

## 025 Your Emotions and Sensitivity

Dr. Carlos Blair

And I say good evening to you one and all. Well it is indeed a pleasure to have this opportunity once again of manifesting in this manner. And I am Dr. Carlos Blair and you've probably recognized by now I'm a little bit English, but I'll try not to let that get in the way too much, as it were.

It seems as though with the conditions you have this evening I believe a very good subject to speak upon would be that of energy, but in a little different connotation than what you might be thinking in terms of, because the subject I really wish to address this night has to do with energy but more directly involving that of sensitivity and emotions, as it were.

One of the problems that man has is in being in a physical body and encased in the flesh, is that of learning to control properly his or her emotional levels. And many times the ones who have great levels of emotion find themselves being in constant condemnation and criticism of self. Because they say, "my goodness I can't take criticism without crying or being hurt." Or they say I can't do this without being fearful, or I can't do the other without losing my temper as it were and having anger and so on it goes.

But I would like to this night remind each of you that you are indeed and have indeed been divinely created with the God self within, and the God self of the inner portion of man is indeed that which controls his levels of sensitivity. The closer that one is with God, the higher level of sensitivity he has. It is not at all unlike the machine you call in your world the television, you know. The finer it's tuned the clearer the picture. And that is certainly true of those who have great sensitivity.

If you notice and think momentarily about it, all of those that you know manifesting in a physical body who have great gifts of God, and I'm not speaking merely of psychic gifts as it were, but more importantly the gifts of art or the gifts of music as it were, or the one who is the great chef, and so on are all very highly sensitive people. They are ones who are upset a little more easily, or hurt a little more easily, or excited a little more easily, but none the less all of their emotional levels operate in extreme. That is because of the very high rate of vibration and sensitivity that they have within the makeup of their bodies, the chemistry is slightly different, as it were, than the one who is not.

It is indeed been properly said that that level of sensitivity is the mark of the thoroughbred and it is true if you look upon such as the horses, the one who is the one who that races versus the one who kind of plods along, the old work horse, you know, doesn't get too

excited and it's pretty slow getting everywhere, but none-the-less the one that is thoroughbred always has a very high level of sensitivity and therefore a very high level of emotions.

Man in his ignorance has created within your societies of your world the misconception pertaining to high emotional levels. You are as a child, especially if you happen to be that of the male, told that first off that you have to be as they put it-tough, that men don't cry, you know. That's not manly at all. Well for one who is a highly sensitive person that is very difficult. For one who has or lacks sensitivity then it's much less difficult. Man also then goes about teaching others that you cannot show you emotions. How dare you show your emotions of love. Because you'll be misunderstood and therefore you can't do that. Likewise, it is improper to be hurt. It is improper to be angered, it is improper to allow or display any of your emotional feelings.

There's probably not a greater injustice being put upon mankind today than the injustice that is placed there through that type of teachings. To the contrary, to look upon another's sorrow and to not be able to feel that sorrow, to not be able to have the sensitivity to understand and have empathy as it were, would indeed be very short of a blessing.

At the same time to look upon one who is having great joy, and not to be able to discern the feelings that one is having and being able to share in it, you are indeed being cheated. How can you possibly understand the anger in another if you have never sensed it yourself? How can you be sensitive as it were, to your fellow man? And it is much more difficult to be sensitive to God than to man. Lest one learn to have the sensitivities of the high levels of vibration where his fellow man is concerned, then he is going to find it very difficult indeed to find and especially enjoy and understand his a-one-ness with his God.

When you have the one amongst you whether it be a loved one, a child, a friend that has great emotional, and I don't like the term because it's misstatement, instability, not being able to control their emotional levels regardless of what emotion it might be, then you have one who is also sensitive.

When man in a physical body finds himself as one who is insensitive, then that one is missing the greater portion of the purpose for which they entered the physical body. You cannot know love, either to give or receive it, without sensitivity. You cannot know happiness without sensitivity. You cannot grow through the hurts and the anguish lest you have sensitivity.

It is indeed one of God's greatest gifts that is bestowed upon man, is that of being sensitive. Don't be afraid to allow all of your emotions to come into your knowledge, come into your awareness to where you learn to deal with them, to where you learn them and the

fullness of their meaning. To in turn allow you to have that total empathy with your fellow man, as well as your God.

It is indeed one of the greatest gifts that God bestows upon man, don't allow others to smother it, do not teach your children they shouldn't use it because to do so is putting everything completely out of adjustment. And as I said previously, the higher the vibration, the higher the sensitivity the more finely tuned it is and that is the whole purpose that I have spoken of so many times for man to set aside time regularly for the purpose of meditation and prayer in order to find and recognize and feel and sense his a-one-ness with his God, to learn to fine tune the picture so it is as clear as it possibly can be.

Never be apologetic to anyone because you have great sensitivity, merely thank God for it. And learn through the utilizing of it, how you can find and be in that greater a-one-ness with your God. God bless you one and all.

And now I believe I'll open it to the questions pertaining to the subject that I've spoken on.

Question: I don't think I quite understand what you're saying because it seems to me that what I hope to achieve or what this ideal in achieving can point toward the a-one-ness with God and then become more serene and have more peace of mind so that it flows rather than being fearing, emotional and reacting.

Dr. Blair: All right let me explain. While you're yet in a physical body there is need to learn through the utilizing of the emotions and feeling them and understanding them, for you to be able to learn, first of all, that of self control. That doesn't mean because you control it that you don't feel it, that you're not in full awareness of it. It's learning control. What I'm saying by that is, and please don't anyone be misunderstood, I'm not saying to allow your temper as it were, to run rampant as it were. But it would be certainly a shame if you could never know the feeling the emotional inward feelings of what it was like to have anger, because you would indeed be insensitive to those that do have. Do you understand what I'm saying? Not that it should be openly allowed to run rampant, as it were, but it is indeed a blessing. And that is what brings about the peace and serenity of which you speak.

Question: Why is it that people are so afraid of \_\_\_\_\_?

Dr. Blair: Because of the natural inborn fears of hurt. That of being misunderstood or that of being hurt. And so they haven't learned to properly control it as it were. You see Robert, he opens himself up and but when he does, he says "you know what, yeah, I might be hurt by it but

I'm not going to have it hurt me to where I can't handle it."

Response: \_\_\_\_\_

Dr. Blair: Yes it does, and it shouldn't be that way at all. It should be very natural, as natural as it is to breath the very air that you take into your bodies. (thunder) And I'll tell you right now they're really not bowling up here. I'd thought to break up a little of this seriousness out there, yes. David, what's the time?

Response: ten thirty.

Well the Rock is getting pretty good about that you know, he's nervous there.

But I hope if nothing more that I have caused you this might to give consideration and thought to your own inner feelings and if indeed you find yourself highly sensitive that's the price you pay for being a thoroughbred. And don't forget to thank God for it because it is indeed one of man's greatest blessings of all.

And now 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.