

Health and Healing - Part 1

Nature's Remedies

Trance Library File No. 90-28

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.
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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⁽¹⁾

page 31⁽²⁾

Selection # 16⁽³⁾

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

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

386⁽⁸⁾

387 ***:⁽⁹⁾ 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:⁽¹⁰⁾ 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.

EXPLANATION OF TRANCE LIBRARY FILE FORMAT

79-12-01⁽¹⁾

Life After Death - Part 1⁽²⁾
Trance #2⁽⁴⁾

page 21⁽³⁾

This trance was the second trance in the Research and Study Group series. The Trance was attended by William LePar and (***) (***), (***) (***), (***) (***), (***) (***), (***) (***), (***) (***), (***) (***), (***) (***), (***) (***), (***) (***), and (***) (***).⁽⁵⁾

1⁽⁶⁾

2 C:⁽⁷⁾ May the Peace and the Joy of the Infinite Father be upon you, and may His Light
3 shine down upon you and around you and within you.⁽⁸⁾

4

5 ***:⁽⁹⁾ Thank you. Are you ready?

6

7 C: Yes, we are ready.

8

9 ***: Would you agree with the statement that Jesus Christ came into the earth in human
10 form and is both man and God?⁽¹⁰⁾

11

12 C: Yes, we acknowledge that Jesus Christ is both man and God and that He did come
13 into the material manifestation.

NOTES

- (1) **Date** - This is the date on which the Trance occurred. It is given as a year-month-day (79-12-01).
- (2) **Title** - This is the topic of the Trance Library File. If a subject requires more than one Trance Library File, then the file is divided into **Parts**.
- (3) **Page** - This is the page number of the Trance Library File. Each Trance Library File begins with page one.
- (4) **Trance Number** - This is the number of the Trance within the Research and Study Group Trance series.
- (5) **Identification** - This paragraph identifies the Trance and the persons in attendance. Individuals are identified by the symbol *** to maintain confidentiality.
- (6) **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.
- (7) **Council** - The symbol **C:** indicates that The Council is speaking.
- (8) **Greeting** - The Council always opens with a greeting.
- (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) **Test of the Spirits** - As outlined in the First Letter of John this test is given at the start of each Trance.

Health was discussed on 75-08-01, the 12th Trance.

The word “health” was first found on page 153, line 302.

302 ***: I have one last question. What is the situation of my health
303 for the future?

304

305 C: You ask a question that lies in the area we prefer not to
306 comment. First, because all physical afflictions are a direct cause
307 of the spirit. In this particular case the spirit is strong enough
308 to overcome any physical problems that may be in store for oneself.
309 This is not to acknowledge any physical problems, nor is this to
310 deny any physical problems. One can create physical problems and
311 one can dissolve them. So for us to say that you will have a
312 certain condition in two years and this condition can be corrected
313 by such and such a process or it cannot be corrected, is not totally
314 true, for you may succumb to our words and condemn yourself to
315 this. We will say this in the present there are no serious
316 conditions which cannot be corrected through one's own determination.
317 Helping the body through proper diet is only working with the
318 spirit. This should be one's everyday attempt.

319

320 ***: Thank you.

321

322 ***: Okay.

323

324 C: We have one word yet. Think back in your past to physical
325 conditions which you may have had. Do you understand this?

326

327 ***: Yes.

328

329 C: Are those physical conditions with you now?

330

331 ***: Not cosmetically.

332

333 C: They are not with you in any way.

334

335 ***: Rather I mean to say it has been cosmetically tended to.

336

337 C: The condition is corrected, yes?

338

339 ***: Yes.

340 C: Whether one uses tools to correct conditions or whether one

341 uses one's own power of the spirit. One can remove a tumor

342 with a knife and does not necessarily mean that it will be removed

343 permanently. It can come back and then again one can remove a

344 tumor with no knife at all. Do you understand this?

345

346 ***: Yes.

347

348 C: Do we answer your question sufficiently?

349

350 ***: Yes.

Health was discussed on 76-06-11, the 23rd Trance.

The word “healer” was first found on page 306, line 651.

611 ***: How does castor oil work on the body?

612

613 C: The same as most other medications, if not all others. Actually,
614 it is the same with all medications although some appear to act in
615 different manners. When inducing an element into the body or onto
616 the body it reacts whether it is obvious or not to the body; there is
617 an inner reaction that takes place. One must first look at the
618 physical as nothing more than condensed energy; it is a condensed
619 electromagnetic field, so to put it. We are saying so to put it.
620 This would be the easiest term to understand, based on to some degree
621 the chemical compounds which the physical is made up of. Looking
622 from a higher level down into the lower physical level, one would say
623 that the chemical compounds that make up the physical body are the
624 result of those vibrations or the electromagnetic field that
625 constitute the spirit and its development; thus when there is an
626 ailment in the physical this is because there is an ailment in the
627 spirit or in the soul. When the soul or spirit has reached the point
628 where a physical problem that has manifested in the physical can be
629 changed, then the introduction of either castor oil or whatever
630 creates the necessary biochemical changes that correct the physical
631 to one degree or another. The chemical change creates an
632 electromagnetic impulse that then is registered permanently on the
633 spirit or the soul. It is like a two-way phone conversation, so to
634 speak. In other words the spirit sends out the information to the
635 physical that its problem is ready to be corrected, the soul or
636 spirit has learned or developed a particular thing that now the
637 physical problem can be eliminated. So through the direction of
638 the spirit at times then the physical is directed to certain
639 medications through either doctor or what have you. The medication

640 being applied to the physical creates the necessary changes in the
641 physical. When the, for instance, castor oil is applied either on
642 the body or in the body, taken internally, then the electromagnetic
643 impulses caused by the biochemical reaction is sent back to the
644 spirit or soul signalling the actual change to take place. This
645 is working in the natural ways of the Divine Father. Instantaneous
646 cures can be effected without any medication whatsoever. The same
647 principle applies to healers. Their magnetism or aura, whatever you
648 wish to call it, the vital energy of their body, comes in contact
649 with a person that has an affliction. If the spirit has learned
650 its lesson and the affliction can be minimized or completely taken
651 away then that healer does nothing more than trigger the beginning of
652 the end of that affliction. The Divine Father uses certain people as
653 channels, so to speak, to help individual entities rid their
654 physicals of certain ailments. One may look at the Divine Father as
655 a central station with each and every one of you connected directly
656 to Him as we are, and as He overlooks the situation and those who lay
657 their trust in His doings, then they are guided to those appointments
658 that are necessary for growth. Those who do not place their trust in
659 the Divine but choose to use their own abilities find themselves
660 stumbling all over the place, thus bringing to themselves only
661 material gains or more grief, whether one wants to look in this
662 from the physical point or the spiritual point. Very well.

Health was discussed on 77-02-25, the 29th Trance.

The word “healthy” was first found on page 405, line 259.

224 ***: My next question: Lately I've been feeling some unusual
225 physical experiences and I don't understand fully what they are.

226

227 C: You don't really expect us to answer such a question, (***) , do you?

228

229 ***: Do you want me to tell you what the experiences are?

230

231 C: (***) , if we were to place an explanation on what you have
232 just said to us, you could insert anything you wished before the
233 answer. So if you would like an explanation and the information
234 is available, then you must be more specific in what you wish us
235 to address.

236

237 ***: Well, at times, when I'm asleep perhaps I will wake up, I
238 feel as though there is somewhat of a tingling sensation running
239 up the left side of the, like a vein in my leg, and it seems to
240 produce or the feeling is like heat. And then I wake up.

241

242 C: You wish us to diagnose this as a physical condition?

243

244 ***: Well, I don't know what I am dealing with on this type of thing.

245 C: As we said about the physical conditions, if there is something
246 that is bothering you, and you feel it is a physical condition,
247 go to a doctor, (***) . There are definite reasons why we do not
248 wish to deal with physical ailments or even border the situation.

249 Now we are not indicating that there is something physically

250 wrong, but in the way that you have stated the question, the

251 answer that we give you might imply that it is diagnosing medically.

252 So let us put it to you this way. If the condition persists and
253 you are uncomfortable with it, then the most natural thing to do
254 would be see a physician.

255 There are things connected with the physical problems that
256 cannot always be answered as simply as they may appear. As a bit
257 of general information, physical ailments are always a sign of
258 something not in unison or in working with the laws of the Divine.

259 Now if an entity's physical is not in a healthy condition then it
260 is either because there is a defect in the entity himself or
261 possibly in some instances that there is a situation around the
262 entity that can be brought . . . (end of side) Because there is an
263 ailment in the physical of an entity doesn't necessarily mean that
264 there is something wrong in the spirituality of that entity. But in
265 some rare occasions or in some instances there is a situation that
266 needs the conditions created by an ailment. Now it is the choice
267 that any medical diagnosing be done in a different manner, so that
268 the opportunities that medical diagnosing offers or, shall we say,
269 the areas from which and the manner from which it is extracted does
270 not cloud or discolor the truth that exists. In order to extract
271 medical diagnosing and those things that may have caused the
272 physical condition, one must reach a lower level than what is
273 reached here. And in that lower level there are opportunities for
274 those that are in, shall we say, the presence or involved in the
275 situation to have some effect on the information being extracted
276 for the medical diagnosing. In other words the information can be
277 colored. And this is why we do not wish to do the medical
278 diagnosing. Instead this one can be developed or, shall we say,
279 his awareness can be broadened so that the medical diagnosing
280 does come and if, by chance, there should be coloration of that
281 information by those around or that he is working with we can
282 correct the coloration or the untruth, if it is necessary. That
283 information which (***) has brought out will be destroyed in time.

284 In fact the one that will signal the destruction of his work
285 will be the entity that manifested as (***). That was a very

286 sorry situation in that much of the information that was brought
287 forth came out, shall we say, discolored because the motivations
288 of those involved were not high enough.

Health was discussed on 78-01-05, the 36th Trance.

The word “healing” was first found on page 555, line 836.

780 ***: Okay. Can you tell me what correction can the protective
781 stones create or what correction does it make, if the sincere heart
782 is there, is there any physical correction?

783

784 C: You answer this in reference to yourself personally?

785

786 ***: Okay.

787

788 C: That is a question we are asking you.

789

790 ***: If I place sincere heart and desire to correct and to change
791 and place my faith in God, then the change shall come about?

792

793 C: Would someone help him? He is jumbling up the question.

794

795 ***: Do you mean your stones just for you personally, not for
796 anybody else?

797

798 ***: In other words, are you asking what physical correction those
799 stones would make specifically in regards to you?

800

801 ***: Yes.

802

803 C: The stones that we suggested for you will help in that they
804 will begin to seal the ruptured aura, the auric field. This will
805 begin to eliminate the easy accessibility of negativity into your
806 general make-up. Do you understand?

807

808 ***: Yes.

809

810 C: Now they also have a physical effect in that they will have a
811 tendency or have the ability according to your own attitude to begin
812 to unlock or release the, shall we say, what we referred to as frozen
813 connections in the brain. Do you understand this?

814

815 ***: Yes. Are you speaking of the electrical impulses?

816

817 C: Yes. In other words, if you could envision a number of
818 electrical switches in varying lines, they are frozen in an open
819 situation which allows just any sort of incoming power or
820 electricity. They are not free to open and shut in order to control
821 the situation. The carrying of these stones on your person or on
822 your body will begin to send the vibrations, the magnetic field will
823 begin to enter the physical and begin to release these switches. Now
824 as we said before these are of no use unless the attitude is proper.
825 As long as you have the sincere desire to change your ways to grow in
826 your awareness of God, to become at-one with your Maker, these
827 thoughts will magnify the vibrations that the stones give off and
828 thus begin the change. Also, they will help to seal up the auric
829 rupture, but this, of course, is all governed by the attitude. You
830 cannot speed up the process, but you can slow it down. One stone has
831 as much effect as a dozen. Do you understand this?

832

833 ***: Yes.

834

835 C: There is a certain amount of time which you have condemned
836 yourself to for healing and regardless of what you do that time will
837 have to be endured. You can lengthen it by falling in your path.

Health was discussed on 78-04-08, the 42nd Trance.

The word “healthier” was first found on page 699, line 246.

204 ***: How did the Atlanteans work mind power and mechanics together
205 in reference to their space vehicles?

206

207 C: This, shall we say, is probably the last real manifestation of
208 the qualities of your true being, in that as, shall we say, a crutch,
209 more than anything else, mechanical devices or small boxes that would
210 contain crystals or quartz that could amplify the minute mind
211 energies so that there would be an easier mode of using these
212 energies or a stronger mode for using these energies to do specific
213 jobs. Do you understand this?

214

215 ***: Well, would they go into a certain room where these crystals
216 were or did they have something with them on their bodies or ...?

217

218 C: Earlier, small, shall we say, contraptions or machines or
219 apparatuses were carried upon individuals, but as this gave too much
220 power to the masses, then they were restricted for, shall we say, the
221 elite or the ruling class. As far as the flying machines or those
222 machines that traveled across or under the water, there were central
223 units that were part of the construction of the machine itself that
224 contained quartz, crystals, what have you. They were capable of
225 intensifying the electrical patterns that were projected or in their
226 natural existing pathways and converting this into power or motion
227 for propulsion. It was basically the electromagnetic field that was
228 used.

229 ***: Well, is this being done today?

230

231 C: If the truth could be ferreted out, there is much, shall we say,

232 being accomplished by the governments of the world, but it is being
233 kept secret. Unfortunately, because of the type of experiments, we
234 would hope that all would be destroyed before any of this would be
235 refined. The world would be in a much better condition, believe it
236 or not, because the destructive qualities of such things would
237 definitely be used against those who wished to withstand or go
238 against the darkness, but there is a definite effort by all of the
239 major governments of the world right now to mentally control each
240 individual on the face of the earth. At the rate of progression now
241 or, shall we say, the means by which they could accomplish this now
242 would be through the deterioration of the diet which would leave the
243 physical body and particularly the brain in, shall we say, less
244 optimum condition, thus being influenced through collective thoughts.
245 The worse the condition of the body is in, the more easily it is
246 influenced from exterior forces. The healthier you maintain your
247 body, the better off you will be, in most cases now. There are some
248 situations where an entity must maintain an unhealthy body, but this
249 does not affect its ability to overpower any negative thoughts or
250 conditions. What we make specific reference to is that those who are
251 too lazy, too selfish, to feed their bodies the proper food, these
252 are the ones that are asking for the control to be given over to the
253 dark forces or the negative aspects or the Sons of Darkness, and so
254 now in this land and in other lands there are efforts secretly, of
255 course, to develop such things as mind power, also, the slow
256 deterioration of the food which you all eat, making you lazy. Through
257 suggestion, through advertisement, you are fed unclean food.

Health was discussed on 78-05-06, the 44th Trance.

The word “health” was first found on page 730, line 615.

585 C: Maybe your pile of dust will eventually be brought to the surface where in
586 a few hundred years someone will plant a seed in that pile of dust
587 that was once you, and from that seed will evolve a plant then. All
588 elements change only through their natural processes. That is the
589 way.

590

591 ***: In effect that could be aiding our brothers and sisters in
592 various ways.

593

594 C: Your tool is put to use continuously.

595

596 ***: Thank you.

597 C: You only borrow that physical body. Do you understand?

598

599 ***: Yes.

600

601 C: And as it is given to you, so should you return it.

602

603 ***: Thank you.

604

605 C: In fact, if you were a true Child of God, you should return it
606 better than the condition in which you received it.

607

608 ***: How do you do that?

609

610 C: By tending to the physical as it is needed. You women who are in
611 such hurries to get to your beauty shops and to your social
612 activities have a tendency to cheapen up on what you feed your

613 families, and in doing this you create a natural deterioration in the
614 solidity or the firmness or the quality of the tool. In other words,
615 your health declines according to the garbage you feed yourself and
616 your family. Please excuse our crude language.

617

618 ***: Would it be all right for (***) to read the next one?

619

620 C: Do you women understand what we are telling you?

621

622 ***: Yes.

623

624 ***: Yes.

625

626 C: You have an obligation in preparing food, and it is immaterial
627 whether that affects the physical body or not. Very well.

628

629 ***: Did you have a question, (***)?

630

631 ***: "Immaterial whether it affects the body or not"?

632

633 ***: You just stated that it's immaterial whether it affects the
634 physical body or not?

635

636 C: Yes.

637

638 ***: Immaterial to who?

639

640 C: Immaterial to the individual who is receiving the food. Think,
641 think, think.

642 ***: The act of love that would go behind the preparation of the
643 proper food; would that be the important thing?

644

645 C: In some cases, yes, this is an important factor; most generally

646 for the person preparing the food, and in some cases it does affect
647 those who are taking in the food. It does always affect those taking
648 in the food, but there are times when the effect is more important to
649 those taking in the food.

650

651 ***: What about blessing it?

652

653 C: Always a guarantee to assure yourself that the food will be more
654 beneficial to the physical and to the spiritual.

655

656 ***: So then what would be important to the person taking in the
657 food is the attitude that the person takes it in with?

658

659 C: That, yes, has a factor but there are some individuals that can
660 ingest garbage and have the spirituality to avoid the ill effects of
661 that. That is the point we were trying to get across. Very well,
662 let us continue.

663

664 ***: Thank you.

665

666 C: But, nevertheless, the obligation still remains for proper food,
667 clean food. You do not buy love in a box on a shelf in a store.
668 Very well.

Health was discussed on 78-07-08, the 47th Trance.

The word “health” was first found on page 782, line 433.

316 ***: Thank you. Since you were talking about rock music and its
317 adverse effects on the listeners, would you say that it changes the
318 molecular structure of the body cells perhaps?

319

320 C: Well, let us say it will get the body cells moving. The actual
321 change, no. First, you must look at music or sound and light all in
322 the same vein. That is simply another form of energy. Now, the
323 construction of the music itself, in other words, the actual
324 composition, the note-by-note construction, and the instruments used
325 create a force field or an energy. Now this energy is directly
326 connected or related to the base chakras, the lower chakras. Since
327 coming into a Western belief system these chakras are in proper
328 alignment, proper attunement, working properly, this form of music
329 then upsets the lower chakras. In doing so then that balance is
330 thrown off, and they, shall we say, overpower the heart chakra which
331 is now the working chakra for the Western belief system. Is that
332 explanation enough?

333

334 ***: Yes, do you mean to say that specific music then can be used to
335 bring these chakras back into alignment?

336

337 C: No and yes. The music, the rock music, or the acid music,
338 whatever term you wish to call it, can disrupt very easily the
339 chakras. Now the easiest way to bring those chakras back into
340 balance is not to afford yourself the opportunity to listen to that
341 sort of music. Those chakras then can be brought back into proper
342 flow or proper activity simply through prayer and meditation. A
343 simple meditation to get all the chakras in proper order or proper

344 balance is to meditate so that you visualize your body as one
345 complete unit. If you are into visualizing energy fields, then you
346 would see the body encompassed in one total energy field. Do not
347 visualize the body separated by isolated or individual energy fields.
348 What you are doing when you do that then is taking all the chakras out
349 of synchronization, you see, out of unison, and what you have now
350 under the Western belief system is a complete unison. You have
351 already accomplished all the things necessary to bring the chakras
352 in proper alignment; you all have undergone kundalini or whatever
353 you wish to call it. So that now you have achieved that, now you
354 must bring all that into useful practice, useful practice. The
355 experience of the kundalini and its highest, shall we say,
356 accomplishments are already yours, but that only is the opening of
357 the door, because once all the chakras are in tune with one another
358 or in balance and functioning as they should be, then what happens is
359 the crown chakra is then opened to receive divine guidance. Now what
360 happens here is that guidance goes directly to the heart chakra.
361 Since the Western belief system is based on a godly expression of
362 love then the first acting chakra then is the heart chakra. You have
363 an open channel from the crown chakra directly to the heart chakra.
364 From there then all guidance is directed upwards in an attitude of
365 love or unity, you see, expressing your godliness. We have basically
366 given that information already, just a short while ago. Now, what
367 this wretched music does is overpowers your being or your system by
368 throwing the lower chakras out of synchronization or stimulating them
369 so they are overpowering all the rest; so that any love then that is
370 expressed is generally a very selfish love, it is either directed to,
371 "The world exists around me," or the sexual aspects, you see. So it
372 is an extremely selfish situation which brings a disunity then to you
373 and to your immediate surroundings.

374

375 ***: If it is in balance then, of course, it would affect the
376 chemical balance existing in the body at the particular time, also,
377 wouldn't it?

378

379 C: The chemical balance. You are trying to relate two almost
380 abstract things. If the chakras are allowed to function properly,
381 then instead of, shall we say, a chemical situation you have a
382 molecular change more so than any chemical change in that the
383 structure of the body itself, going to the atom, shall we say, the
384 molecular structure is larger. Is this clear?

385

386 ***: Yes.

387

388 C: In other words, say, an atom, if you were to look at the atom of
389 a cell from your skin or what have you, it would be one size, the
390 distance from the nucleus to the circulating protons and neutrons,
391 that distance would be greater in a perfectly balanced chakra system
392 than in one that has been, shall we say, tampered with through the
393 drug or through the acid rock music or whatever you call it, you see.
394 So that as the chakras are all in proper attunement or in line, you
395 become more of a light "body." Do you understand?

396

397 ***: Yes, I understand. There would be a difference in the
398 polarization of the particular minute particles, or whatever, inside
399 of the atom, too?

400 C: No. It is just that there would be an expansion of the actual
401 molecular structure. Now, this is not to a degree where you would
402 appear taller. Do you understand?

403

404 ***: Yes.

405

406 C: Shall we say, the larger the area then on the molecular scale or,
407 shall we say, at a molecular level, the larger the area, the more
408 readily the gross influences pass through without affecting it, you
409 see. Now, the more refined influences then become, shall we say, a
410 tighter screening effect. So that in actuality as this finer
411 attunement comes, then there is a charge, an electromagnetic charge
412 set up within the atom itself and around it, so that those negative
413 influences or those gross influences will either pass directly

414 through without any effect or that those that may cause an adverse
415 effect will be blocked out completely. Do you understand?

416

417 ***: And, consequently, keeping the body at a healthier state, right?

418

419 C: Well, not always. There are times when the physical body
420 undergoes certain ailments, not necessarily because that particular
421 being deserves them, but because of the situation that that being is
422 in calls for certain problems to exist. Not all ailments, as we have
423 said before, are an indication that that individual has a negative
424 aspect or has that as part of their karma; but it is because in a
425 number of cases where that individual takes on such situations as a
426 learning process for others in the immediate area. Or in some cases
427 such ailments are part of a being's existence as a guarantee for them
428 that certain situations do not transpire that might be overpowering.
429 Do you understand?

430

431 ***: I think so. Thank you.

432

433 C: There are many times that you will take on very nasty health
434 problems just as a safeguard to keep you from losing those
435 accomplishments you have made in the past, you see, which is completely
436 acceptable. In the same sense then you also have, possibly under
437 certain circumstances, an opportunity then to serve those around you
438 who must also deal with you in your, shall we say, ill condition.
439 Do you understand?

440

441 ***: Yes.

442

443 C: It can be extremely complicated. In most cases, in most times, we
444 prefer to deal with it from a lighter point. But, actually, sicknesses
445 can be an extremely complicated situation. For, example, take a
446 paraplegic. Now that individual may have accomplished, as an example,
447 the control of the base desires, but to insure that this is not tested
448 or, shall we say, this is not necessary to go over again, this

449 individual will take on an ailment or a crippling, such as a paraplegic
450 where possibly from the waist on down the individual is completely
451 paralyzed. In this particular case then, this eliminates the sexual
452 functions, you see, and then that being coming into a situation where a
453 family must deal with that, this being also protects himself from
454 adverse temptations or necessary effort to maintain control and also
455 serves those individuals who have a great deal to learn from such a
456 situation. So you see, many times ailments do not really indicate a
457 negative spirituality.

Health was discussed on 78-11-18, the 50th Trance.

The word “healing” was first found on page 865, line 887.

886 ***: In reference to a trance we had in May where you said I would
887 have healing abilities through the natural things and through the
888 things of nature. How could I pursue the acquisition of knowledge
889 concerning the healing properties of plants, and how can I pursue the
890 application of this knowledge toward actually healing people?

891

892 C: As far as discovering new healing sources or new herbs, this has
893 all been very well covered by others, and the discovery of anything
894 new is not possible. What you can do that would be of a great
895 contribution is to accumulate all the information, not only on the
896 herbs and their properties but on specific ailments that have been
897 treated by the different herbs and correlate the healing and the herb
898 or the sickness and the herb. Do you understand? In other words, if
899 you were to take magnesium for a nervous condition and you were to,
900 shall we say, eat peas to bring in more magnesium into the system to
901 help control a nervous condition, then you would study the property
902 of peas and also study or become aware that peas were used as a
903 healing. You understand this?

904 ***: Yes, I see.

905

906 C: As far as giving you new information, new miracle cures, mankind
907 has all the cures necessary in the herbs.

908

909 ***: No, I didn't really expect that.

910

911 C: And what we would like to see you do, where you could be the
912 greatest benefit, is gathering together the information, and on
913 occasion experimenting with the family. One word of warning. Some
914 systems, some entities some physical bodies have a sensitivity to
915 this herb or that herb where another may not, and the caution would
916 be lessen the amount if there is any suspicion or a truer caution

917 would be lessen the amount in the beginning and increase gradually.

918

919 ***: Yes.

920

921 C: Although the sensitivity to herbs and minerals, the effects would
922 not be as drastic or severe or harmful as, shall we say, a chemical
923 compound they can upset the system to a degree. There are, of
924 course, some herbs that are toxic; these should be handled with
925 extreme care.

926

927 ***: Well, how could I investigate the herbs in this area for
928 medical properties and so forth?

929

930 C: A surveying of what is available and a gathering and comparing
931 that to the information that is already available; virtually
932 everything that grows has been classified for its property. In this
933 area you have the people necessary that can give you the information
934 you want. It would be advisable to become particularly familiar with
935 those herbs that are closest to where the family exists, because if
936 certain things transpire, if those times do come, then you will need
937 all the information necessary; you will need a knowledge of all the
938 herbs available in the area.

939

940 ***: You are speaking of herbs, does that include flowers?

941

942 C: Generally flowers are part of the herb family. Many herbs, the
943 true value is in the blossom or in the seed as opposed to the stem or
944 leaf. It is like this, the Divine Father has provided a flower for a
945 cure, a stem for the same cure, a root for the same cure, a seed for
946 the same cure; so if you cannot get one you will be able to get the
947 other; but it would be wise to have all that you can on hand, all the
948 knowledge, so that at certain times of the year a flower is available
949 and at the fall of the year that flower's seed is available, and what
950 that seed may cure may not be the same that the flower cures.

Health was discussed on 78-11-18, the 50th Trance.

The word “healing” was first found on page 867, line 962.

951 ***: You mentioned also the study of meridians or the energy flows
952 of the physical body, how would I go about pursuing that study?
953

954 C: Again, through books, through books. Most printed material is
955 sufficient, and if you know the major meridians you can generally
956 treat the entire physical spectrum through those. In other words, there
957 are points on the physical that are manipulated or massaged to bring
958 about a certain physical correction, these are precise points. If your
959 knowledge does not extend to that degree, the movement or the areas
960 that the meridians cover, those can be used in place of the detailed
961 information or the detailed points or specific points. It would take
962 longer to effect a healing by using only the meridians, but
963 nevertheless that is better than nothing at all. As time goes on
964 then the awareness can be brought to the point where the important
965 points are known.

966

967 ***: Can you tell me anybody or any persons in this area who I could
968 learn from?

969

970 C: As far as a true knowledge of the acupressure-acupuncture system
971 of healing, there is no one in this area at the present time.

972

973 ***: What about persons in relation to knowledge of the application
974 of herbs for healing?

975

976 C: There is one close to this particular area; within a few miles of
977 where you are sitting now.

978

979 ***: Okay. That is all I have.

Health was discussed on 79-04-01, the 63rd Trance.

The word “health” was first found on page 1021, line 749.

720 ***: All right. The first question we have is achieving a psychic
721 experience would be in the preparation. Should there be any special
722 diet or any special amount of rest, or vitamins or minerals or fluid
723 intake?

724

725 C: That is all one question?

726

727 ***: It is several. I will break it down then. In the
728 preparation should there be any special diet?

729

730 C: Generally the best, shall we say, diet for an individual who is
731 interested in developing the psychic or experiencing a psychic
732 manifestation, would be a diet that would have very little pork, very
733 little pork. Beef, no more than twice a week. Pork would be once
734 every, shall we say, two to three weeks and less than that, if
735 possible. Beef no more than twice a week. The rest of the week then
736 can be filled with either chicken or fowl of any sort or seafood;
737 now, of course, depending on the amount of meat that is normally
738 taken in by an individual. There are some individuals that will eat,
739 shall we say, a quarter of a pound of beef, while others will eat a
740 pound of beef in a meal. Those that were to eat, shall we say, a
741 quarter of pound of beef in a meal could have beef somewhat more
742 often, than those who were to eat a full pound at one time. Do you
743 understand?

744

745 ***: Yes.

746

747 C: The specific amount or number of times a week is not critical.

748 The, shall we say, American public eats far too much meat for its own
749 good health. If they were to cut the meat intake to half, then
750 they would be much better off, and it could even be cut more than
751 that. The fowl and the fish can be eaten as one wishes but again not
752 to excess. Vegetables, most assuredly. Vegetables of every color,
753 such as green, or yellow or white or red.

754

755 ***: Now this is a diet that would be, essentially like a permanent
756 diet then?

757

758 C: Yes. If one is to eat shortly before an effort to develop or
759 experience a psychic situation, it would be wisest if pork not be
760 had; beef, only if necessary; and vegetables would be completely
761 acceptable. Also one should not eat a heavy meal or rich foods
762 before an effort is made.

763 ***: Would you like to tell us what the objection is to pork other
764 than the factor that we are aware of about it needing to be thoroughly
765 cooked?

766

767 C: Each creation of God has a density to it. Pork as far as meat
768 goes happens to be one of the more denser forms.

769

770 ***: All right. Thank you.

771

772 ***: Are there any particular guidelines as far as the preparation
773 of the food?

774

775 C: No. Of course, again greasy fried food or vegetables would not
776 be acceptable; so what we are suggesting then is a very light, mild
777 meal, before an effort to experience something psychic; and as a
778 general rule or a general diet for an individual interested in
779 developing psychically, it should be a diet that is well-balanced.
780 We cannot condone a vegetarian diet or any such fad diet. Your
781 system was made to consume meat and one should have meat then. Also
782 as far as the food, the less store-prepared or boxed food, the better.

783 The cleaner the food, the purer the food, the better you will be
784 physically, and then much better to, shall we say, cope with the
785 psychic. Also the emotions will be under much better control, since
786 it will not be artificially stimulated with chemicals or poisons
787 depending on which side of the track you are on; of course, as we
788 have expressed before, that foods with chemical additives, the
789 preservatives, are definitely poisonous to the system and should be
790 avoided.

791

792 ***: Is that why there is more and more food that is coming out with
793 no preservatives in it?

794

795 C: The, shall we say, manufacturers are not interested in your
796 health, but it is a cheaper way to bring out food; they are more
797 interested in the greater profit margin than your health, but it
798 serves you better than the chemical foods or the foods with chemical
799 preservatives in it. Actually, that food which has no chemical
800 should cost you less than that that does.

801

802 ***: It seems to be the opposite, doesn't it? The farmers who
803 attempt to grow organically, it is so expensive that many of them are
804 not able to do it.

805

806 C: Well, we will not get into that problem. We are quite sure that
807 you have heard of the greed factor in mankind. Now that would be a
808 one word answer to your statement, (***).

Health was discussed on 79-04-20, the 64th Trance.

The word “healed” was first found on page 1048, line 661.

599 C: Yes, we would like to return now to the question previous to this
600 one. As, shall we say, food for thought and in some way it is
601 connected basically again with what you have just asked, but take for
602 instance, now this is in reference to the working with the physical;
603 as you all know, the physical body itself replaces itself or renews
604 itself cyclically, every so many years you have shed all your old
605 skin and you have new skin; and as this happens on the outside of the
606 body, so does it happen on the inside of the body, the organs, all
607 the tissue is renewed. Have you ever asked yourself then, if this be
608 the case, why if you have a scar on the outside, if in so many years
609 all the tissue is renewed, why hasn't that scar disappeared?

610

611 ***: I never have, but I guess some people have.

612

613 ***: Yes, and I wondered why the skin would not have a younger
614 appearance rather than keeping with what we think of as physical age.

615

616 C: Why is it that we must volunteer this information? Why is it you
617 cannot think to ask? We will tell you, and this will demonstrate or
618 give you a better picture of why the physical is opposed to the
619 spiritual and again this lies within that area of the subconscious
620 that contains the karmic debt. You see? Say you were to undergo an
621 accident and you have a very serious cut on the arm, and when it
622 heals it has a very, shall we say, unpleasant looking scar. Very
623 well. Your body is renewed; it is renewed. The old cells are
624 removed and new cells replace them; yet the scar tissue remains.
625 Oh true, it may become less apparent as years go by, but still it is
626 there; it never completely disappears. The reason is because in that
627 area of the subconscious that controls the karmic debt, it refuses to

628 eliminate that scar, and the situation that caused that scar. Do you
629 understand? Suppose a friend of yours were responsible for placing
630 that scar there because of an argument or, shall we say, carelessness
631 on his part or her part, that is impressed in that area of the
632 subconscious; consequently, that impression stays there because of
633 your lack of love to forgive, and so since the material is the tool
634 and creation of the spiritual, as the spiritual renews that body, it
635 must pass through that episode, that accident, and as it does the
636 scar continually manifests. Do you understand?

637

638 ***: Yes, but then if we were able to sincerely forgive the
639 individual?

640

641 C: Oh yes, if, if, if. The word between returning to what you
642 should be and staying where you are at.

643 ***: Can we consciously think we have forgiven but yet deep within
644 have not?

645

646 C: That is the only thing that you really can do is consciously keep
647 it in the forefront and conduct your actions as such. That proves
648 the desire and that is what earns you the washing away or the
649 elimination of all karmic debts. You see? Can you see the
650 simplicity and the beauty in all things? Can you see the hardships
651 that you all have created for yourselves? Can you see the hopeless
652 entrapment? Utterly devastating and hopeless, and yet out of this,
653 out of this, the Love of your Father has given you the greatest
654 opportunity, the greatest opportunity, has made it ever so easy, to
655 demonstrate to you how much He does love you, to show you how you
656 have so much more to gain by attempting to love, by desiring to love.
657 Can you not see that? If you cannot even remove a thought that is
658 causing a scar on your body, how can you do anything else were it not
659 for the love of your Father and for the Love of His Glorious Son?
660 How are miracles performed? How are healings performed? Because
661 your desire to be healed and the desire of the channel to help to be
662 used; Christ comes in and wipes away that thought, that memory, that

663 unforgiving act so that the healing takes place. It is a very simple
664 thing, very simple. It is Christ who reaches into that subconscious
665 and plucks out that thing that has caused the illness, and so the
666 spirit is healed immediately, and so is the body. It is wiped off
667 like you would wipe a chalk mark off of the blackboard. If the
668 spiritual development is in need of a slower healing, then Christ
669 simply withdraws the unloving thought slowly, and the body heals
670 slowly. Everything is a celebration of love, a demonstration of
671 love; perfection is reached by celebrating love, and to celebrate you
672 must have action; and so when your life becomes an action of love, a
673 celebration of love, you, YOU, are allowing God and Christ to express
674 through you and to raise you up into the heavens you justly deserve.
675 Very well.

676

677 ***: I also feel a need to clarify that I don't think I had really
678 thought that much about the scar on the body being removed, but I
679 certainly had about the age of the skin.

680

681 C: You have condemned yourselves to physical deaths, because of your
682 lack of love for eternal life. Now remember when we use the term
683 "eternal life" in that sense that is separate from everlasting life,
684 because eternal life signifies a quality of everlasting life.

Health was discussed on 79-09-01, the 67th Trance.

The word “healed” was first found on page 1086, line 258.

256 ***: My question concerns the area of healing. In our condition
257 of existence an individual opens himself as a channel for the flow
258 of creative energy for the person to be healed. I would like to
259 know what actually takes place in the unseen by those who assist us
260 in this process?

261

262 C: It is a very simple process; so simple that man finds it very
263 hard to cope with, and that is the sincere desire to be used as a
264 channel, that is on the healer's part first. When the healer has
265 enough belief in himself, then he becomes a healer. Then those
266 energies can flow through him, whether they be from the Divine
267 Source Himself or from those who are, shall we say, schooling on
268 the other side. Now the problem that is the greatest of stumbling
269 blocks is the one that is to be healed. Healing cannot come to an
270 individual unless that individual so chooses it. Regardless of
271 what the words may be from that individual, the healing must be
272 desired from the soul or from the spirit. So it is simply on the
273 healer's part the sincere desire to be used. Along with this, the
274 healer must have the faith that this will take place. If the
275 healer has the least bit of hesitancy, then the healer blocks that
276 natural flow. A doubt in one's ability causes a friction or a
277 static where these finer vibrations are, shall we say, prevented
278 from flowing because of the sticky substance. Do you understand?

279

280 ***: Yes.

281

282 C: Most healings do not take place because one or the other has
283 doubt. The other reason, unfortunately, for healings not taking
284 place is that the supposed healer is not really a healer at all.

285 Each individual has its abilities: some for healing, some for other
286 things; and there are those individuals who are attracted to
287 healing because of the self-glorification that it can bring them;
288 so consequently, these are not true healers. Very well.

289

290 ***: (***)'s soul sought out answers from whatever source was
291 needed. Mr. LePar, however, appears to be a medium for different
292 entities. Doesn't this method open him to less well-intentioned
293 spirits?

294

295 C: No, because you have an absolute guarantee, if you are willing
296 to apply what is given to you. There are many spiritual beings of
297 different, shall we say, states of existence. If you wish to
298 protect yourself from those that would bring you a negative
299 aspect, then you have a form of protection, and a wise individual
300 would apply that protection. Once the entities accept that
301 protection, then what comes from those entities can only help you
302 grow, can only help you gain your spirituality. Deny the Divine
303 protection that has been given to you, and you deny the Divine
304 Source; and in denying the Divine Source, you take on a negative
305 aspect. Is there still something?

306

307 ***: No, thank you.

308

309 C: We do not particularly like to comment on individuals as such,
310 but you must remember that in the psychic realm those that are used
311 as channels for material from beyond must be careful in what goes
312 on around them. There are situations where those individuals in the
313 material around channels can influence the channel to, shall we
314 say, open himself up to different areas of information. Do you
315 understand?

316

317 ***: Yes.

318

319 C: Each psychic or each channel, by those that he associates with

320 and his lifestyle, determines the source of information. What
321 would you place your faith in, the realm of knowledge or the realm
322 where spiritual beings converse with you? (pause) Well, where
323 would you place your faith and trust?

324

325 ***: Spiritual beings.

326

327 C: That is wise, because that is your only way of truly
328 guaranteeing the information that you receive to be either of the
329 Light or of the Darkness. The level of pure knowledge, as we would
330 refer to it, has no moral sense to it, if we may use that term. It
331 is not an area where there is a right or there is a wrong. It is
332 an area where it is the accumulation of all of "man's endeavors and
333 accomplishments." To venture into such areas in search of certain
334 information can be extremely dangerous in that if you were to reach
335 there for philosophical or spiritual awareness, you are never sure
336 what segment you are touching in on, whether it is the central core
337 of that philosophy or whether it is some area that has been changed
338 over the eons of time by man's intellectual capacities, you see.
339 Wherein if you seek guidance in spiritual matters, you do have a
340 means of protection. Very well.

Health was discussed on 80-01-26, the 74th Trance.

The word “heal” was first found on page 1188, line 611.

543 ***: My question deals with information that was given before and
544 I will read that before I ask my question. And it is, "Death is
545 instantaneous or the crossing is instantaneous so the soul leaves
546 the physical body immediately, but there are times when the soul or
547 you as a real entity will linger around the physical form to, shall
548 we say, re-acclimate yourself to a different existence, and also
549 there are some cases where because you have existed in that body
550 and because you have existed with other individuals your natural
551 curiosity is to see what transpires." And my question is
552 considering the medical intervention in cases such as comas or
553 brain death or cardiac failure when these persons are put on
554 life-supporting machines, do these interventions in any way impede
555 or affect the soul's departure from the body?

556

557 C: No. Death is instantaneous and what death actually is is
558 simply a refocusing of your consciousness. That is all. Once the
559 consciousness has been refocused then it does not need the material
560 manifestation, and there is no real sense of change other than
561 being able to view what is going on in the surrounding area. Now
562 it is your responsibility or it is the responsibility of the
563 medical profession to maintain life as it has the facilities to do
564 so. This comes in under the category of a karmic situation. And
565 so life must be maintained with all the facilities that are at hand
566 or that man can use. Possibly, one situation that may bring the
567 opportunity for no action at all would be by the request of that
568 entity or that individual who may be in that situation. In other
569 words, if, shall we say, a soul or a being is going to undergo a
570 serious operation, and that person or that soul or that being or
571 that entity requests that if it is necessary to use extreme

572 measures to prolong his life afterwards, he requests that they not
573 be used, then in that case the medical profession would find it
574 necessary or should find it necessary to respect that entity's
575 wishes. Does that answer your question?

576

577 ***: Yes, and another question that I had a little bit later.

578 Then if that entity refused to take medications or drugs or
579 something, say, if they had cancer, that wouldn't be a form of
580 suicide and that would be acceptable?

581

582 C: As long as the individual is capable of reasonable thinking.

583 There are times when you can be in such pain that you cannot think
584 logically or properly, then there would be a question, but as long
585 as you are capable of thinking rightly, then you have the right to
586 decide what should be used in treatment and what should not be
587 used. As long as good judgment is used; now you must weigh a
588 number of things or bring a number of things into evaluation or
589 into the light. There are some spiritual philosophies that would
590 reject the medical treatment. This is a self-serving attitude and
591 is not acceptable. There are some forms of treatment that are not
592 beneficial, that have not proven themselves to be, shall we say,
593 totally accepted. Then a soul would have the right to say no
594 providing it would choose some alternate source. Do you
595 understand?

596

597 ***: Yes.

598

599 C: This is an area that can be filled with a lot of "ifs" if
600 you will understand that, and so in questioning something like
601 that it would be, shall we say, on almost an individual basis, but
602 there are some treatments that are prescribed by the medical
603 profession only for the dollar value it brings and not the
604 cure. There are also some cures that are rejected by the medical
605 profession because they do not bring enough dollars; so these
606 are things that must be taken into consideration; but if you are of

607 right mind or sound mind, then you are rightfully responsible for the
608 decisions, you should have the right to make the decisions. The only
609 time again that that should be challenged is if through a religious
610 belief you were to say that the Divine Father, that God or Christ,
611 will come and heal you. You are asking for a miracle; this is good,
612 but in your insistence you are also presenting a challenge that your
613 Father prove that He can heal you. To ask for a miracle, to pray
614 for a miracle, to seek out spiritual healing, is acceptable; it is
615 encouraged; but you must also use the facilities that that same
616 Source has given you on a material level. Very well.

617

618 ***: Thank you.

619

620 C: You must understand, praying for healing, asking God to heal
621 you is good, because ultimately your relationship with Him is what
622 brings about the healing, not the pill, not the knife. But to
623 refuse all the other sources that He has made available to you to
624 stimulate your acceptance of His healing power within you, to deny
625 those, becomes an out-and-out challenge then to your God, and this
626 is not acceptable. Very well.

Health was discussed on 80-01-26, the 74th Trance.

The word “healer” was first found on page 1194, line 932.

799 ***: What happens to those who are addicted to cigarettes? Are
800 they tied to the man-made realms as a result of their addiction,
801 and if so, how long?

802

803 C: In actuality, they would not be tied by something as silly as
804 cigarettes. You must take into consideration when you bring up a
805 question like that: What is it affecting? It is affecting you and
806 only you. Now, if it would be something else such as alcohol or
807 drugs, then there might be situations where it would have, shall we
808 say, a retardant effect on the soul, but something as silly as
809 cigarettes, you need not worry. That does not mean that cigarette
810 smokers should go overboard. Everyone has their limits, and they
811 should be wise enough to realize what their limits are. Moderation
812 in all things.

813

814 ***: But we are being bombarded with information that those of us
815 who smoke are responsible for the illnesses of others, attributed
816 to our cigarette smoking.

817

818 C: Well, if you wish to buy that philosophy, then fine. You will be
819 responsible according to your acceptance of it.

820

821 ***: I see, thank you.

822

823 C: You must remember when it comes to health, if it is not
824 involved in a complicated karmic situation, you are responsible for
825 your own health. If you think cigarette smoking causes you a
826 problem, then you better believe you will have a problem. If you
827 look on it as a source of enjoyment, a source of relaxation, then

828 it will be just that.

829

830 ***: Thank you.

831

832 ***: Could you give any more detail on what you mean by alcohol or
833 drugs could have a retardant effect on the soul?

834

835 C: An overindulgence in alcohol can cause strong affections for
836 certain aspects in the material life, and these strong affections
837 then can cause the progression of the soul to undergo unnecessary
838 steps. Do you understand that?

839

840 ***: Yes.

841

842 C: Very well. Alcohol is an "iffy" thing. Its biggest danger or,
843 shall we say, its biggest pitfall, is that it unleashes the
844 inhibitions in you that are safeguards. In this respect then the
845 inhibitions being wiped away will cause you then to act in such a
846 way that you would not normally act. Also, your intentions may be
847 to control certain aspects of your being through inhibitions. An
848 overindulgence in alcohol may release these inhibitions. Also the
849 possibility of causing harm to others through accidents and what
850 have you. Drugs now; drugs are an entirely different, entirely
851 different situation. Drugs given to you as a medication and used
852 according to the advice of the physician will do you no spiritual
853 harm, even if the doctor overdoses you. If YOU take drugs on your
854 own, then that is a different situation. If you are taking drugs
855 to have an experience to gain insight into spirituality or whatever
856 flimsy excuse is being given today, those are definitely
857 detrimental to the spiritual aspects of your being in that it
858 freezes certain channels in the physical brain so that you cannot
859 fully rationalize (and that is a dangerous word, since we do not
860 mean it in its general understanding), you cannot rationalize the
861 situation properly. You cannot sense what is right and what is
862 wrong according to Divine standards. It also allows your soul or

863 your spirit to become too muddled with half-truths by its
864 experience in a cheap or quick spiritual insight. What really
865 transpires is that you view a spiritual area in the sense that the
866 negative aspects of your being will influence that level. You will
867 have to think about that to fully understand that. Drugs taken for
868 kicks or pleasure or whatever reason other than by a medical
869 prescription are out of the question. Now we are talking, of
870 course, about what is referred to as the hard drugs.

871

872 ***: Returning to silly cigarettes. The news recently, medical
873 news, was that smoking by mothers during pregnancy would harm the
874 unborn child. Is this medical news not so or ... ?

875

876 C: No. No. When it comes to a mother bearing a child, at that
877 time she must take every precaution that she can to keep her system
878 as free from any unnecessary stimulus that she can. Cigarette
879 smoking is a stimulant, and she must not indulge herself in
880 cigarette smoking during pregnancy. The soul entering the physical
881 body being formed within the mother does not have the influence on
882 the mother, and in this respect then the mother can give that
883 physical container a handicap that is not necessary for the
884 incoming soul. Do you understand that?

885

886 ***: Yes.

887

888 C: Now there are certain situations where common sense should be
889 the ruling factor. If it is your body, then you have the right to
890 do with it what you choose, providing it does not bring it harm.
891 Now the cigarette smoking will not do harm to your physical body
892 unless you accept that as an avenue of harm. A mother and her
893 state of motherhood is a holy state; and even if the mother does
894 not normally take good care of herself, at the time of pregnancy
895 she should take exceptionally good care of herself because she is
896 the ground for a new physical container; and she must cleanse her
897 physical body to the best she can and keep it cleansed. A mother

898 should not drink any alcoholic beverages other than possibly on
899 rare occasions a red wine, but very little. She should not smoke;
900 she should not take medications that do not REQUIRE a prescription.
901 At that time the mother should develop an entirely different
902 attitude towards her body; it is no longer just her body, but it is
903 also the container for another body. Are there any other
904 questions?

905

906 ***: It is now 10:00. We had set a time limit of 10:00. Do you
907 have any comments or what would you like at this time?

908

909 C: Does that fully answer the question just asked?

910

911 ***: Could I return to an earlier question?

912

913 C: Yes.

914

915 ***: Your response earlier having to do with taking medical advice
916 or medical treatment seems to me to be a little bit at odds with
917 the idea that many of us hold that it is the state of mind, the
918 emotional state or the belief system that brings on most or perhaps
919 all disease, and medical treatment it would seem would simply be
920 treating the symptoms which would then return in another form.

921 Would you comment on that?

922

923 C: This is possible, but also in the whole situation, in most
924 cases, normal, natural means are used; and because of, shall we
925 say, a triggering mechanism you may need to receive a healing, it
926 might be necessary then to accept medication or surgery. Now, if
927 you can muster within yourself enough spiritual and mental power,
928 then you CAN overcome an ailment simply through a deep meditation
929 and a deep prayer. But it would do no harm to accept any outside
930 help, because you are not in a position to judge whether you can
931 handle or bring a cure about through your own efforts or through
932 the efforts of, shall we say, a spiritual healer. Now, if you

933 choose to try it on your own, fine, but make sure that you have
934 other facilities ready in case it does not transpire. All
935 sicknesses are a state of the mind, all sicknesses, even accidents;
936 there are no such things as accidents. A broken leg is something
937 that has been determined before it was broken. So all these things
938 can be cured the same way, but it depends on the individual: Can
939 they accept the influences that will bring that healing or cure?
940 There are some who need a needle, who need a pill; only because it
941 eliminates the exterior doubt and allows the inner knowledge then to
942 work or the inner influences to manifest. Does that clear the
943 situation?

944

945 ***: Thank you. Yes.

946

947 C: It is not always possible to deal with every situation that can
948 come up in a question. At the present time we will hit, shall we
949 say, an overview and then depend on the rest of you to pick and
950 clarify different situations or areas.

Health was discussed on 80-08-08, the 80th Trance.

The word “heal” was first found on page 1270, line 993.

993 ***: May I ask you when someone asks you to heal yourself, can you
994 do this at their suggestion?

995

996 C: Your question does not make much sense. You can do anything
997 you want.

998

999 ***: So it is really your choice.

1000

1001 C: Yes. Healings from healers are very rare. It is rare that the
1002 healer will actually be actively instrumental in your healing.

1003 Generally, a healer is a triggering device to release the healing
1004 within your own body, but there are times when there is a need for the
1005 healer's spiritual growth to share some of that with others. So it may be
1006 your choice to accommodate such a person or such a soul. Do you
1007 understand this?

1008

1009 ***: Yes, I do. Thank you.

1010

1011 C: At times, as a fortification, you may need someone to tell you
1012 that you can heal yourself. Do you understand?

*Health was discussed on 81-03-20, the 90th Trance.
The word “heal” was first found on page 1452, line 41.*

41 ***: Do I have the abilities and the energies to heal by laying on
42 of the hands or hands on or therapeutic touch?

43

44 C: The fact that you have great compassion in your heart would
45 make you, shall we say, more apt to healing than those who do not
46 have the compassion. What you lack is faith that such things can
47 be done. Become as a child in your efforts, even if it means to
48 the point of dancing a jig. Find joy in the fact that our Lord
49 uses you and others to show Himself in the world, and never doubt
50 that a healing does not take place. Rely not on just what you see,
51 for that can be, shall we say, a hindrance to healing. Do you
52 understand?

53

54 ***: Yes, thank you.

55

56 C: All too often man deals with God as he deals with his fellow
57 man. It is the attitude of instant this and instant that. In God's
58 ways there is no such thing as instant, and yet in God's ways all
59 things are now. Allow God to utilize the creation; allow Christ to
60 bring healing on many levels in natural ways; allow Christ to heal
61 that which you cannot see and that which you can never know about
62 another soul or a human being. Healing is a gift that should be
63 cherished, should be sought after far above any other of the gifts,
64 yet do not seek to achieve the healings that are visible, but seek
65 to achieve the healings in individuals that one will never know and
66 one cannot see. Now, although we are talking to you, this last
67 part that we have said applies to all. Compassion and
68 understanding, sympathy, charity, charity in the sense of love,
69 brotherly love, are the foundations of healing: concern for the

70 other soul. Does that answer your question?

71

72 ***: Yes, thank you.

73

74 C: There are times with some individuals, they present, how shall
75 we put it, a healing of the situation or a healing of the present,
76 and what we mean by that is that some individuals have a sense or
77 an ability that brings a calmness to the situation that they come
78 into. Even though there is, shall we say, tension or anxiety or
79 commotion, the presence of certain souls or individuals calms or
80 soothes at a higher level than the physical, and many are healers
81 in this sense, and they do not even know it. Gentleness and
82 concern, compassion, sympathy, love, these are necessary for a
83 healer of God through Christ. As far as the outer techniques, an
84 individual should use whatever is most comfortable for them. In
85 some situations it is necessary to use techniques that are of a
86 comfort or a confidence-builder for that which is being healed or
87 for the soul or individual that is being healed, but healings can
88 take place simply through the hope that an individual would be
89 healed. Are there any other questions?

90

91 ***: Not from me at this time.

92

93 C: Very well.

Health was discussed on 81-05-28, the 93rd Trance.

The word “healing” was first found on page 1495, line 524.

501 ***: Is it wrong to use drugs that have not been approved by the
502 government or the FDA, such as DMSO, and does DMSO have any
503 beneficial or harmful effects?

504

505 C: Whether a drug is approved by your government or what have you
506 does not make it a cure. There are many things that are not
507 approved of that could be considered cures for ailments. As a
508 general rule, the body will take a natural course of curing such as
509 what this particular medication will do or such as what that
510 particular medication will do when introduced into the physical
511 container, the natural reaction of that medication in the physical
512 itself. But in reality, in reality, the cure must be achieved in
513 the spiritual first. In that case then it is not necessary really
514 to depend on a specific drug or medication that someone says will
515 do this or that. All that is needed is a triggering device for the
516 cure to manifest in the physical, whether it be a sugar pill or
517 whether it be an aspirin. Now, as to the rest of your question.
518 Such solvents can help some and do help some, but to others it does
519 nothing.

520

521 ***: Well, that is pretty much the way with many medications, is
522 it not?

523

524 C: If the cure or the healing is coming through the natural --
525 Now do you understand what we mean by "natural"?

526

527 ***: Yes.

528

529 C: Very well. If the healing or the cure is coming through the
530 natural ways in relationship to the physical, then there are some

531 physical bodies that are more sensitive to this drug or that drug
532 than others; thus they receive benefit or healing with a drug while
533 another physical container is not as sensitive thus it needs
534 something else.

535

536 ***: Thank you.

537

538 ***: You said that some people may with these solvents receive
539 help and others may not. Could it have any harmful effects to a
540 certain individual?

541 C: There is always the tendency for that. You see, when you
542 question specific things, it is hard for us to give, shall we say,
543 a seal of approval because each soul, because of its purpose, may
544 use the final outcome of that solvent in a different way. If you
545 find a cure via something unusual and it has proven itself as a
546 cure generally, then it can be assumed to be fairly safe and fairly
547 productive, but we ask that you do not ask us to approve of
548 specific things or specific medications, other than, shall we say,
549 those that would deal with maintenance such as possibly vitamins or
550 possibly minerals, and then only on rare occasions. If we approve
551 of one thing or another and a soul has it to use that very element
552 for its further lesson in bringing greater harm to the physical,
553 this would put us, shall we say, in somewhat of an embarrassing
554 position. Do you understand?

555

556 ***: Yes.

557

558 C: We are not worried truly of being embarrassed, but it would not
559 serve, shall we say, the overall good by definitely approving of
560 any particular medication for general use or general acceptance.