



# SOLAR

The SOL Association for Research  
newsletter

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## *Comments On Spirituality*

*William Allen LePar*

# Spirituality in the New Millennium

In his novel *Little Dorrit* Charles Dickens portrays the moral strength of the character Arthur Clennam with these words: "Duty on earth, restitution on earth, action on earth: these first, as the first steep steps upward." Can we take a statement like this from a novel of the 1850's and apply it in the New Millennium? Truly constructive and positive thoughts dealing with the development of one's spirituality are timeless. What was valid a century ago is just as valid today.

"Duty on earth." How can this apply to us today? When we take a few moments to reflect on this, it certainly loses its mystery or mystique. What is our duty on earth? The only reason why we are experiencing this particular lifetime is to evolve spiritually, to eliminate whatever karmic debt we may

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have incurred. Therefore, to put it as simply and bluntly as possible, our duty on earth is to pursue every avenue possible in which we can express our godly attributes. This means that we must take whatever opportunities we have regardless of how great or how small they may be to express kindness, to care for those who are in need of being cared for, to exercise the warmth and understanding of human compassion. Each day that we move through gives us many opportunities in which to reach out and make a difference in someone's life, to help someone else carry their burden, to make ourselves available as a friend, willing to listen to the problems or sadness of others. We must be

# A Concept, In *Motion*

*David Ries*

A number of years ago, during one of Mr. William Allen LePar's trances with his source, The Council, we were discussing reality as we understood it. Our goal was to better understand our position as physical beings within the larger scope of a spiritual existence. Sounds very deep and complicated doesn't it? It really wasn't. It was just that some of the questioners were seeking a precise description of our true nature within creation. The Council said that it would be impossible to give the finite mind of mankind an accurate picture of something that was, in its truest sense, infinite and indescribable in terms that we could grasp. They said that our vocabulary was not dynamic enough to give a clear understanding. We could easily misinterpret what we were told if they did not keep the description to its simplest form. The questioners continued to pursue the topic.

Now you must understand a couple of things about The Council. These souls are not only advanced in their spiritual wisdom; they also have a complete understanding of human nature and its unwill-

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ingness to "leave sleeping dogs lie." They have stated on several occasions that it is not their purpose to spoon-feed information to us. We must think, analyze what they say and use our God-given wisdom, look at more than just the answers given. We must always search for the deeper meaning, the meaning beyond just the words. This was one of those times when they decided to give us more than what we asked for, but not necessarily in

the way that we had hoped. The Council said, "If you want to know the essence of what you are we will tell you. What you really are is **a concept in motion**. Now, that ought to keep your heads spinning for quite a while trying to figure that one out."

At first thought their reply seems fairly simple. But, what does it tell you? "A concept in motion."

A concept is an idea, a thought or a group of

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The Council... a gathering of twelve souls who once occupied physical bodies on earth but who have since forever left the physical world. In their final act of love for humanity they teach us to regain control of our lives and reunite with our Divine Source.

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thoughts that constitute something unique, an abstract notion.

Motion means moving, going from one place to another or expanding.

Again, simple enough. However, in the context that The Council used those terms it's not so easy, especially when you look deeper. First, how does the term *concept* apply to human beings? In this case we must go back to the basics of the term concept. It is a thought or group of thoughts that symbolize something unique. We are creations of the Divine, thoughts of the Divine. We are thinking beings that He created, that He gave life, that He set in motion. Ah, the term "in motion." Does that refer to physical motion? Hardly. The Council is composed of non-physical beings, creations of the Divine just as

we. The difference is that they have advanced beyond the need for physical bodies. They are beyond the cycle of reincarnation. But they are also "concepts in motion." The motion that The Council is referring to is the motion of growth, not physical growth, but spiritual growth. Have we examined this to the maximum? No, not yet. Growth of a spiritual nature needs further definition. The term Concept still is not defined completely either. We have not tied the two points together.

To make sense of this quote we need to define the essence of ourselves. What is it about each of us that is real, that never dies and is the core of our being? What gives us permanency? It is certainly not the physical body. What we must ask is this: What part of our being is constantly working

beyond the physical processes that go on within us? It is our thinking processes. They never rest even when we are resting. The thinking processes are much more than random events of our lives. Those processes have form and substance. Substance of a non-physical nature, yet it is the essence of our existence. The basis of the thinking processes is the interaction of two elements. The elements that constitute thinking are character and personality. Character is exhibited by our attitudes, what we believe, what we don't believe, our likes and dislikes. Personality is how we use those thoughts to express ourselves. Character and personality are in a constant state of flux, constantly being modified as we receive and digest sensory input. We could say that our personalities and

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# A Concept In *Motion*

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# A Concept In

character are constantly in motion, constantly changing, expanding, and growing.

It's obvious that each of us is unique. No two people have exactly the same combination of character and personality. Each of us is a unique concept in the mind of the Divine and as we continue our existence we will continually change and grow spiritually. We are concepts of the Divine that He has set in motion. Each is a

Since we are constantly changing, that means that there is always opportunity to be more than what we were yesterday or last year or last second. It means that we always have the opportunity to change something from the past by avoiding it in the present. We could have done something nasty to someone in our past and never see that person again. Does that mean that the error cannot be

think about or talk about a certain member of your family a touch of anger wells up. When you speak of that person, you notice a definite change in your voice, one of jealousy and resentment. Noticing the difference in attitude is a vital step in eliminating it. The next step is to decide to make an effort to change that flaw of the personality. Most importantly, the effort must be made. Thoughts must be generated; thoughts that give a different perspective, thoughts that have a positive, uplifting quality. There is almost always some angle, some view, some quality about someone that is positive. Ignore the other not-so-good qualities and dwell on the good.

This kind of thinking and examining becomes the foundation for change.

Once practiced successfully, this method for changing your outlook becomes an integral part of your character. You have changed yourself into a new being from what you were before.

New avenues for change

have been constructed. Through the motion of thought you have expanded and altered the concept of your being. Since we are concepts, we are not completed. All of the parts have not been built and tested. We are not yet finished products. What's more, since we are unending, we never will be finished products. That is actually an exciting concept in itself.

We learned a lot more than what we bargained for when we asked the question.

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unique child of His, He who is the proudest and lovingest of parents.

A concept in motion.

Have we finally defined it? Have we analyzed it thoroughly? The truth is that we have only begun. There is still much more to learn from that simple phrase. Now we will look at some of the implications of being "a concept in motion."

corrected? That specific situation may not be correctable but the flaw in the character that initiated the action can be fixed. Fixing the flaw corrects the sin. Being in motion and constantly changing can be very productive if the right path is traveled.

Suppose that you have noticed in yourself a negative attitude. Perhaps whenever you

# Motion

## *Essential Spiritual Perspectives*

*Denny Highben*

“Do not judge others, so that God will not judge you, for God will judge you in the same way you judge others, and he will apply to you the same rules you apply to others.” (Matthew 7:1-2, Good News Bible)

“Do not judge, and you will not be judged; because the judgments you give are the judgments you will get, and the amount you measure out is the amount you will be given.” (Matthew 7:1-2, Jerusalem Bible)

The biblical warning against judging others, as specified above in Matthew, is no doubt well known to us all. Putting and keeping ourselves in a “no judgment mode,” however, is another matter. But when we’re speaking of basic, essential changes that should be high priorities for spiritual growth, getting into the “no judgment mode” should top the list.

The Council once said, “The first law is you cannot judge.” That’s about as straight forward and to-the-point as the passages from Matthew, cited above. The Council has given much more on this subject in the dialogues that have transpired for almost 30 years. They’ve covered a great variety of situations where judgment could come into play, and while tailoring their answer for

those situations, it always has come down to that point-blank edict: Don’t judge anyone.

It’s interesting to see the differences in the two translations of Matthew cited above. Note that in passage from The Jerusalem Bible it does not say that God will do any judging. Does that mean one is right and one is wrong? No. But seeing such differences allows us the opportunity to ponder, to dig more deeply into the spiritual reality of which we are a part. (Unfortunately, far too many souls twist such differences of interpretation into inconsistencies of epic significance as a way to rationalize their choice to do the opposite. But that’s another column. Heck, that’s a book in itself.)

Two quotes from The Council to shed some light on this:

“First of all, the Divine does not judge. The Divine accepts wholly and tempers all activities with the Encompassing or Creative Love that the Divine offers.” (The offer is permanent, the problem is with the beings who accept or reject the offer.)

“So pass no judgment, and no judgment shall be passed on you. And remember, when it comes to judgment, you are your own judge, because within you, in your higher self, all that is honest and good, all that is right, and all that is wrong, lies

within you, and you will judge yourself, and you will be a far more severe judge on your activities than any outside judge could ever be.”

The old adage about judging the act, and not the individual who committed the act, is given credence by The Council. Separating the two is often difficult, but paramount. The Council explains:

“That is why you are admonished not to judge because you are not capable of seeing the whole picture. When spiritual scriptures, whether they be the Bible or what have you, says that you are not to judge, the reason is that you are not capable of seeing the situation from the spiritual eye or from the spiritual level so you cannot make any determination as to what is right what is wrong in a particular situation that you are not personally involved in.”

Finally, two quotes that, as the saying goes, say it all:

“Pass no judgment and you are fulfilling the will of God.”

“If you do not judge others, you cannot be judged. If you love others, then the only thing that can be returned to you is love.”

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Don Weisgarber

# Recipe for Disaster

It was while looking for something new and different to fix for the family for supper that I happened upon the following recipe. It's from a cookbook of the 1970's that my wife got long before we were married:

## Recipe for a Happy Family

1 husband  
 1 wife  
 Children- 1 Bible for each  
 1 home  
 Generous portions of prayer  
 1 package work  
 1 package playing together  
 1 portion patience  
 1 portion understanding  
 1 portion forgiveness  
 1 small paddle  
 1 cup kisses

Mix thoroughly and sprinkle with awareness. Bake in moderate oven of everyday life, using as fuel all the grudges and past unpleasantness. Cool. Turn out onto a platter of cheerfulness. Garnish with tears and laughter in large helpings. Serve God and country and community.

-Author unknown.

How many families are there today that go by that recipe? I would say that most families in our time go by no recipe at all, but are content with a fast food diet of convenience, ease, and self-centeredness. If it takes commitment and caring, it's just not worth the effort. A modern family recipe might look more like this:

1 single mother  
 1 live-in boyfriend  
 1 daughter, on the pill (may substitute 1 daughter seeking an abortion)  
 1 son, latch key, watching Jerry Springer  
 2 infants raised in day care  
 1 heavy dose of R-rated movies  
 1 empty cup of discipline  
 4 hours per night of trash TV  
 1 Bible substitute (the latest fad)  
 2 drops of tears from watching Angels, weeping

Not all families, of course, are made from this recipe. But even of those that have loving, married parents, children who are raised with discipline and caring, and a respect for one another—even in these families a few bad “ingredients” can spoil it all. Going to church, but never uttering an individual prayer to God. Looking the other way when your child is given too much change and pockets it. Letting your teenager watch R-rated shows because “All the other kids do.” Selling your car to someone who doesn't suspect what you know to be wrong with it. Little things that make a big difference. Pinches of convenience replacing spoonfuls of goodness. Is it any wonder our world resembles a scene out of *MacBeth*, where a dark and ominous world is influenced by hags gathered around a seething, bubbling cauldron,

calling for “Toil and trouble.”

“When you contribute to the destruction of the family unit, regardless of how small it may be, the price is quite steep, because the family unit is, IS the state of God. It is within the family unit that God, this Divine Essence, works with those who love Him. It is His House, and those who trespass against His House are asking for very expensive payback. Because when you trespass against the family unit, it is the Heart of the Divine that you are trespassing against.” The Council, 99-08-28.

One may think that the recipe for a happy family is unattainable in this age. Not true. The ingredients are the same as they have always been. How they are put together allows for infinite variation. And even the ingredients themselves are not set in stone. After all, we know that foods are made from compounds, and compounds are made from elements. And if you choose the right elements from which to build your family then you can't go wrong. Faith in God, goodness, morality, and kindness. If we make these things an essential part of ourselves and our families, we will be far happier, and we will find ourselves worthy to sit at God's banquet table one day.

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## The Aluminum, Alzheimer's Connection

### *Health Hints*

*Marilyn Ridzon*

It has been ten years since I first wrote about Alzheimer's disease. Scientists, for the most part, still aren't admitting that aluminum is a prime suspect in triggering this dreadful disease. Do you realize that drinking pop from a can deposits as much as four milligrams of aluminum into your body, which is considered to be well above the maximum safe limit? So, if you drink pop, buy it in bottles or any other type of packaging other than cans.

You'd be surprised how much you are exposed to aluminum without realizing it. For instance, anti-perspirants contain aluminum and it is absorbed by the skin and collected in the brain tissue itself. Aluminum is heavier than brain tissue and tends to settle in the brain. Researchers do admit to finding an unusually high concentration of aluminum in victims' brain cells. Overexposure to aluminum seems to be an oversimplified answer to a complex disease but it is not.

This disease seems to have no barriers. Vigorous people in otherwise excellent health are as vulnerable as anyone. It is a

terrifying disease that leaves you totally dependent on others and unable to recognize your loved ones. You literally lose your mind.

If someone in your family contracts Alzheimer's, does that mean you are destined to contract it? Not necessarily. The Council explained that each individual has his own tolerance level and some people are more vulnerable than others. You can get a lot of information from the Internet but how accurate is it? With The Council information you can count on 100% accuracy.

So if you are still using aluminum cookware, get rid of it. The Council warns us that even if it is Teflon coated, it isn't safe. If all this seems drastic, remember the old cliché, “An ounce of prevention is worth a pound of cure,” and in this case prevention might be worth its weight in gold!

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willing to share the more loving parts of our nature with those in need of that tenderness, that sympathy, that compassion. Who of us is capable of doing this? Who of us possesses these qualities of caring and compassion, of loving? Each and every individual that walks the face of the earth PROVIDING THAT INDIVIDUAL IS ABLE TO LOVE THEMSELVES.

What do I mean by an individual loving themselves? Before I explain this, let me comment on what is the

*Their quest in life is to satisfy every and all appetites they may have, regardless of the cost to others. Those individuals who are in love with themselves are the sharks in the shark tank. Today they prey on the smaller, but tomorrow they are feed for the larger. These are the people who are IN LOVE with themselves.*

opposite of loving yourself. It is the individual who is IN LOVE with himself. The individual who is IN LOVE with himself is in essence an

individual who is an egomaniac. His deepest and most secretive view of himself in relationship to the world is this: the world was created for him and him alone. It is his toy. You and I are his pawns. He uses us for his pleasure or whims with no regard for what it may do to us or for what it may cost us. Today in the vernacular in some classes of people this type of person would be referred to as a player. In other circles it could be the jock, the hunk. It could be the foreman, it could be the manager, it could be the CEO. So far I have given only the masculine types. Is it only the male who is an egomaniac? Absolutely not. For each of the masculine types there is a female counterpart. She is not as noticeable because she employs a degree of subtleness and in some cases a disarming "kindness" which can be far more deceptive than her male counterpart, yet every bit as hungry and destructive as the male. On rare occasions we will run across a female who is as openly aggressive as the male can be. This aggressiveness is used by very few females because in our society it is a trait that is looked upon as obnoxious. Usually the female will only allow this characteristic to surface when she feels she is in a position of power where she can easily destroy her opponents. These are the types of people who will use and abuse everything

within their realm of existence, including any and all human beings. An example of a class of people that are in love with

*Restitution does not necessarily require us to perform great acts of kindness or compassion. More often than not, restitution can be made with a simple gesture of kindness, a simple gesture of compassion, a simple gesture of lending a helping hand, a simple gesture of lending an ear and a consoling word.*

themselves are the Yuppies in our society. Nothing is sacred to them. Their quest in life is to satisfy every and all appetites they may have, regardless of the cost to others. Those individuals who are in love with themselves are the sharks in the shark tank. Today they prey on the smaller, but tomorrow they are feed for the larger. These are the people who are IN LOVE with themselves.

Now, those individuals who LOVE themselves are the opposite. They realize that they have a self-worth. They realize



that they have something to give. They are the ones who reach out with a helping hand, who reach out with a caring touch, who are willing to lift the yoke from the shoulders of others and place it on their own. They know that they have something worthy in themselves and they are willing to share that with others. They are the individuals who are sensitive to the pain and suffering of their fellow human beings. They are the ones who choose to help others smile. They are the ones who are there to wipe away the tears of pain and sadness. They are the healers of a very sick society. They heal with love, caring, and compassion.

Each of us is living this life in order to make restitution for those things that we have done in the past, those things that we have done in a time when WE were in love with ourselves. Although some may find it hard to believe that restitution can be made, this is more than likely an excuse or rationalization to do nothing when an opportunity comes our way. Restitution does not necessarily require us to perform great acts of kindness or compassion. More often than not, restitution can be made with a simple gesture of kindness, a simple gesture of compassion, a simple gesture of lending a helping hand, a simple gesture of lending an ear and a consoling word.

To achieve true restitution requires action. Restitution

doesn't come by simply thinking about being a nice person or simply dreaming about being a person with standards. It requires us to take those thoughts and put them into some active form. We must remove ourselves from the daydream state into the real world, into the real life. As we walk through each day of our life, we come across many opportunities to reach out with kindness, to lend a helping hand, to extend a comforting word, to give encouragement and hope. Do any of these things take a great effort or take a great deal of time? Rarely. The more common experience is to take a few moments of our day and share those moments with someone else. We never know if a simple smile may be the beginning of a great miracle, may be the beginning of a true healing for ourselves and the hope that an individual may need at that given time. A smile could be the very thing that gives the receiver of that smile the validation that they are alive and someone knows it, therefore encouraging them to take a step forward or up.

Duty, Restitution, and Action truly comprise the first elements necessary to take the step up to a new level of spirituality, a new level of awareness, a new level of consciousness, and the first responsibilities of a god in the making.

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f you are fortunate to have someone who loves you, do all that you can do to protect that love, to return it regardless of the cost to you, for in your day true love is at a premium price, for so little of it exists. Do nothing to jeopardize that love just to satisfy your own self-seeking pleasures and ego, for you never know, it may be your only opportunity for true happiness. When you love someone, you fulfill their needs, you make strong their weak points as they will make strong your weak points, and you relish in their strength as they should relish in yours. Many times those that we love, due to the course of their life, whether it be their fault or the way life is dealt to them or presented to them, some of those individuals carry deep scars. Take into consideration these scars, these old wounds, attempt to put the balm of love or the salve of love over that scar tissue so that it heals and becomes anew. Those that you love, make them feel secure in your love. It might be necessary to repeat over and over your love for the individual. Do so. It's of no cost to you, yet such thoughtfulness, such caring, such compassion, and such understanding can bring great rewards for so little effort, because in so doing you help that person to feel safe. What is love? Love is everything that you can imagine that is good. It is the desire to make whole another individual by filling in all the cracks and crevices, all the holes, all the broken edges that life may have chipped away.

*The Council*



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