

## M-2 The Floating on Water Meditation

Dr. Carlos Blair

And I say good evening to you one and all. And 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 lest you might notice I'm just a little bit English.

I think that it would be well under the circumstances since there are many here who are new, that first of all, I will lead a very short meditation. I would like at this time for each of you to find a comfortable position in which to sit, because I wish to take you on a journey, as it were.

Now, that everyone is comfortable, I would have you envision yourself walking along a road and off the right you see a very short cliff that is going downward to a beautiful beach, and you come to path which has been much traveled, and thereby proceed to climb down, very slowly, towards the beach itself. And as you do you can feel the breezes, as well as enjoy and feel the salt air, this mist from the water, until such time as you reach the sand.

And as you cross the sand toward the water, you can feel the sharpness of the shells, and the water as it recedes and rises, and you very slowly wade into the water itself and you enter until such time as you are immersed to the waist. And you very slowly with full relaxation lie back upon the water, floating effortlessly. And as you do you can see the bright and the brilliance of the blue sky above you, and the birds and the gulls as they fly about. And you can feel the warmth of the sun. And as you're lying there in a weightless state, I would have the etheric body very slowly come into a sitting position, leaving the physical body lying on the water. Then pulling yourself up to your feet and as you step away from the physical body you turn and look back and see it still lying there, and you have the sense of knowing that all is well. And you cross the water to the far side. And there once again you see a beautiful hill. And as you approach it you see marble steps that have indeed been carved into it all the way to the top. And as you approach each level you realize that you are working towards raising your own awareness and vibratory levels to an a-one-ness with those teachers, the masters as it were, who are around and about for the purpose of helping. And as you get to the third level and you look back you can still see the body as it's floating there weightlessly upon the water. Looking upward you continue to climb on higher until such time as you reach the last step. And there in front of you, you find a beautiful white marble temple. And as you approach ever so slowly, you immediately sense the warmth, the love but even more importantly you're a-one-ness with God. The peace and tranquility is all there.

And as you enter past the large pillars and through the archway, you are there greeted by your own master teacher who takes you by the hand and leads you to the inner chambers. There you find a beautiful white fur couch. And as you lay down upon it, you feel the full impact of your closer a-one-ness with your God.

And then you begin to ask questions of a pertinent nature. And one by one you find that your master teacher is very willing indeed to impart the knowledge you seek. Then you find yourself having great inner peace and tranquility. And after a few moments your master teacher approaches and he extends his hand. And you take it and rise and proceed to walk with him out of the inner chamber and towards the door.

And there you pause to indeed give thanks, knowing that it is within yourself that great freedom to reach and attain that level at any time of your choice. And you bid the teacher adieu as you start very slowly down the steps. And as you climb slowly downward once again you can see in the distance the body lying there totally weightless. And as you proceed down the

steps you can see the beautiful grain in the marble. Once again you can experience the sea air, the slight breeze as you gradually return back to your physical body. And as you reach the body you place your feet within the physical body and very slowly sit down aligning yourself perfectly so that both the etheric and the physical become truly one. And when you have completely reentered then you extend the feet downward and come into a standing position in the water once again slightly above the waist.

You proceed back up the hill toward the road. And upon arriving you see an auto waiting which you enter and slowly leave, knowing that you can once again return.

Now all should at this time have experienced indeed, not only relaxing and enlightening but also an uplifting of the inner self.

Now I believe that it's time that I get out of the body and once again as I leave I ask 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 all.