

M-3 The Master Teacher Meditation  
Dr. Carlos Blair

(singing-He's Got the Whole World in His Hands)

Well I would say that's pretty good one there - - that gets the vibration pretty high. I'm going to, this evening, lead each and every one of you on a very special trip, because I want each of you to have the opportunity of experiencing as it were, your Master Teacher, first hand. Not mine or not Roberts or not someone else's, but your own. And for that purpose I'll ask that each of you get into a good comfortable position, if you will.

And now, after having a quiet moment, I would like to have you follow me. I would like to place you in your most memorable home as a child. Find yourself standing, as it were, in the living room of that home, looking out the front. And you'll find that that which is outside is different from the way it was, because as you walk through the door onto the porch you'll be looking down a hill, at the bottom of which, lying there like a mirror, is a beautiful lake. And now I'd have you walk off the porch and down the steps and start walking down that path. And as you descend you see on either side of you the beauty of God's creation, fields after fields of beautiful flowers in bloom. And you can feel the crispness in the air.

And you keep descending downward, until finally you're to the edge of the water. And now I would have you walk forward into that water. And you wade in until it is approximately at your waist. And suddenly you lie back and find that you can indeed without effort at all, float on the surface. And you lay there feeling the slight movement in the water and the weightlessness of your body. And as you look up from that position you see a very large hill with great beauty manifesting around and above it. And you decide that you would like to, indeed, climb that hill. But then you realize that you would not have need of your physical bodies, and therefore you sit into an upright position. And as you turn your head and look back you see the body is still lying on the water. And as the etheric body rises slightly you bring the legs forward grasping the knees and pull yourself into a standing position. And then you turn and look back and see the fullness of the physical being lying there, knowing and realizing that you are indeed a little closer to your God. And you find there is no fear, only great rest and relaxation. And you proceed across the water, to the far shore where you find yourself standing at the bottom of the mountain. And as you look around you, you hear all of the beautiful sounds of nature. And you see the beauty that only God could indeed create.

And very slowly you start ascending that mountain, and you see that indeed there have been steps very carefully carved in the side. And as you go to the first step you feel and recognize a little bit of closer a-one-ness and you turn from that vantage point and look back. And you can still see the lake and the physical body as it's floating freely.

And now you move to the second level, and again look from that special vantage point. And you continue on upward, and by the time you have reached the sixth level you feel very exhilarated. And you see that there is indeed a slight cloud that is covering the area where you are. And as you look upward it's as though there was indeed a tunnel through which you could climb. And you continue climbing that beautiful mountain, and when you have indeed reached the top level and you stand erect, you see in front of you a beautiful marble temple, a temple of

white marble that glistens in the glory of God's light. And as you approach it with its majestic pillars and you enter upon the portico, the doors open and you see someone coming towards you with arms extended, and you recognize that you are being accepted in total love by your own master teacher. And as he greets you and you're escorted to the inner chambers of that temple, you find there large cushions lying all about and you go over and gently sit down. And your master bids you to lie back. And as you do, he reaches forth to stroke your brow, and you therein come into your full awareness and a-one-ness with that Master Teacher, possibly for the first time realizing the full unification of that bond, and you find your entire being surrounded in warmth and the Love of God.

And then you address your teacher with many questions, and it almost seems as before you can ask the questions you have indeed received the answers. And there in that inner chamber you relax and bask in the full energy and the glory of Love of God Almighty.

And one of the questions that you place upon your Master Teacher is the challenge to know your full purpose and direction while in the physical body.

And finally your Master reminds you that it's time to once again make your return. And he takes you by the arm and having you stand, he very gently leads you out of the inner chambers, once again to the exterior. And from that place, as the two of you look down through the mist of the clouds, you can again not only see the physical body as it's lying there on the water, but see the total of the perfection and direction of your purpose in being in the physical body. And as he gently turns to leave, he brings forth a very special blessing upon you, which you find to be extremely fulfilling and uplifting, and then he bids you farewell.

And as you very slowly move downward towards the water, you pause, not only to satisfy the physical sight, but to contemplate of what your own progression might be. And very slowly you move downward until you come to the very edge of the lake, and as you proceed ever so lightly and effortlessly across the water to where the physical body is lying motionless. You once again step into the feet, then sitting as it were, into a sitting position upon that body. And as you lie back you realize that you are indeed completely within the realm of the physical once again. And as you turn and wade from the water, and ascend the hill and move onward up the steps into the home, to stand once again in that very special living room, as it were. As you peer out the window, you can indeed see, not only the lake, but that mountain where your beautiful temple dwells. And knowing and feeling reassured that I can go there in all times of need.

I only hope that each of you here this evening have had the opportunity to truly set aside all of your material thoughts, all of the emotional problems and traumas, all thoughts pertaining to the physical and, for this short while, been able to fully involve yourself in the fullness of the spiritual.

And now I hope that this time that we've been able to share in this manner, has not only been uplifting and filled with insight, but that it is something you'll continue to do each day of your lives while manifesting in a physical body. Set aside God's time each day.