

Health and Healing - Part 2

The Council's Weight-loss Diet

Trance Library File No. 91-33

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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6. PLEASE REQUEST ADDITIONAL FILES BY EMAIL SO THAT WE CAN REPLY QUICKLY.

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.

Healing was discussed on 81-07-10, the 96th Trance.

The word “heal” was first found on page 1514, line 445.

442 ***: Thank you. When someone of the medical profession is present
443 in the spirit world and has a strong affection for healing and for
444 service for those in the material manifestation must he work
445 through only those who have like affections or love to heal those
446 in need? Can he not work directly on the individual? Is it
447 possible for an individual in need to increase his receptivity and,
448 if so, in what ways?

449 The first question again, When someone of the medical
450 profession is present in the spirit world who has a strong
451 affection for healing and for service for those in the material
452 manifestation, must he work through only those who have like
453 affections or love to heal those in need?

454

455 C: Now, clarify who the healer's soul must work through. In other
456 words, put it in some sort of category, either the healing soul is
457 working through, shall we say, another doctor or an individual who
458 just wishes to assist in healing.

459

460 ***: I know she is very interested in spiritual healing by
461 individuals. I feel that she is possibly referring to just the
462 average person who is interested in healing, becoming a healer.

463

464 C: Very well. State the question so that it has a category or it
465 is classified.

466

467 ***: When someone of the medical profession is present in the
468 spirit world who has a strong affection for healing and for service
469 for those in the material manifestation, must he work through only

470 ...

471

472 C: ... other doctors or may he work through individuals who
473 just wish to be used as a healer?

474

475 ***: Thank you, I see that now. Must he work through other
476 doctors or just individuals who wish to be used as a healer?

477

478 C: Once you have achieved the state of consciousness where you are
479 aware that you can truly help influence the material manifestation,
480 you certainly are not limited to who you can work through. You can
481 work through any individual that would be willing to accept your
482 influence for healing, so that a doctor who has crossed over does
483 not necessarily have to heal from the other side through another
484 doctor but can heal through any individual including animals.

485

486 ***: Clarify that please.

487

488 C: Very simply. If you have a friend or a relative who is ailing
489 and lonely and you give him a gift of an animal and it brings him
490 joy and something to look forward to, you are in a sense giving
491 them a healing. This also can be carried to an actual physical
492 healing.

493

494 ***: Thank you.

495

496 C: There is much to be said for those who love pets or animals.
497 There have been many situations where the desire to fulfill the
498 responsibility that one has to a pet has brought that individual
499 the healing necessary to give that individual the additional time to
500 fulfill that responsibility and also beyond that time necessary.

501 Do you understand?

502

503 ***: Yes.

504

505 C: There are instances where there can be, shall we say, a

506 soothing effect by animals themselves that would assist in a
507 healing in a physical sense or what have you, but an animal itself
508 can not actually heal per se. Do you understand?

509

510 ***: Yes.

511

512 C: Just so none of you are, shall we say, hoodwinked into thinking
513 that there are healing cats or dogs that walk around. Continue.

514

515 ***: Then you might be saying that animals themselves help us in
516 our spiritual progression?

517

518 C: Absolutely.

519

520 ***: Is it at all reciprocal? Do they have a spiritual
521 progression and do we help them?

522

523 C: No. They come from a central stockpile of spiritual existence
524 that is for man's development and growth. In other words it is a
525 central stockpile of spiritual energy that continually remanifests
526 in the material for the service of mankind, but mankind must assume
527 the responsibility for that animal or for that amount of spiritual
528 energy as it manifests into an animal in the material form. Man
529 has a responsibility to the well-being of any domesticated animal.
530 Those animals that you use for your food should be dealt with in a
531 like manner, kindness, consideration, they should be fed properly,
532 cared for physically as far as the health goes, properly; at the
533 time when it becomes food for man, then it should be eliminated in
534 the most humane way possible. There are times when the love that
535 you give to an animal can make it, shall we say, permanent. It can
536 give a dimension to that form or that amount of spiritual energy
537 that would be somewhat equivalent to a soul. In other words,
538 instead of that energy returning then to the central stockpile of
539 spiritual energy it is held out so that it has an individual state
540 of existence for your use at a future time or for your comfort at a

541 future time, but in no way should animals be abused. The way an
542 individual treats an animal can sometimes be a very good sign of
543 the state of their soul, and also compare the way some individuals
544 treat an animal as opposed to them treating another individual and
545 this can also be a good determining factor in the state of their
546 soul or this can be a factor that you use in determining the state of
547 their soul. Very well. Does that answer your question?

548

549 ***: Yes, it does.

550

551 C: We have spoken of this situation before. If you would like our
552 other explanation, (***) , if you would.

553

554 ***: Yes. We can go over that at the next working session.

555

556 C: Very well.

557

558 ***: When an individual is sick and they have a pet and their pet
559 stays close to them throughout the whole sickness, is this a sign
560 that maybe the pet is being used by someone to help with the
561 healing?

562

563 C: It could be, but you must remember that a pet does have
564 feelings; it does have emotions; it may not be able to think as,
565 how shall we put it, it may not be able to think as logically or as
566 analytically as the human mind can, but it does know, it can think,
567 it is not just purely an instinctual reaction; animals are quite
568 psychic, and they know when there is a sickness, and they also know
569 that their life form or their soul or their spiritual state is for
570 the betterment of mankind, so those animals who stay near their
571 masters during times of sickness is a sign of their willingness to
572 give of their energies for their master's benefit. So instead of
573 eating the animal the animal is willingly loaning or giving its
574 life forces to its master; wherein an animal such as a cow or what
575 have you, man must eat that animal for his sustenance, for his

576 means of nourishing his body. Do you understand?

577

578 ***: Yes, I do.

Healing was discussed on 81-07-10, the 96th Trance.

The word “healed” was first found on page 1518, line 668.

621 ***: Thank you. This person who was a member of the medical
622 profession and is present in the spirit world, can he work directly
623 on an individual who is in the physical manifestation?

624

625 C: Yes. There need not be a go-between, or there need not be an
626 intermediary channel. You see, once you are in the spirit, you
627 have very little restrictions, if we may put it that way. Why
628 healers are necessary? That relates to the material manifestation
629 much more than it would relate, as far as the need, to those in the
630 spiritual. In other words, say we would choose to do physical
631 healing, we would not need one of you to act as a channel, we could
632 do it without any help, but in our love for you, to give you an
633 opportunity to demonstrate your godliness, we may choose to use one
634 of you as a healer. Do you see?

635

636 ***: Yes.

637

638 C: Also, it may be a need of your soul to have such an experience;
639 so it is more for the material manifestation's need and growth than
640 it is for those in the spiritual realms.

641

642 ***: I see. That raises a question in my mind, sometimes when we
643 are engaged in and practicing spiritual healing we may feel as
644 though we are actually receiving energies from the person who is
645 acting as a healer and other times we may feel as though we had not
646 received any energy from the person who is acting as a healer. Can
647 we be receiving healing energy even though we are not consciously
648 aware of that fact?

649

650 C: Yes.

651

652 ***: And then if we feel as though we are receiving healing
653 energy, does it necessarily follow that we are?

654

655 C: You are receiving some form of energy. Whether it is the one
656 that will trigger the healing or not is another question. It may be
657 sustaining the condition to this extent that it does not get worse,
658 but may not be utilized to bring an actual cure. Also, there may
659 be other depletions in the physical container that the individual
660 is not aware of that could be receiving a healing. It could be
661 also as a source of energy, both physical energy, the type where
662 you feel peppier, or it could be a healing or source of energy that
663 would give the soul greater strength or determination or act as a
664 comfort at a soul level. Do you understand?

665

666 ***: Yes, I do.

667

668 C: Never reject any form of healing or effort to be healed. We
669 retract the "never reject any form of healing"; but efforts of
670 those who wish to attempt a healing on you, do not reject it
671 because it may be the very thing that is beneficial to both people
672 involved or souls involved.

673

674 ***: Thank you. Is it possible for an individual in need to
675 increase his receptivity and, if so, in what ways?

676

677 C: Probably the strongest deterring factor in healing or in
678 receiving a healing is that most individuals, believe this or not,
679 enjoy their afflictions; it is a form of self-punishment; and also
680 in many cases it is a form of attention-getter. There would be
681 far more healings if there were not, shall we say, an enjoyment to
682 it, to the sickness. So, in order to increase your chances if you
683 want to use those terms in receiving a healing, look at an ailment
684 in this manner: that if it were removed, one would have a much

685 fuller and happier life; one would not need a crutch to be the
686 focal point of attention, but one could use one's full potential to
687 justly, justly, receive attention, and we might say, and not at the
688 cost of others. Does that answer the question?

689

690 ***: Yes, I would like to add here though that there are
691 individuals who have some rather serious health problems who never
692 mention their particular problem to any individual.

693

694 C: This is not always good. There is a time when one should share
695 problems with others. There are some individuals who constantly
696 talk about their sickness or their problem; then there are those
697 who go the opposite. If there is a physical problem, one should be
698 willing to share it with others, not to the extent that an
699 individual becomes tired of hearing about it, but these are things
700 that should not be kept to oneself. First of all, if there is a
701 true sickness or an ailment, those who are sick or ailing are
702 deserving of extra attention, consideration, extra love, extra
703 prayers; if one holds all this back, then they are depriving
704 themselves of the additional help. Do you understand?

705

706 ***: Yes, I do.

707

708 C: Plus, they may be depriving someone of the situation where they
709 may offer their help.

710

711 ***: I see, thank you very much. That answers this series of
712 questions.

713

714 C: There is a point where a soul or an individual will complain
715 about their ailment only to attract attention, but before that
716 point is reached then one should not tire of hearing of those who
717 are sick. Sometimes sickness can bring great loneliness to the
718 individual who is sick; it can be steeped in fear of what else will
719 develop. Those who are truly sick must have your consideration,

720 your love, your interest. Is that sufficient?

721

722 ***: Yes, thank you very much.

723

724 ***: You said that many individuals in a sense enjoy the sickness

725 or pain as a form of self-punishment, is there any benefit from

726 that self-punishment?

727

728 C: Well, yes, to a certain degree and to a greater degree with

729 certain souls. It is a question of what growth process the soul

730 has chosen and what is to be learned. Now, again, all sicknesses

731 do not indicate a need of that soul that is manifesting the

732 sickness, but it may be taken on, the condition, the sickness, may

733 be taken on to help those around that soul and not necessarily for

734 the correction of the soul that is manifesting the sickness. Does

735 that answer your question?

Healing was discussed on 81-09-26, the 100th Trance.

The word “healer” was first found on page 1530, line 42.

42 ***: Is the healing by the healer in the spirit world the
43 restoring of harmony in the energy fields of the individual's body
44 or is the healing in the mind of the individual which then
45 manifests in the body?
46
47 C: It is truly a combination of both. Those that participate
48 together, shall we say, or those who cooperate together from either
49 side of the veil work through, how shall we put it, a very precise
50 or a very structured pattern or chain of occurrences. First, one
51 must realize that healing or whatever cannot be achieved in the
52 physical until first it is accomplished in the spiritual; yet there
53 are many who have achieved healings in the spiritual that will not
54 manifest in the physical for, shall we say, other reasons that may
55 not directly at all times relate to those individuals who, shall we
56 say, appear to need the healing. The chain of events or the
57 structure by which healings transpire or occur from the spiritual
58 to the physical might be interesting to some. If one looks upon
59 the physical container as nothing more than a receiver of the
60 soul's attitudes and actions and efforts to achieve a greater
61 relationship between it and its Creator, then one must understand a
62 little clearer how that receiver works. Look at the organ that you
63 refer to as the brain. Do you have a personality or a
64 consciousness because of the brain, the organ itself? Or does that
65 organ construct or demonstrate a personality because of the soul?
66 The brain itself as with the physical container is nothing more
67 than an empty shell that reacts to the stimulus given to it by the
68 soul proper, that soul that is maintaining the physical. The soul
69 in spiritual concepts and in those things that deal with healings
70 must come into the physical through the right side of the brain.

71 It is the right hemisphere of the brain that is the channel or the
72 connection with the soul. Now this is not to say that the soul is
73 separated from the physical container, floating in some etheric
74 segment or space and transmitting a signal to the right hemisphere
75 of the brain. The soul is in fact a very intricate part of what
76 you look at or understand or conceive or perceive as a physical
77 container. The soul concentrates its effort or its action in a
78 space, and in that space then you observe what you understand as a
79 body. The soul then, saying it has achieved a healing for some
80 physical problem transmits that healing through the right
81 hemisphere of the brain. The right hemisphere must override the
82 left hemisphere which is, shall we say, more earthy, more logical,
83 more formal. If the left hemisphere cannot logically perceive a
84 purpose or a course of healing, then at times it restricts the
85 healing from manifesting in the physical container. Again, this is
86 influenced at times by cause and effect or karma. It also can be
87 influenced by the conditions of the situation that the physical
88 container finds itself in, the surroundings. If it is necessary to
89 receive a triggering mechanism for the healing to manifest in the
90 physical container, then the left hemisphere of the brain must wait
91 for that trigger or that mechanism, not in the sense that it
92 absolutely must wait, but in the sense that it is geared to
93 rational experiences. Do you understand?

94

95 ***: Yes.

96

97 C: If healing has been achieved at the soul level and is to be
98 achieved in the physical itself, then those steps, those
99 occurrences, will transpire according to the situation or the
100 soul's plan, through its association with others in the material
101 manifestation, thus when the proper sequence of events transpire,
102 the left hemisphere unlocks the healing forces. There are times
103 such as in truly miraculous healings or instantaneous healings,
104 those that are complete and true healings, the left hemisphere is
105 overridden by the right hemisphere of the physical brain. These

106 again are all determined by the need of the soul who must or is to
107 have a healing and those who must relate to the situation. It is
108 the spiritual aspects of the entity itself that decides to work in
109 this manner, and therefore has created a physical container with
110 organs that function for specific reasons, such as the brain proper
111 itself. All things in God's Creation go according to the natural
112 plans of the material manifestation or to the natural laws of the
113 material manifestation; it is a delicate merging and blending of
114 great beauty if one can see the intricate workings of each other,
115 the material and the spiritual; it is a great spiritual concert or
116 symphony. Far too often man fails to see the beauty of life,
117 whether it be the spiritual life or the material life. All that
118 you see in the material is a reflection of the spiritual, whether
119 it be the universal condition of the world or whether it be the
120 universal condition of the individual soul. As we said though in
121 some cases there are souls that decide to endure what some
122 would refer to as unpleasant conditions only to give others the
123 opportunity to demonstrate their godliness. Does that answer your
124 question sufficiently?

125

126 ***: Yes, that is very helpful.

127

128 C: Possibly at another time more details can be given as to
129 healing and the means and ways to make healing somewhat easier.

130

131 ***: For a healing to be permanent, does the left hemisphere
132 eventually have to accept the healing of the right hemisphere?

133

134 C: The left hemisphere of the brain is a very determined, shall we
135 say, segment, and it is controlled by the conditions of the
136 material. Do you understand?

137

138 ***: Yes.

139

140 C: There are some situations and some conditions where the left

141 hemisphere can cancel out a permanent healing. This again is
142 determined by the overall situation that the individual or the soul
143 finds itself in, but that in itself, the left hemisphere in itself,
144 does not make a decision, shall we say, as to whether there is a
145 permanent healing or not; it reacts to the material manifestation.
146 The right hemisphere, its sole source of input is the spiritual.
147 What registers in the right hemisphere of the physical organ the
148 brain is taken from the material manifestation and adjusted
149 according to a soul's need; it is, shall we say, corrected or
150 rectified according to the soul's need. Then what comes from that
151 is suited to the soul's material manifestation or the condition or
152 situation that that soul finds itself in. There is a level above
153 the input to the right side of the brain or the right hemisphere
154 that gives it a degree of spirituality above the input. Do you
155 understand?

156

157 ***: Yes.

158

159 C: Where the left hemisphere is very technical, very methodical,
160 very logical. It has, shall we say, no imagination, no
161 spirituality; it reacts to the conditions or you may even say it
162 reacts to training. Very well.

Healing was discussed on 81-09-26, the 100th Trance.

The word “healing” was first found on page 1533, line 213.

213 ***: With regard to healing and also the influences that souls in
214 the heavenly realms make available to us, if you have a serious
215 disease such as cancer, would you be more likely to be more attuned
216 to someone who had that disease while on earth, when they are on
217 the other side? Or would you be more attuned to receiving help
218 from a physician or a relative who has crossed over?

219

220 C: There are no limits or boundaries in respects to healing.
221 Naturally, those souls who have achieved and left the material
222 manifestation that have undergone such diseases would, shall we
223 say, be more attuned only because of their experience to a
224 particular disease or ailment; but this is not, shall we say, an
225 absolute necessity for healing to be related or to have an association
226 with a soul that has crossed over and has had a similar disease.
227 An example: if you were to have broken a leg and you met someone
228 else who has also broken a leg, you would have a greater
229 understanding of the pain or the discomfort or the inconvenience
230 involved, so naturally you would have, shall we say, more of a
231 rapport. Now, in the material this would be a common ground, and
232 since relationships in the material do need a common ground, this
233 would be natural; but in the spiritual no such common ground is
234 actually needed. The spiritual is a state of existence where there
235 is a great degree of attunement with each other, soul with soul;
236 they also have a great deal of attunement with those who are still
237 in the material manifestation, if those in the material
238 manifestation choose to have a correspondence with those in the
239 spirit. You must keep in mind that your world as you understand
240 it, is not separate from those in the state of spiritual existence.
241 Everything is right here and right now. Very well.

242

243 ***: Thank you.

244

245 C: You are most welcome.

246

247 ***: What are the influences that those on the other side exert on
248 us that bring about healing?

249

250 C: The basic thrust is the acceptance of the relationship that
251 those souls have with the souls that are still in the material
252 manifestation. They have a great awareness of their spiritual
253 brotherhood. It is through this concern and love and respect that
254 they make the connection or that you make the connection, whether
255 it be at a conscious level or a subconscious level. You may
256 say, to simplify it, that that force of love is the stimulus or the
257 connection, yet that spiritual love that you should all have for
258 one another is the direct result of the Divine In-Flow that you
259 allow. If you choose to restrict the Divine In-Flow, then you also
260 are choosing to restrict many of the bounties that your God, your
261 Creator, is willing to share with you. Very well.

Healing was discussed on 81-10-17, the 101st Trance.

The word “healing” was first found on page 1566, line 936.

814 ***: Thank you. How does God look upon people who murder or
815 engage in other violent crimes yet have apparently lost touch with
816 reality or insane? For example, we have in the past cases such as
817 (***) or in the present (***) who has been judged insane but
818 committed many murders.

819

820 C: Well, you pick the worst examples for us to comment on. It
821 would be wise if you were to eliminate those examples and use
822 nameless examples or examples that cannot be identified.

823

824 ***: All right, for example, ...

825

826 C: From now on whenever you present questions of this type, use
827 examples but if at all possible do not use such examples that you
828 have just given, because in that case then any remark we would make
829 could be very easily interpreted as a comment on that particular
830 individual. So from the records strike those two names. From the
831 records, (***)).

832

833 ***: Yes.

834

835 C: Very well. Go on.

836

837 ***: Say, for example, there are a number of cases that we have
838 all heard about where there may be an individual who commits a murder
839 and psychiatrists have said that he is insane and he did not
840 understand what he was doing.

841

842 C: In some situations the individual is not responsible because it

843 is a possession or obsession. In that case then the soul is
844 responsible for what transpired that brought about the possession
845 or the obsession by a negative spirit or soul. The soul that is
846 obsessing or possessing the physical container is the one that is
847 directly responsible for the cessation of life and all that is
848 involved there. If an individual is fully responsible for
849 atrocities such as you have indicated, that soul then becomes fully
850 responsible for those atrocities. There are some degrees of mental
851 aberrations that are not serious mental aberrations or emotional
852 aberrations but are activities of an egotistical nature. These
853 then the soul becomes fully responsible for. If during the course of
854 a life or activities the physical mind and the physical emotions
855 through some channel whether it is a malfunctioning of the physical
856 body that creates the inability to make proper judgments, such as
857 chemical problems in the construction of the body, if this brings
858 about mass murders or gross murders, then again the soul is only
859 responsible to the degree that it is able to comprehend its
860 activities. Now, in situations like this, it generally is not an
861 individual situation, but it stems backwards to many
862 relationships, so then all those relationships that have laid the
863 foundation for such activity, those souls then become a part of the
864 whole guilt or responsibility. Do you understand?

865

866 ***: Yes.

867

868 C: Think on what we have said; study what we have said; and then
869 if you wish to develop further questions. The norm is not for a soul
870 or an individual to mass murder or grossly take another life, so it
871 is good to cover such things but do not place great time and effort
872 on such things since they are not applicable to a large number,
873 although they may give some explanation as to why such things
874 happen. They are not to be as important as an effort as other
875 things.

876

877 ***: How should society treat those who are considered mentally

878 ill?

879

880 C: Above all, considering those concerned mentally ill, providing

881 there has been no violence in the action of that which is referred

882 to as mentally ill, they should be given all the comforts and

883 consideration and care and then even more than the soul or the

884 individual that is capable of thinking more fully or more

885 completely or dealing with life more completely. Does that answer

886 your question?

887

888 ***: Yes, I think so.

889

890 ***: What causes mental illness? Are psychiatrists and others on

891 the wrong track? Is there some other way we can approach mental

892 illness to cure it?

893

894 C: Well, if your physicians, your doctors, were not so narrow

895 minded and so egotistical, they would have the cures for a lot of

896 simple problems, but they all think that they are the only ones that

897 know the way, they are the only ones that are right, and so they

898 just end up defeating themselves. Mental illness, now we have to

899 address both aspects of any kind of an illness, we cannot just talk

900 to you about the physical aspects, those are only part and parcel

901 of the picture and may be a very small element in the whole

902 picture, maybe the least important. But in mental illnesses, the

903 biggest percentage of cases stem from a physical condition, a

904 physical condition; there is some deficiency in that container that

905 the body or the container needs to promote or to allow proper signals

906 from the brain to function properly, to allow the soul to express

907 itself "normally," now we are using your term of normal, not what

908 we know as normal but what you know as normal; and in many cases it

909 is nothing more than just an adjustment in the chemicals of the

910 body. It is no mystery. There are those situations where there is

911 a mental or an emotional instability there, not because of

912 necessarily the physical triggering mechanism, but because the

913 situation calls for that condition, either for the understanding of
914 the soul that has that condition or those round and about that
915 soul, those that may have to deal with that particular individual.
916 As far as psychologists or psychiatrists, we do not want to
917 minimize their efforts; they can through the right means help to
918 overcome emotional instability, if the emotions can be talked into
919 a proper perspective. This will rely on the body's naturalness to
920 regulate itself so that the functioning or emotional aspects of
921 that soul can function properly. Now, in some cases the triggering
922 device is the utilization of a psychiatrist or a psychologist. In
923 other cases a simple vitamin or mineral pill will do just as well
924 and much quicker, so it is an individual situation. To take these
925 statements and say that they are the law or rule for all conditions
926 would be very unwise. Each soul has its own situation. Does that
927 answer your question?

928

929 ***: Yes, thank you.

930

931 C: Now, we do not want you to assume that we have no use for
932 doctors or that we have no use for psychiatrists or that we have no
933 use for psychologists. The professions are honorable; our problem
934 is being able to understand or accept those souls that fulfill
935 those positions. God has been loving to all of His creation, and
936 it is for each of you to utilize whatever is at hand for healings
937 and not to eliminate any possible source of healing of a godly
938 nature, and this does mean doctors and their medications and their
939 surgery. It is the egotism of these souls that provokes us and
940 provokes our Lord and our God. Instead of them being servants to
941 His children, they are ... Well, it would be best left
942 unsaid. Very well.

Healing was discussed on 82-03-13, the 103rd Trance.

The word “healing” was first found on page 1617, line 1104.

1096 ***: In the fourth Life After Death communication you state, "So
1097 the character of you determines the quality of your aura, and what
1098 it will influence and what it will attract. We have not lost our
1099 auras, by any means, and so it is through this total of our being
1100 and its, shall we say, outer membrane that you recognize as the
1101 aura or outer antennas, if you choose a term like that. When those
1102 are extended to you and you are receptive, then those qualities
1103 that we have that you are seeking, whether it be for purposes of
1104 healing or for guidance, you then accept what we have accomplished
1105 in order to help you to gain the strength or the character or the
1106 discipline necessary to overcome what you are seeking to overcome."
1107 The question is, How can someone else's aura influence our aura?
1108

1109 C: If you as a soul, now this is speaking strictly on a positive
1110 level, if you as a soul or entity is in need of some influencing or
1111 some help, whether it be as a, for example, healing; if at a soul
1112 level you are in a state of reception for a healing and another
1113 soul then comes within your area or your place of existence or your
1114 sphere of activity, if that soul then wishes to reach out in a
1115 healing manner, then that auric field of that soul can help to
1116 influence a healing within your being or trigger what is necessary
1117 for that healing in your being. Do you understand?
1118

1119 ***: To some degree. I don't really understand the mechanism though.
1120

1121 C: It is like two force fields, but you are talking about energies
1122 that have conscious activities; so they are utilizing the energy
1123 fields if you wish to use those terms, by the merging. As a source
1124 of sickness in the field and part of that field then being the

1125 physical body, there is a depletion of the energy which causes the

1126 sickness, then the auric field of another can revitalize that field

1127 or that portion that is shut down. Do you understand now?

1128

1129 ***: Yes. If the individual is willing?

1130

1131 C: Yes. This does not take though away from the other who

1132 has contributed or given to.

Healing was discussed on 82-08-27, the 107th Trance.

The word "heal" was first found on page 1702, line 365.

319 ***: Back last November Council, you tagged information that you
320 were giving (***) saying that at a later date we should ask you for
321 more information on healing and how to make it somewhat easier and
322 along with that insight into spirituality.

323

324 C: Ah yes, we have waited quite some time. My, my, my, all the
325 interest in healing. How slow you people move. Sometimes it amuses
326 us.

327 Healing is a very simple process, if you can accept it. It is
328 the desire to be whole, first of all. It is the desire to be
329 fulfilled in God's Eyes. To be fulfilled in God's Eyes means to be
330 whole, complete, and happy. It is the wish, it is the desire, it
331 is the intention, of your Divine Father for you to be completely
332 whole, to be completely happy, and to have all your needs
333 fulfilled. Once you can really believe this, then the cure is
334 yours; it is simply a matter of time; but there are some things
335 that must transpire, unless, of course, you are speaking of
336 miraculous or instantaneous healings. Let us speak then of the
337 "normal" forms of healing. What is needed: First of all, belief.
338 First of all, desire. First of all, knowing. Now, take note, we
339 said "first of all" to each of those. A soul can be healed
340 without the conscious knowledge of it or without the conscious
341 knowledge that there is a healing in process or a healing
342 being prayed for. More responsibility falls on the healer than to
343 activate or trigger the spiritual process. Now to the secrets of
344 healing and we say that somewhat tongue in cheek. A healing
345 takes place in the physical because there has been an opening to
346 the soul. The opening to the soul does not come from the physical
347 first but from the spiritual first. So the spiritual must work

348 through the physical, and its first active, overt, outward contact
349 is with the mind. The mind utilizes then the brain. The brain
350 does not exist of its own self. The brain exists because of the
351 function of the mind. Now that is important to understand. The
352 mind is the most obvious connection with the soul. It is the soul
353 speaking to the physical through its concepts, through its present
354 concepts. The soul's most creative activities come through the
355 right hemisphere. It is known that the right hemisphere is the
356 aesthetic side of human nature; it knows the beauty; it knows the
357 Divine. Whether on a conscious level or not, the right hemisphere
358 must be made active in some way or some form, it must be made
359 active in the sense that it can see the body whole. The more
360 intense this sight is, the more quickly and the more completely the
361 healing will be. So, if you want a healing, simply activate the
362 right side of the brain, and you are 99% of the way there. Now,
363 how complicated is that? All physical healings come through the
364 right side of the brain. The stronger one trains the right side of
365 the brain, the more completely it will heal. Even with the healer,
366 the right side of the brain must be active. When it comes to
367 greater spiritual growth, if one cannot visualize the spiritual
368 concepts through the right side of the brain, then spiritual growth
369 cannot be had. The heart is activated by the right side of the
370 brain; now when we say "heart" we are not referring to the organ,
371 but we are referring to what the heart represents as far as
372 emotions and feelings. When the right side of the brain and its
373 powers are released in the sense of healing and love, the physical
374 container then can become a very strong tool, a very powerful tool
375 for healing. Now, again, even though there is this process
376 involved, that it becomes nothing more in reality then than a
377 channel for the Divine Force to be active or released into the
378 material manifestation. Very well. Are there any questions?

379

380 ***: What are some ways that we could use to stimulate the right
381 side of the brain?

382

383 C: The simplest way to begin to stimulate the right side of the
384 brain is begin to think of peaceful things. Think of peaceful
385 and serene pictures. Begin to visualize beautiful things. Look
386 at photographs in the reverse position, especially those
387 photographs that are of a pleasant or beautiful nature, either of
388 scenery or religious figures, what have you; anything that is
389 uplifting; anything that is touching to the heart.

390

391 ***: You spoke of looking at them in a reverse position. Could
392 you please clarify?

393

394 C: Upside down.

395

396 ***: Why?

397

398 C: Well, study the activities of the eye connected to the brain,
399 and you will see that by doing this you create a certain confusion
400 to that nasty, nasty side that you must overcome. Now, we say
401 this, again, tongue in cheek.

402 ***: Kind of sneak it by the censors?

403

404 C: Well, you might say that.

405

406 ***: Can I ask a personal question?

407

408 C: Very well.

409

410 ***: Do the headaches that I used to have or still have on the
411 left side of my head have anything to do with all this stuff?

412

413 C: All what stuff?

414

415 ***: The left side versus the right side.

416

417 C: No.

418

419 ***: Just a headache, eh?

420

421 C: Well, we would not classify them as simply a headache, but you
422 will have a tendency towards these headaches because you are far, far,
423 far too high-strung. You worry a little bit more than what you
424 should. Learn to relax, and you will find that you will have less
425 of the headaches.

426

427 ***: Thank you.

428

429 C: Now, there are organic situations that are agitated by tension.
430 Do you understand, (***)?

431

432 ***: Yes.

433

434 C: Eliminate some of the tension, and you will find that there
435 will be less headaches.

436

437 ***: Thank you.

438

439 C: Now, if you wish to practice healing, exercise the right side
440 of the brain. That is the first step. Visualize things of great
441 beauty, and practice this so that you can hold a picture in your
442 mind. Now, to you this may not seem as though anything is
443 transpiring. Do not worry about your right side or your left side
444 of the brain. Simply visualize pictures of beauty, of peace, of
445 harmony. Start with simple things. If a particular flower holds
446 your fancy or if a particular shape holds your fancy, then start with
447 these, and the more you can bring that picture into your mind clearly
448 and sharply, the more active the right side of the brain is. Now,
449 as far as viewing a serene photograph or painting in the reverse
450 position, we would not suggest that this be done all the time,
451 because this has a tendency then to create a laziness beyond a certain
452 point in the activity of the brain. This can be used on occasion

453 and then only for short periods of time; hold the picture right
454 side up and then reverse it, and concentrate on the picture in the
455 reverse position. Do not just look at it in a general sense.
456 Look at it intently, then put the picture right side up, and do
457 this, say, three or four times, and then put the picture aside and
458 practice the visualization. When you get to the point that you can
459 hold a good picture for a period of time, then you have
460 strengthened the right side of the brain. You have pronounced its
461 activities or have made its activities pronounced. The key is
462 to keep that visualization for a period of time. Try to increase
463 the period of time. Do not become anxious and set goals that are
464 ridiculous, but increase that period of time, slowly. Now, when
465 you pray for a person, utilize that activity. When you pray for a
466 healing, utilize that activity. The physical properties that
467 transpire in the body by activating the right side of the brain
468 increases the body's ability to transmit the electrical impulses or
469 the electromagnetic fields in the body to assist as a triggering
470 device in the body of the person needing the healing. If you can
471 encourage the other individual to visualize some activity that can
472 be related to healing, this would help. Possibly, with some people
473 you may suggest that they visualize a washing flood of light
474 through them; or they may attempt to see the ailment begin to glow
475 and be surrounded by a bright light. Any form of activity such as
476 that that is dependent on the right side of the brain will allow
477 the spiritual forces to be activated or to flow more freely. Also,
478 what transpires during these activities is that a spiritual insight
479 also comes through. When one attempts a laying on of hands, one
480 should also place the hands on the head, after the one who is
481 laying on of hands has visualized or activated the right side of
482 the brain, allowing some of these fields of energy then to
483 stimulate the organ itself. Then, if one chooses, one may proceed
484 to lay hands on the ailing part.

485

486 ***: Is there any particular hand that should be used? Or should
487 both be used on opposite sides of the head?

488

489 C: Well, there is much spoken of as far as positive and negative
490 sides of the physical container, and these, in actuality, play
491 their part to some degree as far as the electrical fields of the
492 body itself, but this is nullified basically when it comes to
493 healing; so whatever is comfortable for the one who is laying on
494 the hands. If you feel more comfortable placing your right hand on
495 the ailment, then fine, do so. If you feel more comfortable
496 placing your left hand on the ailing portion, then do so. It is
497 really immaterial when it comes to healing, because what transpires
498 when a healing takes place is something that is beyond the fields
499 or the personal fields of the body; they are influenced by the
500 Divine Source. Do you understand?

501 ***: Yes.

502

503 C: There are some thoughts on healing where one must have a
504 negative charge to a positive side and vice versa. Well, it makes
505 for interesting reading, but this is not the case, in actuality,
506 because what transpires when the healing forces become present or
507 active is that they are neither positive nor negative. They are the
508 pure source of the energy and are utilized or transformed according
509 to the needs of the physical container. So, do not assume that you
510 may short-circuit some field or another. These are the mechanical
511 activities of the physical container that are utilized to bring
512 about an ailment but are overridden basically, or to simplify the
513 situation, they are overridden when a healing is to take place. So
514 one may say they are nullified or normalized, whichever term you care
515 to use.

516

517 ***: Thank you.

518

519 ***: In a previous communication I asked if there was any
520 significance to being left-handed, and the Council replied that
521 this would be something that should be brought up later. Would
522 this be a good time? Would this tie in with right brain and left

523 brain?

524

525 C: It certainly is tied in to the activities of the right and
526 left side of the brain.

527

528 ***: Would left handers tend to be better healers?

529

530 C: No. It is solely the activity of the right side of the brain
531 and its ability to override the left side, and by practicing the
532 visualization you learn to control the left side and overcome its
533 more direct activity. A left-handed individual is no better than a
534 right-handed individual. If you will review what we were
535 discussing at that time, you will come up with some specific
536 questions along that line that would be interesting to get the
537 answers to.

*Healing was discussed on 82-08-27, the 107th Trance.
The word “healing” was first found on page 1705, line 541.*

541 ***: I am not sure exactly how to state this. I have asked (***)
542 to see an individual to attempt a healing, and the individual has
543 expressed some doubt, probably because of his conservative
544 religious background, and I was wondering if there was anything
545 further that I should tell him? Or anything further that should be
546 given to him before (***) sees him?
547
548 C: Ask him if he knows one occasion where our Lord refused to heal
549 someone who asked to be healed. Do you understand?
550 ***: Thank you, yes.
551
552 C: We would advise that you use a little more tact than what we
553 have just done. If a person is ailing, the more you can build up
554 their confidence, the more apt they are to be receptive to the
555 healing powers. And, yet you can go in another direction. On a
556 conscious level, the less that some souls, that is, the less they
557 know about what is going on, the greater the opportunity for a
558 healing; so you must judge each situation by the conditions that
559 surround it. Are there any other questions?

Healing was discussed on 82-08-27, the 107th Trance.

The word “healing” was first found on page 1706, line 551.

561 ***: It is kind of related. In talking of health and healing and
562 so forth, the problem with a lot of people is it is just so hard to
563 lose weight, to try to take off some weight, it seems like a never-
564 ending job. Do you have any tips or any suggestions on some sort
565 of diet that is not all that difficult and is rather effective?

566

567 C: (***), (***), (***). The best diet is stop eating. No
568 sense of humor, (***)? There are some things for a healthier body,
569 there are some things that an individual can watch, that would work
570 with the natural processes of the physical. To give a specific
571 plan would be next to impossible because each system varies to
572 this degree or to that degree; but there are some general rules
573 that we can give that would help to reduce the weight of
574 individuals. The first thing that one must definitely resign
575 themselves to and that is to cut down on some of the intake that
576 they have, particularly food that is not what we would consider
577 clean food. These quick foods that are so popular today are not
578 conducive to controlling one's body weight or reducing it, so if
579 one would pick a sensible diet of vegetables and being careful of
580 what type of vegetable they eat; the elimination of such vegetables
581 or the reduction, let us put it that way, the reduction of
582 vegetables like corn and peas and increase in vegetables that are
583 not quite as high in the sugar or starch content. It would help
584 immensely eliminating meat that is overly greasy. Picking meat
585 that would have less grease in it or less fat. Now, take note, we are
586 not saying that you should eliminate meat, but, of course, as we
587 have said in the past that you people eat far too much meat. Get a

588 rounder balance of meats such as your beef, very little pork, if it
589 is desired, chicken or fowl of any sort, and, of course, fish.

590 Having three meals a day is very important. Now what causes most
591 people to gain weight other than eating poorly or choosing the
592 wrong foods is they seem to foul up their whole system so their
593 metabolism is not as efficient as it should be; and one or two of
594 the most important things that one should do when they want to lose
595 weight, now we are talking about losing weight slowly and sensibly,
596 they should first eliminate all caffeine, while attempting to lose
597 weight. Now, this is only during the time that they wish to lose
598 weight. The caffeine slows or retards the body furnace down or the
599 body's ability to burn the excess away. The other, shall we say, key
600 or helpful item would be to drink approximately 10 ounces or 8 ounces,
601 whichever suits you the best, of a citrus juice, one half-hour to 45
602 minutes before eating the meal. You may have either orange juice
603 or the grapefruit juice, but it would be a matter of trial and
604 error which would be the most productive in stabilizing or helping
605 the metabolism to become more effective or efficient. If you were
606 to eliminate the caffeine and have ten ounces of either grapefruit
607 or orange juice one half-hour to 45 minutes before your meal, you
608 would find that over a short period of time you will begin to lose
609 weight. If one must have caffeine in one form or another, it
610 should not be introduced into the system after the evening meal
611 providing the evening meal is early in the evening. One may, if
612 they choose, have beverages that have caffeine in them during the
613 day, if limited, but, of course, this will slow the weight loss
614 process down and in some cases may stop the loss of weight
615 altogether. Each system is different, so we suggest that if one
616 attempts such an effort, eliminate all caffeine, and then once the
617 weight loss has begun, one may introduce caffeine, if one feels one
618 must have it. Before each meal ten ounces of either grapefruit or
619 orange juice. Those who cannot drink that amount can settle
620 or at least attempt a minimum of 8 ounces. Now, the juice should
621 be diluted with a small amount with water. In a ten ounce glass of
622 grapefruit juice add approximately one ounce of water, then if one

623 wishes it chilled, ice cubes. In fact, we might advise that ice
624 cubes should always be added.

625

626 ***: That won't jar the stomach? That won't chill the system
627 unnecessarily?

628

629 C: Well, you are not to guzzle it down. Do you understand?

630

631 ***: Yes.

632

633 C: Drinking it normally will have no ill effect on the system.

634 The addition of water and the ice cubes cuts the possible ill
635 effects on the stomach down considerably. Now, there may be some
636 individuals that will be affected by the juices. In that case,
637 then, we suggest that they try to sweeten the stomach through one
638 means or another or eliminate the juice and the diet effort
639 altogether and try whatever means they wish. Do you understand?

640

641 ***: Yes.

642

643 C: Now, 45 minutes or a half-hour prior to each meal. After the
644 last meal of the day or the evening meal which should be fairly
645 early in the evening, then if any beverages are desired, it should
646 be the grapefruit or the orange juice. Again, ten ounces of
647 grapefruit juice with approximately one ounce of water and ice
648 cubes. The purpose of the water is to cut the acidity or the
649 strength of the juice down so it is easier on the stomach. The ice
650 cubes also gradually diluting also help to protect the stomach.
651 Now, the more of the juice you can drink the better off you will
652 be; particularly the grapefruit juice will have a tendency to work
653 very closely in activating the metabolism of the body in such a way
654 so it will burn the excess food or calories off in a slow, healthy,
655 wholesome way. Now, one should also add some fresh fruit to the
656 diet. If fresh fruit is not available, then preserved fruit
657 without sugar. We would suggest certain fruit you keep away

658 from because of the natural sugar in them may be higher than what
659 you need and also cut the weight loss down or slow it down. If one
660 feels that they want to cut down the amount of food that they take
661 in which is, of course, necessary but yet they do not seem to find
662 that filling sensation, we might suggest that one of the
663 vegetables that you would eat would be potatoes, of course, without
664 the trimmings. Potatoes, especially with the skins on are an extremely
665 healthy food, and you can even get by with a second one if it is
666 not too large.

667

668 ***: First of all, most of us would be drinking grapefruit juice
669 or orange juice that is frozen and concentrated. When you say add
670 an extra ounce of water would that be after the directions on the
671 can? When they say three to one, they say one can of juice
672 concentrate to three cans of water is the normal way to mix it.

673

674 C: If you are going to use that type of juice, then why not add a
675 good healthy half can extra of water.

676

677 ***: Are there any special benefits to apple juice?

678

679 C: Well, we would not recommend apple juice using this particular
680 method. Its sugar content is a little higher than what would be
681 best. With what we have suggested based on the grapefruit juice,
682 the juice itself in its construction has a tendency to normalize
683 the metabolism, now not in the sense that you may understand
684 normalizing, but in the sense that it makes or it helps the
685 metabolism to work more in needs with the body itself in the condition
686 that the body is presently in. Now, if you sit around all day doing
687 nothing and have gained a little too much weight, by taking the
688 grapefruit juice this will help to burn some of that excess calorie
689 up, but it will only help to a certain degree. You must cut down
690 some of your intake. Do you understand?

691

692 ***: Yes.

693

694 C: This does not mean that you have to starve yourself to death.

695

696 ***: That was my next question.

697

698 C: No. Most people eat the wrong foods, not that they eat too
699 much. That is the biggest problem. Now, if you were to adjust
700 your eating style or habits to better food, along with the
701 grapefruit juice, you would find that your weight would slowly go
702 down. You would eliminate or burn up fat and not meat or tissue or
703 you would not simply lose water, but you would actually burn up the
704 stored up fat. Do you understand?

705

706 ***: Yes.

707

708 C: Now, if you normally eat three sandwiches, try cutting it down
709 to two and a half or two. Do you see?

710

711 ***: Yes.

712

713 C: A little bit here and a little bit there adds up. Now, if you
714 are extremely overweight, then you might cut that down to one
715 sandwich. Do you understand?

716

717 ***: Yes.

718

719 C: So it is dependent on how much overweight you are, and at first
720 you will have to go through a process of trial and error. See where
721 your system burns, say, enough excess weight or calories so that
722 you are losing approximately a pound a week at the very most. Now,
723 orange juice does not always work with the system as effectively as
724 the grapefruit juice does. There are some individuals who can lose
725 weight by drinking grapefruit juice and by drinking orange juice.
726 There are some people who cannot lose weight by drinking orange juice
727 but must stick strictly to the grapefruit juice. We would advise that

728 you start first with the grapefruit juice.

729

730 ***: You mentioned the importance of eating three meals a day. I

731 have read in some books that these diet doctors think it is

732 important to eat five or six small meals a day than three larger

733 meals, but would it be better to have three?

734

735 C: That is the accepted standard. You can eat as many meals a

736 day as you choose really, as long as what you eat during the entire

737 day does not come to more than what the three separate meals would

738 total. Do you understand?

739

740 ***: Yes.

741

742 C: So if you are going to nibble all day long, then you are going

743 to have to portion out your food and then just nibble at it as your

744 heart desires; where if you sit down to a particular meal,

745 you can see what you are eating right then and there.

746

747 ***: Is breakfast all that important?

748 C: For some individuals, depending on their own metabolism,

749 breakfast is extremely important; other individuals function quite

750 well with no breakfast at all or very little. Some individuals

751 need the longer time between eatings, the fast, a longer fast, for

752 their body to rest or utilize its food.

753

754 ***: Could you mix a little bit of orange juice with the

755 grapefruit juice?

756

757 C: No, no, no.

758

759 ***: If you drink coffee that is decaffeinated, is that any good?

760

761 C: Well, you are only changing one item that is natural for

762 something that is not quite so natural. Do you understand?

763

764 ***: That means no.

765

766 C: No, we will not say no to that; we will not say no to that. If

767 your particular system functions better with a decaffeinated

768 coffee, then drink it, but you are really going to add something

769 else to the system that is not as natural or, let us say, not as

770 cooperative with the system as the caffeine would be.

771

772 ***: And what would that be?

773

774 C: Well, if you will check the process of eliminating caffeine from

775 coffee, you will find out what the danger is.

776

777 ***: They soak it in ether, but they try to take the ether back

778 out.

779

780 C: That is one process. There is a very strong caustic solution

781 used in some cases, and you do not know which process will be

782 used. There are a number of ways of eliminating the caffeine.

783 Some of the processes would be soaking the beans in a solvent.

784 Others would be using lye as an agent. So, these things are far less

785 compatible with the system than caffeine itself.

786

787 ***: But you wouldn't set your metabolism the wrong way though,

788 the decaffeinated coffee. Am I right or wrong in as far as this

789 diet is concerned?

790

791 C: Again, it would be wiser not to drink coffee whether it is

792 decaffeinated or not after the evening meal, and eliminate the

793 coffee to some degree anyway or the caffeine to some degree during

794 the rest of the day. Do you understand?

795

796 ***: Yes.

797 C: Coffee that has been decaffeinated has not had all the caffeine

798 taken out of it. The percentage that is left varies according to
799 the bean and the process used and how carefully the process was
800 applied. Do you understand?

801

802 ***: Yes.

803

804 C: It would be simpler on the system, that if you do find it
805 necessary to have caffeine whether it is in coffee or in your pops
806 or colas, then limit it as much as you can, and after the evening
807 meal have none whatsoever. Substitute your thirst for that
808 with the grapefruit juice.

809

810 ***: For breakfast, fried eggs or eggs of any kind, is that a good
811 food? Or can you overdo? They have come under attack for having
812 too much cholesterol.

813

814 C: Well, your doctors tell you one thing one time and another doctor
815 will tell you something else another time. Again, if you feel that
816 eggs are bad for you or contain too much cholesterol, then by all
817 means stop eating them or reduce the amount of eggs that you do
818 eat. If you feel as though you are not going to have a problem
819 then eat as you will. The silliness in all of it is that your
820 system is going to develop or manufacture cholesterol whether you
821 take it in or not.

822

823 ***: Then the truth is they really don't have a whole lot of
824 bearing on your cholesterol level?

825

826 C: Anything in excess can be harmful. That is the first rule in all
827 things. There are some physical containers that are more prone to
828 cholesterol problems; those then should restrict their cholesterol
829 intake. Do you understand?

830

831 ***: Yes.

832

833 C: Since you cannot decide on your own whether you are prone to
834 cholesterol problems, then it would be wise if the doctor suggests
835 to curtail some of the cholesterol intake. Now, if the doctor
836 is on his toes, he will constantly check the cholesterol level, and
837 you can find your own level or your own ability to handle the
838 cholesterol intake by watching how much you do take in during those
839 periods of checking. Do you understand?

840

841 ***: Yes.

842

843 C: If the doctor says eat one egg a day and you eat two and your
844 cholesterol level goes up, then you know you are eating too
845 much. If you eat one egg and a half a day and you are checked and
846 your cholesterol level has not gone up, then you are getting into
847 the safe zone. Do you see?

848

849 ***: Yes.

850

851 C: You must work with the physician.

852

853 ***: Then implicit in this is that high cholesterol is bad for
854 you, is it?

855

856 C: For some it is, yes; for others, there is no problem. There
857 are some people who eliminate all cholesterol and still have a high
858 cholesterol level because their body manufactures the cholesterol,
859 so what is your answer there, what is the point? Do you see?

860

861 ***: The point is that if you really can't make any difference,
862 then eat all the eggs you like?

863

864 C: You can make a difference or some people can. Do you
865 understand?

866

867 ***: But it is so complicated.

868

869 C: Working with the doctor, working with your physician, you will
870 find a level where you can enjoy what you crave to a degree. Do
871 you understand?

872

873 ***: Yes, I know, but at \$50 an exam, it really becomes kind of
874 pointless.

875

876 C: Well, some things can be very expensive, and an egg or a piece
877 of ham or what have you can run into more money than the price per
878 dozen or price per pound in the long run; but there again if that is
879 something you wish, then you must pay the price for it.

880

881 ***: I guess we should be grateful to modern science. I sometimes
882 envy the caveman who ate whatever he could find.

883

884 C: Well, there are times when we are not too happy with physicians,
885 but then there are times that they do the best they can.

886

887 ***: I often have thought it would be wise to find a fat physician
888 who smokes and have him check you. No sense of humor?

889

890 C: You may find yourselves arranging for funerals on the same day.

891

892 ***: Thank you.

893

894 C: You are most welcome.