoughts about you, at a distance or whatever and you aren't aware of it, will it still have an effect on you?

Dr. Blair: Not at all, as long as you have yourself have been putting forth the thoughts of being positive. You cannot be held responsible for the thoughts of another. You can only be responsible for thoughts you are creating and if you indeed have surrounded yourself with God's Love and God's Light and you're involved with sending forth that love and positiveness out to others then of course you can have no harm come to you. Not at all. Yes

I like those kind of questions.

Question: Whenever a child is born with poor eyesight, is that something that was created by the parents, or is this just possibly a genetic defect?

Dr. Blair: It could very well be a genetic defect. It could be something, more often than not, that took place in the process of the birth itself. Many times that which man sees in your time and day as being what they classify as birth defects or a situation pertaining to hearing or sight or whatever, many times was not at all a problem in the fetus itself, but was rather the process of birth, in the process of birth that the damage was done, and that can be done by many different situations. Yes. But it could of course it could be a part of that person`s purpose to be fulfilled. Yes.

Question: Do you have any suggestions for keeping out negative thoughts?

Dr. Blair: Yes, replace them with positive. You see it`s like having a guard at the door. It`s called awareness and when I find myself as it were, putting forth negativity, then you say “Whoops, wait a minute, can’t let that one go”. And you put a positive Love thought in it’s place. Certainly. Now don’t get too perfect too quickly you see, because then you would have no longer need for staying in the physical body. Yes.

Question: Is it possible that whatever man’s mind conceives comes to pass?

Dr. Blair: Most definitely. That’s what I have spoken about in total-ness tonight. What a man’s mind conceives, he is. It most definitely comes to pass. And that is why when you have thoughts pertaining to your needs from God Almighty and you put that thought out, be very certain it is, in reality, what you really wish for, because you’re going to find you have it. You create all things, are created in thought first, and then brought into manifestation. That is the process by which all things come into being.

Question: I have an observation, of observing people, that when they focus in creating through thought, things just for themselves...

Dr. Blair: In selfishness you’re speaking. That isn’t positive. Yes.

Question: Even though they may couch it in positive words.

Dr. Blair: Well of course, it’s not necessarily positive at all. You know for someone to have and perceive the thoughts for the purpose of self-gain with no considerations of others involved whatsoever is of a selfish nature in itself, and that in itself is negative.

Question: For instance, I see myself with a million dollars and that to me could be very negative unless somehow I want to share it with others.

Dr. Blair: That is correct, there’s nothing wrong with having the desire to fulfill purposes and if that involves the acquiring of great sums of money, then that’s just part of it. As long as that great sum of money is not the primary purpose. That the primary purpose is to go forth to help your fellow man, or to better conditions for someone else, and so forth. Yes. Man lies to himself a lot you know. He says well I’m not doing it for myself. I’m doing it for God. That’s what he verbalizes to his fellow man. And then when he gets it, God sees none of it. Yes. Yes we know about that. Ouch, that sure is some heavy karma.

Question: This is very strange to me because it’s my first meeting with you.

Dr. Blair: Well it’s my first meeting with you too, dear.

Question: Speaking of negative forces and negative situations, of others around you, and I put out so much positive force, that I have difficulty in dealing with people that are negative, because they want to strike out at me. And I don't know whether to respond to the negative or to just mind my own business or try to help them correct themselves. What is my place in this world?

Dr. Blair: Well of course your first responsibility is to self, and it would in most situations you've described, I think be very appropriate, as it were, apropos, to merely verbally, to yourself, say and mean from your heart, "Well God Bless them". And leave well enough alone. It is not the responsibility or the right of one individual to usurp the free will of another or inflict your beliefs upon another. That is indeed usurping, and that is not proper. God has given each the right to move within the confines of their own free will of choice. And for one to try to force their beliefs or ideals or thinking forcefully upon another, is wrong. That's a negative in itself. But if it's done from love and just saying, God Bless them, and thinking to yourself at the same time, but for the grace of God, there go I.

Question: This person is very forceful and if I just ignore them, will they be more at ease within themselves?

Dr. Blair: Certainly, certainly.

Question: And no harm will come to me from them?

Dr. Blair: No, not at all. You sincerely bless them.

Question: It is possible to have a thought you cannot achieve?

Dr. Blair: Well when you say to have a thought, then you're putting limitations. When you say, when you can envision, the thought itself is the beginning process or the idea as you might call it. But it is indeed through the visualization of the understanding of the thought, that you bring it into manifestation. Do you understand what I'm saying?

Response: Yes, thank you.

Dr. Blair: And when you have the capabilities of envisioning, as it were, then of course it'll be brought into manifestation.

Question: Is there a way of opening ourselves so that we can advance _____

Like, what we envision for ourselves is not the best for us?

Dr. Blair: Yes, a lot of times, I might say.

Question: Allow the Holy Ghost or whatever to correct.....

Dr. Blair: Well you just ask Robert my medium, he has what he call his righteous cop out, 'cause regardless of what he asks God about or for, he always puts in the little cop out "But thy will be done, not mine" You see. As he says that leaves the hole for him to crawl out of.

Response: A way for thoughts from a higher level to filter down through to us.

Dr. Blair: Yes, in other words in another way you're saying "God if this truly be what is right for

me, allow it to come into manifestation.”

Response: Or allow inspiration to come in.

Dr. Blair: Yes, most definitely. It's like the little thing on top of the..... They didn't have those when I was in the body. I still like to look at them, the little think on top of the pan that jumps up and down in the cookers where they have the pressure in them? You know it goes boppity, bop, bop, bop and they if it gets too bad it pops off. Well that's what you kind of have to do, you have to put a pop off on it. That if it isn't good for you, you let God pop it off. Yeah.

Now I believe there might be other questions pertaining to the subject.

David how's the time doing? The Rock is getting a little nervous. (It's 10:30). Well that's why he's nervous. I'm telling you we should never have taught the Indian to understand time, you see.

I best not now keep the body. It has indeed been a pleasure for me to once again have the opportunity of manifesting in this manner. And I hope that in some small way I might have caused each of you to go within to search your own awareness and understanding so that you might reach forth to find the greater a-one-ness with your God. 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.