

SOLAR

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COMMENTS ON SPIRITUALITY

Resident Evil

Fear nothing from the next world – the earth contains living fiends, who can act for themselves without assistance, were the whole host that fell with Lucifer to return to aid and abet them.

– Sir Walter Scott

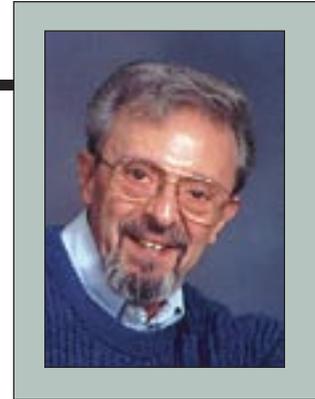
People to whom sin is just a matter of words, to them salvation is just words too.

– William Faulkner

Many of the newer churches (basically, the fundamentalists) like to focus on Satan or demons or what have you. It seems that they can congeal an enemy that their congregation can be afraid of. They can get the congregation to be a cohesive group. If you have an enemy, it is easy to rally the troops and lead them in the direction you want them to go. My intention is not to minimize Satan or demons or what have you. But I would suggest that before we begin to think of Satan causing all the problems, maybe we should take a look at us as individuals.

In the first quote by Sir Walter Scott, “Fear nothing from the next world – the earth contains living fiends,” basically what Scott says

here is that some of the people in our world that we must deal with can be far more dangerous than Satan and all his host of demons. An evil person really doesn’t need any help or assistance from anything more than they are. The fact that they are evil says it all. I think it is dangerous to think there are degrees of wickedness or evilness. We have to accept the fact that if something is evil, it is evil. It is just a question of how is it expressed, what manner does it take, what form does it take. If we watch television news or read the paper, we can read about people like you and me who for some reason or another seem to lose their humanity. They commit horrible crimes. It is bad enough



William LePar

to take a life, but to torture a person until they expire is something else. Is one act more evil than the other? No, they are both wrong; they are both evil. It doesn’t take a demon or Satan to prompt some people into committing such atrocious acts. It is their nature. These are people who hate themselves, therefore they cannot love anybody, they cannot love anything. So for them to destroy is nothing. It is interesting when you think about serial killers, what makes them tick, what makes them do what they do. After all is said and done, they are incapable of love. They can’t love themselves so they can’t love anybody else. And I think in many cases they are lashing out at a person that they see or sense is better than they are. It is easier for some people to destroy, to tear down, than to build themselves

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up to a higher level. It is easier for them to take that higher level and destroy it. But this whole idea isn't just with evil people who commit horrible crimes.

There are many individuals in our world today, many that we know personally, who are evil. They may not kill anyone, they may not torture anyone, but what else do they do, what other harm do they do to people? Do they take from people and cause a sense of insecurity? Do they manipulate older people, so they give up all they had to take care of them in retirement? Do they mislead people into buying homes far out of their budget? Some people would say, "Well, that is really not evil. That is just criminal." Or minimize it to some extent just like that.

A good example of evil is this Madoff, robbing and stealing billions and billions of dollars from people, wealthy and poor, by being a good con artist who convinced them they were making sound investments. How many lives did he destroy? How many futures did he destroy? From how many individu-

als did he take away their peace of mind, their sense of security? A cold way of looking at things is if an individual kills a person that person is dead, the suffering is over. An individual who rips the security away from an older person is far more evil and cruel because that individual inflicts a continuing fear and insecurity. It may have condemned an older person to live the rest of their life without medication or food or home. So the kind of murdering in a situation like that is ongoing. It is a murder every day of the victim's life, every hour, every minute, every second of that victim's life.

The very fact that we are living now means that we need to improve greatly, improve ourselves through the activities that we engage in with others.

Does man need Satan and his host of fallen angels to see evil in the world? No, man is quite capable of being just as evil as Satan or his buddies. Not only do these people have no love for themselves, they have absolutely no respect for anything. They live in a world all their own. I am sure that some of these types of individuals see themselves as great manipulators, individuals who have great power over other individuals. These are the criminals who love to dream big dreams. They must keep themselves locked in their dreams because reality offers them a very ugly picture of themselves. How many people commit crimes as a way of running away from themselves? How many people will murder an individual on the street just for a few pennies of pocket change or maybe for a few dollars in their wallet? That is the only value a person like that places on a life.

By our very nature we need to improve ourselves. The very fact that we are living now means that we need to improve greatly,

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

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In our world today, we do not need a Satan or a Lucifer to tempt men into wicked deeds. Man is quite capable of doing the worst on his own.

improve ourselves through the activities that we engage in with others. Fear nothing from the next world for the earth contains living fiends who act for themselves without assistance. One thing I will say about the devil is that he is existing in easy times. He doesn't have to influence anybody. He doesn't have to get involved with anybody. People today are infested with greed and self-hate, so they are capable of doing all the dirty deeds without any assistance. These are the people who if you try to talk to them about something like sin, it does not touch them, it doesn't mean anything to them, because basically it is just a word. It is below them to consider such a word, therefore if you try to talk them into some kind of change in their life, turn their life around or in a sense reach for salvation, that is nothing more than a word too, that is nothing more than a word to them.

You can't make someone whole or save someone if they do not think they are broken or need to be saved. People who are evil or fiendish are very arrogant. They feel that they are superior to others, so therefore they are not the ones who need salvation or to be made whole, it is those below them, their victims.

Let us go back to this guy

named Madoff. The paper said he was about 72 years old, and he had bilked or stolen or hoodwinked billions of dollars from people. Stop and think, he is 72 years old. What is he going to do with all that money? Does he think he is going to live to 2,072? That shows you the arrogance of people, the arrogance of evil, fiendish people. "Take, take at any cost to somebody else. Who cares? They are peons." Could you talk to that man about sin and salvation? I would venture to say that he does not have the slightest idea of what the word sin means, or salvation. You can't convince him that sin is the act of separa-

As long as you are capable of giving from your heart, as long as you are capable of seeing the suffering and pain in our world and you have a desire to do something to alleviate it, you don't have to worry about how evil you are. Because if you can care for someone and do something, regardless of how small, you are emulating the God that created you.

tion. You can't convince him that salvation is to make whole. If you were to talk to him, he would probably say, "Well, yes, I am far superior, so I should be separated from the lower class, from the idiots, from the dummies." And he may say that there is no need for me to reach for salvation or to turn around or to be made whole, that is for the worthless ants below me, the worthless bugs below me.

What is the point of all this? Well, I am sure there is a Lucifer, and I am sure he has a whole host of spiritual beings that follow him. They are to be used at his command. But in our world today, we do not need a Satan or a Lucifer to tempt men into wicked deeds. Man is quite capable of doing the worst on his own. We have become so infected with materialism that many times some of us will do anything to get what we think will make us happy. This is something to think about. There are some people who when they look at another individual, they see somewhat of a reflection of themselves in that individual, and they hate that individual because they hate themselves, so they reach out and try to destroy that individual in one manner or another. In so doing, it brings them happiness. But, unfortunately, the happiness is short-lived. I compare that to materialism. Some people would find that hard to understand. Materialism has to do with something solid and tangible. You buy it, you keep it, you use it, and when you are tired of it, you throw it away. But when you try to destroy something that

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you see in someone else, how is that materialism? It is a materialism of an emotional level or spiritual level. There are personalities who when they see reflections of themselves in something or someone, their hate of themselves is so strong that they destroy it. They destroy that because they can't destroy themselves because they are too cowardly.

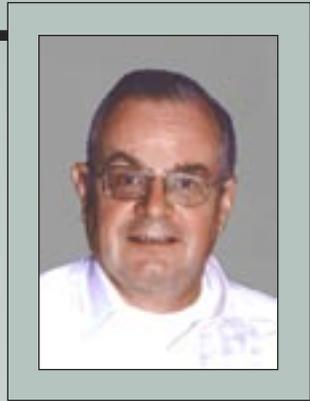
You read in the paper every once in a while where a mother will kill her children or attempt to kill her children. How much more fiendish can you get than that? Here is a situation where a human being has been given the privilege of taking care of other human beings, raising them, helping them to form into decent human beings, and instead of taking on that great joy or task, they destroy it. Why? Maybe it is because it is too much of an effort. They would sooner use that effort on indulging themselves.

I am wondering how much of this do you already know. Did I really even have to point all these things out to you? I prefer to look on the brighter side of things. I am sure that all of you already knew all this, that it wasn't necessary for me to point any of it out. But sometimes even though we know something or are aware of something, sometimes we may think we are the only ones who think that way, and so in pointing these things out, it is just my way of letting you know that there are others who see the same things in the world that you see.

What can we do about this? Well, I am not sure. I am sure there are individuals that no matter what you do, they are not going to accept your help. They have this superior attitude that

they are perfect. For me, I don't think I am ever going to change the world. I have a hard time just changing myself, trying to make myself into a better human being. I try to do that by remembering that there is a lot of pain out in the world. There is a lot of need, and when I see someone in need or in pain, I try to do something to alleviate some of that need and some of that pain, even if it is just a kind word, even if it is just an understanding look or pat on the back. It is an effort of trying to be more godlike instead of godless.

As long as you are capable of giving from your heart, as long as you are capable of seeing the suffering and pain in our world and you have a desire to do something to alleviate it, you don't have to worry about how evil you are. Because if you can care for someone and do something, regardless of how small, you are emulating the God that created you. Some of us are blessed with many opportunities in our life to reach out in small ways and help other individuals. Some of us have far fewer opportunities in which to express our love and kindness. Regardless of whether you have a lot of opportunities or a few opportunities, what is important is that you take advantage of those opportunities. What is important is that you tried to make someone else's life a little happier and a little easier. You have tried to give someone else the ability or the situation to feel good and to feel there is hope that things will change and change for the better. One of the greatest gifts we can give is to leave an individual with hope. Hope that tomorrow will bring all the joys that the spirit needs, all the joys that the heart relishes.



Dr. James R. Ridzon

Love

*We all know
I would do
strategy
wash I go
car and
the garage
presently
that garage
besides I
What we*

It has often crossed my mind that living a good life is a lot like cleaning out the garage – simple in concept yet hard to do. First off, what is the purpose of life? Do we have to climb a mountain in Tibet to learn from The Swami? No. In fact, it is almost impossible to miss it (damn) because it's right there on the top of the stack. All the great religions, almost all the philosophies of mankind proclaim it right up front. Permit me to use the words of Christ: "You are to love God above all things and love your neighbor as yourself." Oh Oh! There it is – The Golden Rule. We all learned it at about the age of four. It is so simple and yet, like the garage, so difficult to get your human nature to go along with. Oh sure, I love my family and friends (most of the time). I don't have much trouble loving those who love me. So far, so good. But what about the filthy panhandler who makes me feel guilty when I'm all decked out to go to a fancy restaurant? You know, he'll only

Bringing Your Neighbor and Cleaning the Garage

Now what it's like. There are certain tasks that we just don't like to do. For me it's cleaning the garage. I almost rather have three fingers chopped off my left hand. Over the years, however, I have developed a strategy for staving off the inevitable. First I back out the car, but I notice the car is pretty dirty so off to the car wash; I'll do the garage after that. Then I get the broom. Oh no! This old broom is shot, so it's back in the car wash; I'll do the hardware store. There I get a broom and while I'm at it, a new rake, too. Well, before I start raking I'll just rake up a few of these leaves here – you know, just testing out the rake. I'll get to that garage later. Oh! With enough creative footwork it's possible to delay the garage a week, easy. You understand, I'll get to the garage in due course, but there's no sense rushing into such an undertaking without careful preparation, and while I'm doing constructive things in the meantime, so my conscience is clear. Sound familiar? I thought so. The same thing we have here is human nature laced with ample rationalization.

buy booze with the money anyway! What am I to do about those dreadful starving children I see on TV as I scan from one program to another? What about the vandal who scratches my car with a key while I'm at work? The drug addict who robs my house? I have to fight the desire to see them drawn and quartered, in fact, I may even want to do it myself. Don't bother me with this talk of love!

How will I ever learn to love such "neighbors"? This calls for some heavy duty rationalization. Well, let me see, I've got this tough job to do – loving my neighbor. It's going to be difficult, so I had better prepare carefully. Before I get on with this loving, I'll do a lot of meditating, I'll check my horoscope. If I get in better touch with my higher self, then surely the job will be easier. Now, don't forget past life readings. If I can better understand myself, then obviously I can better understand my neighbor. I'll have to get plenty of readings.

And watch that diet, no preservatives, no artificial stuff. You can't do a good job in life if you are not in top physical shape. You know, clean out the temple and all that. As soon as I get my act together, I'll be ready to love my neighbor for sure. So you see, if I am careful or should I say not careful, I can spend my whole life preparing and never have to actually deal with "those neighbors." Of course, all the while I have been doing a lot of worthwhile preparation, so who can fault me there? But, alas, the rule is clear. It does not say: "Prepare to love your neighbor." It says: "Love your neighbor as yourself."

Preparation is important – no doubt about it, but I fear that too much preparation is a smokescreen we use to confuse ourselves, to postpone the inevitable. We must get on with the job of loving without delay. We can't let another day of fancy footwork rob us of opportunity. We must begin our loving right now with the very next person we meet.

Oh well, the party had to end sometime – Bring on the neighbors!

I'll close with a short quote from The Council:

All of the great philosophies of mankind from the very beginning, from the very beginning, have had at their seed the one truth that is universal, and that is: You must learn to live with one another in brotherly love. If you refuse to accept that and put it into action, you will find it necessary to be confronted with that time and time again...

Hmmmm, not much wiggle room there. It looks like we're stuck with one simple fact. We will learn to love our neighbor now, or we will learn to love our neighbor later, but we WILL learn to do it. So with that I pray that our Heavenly Father will keep us and protect us and help us because frankly – we're going to need it.

Omission and Good Karma

William LePar and The Council have discussed many times the various aspects of Karma, both good and bad. They have pointed out in particular that acts of omission can cause us much more serious karma than acts of commission. They have also said that our greatest faults or our greatest rewards karmically can come from little acts that we would normally not deem worthy of consideration.

Since we can create our greatest problems karmically by committing small acts of omission, can we also create very good karma for ourselves through seemingly small acts of omission? Now I realize that this twisting of concepts may be considered intellectual gymnastics, but bear with me as I give my point of view.

In almost any activity, no matter how small or seemingly insignificant, there can be many reasons for that action. We seldom take the time to analyze each action, and I believe we would incapacitate ourselves if we did attempt to look deeply into the motivation for everything. However, I also believe that the higher consciousness or the little voice within will tap us on the shoulder, metaphorically speaking, to let us know when we are out of line.

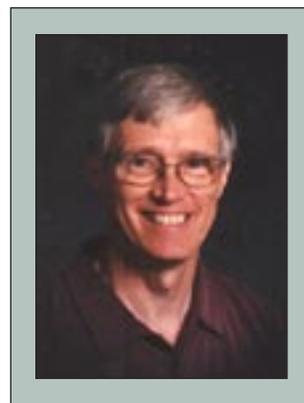
Let me give you a real life example of an act of omission that may actually create a little good karma. I arrive at work and find that a co-worker has not arrived at work yet. So, I immediately call our boss to tell him. Now it was not my responsibility to do this, so

what was my motivation? Was I really just being a conscientious worker, informing the boss of a potential problem? Or was I trying to make my co-worker look bad in the eyes of the boss? Was I trying to make myself look like a better employee because, "See, I am always on time"? If it is not my responsibility to notify the boss, then why did I do it? The important question is: "Would I have been better off karmically if I had not called at all?"

One measure might be: "How do I act in general when I discover a piece of information that could be viewed as detrimental to another person?" If there is a consistent urge to let others know what I know and it is prefaced with a statement along the lines of: "I was just trying to help," or "I didn't realize that he would get into trouble if I called." Then a little self-examination is in order.

If we call a friend or initiate a conversation, is it just to be friendly or are there other reasons? Are they honorable?

Another even simpler example: I once saw a co-worker rush to hold a door open for someone who was loaded down with packages and then proceed to announce that they had just performed their "random act of kindness" for the day. To my way of thinking, the announcement of the action just eliminated any good karma that was created. Why? Because the announcement was an obvious attempt to bring attention to the person doing the act rather



David Ries

than the act itself.

If there are millions of ways of creating good karma by doing small acts of kindness, there must be thousands of ways of creating good karma by not doing something, by being disciplined and considerate of the effects of an action. The problem as I see it is to know when to act and when not to act. That can only come from training the mind to quickly examine each thought before an action is taken. Examine it from the heart's desire.

The Council: We see that each one of you are not, shall we say, as honest as you should be or as you could be, and this we can take into consideration to a degree because you have much to contend with, but the important thing is where does the real heart lie? We are not asking you to be perfect because you have work to do, and if you become perfect then you will no longer exist in the physical, but the desire in the heart must be firm. The desire for perfection must be there, and the awareness to choose between those things that are important and those things that are not and to place the important things first and those less important in their graduated degrees of importance.

“You ought not to attempt to cure the body without the soul. The cure of many diseases is unknown to many physicians because they disregard the whole.” — Hippocrates



Marilyn Ridzon

Calcium Supplements

There is growing evidence that high doses of calcium do not prevent bone fractures. I discovered when I took the recommended dose of 1500 mg. supplemental calcium, my joints ached and cracked. When I mentioned this observation to some friends, they began to notice the same thing.

Calcium is practically useless when it comes to strengthening your bones. For one thing, calcium is not absorbed well. I have read that vitamin C helps transport calcium to where it is needed.

American women have one of the highest levels of calcium consumption in the world, yet we have one of the highest rates of bone fractures! Japanese women consume two-thirds less calcium and the rate of spinal fractures is half of what it is here. And even more surprising, women in China and Peru where even less calcium is consumed, bone fractures are virtually unheard of.

In a 12-year Harvard Nurse's Health Study, it was discovered that women taking 900 mg. or more per day had double the rate of hip fractures than those who consumed half as much. Other studies have shown no bone benefit from taking calcium.

So obviously, megadoses of calcium do not work and may even be detrimental. I believe we actually get enough calcium from a proper diet. Aside from dairy products, there is calcium in vegetables like broccoli for instance. However, I am not a big proponent of drinking milk. I think we are far better off

doing weight-bearing exercises and supplementing with vitamins D and K. Vitamin K recharges bone strength. A 7-year long “Framingham Heart Study” showed that people with low intake of vitamin K had weaker bones and a higher rate of hip fractures. A Japanese study discovered that vitamin K along with vitamin D is better for increasing bone density than calcium. The form of vitamin K to take is vitamin K2 because it works outside the liver in the bloodstream and bone where it can do the most good. Vitamin D3 is the best form of D. Vitamin D helps the body to absorb and regulate calcium. Half the women hospitalized for hip fractures were found to have very low levels of vitamin D. Elderly French women who were given 800 IU of D had a 43% reduction in the number of hip fractures. Obviously, sunshine provides vitamin D, but you need at least fifteen minutes exposure three times per week in both summer and winter to get enough D. The best ways to strengthen your bones are exercises like walking, bike riding or weight lifting.

“Everyone has a doctor in him or her; we just have to help it in its work.”

—Hippocrates.

*Look on some evening
When the sky is clear
And the stars are bright.
Look up into the heavens
And see as far as the eye can see.
If you can feel the magnitude
Of what you are seeing,
If you can feel the immensity
Of what you are seeing,
If you can see and feel the beauty
And the glory of what you are seeing,
Then you have some idea
Of what you will be creating,
And yet at the same time the creation
That you will be working on
Will be you, yourself.*

The Council



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