

SOLAR

The Newsletter of the SOL Association for Research

Spring 2008

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Comments on Spirituality

William Allen LePar



Count your life not in years or months, *but in moments*

Life, is it reality or is it a concept? If I were to ask you what does life mean to you, what would your answer be? Most people would say, well, life is living, and if I were to ask you what is living, you would say, everything that makes me happy and many years of it. Most of us look at life in terms of time. Will I live to be 60, will I live to be 65, will I live to be 75 or 85 or 105? What if we were to live to be 105, would that alone make us happy? Would that alone make our life of value? No. If I were to ask you what would make that life of value to you, in most cases, a person would answer, happiness.

So we get down to the root core of life, happiness. Well, if I were to ask someone what happiness is, I would get their version of happiness, and if I were to ask a thousand other people, I would get a thousand different versions. Real happiness, the kind that is permanent, the kind that is justly ours, is the happiness we achieve at the end of our experience of life. What makes life valuable? What makes

life important? You or I, what makes living our life of value to the world at large, to our family, even to ourselves? More than likely the first answer to that would be happiness, but then we would have to look at what really brings happiness.

The true happiness, the real happiness, the happiness that never leaves us, we achieve only through the kindness that we show each other in life.

Every time we do some little thing for a member of our family or a friend or a co-worker, in some measure, brings us happiness. Whenever we have the opportunity to care for a person, it gives that person we are caring for a sense of security, a sense of self-worth or value, and in that we achieve a degree of happiness. We have added a measure of joy to another person's life.

The example I have used many times is that telephone call to someone who is sick at home, see how they are, see if they need anything, let them know that you are thinking about them, so they have a feeling of self-worth, someone is thinking about me. It will give them a sense of comfort. It may be the very thing that gives them a greater desire to overcome whatever ailment they may have. There is always the elderly person whose children have moved away, and they

continued on next page

are basically by themselves, they cannot get around as well as they used to. What about a knock on the door saying, I am going to the grocery store, do you need anything, can I pick you up anything, or would you like to go with me to do your shopping? All these things we know about. All these things we have heard a thousand and one times, but we never stop to think how important those things may be to the person who is on the receiving end. Someday, we are all going to be old, and someday we may need a neighbor to ask us if we need something from the store or would we like to go grocery shopping with them. These things may mean something very important to the person who is on the receiving end.

I have used the example in some of my lectures of greeting a person as you are passing them at work. You may not know them, but just a simple smile and good morning, as you are passing by. You have no idea how that may affect that person. Suppose that person is extremely depressed and thinking of suicide because they feel no one knows they are alive and no one cares whether they exist or not, but you take the time, the effort, for

a simple hello and a smile. That may be the very thing to get that person to think someone does notice me, and with that thought the person does not commit suicide. Just a small act of being pleasant could put us at the center of a potential miracle. Even though we may not know we were in such a position, we still gain the credit for the deed and a significant value to our life.

Kindness is a gift we have to give to others, and in return we are given joy, we are given happiness. It makes our existence a valuable existence. We are not just living. We are bringing life into life, and in that sense we act as an ambassador of God.

Count your life, not in years or months, but in moments. How does that apply to what I have just said. Think about it for a moment. A moment, what is a moment, how long is a moment? A moment is a period of time. It doesn't mean it is a second long or a minute long or an hour long. It is a time of experience, and in this context what it is basically saying is if you are to truly enjoy a fulfilled life, a life of happiness, a life of joy, a life of quality, a life of accomplishment, we must live it moment by moment, and each moment, hopefully, will be

a moment in which we have given of ourselves to someone else. We have put someone else before ourselves. The end result for us is a life of great achievement and a definite stairway to eternal happiness. Live your life, moment by moment, filled with kindness, with compassion, with caring, and with love. In so doing we will have lived a life of value and accomplishment. We will have contributed to the well-being of mankind.

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SOLAR is published quarterly by SOL, a non-profit and tax-exempt organization dedicated to research and education on spiritual and metaphysical topics. We encourage you to share your comments and insights with us. All articles are based on the insights and guidance provided by The Council through William Allen LePar.

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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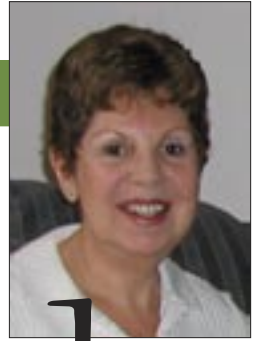
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Happiness is an Attitude

For many people, happiness is merely a fleeting illusion. But does it have to be? How we approach life, our attitudes, our joy, our inner peace—much of this is learned behavior. These are habits we have formed over the years. A mind is just like a computer. The way we program it is how it's going to function. If we have spent years worrying or getting upset when things don't go our way, focusing on what's wrong, then these negative patterns are going to prevent us from enjoying our lives. Many of the habits we have today we learned from our parents or from the people who were around us when we were young. Studies show that negative parents are going to raise negative children. If your parents focused on what was wrong, there is a good chance you may develop these same negative attitudes. My parents were world-class worriers causing me to struggle with this negative approach to life. Perhaps it's because they lived during the Depression/War era or maybe it was the way they were raised. But these are habits and attitudes that can be changed. We can re-program our minds just like we can re-program our computers. It's not easy and it takes constant vigilance. But we can and must rid ourselves of a negative mentality and develop a habit of happiness. Happiness does not depend on our circumstances, it depends on our will. It's a choice we make. I know people who live with very difficult circumstances, but they rise above them and continue to smile and be pleasant. We should try to surround ourselves with these positive, energetic people. Yet others in similar situations are down, depressed, and discouraged. What's the difference? It's all in how they trained their mind. One person has developed this habit of happiness and in spite of their circumstances, they're hopeful and believing for the best. The other person has trained his mind to see the negative. They're worried and frustrated most of the time.

If we're going to develop the habit of happiness, we should learn to be grateful for what we have instead of complaining about what we don't have. We have to stay

on the positive side of life. To quote the lyrics from an old song, "You've got to accentuate the positive, eliminate the negative, latch on to the affirmative and don't mess with mister in between." God created all of us to be happy, to be at peace, to be content and to enjoy life. If we're not experiencing these things, we should examine ourselves to find out what's stealing our joy and what's causing us to worry. Identify what it is, take inventory, and then take it one step farther and start re-training our minds. We must not go on for the rest of our lives getting upset over these exact same issues.

We don't have to allow our circumstances to steal our happiness. We need to re-program our minds and rid ourselves of these negative mind-sets. Sometimes we can make a small change in our attitude, and it will make a huge difference in our life. Most of us are operating because of conditioned responses. We automatically react to the same situations in the same manner over and over. I'll give you a personal example. At one time we lived close to an airport, and every time a plane flew over our house while we were sleeping, it would awaken us. This is a conditioned response. But after a while we didn't even notice them. We had trained our minds to ignore them.

Our mind can be compared to a computer. The computer takes every bit of data and gives it either a positive electrical impulse or a negative electrical impulse. We can delete, delete, delete anything negative we want to rid our minds of much like a computer. What you put in is going to be what you're going to give out. If you're constantly feeding it negatives, then that's what you'll be putting out. Only it's much easier to delete something from a computer than it is from our mind. It takes practice. Every time something negative crops up, you have to replace it immediately with something positive. After a while, it should become easier to eliminate the negative and develop a habit of happiness.



This being the first edition of the SOLAR Newsletter for 2008, it is a good time to begin a review of The Council's history of us.

This is not a simple task. While we only have one topic, us, we are a multi-faceted topic, and each facet could entail the creation of a Britannica-like set of volumes. The Council once said that each of us is a universe. If you can, try to imagine all the books already written on aspects of the one universe we share in common! And this universe is merely an illusion.

Fortunately, we do share this illusion of a universe, and, even more importantly, we share this single orb that is our habitat, earth.

For those of you who have purchased the newest book from SOLAR Press, Who Put the Horn on the Unicorn?, you will find this series of articles enhances the portions of the book which deal with our subject. Of course, the entire book deals with the subject, humanity. But in this series we will be focusing on specific areas relating to the progression of humanity from our inception. I was blessed with the opportunity to write the book for the SOL Association for Research, but it was an arduous task to keep the final publication to less than 500 pages. If The Council transcripts were a gold mine, we have barely scratched the surface of understanding this treasure, and I could have easily pumped out a thousand pages. In fact, the original idea I had for the subtitle of the book was Mining the Paranormal Mother Lode. When I decided on the final subtitle, From Angels to Aliens (and Unicorns), Man's Greatest Questions Answered, I seriously considered this addition: No Kidding! By the way, I have an incurable habit of trying to be funny now and then, so your patience will be appreciated.

I will approach each article of the series by trying to answer the six basic questions reporters must answer to have a complete story: who, what, when, where, why and how. The real joy comes with expanding on the answer, offering some perspectives that could help others better appreciate The Council's unparalleled revelations. So, here we go.

The History of Us

part I

Family Lineage

Alright, so it's impossible to achieve my goal of answering the "Five W's and an H" with this one. It may be no problem with saying we are creations of the Divine Source, which is the "who" and "what," but just about everything else has been beyond the grasp of better minds than mine since, well, the beginning—whenever that was. Remember, however, I said "just about."

On second thought, it IS a problem to simply say something like "God created

man" for those all-important first two W's. For one thing, not everybody believes in a God. (If any of you atheist types are actually reading this, don't stop because you don't accept the first premise. Keep going, at least for the occasional jokes.) For another thing, there are others who, for a variety of reasons and in a variety of ways, are sincerely searching. Man cannot, through his science or his intellect, prove the existence of a Divine Creator. There will always be that mist

over that last step, leaving us to wonder if firm and final footing will be there. That, The Council said, is so that we can develop the indispensable helpmate for growth—faith.

In this ever-darkening world there is certainly reason to question, to doubt, to wonder if anyone is out there who loves us and watches over us. And it has been that way for a long time. The Council:

"...the whole material existence has gone so far from the understanding of God and is even going further second by second that it was impossible for any (of us) to return... So now you have entrapped yourself in a situation of either accepting or not accepting. You have forced yourself into

a position where man can do nothing but hope that he is believing right. Thus he must instigate his godly powers without him even knowing it, in faith..."

Our origin as physical beings, working on good old mother earth, is much more distant than that point to which The Council just referred, when it became impossible for us to return to our Creator. And The Council never put a date on the time when our lives as physical beings in the material world began. Why? "Because," The Council said, "it goes beyond, you see, years that are even recordable, that are even recordable."

In case this point is not clear: There is a difference between us as physi-

cal beings and us as beings or entities who were NOT physical but alive and unique and totally in union with our Creator. This adds another stumbling block to the answering of “when.” The Creator did not bring us into being as physical entities, regardless of what mankind thinks Genesis says about dust and ribs and the Garden of Eden. First, we were created by and existed with the Divine. Since there is really no such thing as time, it is even more foolish to wonder when that very first moment of creation happened than it is to wonder when man first stepped onto the physical earth with, well, a foot.

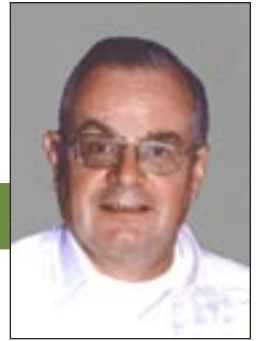
So, to this point my effort to answer the “Five W’s and an H” about the very beginning of us has been a little shaky. The “who” (God) did “what” (created man). The “when” is impossible to determine—either of them. As for “where,” well, that could be anywhere from Heaven to the Garden to Ypsilanti, Michigan, I suppose. But since I’m from Ohio, I cannot imagine why God would make anything in Michigan.

That leaves me with one more W (why) and the H (how). It may seem strange, but those are easier to answer, using The Council’s revelations, than either the “where” or the “when.” Speaking of “when,” I’m afraid it is cliffhanger time, folks. I’ll explain The Council’s insights into how and why when the next issue of the SOLAR Newsletter is published!

Biblical Speed Bumps

Points to Ponder

Dr. James R. Ridzon



If one reads the Good Book with any regularity, it isn’t long before one runs into what I like to call “Biblical Speed Bumps.” I refer to those peculiar passages that cause us to reread a couple of times to try to understand what is being stated. One that shakes me to the core and about which I have never received an adequate explanation is in Matthew 27:46:

And about the ninth hour Jesus cried with a loud voice, saying, *Eli, Eli, lama sabachthani?* that is to say, My God, my God, why hast thou forsaken me?

This just does not sound like something Jesus would say. It does not fit. I did have a good nun in school state that it displayed the human side of Jesus, but that only showed me that she didn’t feel quite right about it either. It is for me a Biblical Speed Bump and it slows me down. But that is another story. The Biblical Speed Bump I want to discuss here is that equally puzzling passage in John 14:6-7:

I am the Way, and the Truth, and the Life. No one comes to the Father except through Me.

Now I have a problem. I believe in an All Loving, All Just, All Compassionate, All Merciful God, but at the same time I know that most of the past and present inhabitants of planet Earth have never heard of Jesus Christ or if they have heard of Him, know very little about Him. Oh sure, the western world is mainly Christian but how about China, India, Arabia, New Guinea, Borneo and all those remote and unknown places on Earth where the inhabitants run around naked with spears and blow guns? Jesus Christ does not figure into their life plans at all. So how does one square the idea of an All Merciful God condemning most of humanity because they do not know Jesus? It gives me a headache.

To my way of thinking, this Biblical passage causes more separation than unity. We have the Fundamentalists who tell us that only those who accept Christ as their Personal Savior can be saved. Scratch 95% of humanity. That is not the kind of action I expect from my God. Even more extreme, The Catholic Church had its Father Leonard Feeney (1897-1978), an American Jesuit priest who defended a strict interpretation of the Catholic doctrine *extra ecclesiam nulla salus*, or “outside the church there is no salvation,” arguing that all non-Catholics therefore go to Hell. (He was officially excommunicated in 1953 by Pope Pius XII for his heresy.) So now not only non-Christians are condemned but of the Christians all the non-Catholics are condemned as well. This can’t be right. A true God could not institute a rigged game like that. All the same the scripture clearly states, “No one comes to the Father except through Me.”

Then it hit me the other day as I was crossing the bridge over the Erie Canal. I don’t know who built that bridge, but I was able to cross it none the less. Knowledge of the bridge builder is not required to cross.

Perhaps it is the same idea at work here. Christ built the bridge to the Father, and so we can come to The Father through Christ even if we have no idea of who Christ is. Until someone can give me a better resolution to my dilemma, I am going to stick with this concept. I just cannot subscribe to the idea of a God Who creates Mankind and then rigs the game so most souls are lost.

David Ries



Talking to Myself Part 1

While working on Trance material from The Council, I came across a particular piece of information that gave me pause. This is not unusual with their words, but this insight caused me to think more deeply about how it could be applied to my own life and difficulties that we all face from time to time.

All of us are presented with decisions and temptations every day. If we look closely, we could find that we deal with these almost moment by moment. When I am reading a book, listening to music or watching something on TV, relaxing, I am mostly free from decision making but not necessarily free of temptations. However, temptations often lead to decisions. I find that decisions and temptations have a tremendous range of importance and variety. Some may be very minor or at least seem that way initially, but if I look deeper, I realize that some of these can set the tone for future choices or temptations. Let me give you an example of how that happened to me.

I am watching TV, a baseball game with my secret love, the Cleveland Indians. During an innocent watching of the game, I see a commercial for a new car. Now, the thought of buying a new car, having car payments and increased insurance costs is the last thing that I want or need. But I really don't think so much about that.

I am fascinated by the sleek lines and new features, the toys that it offers. Nothing happens. I do not act on my interest, but a seed, a thought, has been placed in my memory.

Two weeks later I am at my car dealer to get an oil change for my ten-year-old car. Since this will take less than an hour, I decide to wait. Bored, I pick up a brochure on the latest models. Guess what is prominently displayed on the cover? My latest love, that sleek machine with all the toys! Of course the dealer just happens to have one in the showroom. Man, does it look nice, all spruced up and with a few dealer-installed extras like chrome wheels and a highly polished wooden steering wheel of Birdseye maple. Now isn't that enough to get anyone going? I am so tempted that I go and get more information, have a little fun and find out what my dream car would really cost. No intention to buy of course, not I, who am always so practical and logical! But I am tempted! And because I have played with the thought of owning this beauty, I am

sorely tempted. But it isn't logical, I don't need this car. My current one works just fine. Yes, it is ten years old and does not have that cute Birdseye maple accent, but it gets me where I need to go with ease and reliability.

How do I overcome the temptation that I have built up for myself? It all started so innocently, a TV commercial, a brochure and seeing the object of my affection in the perfect setting. So I have set myself up with a challenge. The desire based on the ego drives me. It drives me to be something that I really do not desire to be. I prefer to be practical, logical and frugal. Most importantly, I do not want to place myself in a stressful situation by taking on unnecessary debt. This is so tempting, though!

So, I have a battle with the emotions. This desire, these emotions need

The desire based on the ego drives me. It drives me to be something that I really do not desire to be.

to be quieted if I am to return to the state of mind that I desire. I find that I am a person who goes to extremes whether it is work or interests. Therefore it is my desire to find a way to control those emotions, to discipline myself so that I do what I REALLY want to do. Here is the rub. If I go to the car dealer and purchase that sleek new car with the Birdseye maple goodies, I will be happy for about a month. Then the first car payment arrives and shortly thereafter the new insurance payment. Now I am saying to myself, "Why did you do this? This isn't what you want or need. I wish that I had never seen that TV commercial."

The essence of the matter is this: How does one control these desires? We all have them because we are unique and our past has given each of us different priorities and desires. The area of weakness for each of us will be different, and the set of circumstances that create desires and temptations will be different. The series of triggering mechanisms will be somewhat different for each of us. The question is this: Is there a common solution for all of us when we find ourselves moved by forces that we do not seem to be able to control?

This question brings me back to the information from The Council that attracted my attention.

Council: Self-evaluation, self-analysis, and we are not talking about the trollop garbage that you have in your society today about analysis, we are talking about examining one's self truthfully. No one knows your motivations better than you do. It is just a question of how honest you want to be with yourself. If you can look at something that you have done wrong,

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if you have the emotion of feeling uncomfortable with your act or sorry for your act, you are in the ballpark, you are playing the game. Now, go for the win. Analyze the situation honestly and accept the responsibility of what you did. You know why you do certain things. It is no secret to you. It may be a secret to others, to the outside world, but it is no secret to you. It is a question of when you are honest with yourself, are you going to do something about or are you going to just tuck it away and not deal with it. Talk to yourself about your weaknesses. Talk to yourself about your dishonesties. Ask yourself questions because when you consciously do that the soul, the higher self, the godly aspects of you will attempt to answer those questions because the conscious mind is striving for a better way of living. It is being prompted by the soul self, the higher self. It is sensing those prompts, and it is questioning, why, why. Give it the answers. Give it the answers, and it will work for you more readily, more often than not.

The conscious mind is much like a child. When a child asks a parent a question, the parent should answer that child. Give the child an honest answer for its appropriate age. The conscious mind is much like the child. If you are capable of realizing that you are un-

comfortable with something that you have done because it has hurt someone, you are ready for the win. You are two steps away from the finishing line. Let the conscious mind ask questions of itself. The conscious mind will begin to analyze itself. If you say to yourself, "Why did I do this?" Don't expect to hear a voice from outside of you say, "Well, you did this because of this." Expect to hear that same voice that asked the question answer it. It is because that voice has received an impulse, a nudge, from its maker, from its creator, the higher self.

Pulling yourself above a situation and looking at it from a distance or as an overview can be quite helpful. Admittedly, it may take a little practice at first. You are in the middle of, let's say, a heated debate. It will take a little practice to stop and say to yourself, "Wait a minute, what's really going on here?" Don't worry about your feelings about the situation or the other person's feelings about the situation. Stop and ask yourself what is going on, where do I really stand in this? For some people it will come very easy, others it will take a little practice. But once you learn that, once you are able to do it, it becomes extremely easy and then it becomes the normal response to a questionable situation. It is something that you just do automatically because the soul has trained the conscious mind and the emotions to do that, suspend the activity, stop a moment, and take a good look at what is going on. See what the situation really is and then work with the situation and you can do nothing but win, if you do that. It may not be the way you choose to win, but nevertheless you will win and that is what is important, getting on the other side of the line. That's winning. (189th Trance)

CALENDAR

March 1, 2008. Spiritual Dialogues at 7:30 at St. Paul's Episcopal Church,
425 Cleveland Ave. SW, Canton, Ohio

April 5, 2008. Spiritual Dialogues.

May 3, 2008. Spiritual Dialogues.

June 7, 2008. Spiritual Dialogues.

July 5, 2008. Spiritual Dialogues.

August 2, 2008. Spiritual Dialogues.

September 6, 2008. Spiritual Dialogues.

October 11, 2008. Universal Being Conference

November 1, 2008. Spiritual Dialogues.

December 6, 2008. Spiritual Dialogues.

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