

# Public Trance -1

Trance Library File No. 99-70

The Council's Opening Message – Lily Dale

This message comes from William LePar's spiritual source, The Council, and was given at his Lily Dale, New York Trance.

## SUGGESTIONS ON READING THE TRANCE LIBRARY FILES

by

WILLIAM ALLEN LePAR

I appreciate your interest in the information we have been receiving from [The Council](#), the spiritual source which speaks through the Trances. In all the years that I have been manifesting the Deep Catatonic Trance, I have learned a great deal from The Council, and I earnestly wish that you also gain a greater understanding of our existence.

These Library Files present information from The Council over a vast range of topics. In some cases, the information presented comes from one or two Trances that were usually held consecutively, within a few weeks or months of each other. In other Library Files, the information is selected from Trances held over many years. In all cases, if you study these Library Files carefully, you will notice a common thread of awareness that runs through all the information that The Council presents.

You may also notice that by the manner in which The Council presents the information, it becomes evident that they are layering awarenesses and insights. The observant reader will realize this progression of awareness and the unfolding of these insights.

These Library Files will not reveal their deepest insights to you with a casual reading. You must study them and reflect upon them. I would advise you to read the Library File at least twice and reflect on the information that The Council gives.

Again, thank you for your interest. I sincerely hope that you benefit from the Council's wisdom.

Sincerely,

SOL

# AN INTRODUCTION TO THE COUNCIL

by

**William Allen LePar**

The Council has often referred to themselves as "spiritual beings." We must remember that this is a very elusive term and means something far greater than what we normally have been taught to understand as "spiritual beings."

In our finite minds we look upon spiritual beings as living beings confined in similar manners as we in the physical, and this is not the case with some levels beyond the physical. But in this expanded description from The Council, we begin to realize that there are levels that we can reach as spiritual beings that far surpass our present concepts.

Respectfully, I submit The Council's own personal description of themselves.

## THE COUNCIL SPEAKS OF THEMSELVES

After a soul or an entity has accomplished a certain level or degree of perfection, through whatever system that is the ruling belief system of that time, then the individual or the soul or the entity is elevated to a level wherein it is not necessary for reincarnation. Once entering the spiritual realms without the need to reincarnate, a growth period is undergone. Many steps of awareness or many levels of awareness are accomplished, many degrees of elevation, many degrees of perfection until finally the soul, the entity has evolved into a state where there are no levels, no degrees, but begins to expand in love and awareness to the point where there is a total mergence or merging with other beings; where all ideas of limitations, all awarenesses of false limitations, have been done away with; where the person or the soul or the entity begins to realize its true unlimitedness and in that begins to expand greater and greater and greater, interweaving more delicately and more closely with all others and all other things, and in so doing grows closer to the Divine Himself. Once a soul or entity has reached this level, then they are in union with others, total union, yet completely individual, and yet completely united. This soul, this entity has its own personality, yet delicately flows in and out and with other souls but yet maintains its own personality, its own being. The soul, the entity becomes more god-like in that it becomes part of all things, yet maintains its own personality, its own being. Once a soul has reached this level then there is no name, there is no body as you would recognize or understand, but a more complete and unlimited **Child of God**, one who is so developed that no name could ever describe him. That is the existence we live in, and if you wish to use confining and restricting terminologies as levels, then we souls have to say that is the level we exist in. In all of mankind's history this level has never before spoken in the **physical plane**.

Even though we refer to ourselves as "spiritual beings," we use such statements only to give all who come to us some idea to relate to or some concept that they can relate to.

## THE TRANCE PHENOMENON

We believe The Trances of William Allen LePar are the rarest paranormal experiences known to modern man. The only example of a similar phenomenon ended with the death of [Edgar Cayce](#) in 1945. The Council's unparalleled revelations, through Mr. LePar's trances, are made available to the public through the SOL Association for Research. His time and efforts are without compensation, and SOL is a non-profit, tax-exempt concern dependent on the commitment of volunteers.

The following is a brief explanation of a Trance, so those without the opportunity to participate have a better understanding of the phenomenon. On the day of a Trance, Mr. LePar remains in a peaceful environment. He consumes little food and The Council recommends his diet include red shellfish. He engages in considerable prayer and meditation throughout the day.

Those participating in a Trance, to question The Council, gather about a half hour before the session for socializing. Nancy LePar, his wife, is always the last to leave her husband before a Trance begins. She sits with him in a separate room as he quiets himself with prayer and meditation. When she enters the room in which the trance is to be conducted, all talking and noise cease. Soon he enters, silent and already in an altered state. With everyone seated and quiet, he enters, removes his slippers and positions himself on the floor.

He wears, as instructed by The Council, loose clothing of all natural fabric. Also, Mr. LePar wears no metal other than a wedding ring and cross. As he rests his head and bare feet on pillows, he maneuvers his body into alignment with magnetic north. Those participating, following instructions from The Council, are to place themselves in a quiet, prayerful state as until this remarkable source begins to speak. There are two distinct time periods in the linking of LePar's spiritual vibrations with those of The Council. The first period concludes with LePar's extremely deep and rapid breathing, a form of [hyperventilation](#). His hands, folded across the abdomen, quiver; his left leg stiffens and his left foot extends. Then, suddenly, silence. It seems almost as if he has stopped breathing. Finally, The Council begins to speak -- slowly at first, repeating the name of the Trance moderator, until the link with the physical world is ready. It usually takes about thirty minutes from the time Mr. LePar lies down until The Council speaks. But on some occasions, for a variety of reasons, it can be as long as 45 minutes.

Once The Council begins to communicate, a Trance usually lasts between ninety minutes and two hours. The Council is offered the opportunity to give the gathering an opening statement, which has always become a segment of information useful for universal spiritual growth. Then, the trances follow a simple question-and-answer format, beginning with written questions and continuing with follow-up questions raised by The Council's comments. At some sessions, there are so many follow-up questions that only the first question asked will be from the list of written questions.

Afterwards, when Mr. LePar awakens, he remembers nothing. His memory is blank from the time his wife leaves him before each session until he awakens at the conclusion of the Trance. He is always physically drained, cold and disoriented. He is helped to a seat, wrapped in an afghan for warmth, and given a slice of bread and a glass of orange juice to help him recover.

We hope you profit from the information in these Trance Library Files. If reading a particular file gives rise to a question, we encourage you to contact us for more information. Thank you.

## FOREWORD

The Council has told us on many occasions that truth has always been available to mankind from the very beginning. As you read this Trance Library File, you may note similarities to information from other sources. You will also encounter new information. You may be surprised by some of the information revealed by The Council, to the point where it strains your credulity. The Council realizes this, and so they often begin a Research Group Trance with an opening statement such as this:

Again, a reminder as we have said before, we ask that you think about what we have said, the answers to your questions. It is not necessary to accept everything we say, but we do ask that you take the time to think on what we have said and hold it for possible use or acceptance at a later time. What is most important is that you do think, that you exercise your God-given mind. Use what you can use and store away that which is not serviceable at this time, for if you wish to see a dawn tomorrow with its clear blue skies, you must make ready for it now. If you cannot believe that tomorrow will be a better day than today, then it will not be so for you. If you do not carry the light of tomorrow, then where will it come from? If your tomorrow is not planned for today, then how can it exist? Forearmed with the knowledge of the path you are presently traveling, you are then in a position to create a better path for your travels tomorrow. The outlook for the children of the Divine is definitely a bright and sunny day. Only you can make the decision as to what your tomorrow will be. We have one distinct advantage over each of you, and that is we have gone through the process of life that you are presently experiencing and in those activities we have learned that one must never narrow their vision down to what they prefer to see, but it is great wisdom when one is willing to look at the total picture, even those segments that one wishes were not there.

Always keep this concept in mind: Use what information you can, and that which you cannot agree with, put it aside for now. Do not discard it, for you may find it very useful in the future.

## IMPORTANT

### TERMS AND CONDITIONS FOR USE OF TRANCE LIBRARY FILES

1. PLEASE DO NOT RETAIN THESE LIBRARY FILES.
2. THIS MATERIAL IS COPYRIGHTED. KEEPING A COPY IS PROHIBITED.
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### DISCLAIMER

These Trance Library Files are verbatim transcripts of psychically derived information. This information was given in response to questions posed by individuals in attendance at the Trances. These transcripts are presented for informational and educational purposes only. They should not necessarily be considered applicable to situations other than those of the person asking the original question. **SOL cautions that this information should always be considered in its original context.** SOL advises that the reader exercise judgment and common sense when considering this information. SOL cannot take responsibility for any abuse of the information contained in the Library Files.

From thousands of transcript pages, SOL has compiled the Trance Library Files, and will continue to do so in the future. Some of the information has come to us in concentrated form, while other Library Files are compilations of material given through the years.

As you experience more Library Files, you may occasionally notice the same or similar bits of information in different Library Files. This is done to maintain the integrity of The Council's message in each subject area. Please enjoy your encounters with the words of The Council. SOL heartily endorses the spiritual and educational value of these Library Files and firmly believes great benefit can be derived by those approaching this information with a sincere desire for greater understanding of themselves and their world. The material in this Library File is copyrighted and may not be reproduced without the written permission of SOL.

## EXPLANATION OF TRANCE LIBRARY FILE FORMAT

### Reincarnation<sup>(1)</sup>

page 31<sup>(2)</sup>

Selection # 16<sup>(3)</sup>

Reincarnation<sup>(4)</sup> was discussed on 80-06-28<sup>(5)</sup>, the 78th Trance<sup>(6)</sup>.

The word "reincarnation was first found on page 1235, in line 387<sup>(7)</sup>.

386<sup>(8)</sup>

387 \*\*\*:<sup>(9)</sup> Since we believe in reincarnation, and apparently have experienced death a number  
388 of times, why do the majority of us fear death, and why do we not have a conscious  
389 awareness of what it is like beyond the veil?

390

391 C:<sup>(10)</sup> If you have reincarnated then evidently you have not fulfilled or let us say you  
392 have not taken advantage of the opportunities available to you while in the material  
393 manifestation, thus you have relegated yourselves to the man-made heavenly realms. The  
394 fear comes from a degree of awareness of the conditions in the man-made heavenly realms.

### NOTES

- (1) **Title** - This is the topic of the Trance Library File.
- (2) **Page** - This is the page number of the Trance Library File. Each Trance Library File begins with page one.
- (3) **Selection** - This number indicates the chronological order of this block of information in the whole of the Trance material.
- (4) **Key Word** - This is the search word used for this selection.
- (5) **Date** - This is the date on which the Trance occurred. It is given as a year-month-day (80-06-28).
- (6) **Trance Number** - All of Mr. LePar's Trances have been numbered chronologically beginning with number one. This number indicates from which Trance this selection was drawn.
- (7) **Master Volume Information** - All information from all Trances is transcribed in chronological order into the SOL Master Volume. This line indicates the page number and line number as found in the Master Volume.
- (8) **Line Number** - The transcript of each Trance session is numbered from one. If a Trance Library File is made up of information from more than one Trance, then these numbers will change sequence.
- (9) **Questioner** - The symbol \*\*\* indicates an individual at the Trance asking a question or responding to The Council's remarks. This is used to maintain confidentiality.
- (10) **Council** - The symbol **C:** indicates that The Council is speaking.



16 C: May the Peace and the Joy of the Infinite Father be upon you  
17 all, and may His Light shine down upon you, around you, and within  
18 each of you.

19 This is our standard opening blessing at all the  
20 communications. We ask that each of you accept this blessing in  
21 good will.

22 To begin this day, let us explain a little of ourselves, who  
23 we are and what we are. In order to get a better picture of who we  
24 are, you need some information.

25 What lies beyond this material manifestation or your earthly  
26 lives? Originally, when all was created and then a need came for  
27 the material manifestation, the Divine Essence, the Infinite  
28 Father, the God of all, established what can simply be called or  
29 best be called the God-Made Heavenly Realms. Once His creations  
30 began to work their will, there was a need then to create a second  
31 heavenly realm, since those souls or entities or conscious state  
32 beings lost a degree of awareness, and in their confusion they  
33 began to create their own heavens. Their activities brought a need  
34 for a waiting place. That today is known as the Man-Made Heavenly  
35 Realms. When one does not do the best they can, and that is all  
36 that is required of them, then they find a need of their own  
37 decision to go to a place that can easily be described as a  
38 reviewing station and a re-evaluation of who they are and what they  
39 are. Then they must through those concepts that they have created  
40 in their earthly sojourn must work their way back into the material  
41 through the process of reincarnation. But if in living your life  
42 you have done the best you could with what you have, then you make  
43 yourself eligible for the God-Made Heavenly Realms. All decisions  
44 as to what state you will be in after leaving the physical  
45 manifestation or your earthly lives will be made by you and you  
46 alone. This Divine Essence does not judge you whether you are good

47 or bad, whether you are kind or unkind. That judgment is left to  
48 you, because within each of you is a divine spark that contains the  
49 Christ Consciousness, and when you leave your physical body, you  
50 will then examine your entire life and you will decide whether you  
51 need more in the area of growth through the material manifestation  
52 or whether you have made yourself eligible to grow beyond and  
53 without a material form. If you choose to grow beyond and without  
54 the material form, you will find yourself in the God-Made Heavenly  
55 Realms.

56 In that area which was originally created by the Divine, you  
57 have three basic levels of growth, the Spirit Level, the Angelic  
58 Level, and the Celestial Level. The Celestial Level can be easily  
59 compared to the portico that surrounds the House of the Divine. Now  
60 this is purely symbolic but it is something that you can relate to.

61 It is just before you enter the Divine Presence.

62 This Celestial Level is where we exist. Never in the history  
63 of mankind has this Level spoken to man. All sources of information  
64 in the past, at the present time, and in the future will come from  
65 the Man-Made Realms. In this God-Made Heavenly Realm our task is to  
66 act as a council, to give suggestions to your perplexing problems.

67 We are not here to tell you what to do. We are not here to tell you  
68 how to live your life, but we are here to offer suggestions, to  
69 encourage you to use the God-given mind that you have, to use the  
70 God-given will, to think and to grow, to open yourself up so that  
71 the godly state that lies within the very core of your being can  
72 come out, for each of you have a speck or a spark of the Divine in  
73 them.

74 What is the nature of your reality? Do you just exist alone,  
75 as some philosophies say? That you create your own personal  
76 reality? That all that you experience is of your making? No.

77 If it were so simple, but it is not. And if that were the case,

78 then why would so many individuals, so many souls, so many entities  
79 create lives of hardship and sadness? What you see is reality as  
80 you understand it, but it is not a personal reality or an  
81 individual reality. In other words, all those individuals that you  
82 must deal with, day in and day out, whether they are your spouse or  
83 your children or casual acquaintances are not figments of your  
84 imagination or are not entities that you created for your own  
85 growth, but they are entities in their own just as you are. Reality  
86 is a collection of all of you creating together, not as individuals  
87 but as members of an orchestra. You are in concert with each other.  
88 The material manifestation or the earthly life is the opportunity  
89 to work with other entities in the growth process; it is a giving  
90 and a taking; it is a sharing.

91 Why are some lives so filled with problems? Why are some  
92 lives filled with so much sadness and sorrow? Why is it some  
93 people never seem to go anyplace? They seem to stand still. Let us  
94 give you a little example of how life works. Although some of you  
95 may find this very hard to believe, initially when you made all the  
96 spiritual agreements and contracts to experience life with those  
97 around you, your life was planned out so that it would be filled  
98 with peace, contentment, happiness, and joy. If this be the case,  
99 then why are so many lives contrary to this? Picture your life as  
100 a lake, as smooth and quiet as a mirror, a piece of glass. At some  
101 time, at some place, at some experience in your life you reached a  
102 crossroads where a decision had to be made. A decision was made,  
103 but the decision was not as good as it could have been, and so this  
104 caused a ripple on the surface and slightly distorted the clarity  
105 of it. So as life progressed then another crossroads came, another  
106 decision had to be made. The decision was made not through the  
107 clarity of the lake or the pool as it was originally, but now that  
108 decision is made through that ripple effect, and so the clarity of

109 sight is not there, and again a wrong decision is made causing a  
110 greater degree of ripples, more ripples, less clarity, less quiet,  
111 less calm, less clear. And as life goes on then, each decision is  
112 made through this distortion, through this lack of clarity until  
113 finally this peaceful, placid lake, this mirror, is totally  
114 distorted, all clarity gone. This is how life becomes a trial. This  
115 is how hardships come into being. Once the lake becomes so  
116 distorted, then decisions are no longer really made, but instead of  
117 decisions they become reactions to emotions and to situations,  
118 reactions to emotions and situations.

119 How does one begin to correct the situation? How can one  
120 return back to that peace, that calm, that still lake? One must  
121 begin to think and then act as opposed to reacting. To change your  
122 life, you must begin to act instead of react. What is necessary  
123 then to begin to act in a more godly way? A keystone in spiritual  
124 growth or development is this: You cannot grow one iota if you do  
125 not love yourself. The problem with the world today is that it does  
126 not love itself, it loves things, material possessions. But the  
127 individual creations of the Divine, within life, do not love  
128 themselves. They have lost that insight that they once had to their  
129 true value. So the first step one must take is to begin to love  
130 themselves, not in an egotistical way but in a godly way. Then one  
131 must begin to respect themselves, to have self-esteem, again not in  
132 an egotistical way but in a godly way. You must remember that there  
133 is a value to you regardless of how lacking in love you are or how  
134 many things you have done that you are not proud of, there still  
135 is a value to you. You have something to offer to mankind that  
136 only you can offer; no one else has that ability, that quality,  
137 that presence, to offer. You are a unique individual and only you  
138 can fulfill your mission in life. No one can fulfill it for you. So  
139 in that sense you are extremely important in all of creation. You

140 are of true value because you have something to give. Do not worry  
141 what it may be, but think of giving of yourself. Create a self-  
142 image for yourself. Begin to think of yourself as a better person  
143 than what you presently think of yourself, again not in an  
144 egotistical manner but in the sense of having a respect for  
145 yourself, knowing that you do have something to offer that no one  
146 else can give.

147 So, to change your life, to make it more productive, to give  
148 you more in life of what you want, to bring a spiritual development  
149 or growth to yourself, first love yourself. Have a self-respect, a  
150 self-esteem for yourself, and then create an image in your mind of  
151 yourself, create a positive image of yourself.

152 A helping hand or an essential aspect of spiritual growth is  
153 something that your world today dislikes. Most of the world today  
154 feels this thing is not good, is old-fashioned, is unworthy.

155 What is this thing? It is discipline. In your society today, the  
156 word "discipline" is a vile word. It is dirty. It is unacceptable.

157 Your society feels that discipline means to do without. This shows  
158 a lack of wisdom and insight because discipline does not mean do  
159 without, discipline means gain control of yourself so that you can  
160 have all that you wish in life, so that you can benefit from all  
161 experiences, so that you can have a life of peace, of joy, of  
162 happiness, so that you can have spiritual growth and all the  
163 material things in life that you wish. Discipline does not mean to  
164 do without. Discipline means to take control of yourself, give  
165 yourself a direction in life and follow that direction, by making  
166 conscious, well-thought-out decisions. Do not react, but act. Gain  
167 control of your life, gain control of yourself. Think about each  
168 challenge that comes to your life, each crossroads that you come  
169 to. Discipline means to gain all that you wish to gain. It does not  
170 mean to do without. Those things that you can control, wonderful,

171 control them. Those faults that you may have that you cannot  
172 control, at least, with discipline, you are able to practice a  
173 degree of moderation. And so that which you cannot control, at  
174 least moderate it to a degree.

175 The destiny that you have once you leave the material  
176 manifestation is not measured by how many good things you have done  
177 as opposed to how many bad things you have done, but it is measured  
178 by the true heart's desire. There are many things in life that you  
179 do that you wish you had not done, that you do not seem to be able  
180 to get full control on, will that hamper you from the God-Made  
181 Heavenly Realms? Not necessarily, not necessarily. If the  
182 circumstances in life have been such that you are not capable of  
183 certain things, does this withhold you from the God-Made Heavenly  
184 Realms? No. What will allow you entrance into the God-Made  
185 Heavenly Realms is when you ask yourself, "How much did I do? How  
186 much did I really try?" The answer that you give yourself will  
187 determine which of the Heavenly Realms you will go to.

188 This Divine Essence does not judge you. This Divine God does  
189 not judge you. He does not weigh your good faults and your bad  
190 faults. He accepts you just as you are, all the good in you and all  
191 the bad in you, all the positive and all the negative. But you see,  
192 deep in you is a god in the making, a rediscovery of self, taking  
193 that divine essence, that divine spark, that spiritual electricity,  
194 and bringing it into the totality of your consciousness, your soul,  
195 your physical life, and allowing it to manifest to those around  
196 you. That is what life is about. A quality life or a spiritual life  
197 does not depend on how much you have; it depends on how much you  
198 have given of yourself.

199 A few points or steps in expressing that godliness that lies  
200 within you is to be able to love others without judgment, to be  
201 able to accept the need to love without anything asked in return,

202 to love without any strings attached. This is a spiritual love.

203 Another love that you must attempt to practice is the love that you  
204 have for your family, for your loved ones, for your spouses, for  
205 your children, for your parents, and that is a love of taking care  
206 of, nurturing. Another form of love is what is commonly called  
207 brotherly love, but it also indicates a friendship love, a respect  
208 for other individuals, and a concern for other individuals. There  
209 is still another love and that is a community love or a communal  
210 love, and this type of love, it is a reaching out, it is becoming  
211 active in community projects that uplift the community, that  
212 benefit the community, that adds to society as a whole.

213 If you take these different forms of love and attempt to  
214 practice them in your life, if you begin to think and act upon a  
215 decision as opposed to a reaction, your life will begin to improve  
216 immeasurably because you will have begun to realize your true  
217 spiritual potential. You will begin to realize that with all your  
218 good aspects, with all your positive aspects, and with all your not  
219 so positive aspects, you have a uniqueness to give to mankind. Your  
220 mission in life, and all have a mission, is to offer yourself, your  
221 love, to your fellow man.

222 Spiritual growth is not a way of life that asks you to do  
223 without, but it is a way of life that asks you to give so that  
224 there is a greater room within to receive. Matter, creation, life,  
225 the earth, is in existence because of a consciousness. Your life is  
226 in existence because of a consciousness that you have. Matter can  
227 be looked upon as the effects, and consciousness is the cause. To  
228 change your life into something more positive filled with greater  
229 joy and peace, change your consciousness ever so little, if that is  
230 the best that you can do, and your life will improve, your  
231 happiness will be assured, your joy and your peace will be yours.

232 Spiritual growth, and this is an important statement, cannot  
233 be gained through the knowledge that you have or the wisdom that  
234 you have, it cannot be lost because you may have a lack of  
235 knowledge or wisdom, spiritual growth is gained only by what you do  
236 with what you have. This Divine Essence will accept you as you are,  
237 if you will only allow that to happen.