

M-5 Healing Meditation

Dr. Carlos Blair

And I say good evening to you one and all. Well it is indeed a pleasure for me to have this opportunity once again of manifesting in this manner. I am Dr. Carlos Blair and as you have probably recognized I'm a little bit English, but I don't believe it will hurt too much. So I believe tonight that, rather than getting into, as such, a lecture, so to speak, I believe instead I'll take this opportunity, as it were, for the purpose of leading you in a healing meditation.

I believe that again it's one of the areas that this little church is very much involved with and it is of great importance to mankind at this time in your world. Because now more than ever is the need for all the varying forms of healing whether it be just that of the material, the physical, the spiritual, or emotional or whatever the aspect of healing that is needed.

So I believe tonight, it might be well to take you on a little short journey, as it were, in terms of internalizing within self and let you see for yourself the actual workings of the physical body in a new light. So that you can indeed move through it properly for the purpose of conducting healing energies by God Almighty. It seems of course, first of all, that it would be well that each of you might, in order to distract, not to be distracted rather, of you own consciousness through physical vision, I might just ask you to sit very comfortably. If your not comfortable with the feet possibly more flat on the floor, I'd suggest taking that position. And as you do it might be well again, as I say, to just close the eyes and first of all it is necessary to properly conduct the flow of energy to cleanse self and so let's work with the process of doing exactly that, but first of all by that of breathing properly.

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 uncleanness. As you do you see it coming to the surface of the water and running out through an overflow. 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 its 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 of 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 form of negative thought, any form 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 diving 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.

Now you may indeed open your eyes. If you like to change position feel free to do so. (Someone coughing) And that's all right you can get rid of that which we broke loose. It's perfectly acceptable. I might indeed of course clarify that in reality if each of you in a physical body were to daily take the time which only involves a few moments at best to set aside all of the thoughts and turn yourselves to the process of this healing. That you would indeed find such an enrichment in your own physical, mental, and emotional and spiritual well being that it would indeed be beyond your comprehension. But as it is so many times with those things of simplicity that work so well. It is man's normal process when he finds it works that well to not utilize it. Everyone of you within the sound of my voice has the ability as it was said "Physician heal thyself". Now I believe we might have a few moments left and if so I'll just allow questions about strictly that which we have just done and such as that.

Ques: How do you know you have accomplished God's will of healing somebody:

Dr. Blair: Realize that you do not do something against God's will. That is why at the conclusion of any healing that is done in the form of prayer, there should always be that of the recognition that it be according the God's will and not your own. Do you understand what I am saying? Yes. I can assure you that you won't bring it about if God does not want it to be so.

Ques: Will God provide you with the answer to the question: Is this person healed?

Dr. Blair: I believe if you developed you awareness to the level that it should be, that you would find not only the answer to the question but the lack of the need to even ask because your faith will tell you it has been so. But to the level of God's will. Remember one thing in the process of serving as that of the healing channel-you can never hurt another body.

Ques: Dr. Blair, along that line, it is permissible to pray for someone or heal someone without their knowledge or permission:

Dr. Blair: Why of course.

Ques: Some who appears to be disturbed, it is alright to send them some energy?

Dr. Blair: Well certainly. You just see that person standing there in front of you in the little chapel. You see a warmth and happiness radiating from their face and their very beings. As you see that beautiful white light of Christ come down and completely cleanse and make them fulfilled and whole of course. But then of course again-you must add that it be according to God's will and not mine.

Ques: Dr. Blair is there any significance to seeing black spots or black colors in your white lighting and not having the spots go away?

Dr. Blair: Yes indeed-that if you are well developed and had utilized it for any extensive period of time, I should say, to where you have had the experience of seeing the dark spots, as it were, where negativity was existing and you had previously seen it be dissipated, then you would know that in the event it wasn't dissipated at that particular time-if the timing was not proper for it to be done. In other works many times it has to come about very gradually in order for the physical body to be able to comprehend and activate it's own systems because if it was brought about too quickly the body itself would overreact. Do you understand what I 'm saying?

Ques: It doesn't necessarily mean that healing will not take place, not at all. It just means that the fullness of healing has not taken place.

Ques: But still has the potential?

Dr. Blair: But of course, and what you would see if you were working with someone with that type of problem, that you would see a lightening of the indepthness of the darkness as a gradual thing until it fades and becomes complete and whole.

Ques: Any way of being made aware of the time factor involved?

Dr. Blair: Well, I would say not. Only because of the fact as you well know-that is the most difficult thing for us to try to comprehend because we don't have any time here.

And so it again it is according to Divine Order. It wouldn't be done in advance of the time the person had experienced her growth or his growth through the purpose of the ailment. Do you see? Which some times is the case, not in all situations. Yes.

Ques: How much can be done in emergency situations?

Dr. Blair: Well that is unlimited only by God you know.

Ques: (some thing unintelligible)

Dr. Blair: Well of course, many times literally miracles are performed. There was one, I believe, this day, that came to my medium and spoke to him. Because you know I kind of hang around and listen. And it seem as though someone close to her, I believe an aunt, who had been afflicted with that of a serious stroke to the point of being fed by tubes and such as that. After being placed upon the healing list of this little church has indeed, very rapidly made a complete recovery. So it is a matter of God's will and not man's. There are no limitations with God.

Ques: What type of learning processes do we gain from illness?

Dr Blair: Well many times it is endurance, many times it is even patience, many times it is to learn to appreciate the lack of illness. Some who take their bodies totally for granted and mistreat the temple, as it were, of God. Sometimes they are brought up rather shortly, as it were, to an experience of illness that makes them become almost immediately aware of the importance of their physical, where previous to that time they were what you call a placed it upon ignore, you know. But there can be many and varying reasons for it.

Ques: Dr. Blair can you address the area of illness in relevance to the body part affected, meaning difficulty on the spiritual level with that body part?

Dr. Blair: Oh of course. There are many areas that are, what you would refer to as indications of what will happen on a spiritual level when someone experiences a problem on a physical level. Is that correct? Oh why of course-but my goodness that would take up so much time, for it to be done properly, of course. Yes indeed.

Ques: Is there any significance to light changing color, say from a golden white to almost a fluorescent blue-like?

Dr. Blair: Yes indeed, intensity.

Ques: Well greater intensity from which color?

Dr. Blair: Intensity of the blueness-the light tinge of blueness, the silver white is indeed the most penetrating, the most intense. The most calming is that of the golden white.

Ques: So if blue light should come into it-it's not something where you should try to fight that then?

Dr Blair: Not at all.

Ques: (unintelligible)

Dr. Blair: Why certainly. You may even from time to time find that of red light, tinges of pink and red, which would indicate other forms of energy. But of course that of pink would be that of love, healing that is taking place. That of red might be that individual is in need of intense energy like in the nervous system. So you let go and let God, as it were. Yes.

Ques: (unintelligible)

Dr. Blair: Well that is what I was trying to graphically create in your own minds, as you were to see the body being surrounded and filling the vessel around the body, yes, most definitely.

David, how's the time? The Rock is very nervous, so I had best take one more question and that will be all.

Ques: What do you do if you know somebody who is exceedingly worked and frightened? Healing will help?

Dr. Blair: Why of course, you send them healing and you see them being calm and uplifted and happy. Yes, of course it will help.

Well I believe now I best take leave of the body. It has indeed once again been a pleasure for me to have this opportunity of manifesting in this manner. And as I leave you I ask only that God pour forth his richest of all blessings upon each and every one of you and may you ever walk in his light and know his love. But most of all may you be filled with is peace. God bless you one and all.