

Hypnosis

Part 2

(SAMPLE FILE)

Trance Library File No. 23-164

*[Although William LePar has passed away, he gave these suggestions on how to gain the most insights from these Library Files.]*

## 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,

William Allen LePar

## 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 were the rarest paranormal experiences known to modern man. The only example of a similar phenomenon ended with the death of [Edgar Cayce](#) in 1944. The Council's unparalleled revelations, through Mr. LePar's trances, have been made available to the public through the SOL Association for Research. His time and efforts were 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 who did not have the opportunity to participate have a better understanding of the phenomenon. On the day of a Trance, Mr. LePar remained in a peaceful environment. He consumed little food and The Council recommended his diet include red shellfish. He engaged in considerable prayer and meditation throughout the day.

Those who participated in a Trance, to question The Council, gathered about a half hour before the session for socializing. Nancy LePar, his wife, was always the last to leave her husband before a Trance began. She sat with him in a separate room as he quieted himself with prayer and meditation. When she entered the room in which the trance was to be conducted, all talking and noise ceased. Soon he entered, silent and already in an altered state. With everyone seated and quiet, he entered, removed his slippers and positioned himself on the floor.

He wore, as instructed by The Council, loose clothing of all natural fabric. Also, Mr. LePar wore no metal other than a wedding ring and cross. As he rested his head and bare feet on pillows, he maneuvered his body into alignment with magnetic north. Those participating, following instructions from The Council, were to place themselves in a quiet, prayerful state until this remarkable source began to speak. There were two distinct time periods in the linking of LePar's spiritual vibrations with those of The Council. The first period concluded with LePar's extremely deep and rapid breathing, a form of [hyperventilation](#). His hands, folded across the abdomen, quivered; his left leg stiffened and his left foot extended. Then, suddenly, silence. It seemed almost as if he had stopped breathing. Finally, The Council would begin to speak -- slowly at first, repeating the name of the Trance moderator, until the link with the physical world was ready. It usually took about thirty minutes from the time Mr. LePar lay down until The Council spoke. But on some occasions, for a variety of reasons, it could be as long as forty-five minutes.

Once The Council began to communicate, a Trance usually lasted between ninety minutes and two hours. The Council was offered the opportunity to give the gathering an opening statement, which was always a segment of information useful for universal spiritual growth. Then, the trances followed 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 were so many follow-up questions that only the first question asked would be from the list of written questions.

Afterwards, when Mr. LePar awakened, he remembered nothing. His memory was blank from the time his wife left him before each session until he awakened at the conclusion of the Trance. He was always physically drained, cold and disoriented. He would be 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 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 SENT BY U.S. MAIL OR EMAIL

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## DISCLAIMER

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

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

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

## EXPLANATION OF TRANCE LIBRARY FILE FORMAT

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

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

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

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

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

386<sup>(8)</sup>

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

390

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

### NOTES

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

*Hypnosis was discussed on 85-11-15, the 134th Trance.*

*The word “hypnotic” was first found on page 2185, line 156.*

Editor’s note: This is a detailed explanation of the activities of the various levels of the mind concerning the activity of healing. See the Trance lending library *The Mind Part 1* and *The Mind Part 2* for more information or the book *Return to Eden; The Universal Being Lectures of William LePar*.

147 \*\*\*: All right. Back to the messages. You said they were  
148 possible, I do not know how to proceed now that you said it is  
149 possible.  
150  
151 C: It has been done, but it is not simply reversing the words or  
152 recording them normally and then reversing the tape. There is more  
153 involved than that. First of all, the structure of the music  
154 itself. It should be obvious to each of you, it should be very  
155 obvious to each of you that the music today when it is played to  
156 your children and to the young people sets up almost a hypnotic  
157 state and their minds become very susceptible to what is being  
158 said. It goes directly to the subconscious. So, all these vile  
159 words and suggestions go right to the heart of the individual or to  
160 the Subconscious Level of the individual. That is why we have said  
161 in the past that your present music is completely unacceptable.  
162 The constant drumming or constant screeching or whatever you wish  
163 to call it sets up a hypnotic state within the individual and then  
164 those words become buried into the Subconscious Mind. The  
165 overdubbing of reversed words or Satanic phrases only adds to the  
166 situation, but the real villain is what can be totally understood



167 without using such dubbing techniques. Do you understand?

168

169 \*\*\*: Yes.

170

171 C: We would advise you to be more fearful of the actual words to  
172 the music than what may be dubbed over or what have you. Whether  
173 you realize it or not, the Subconscious and the Subjective Mind can  
174 very easily understand a word spoken in reverse. It knows  
175 immediately what the word is; it will recognize the word  
176 immediately.

177

178 \*\*\*: I guess I just cannot believe that someone would  
179 intentionally do that.

180

181 C: Well, have you ever heard of a smokescreen?

182

183 \*\*\*: Yes.

184

185 C: Might you consider that such attention drawn to something like  
186 that might be a smokescreen for the real danger?

187

188 \*\*\*: The real danger being ...?

189 C: The actual words to the music. You see, raise a big fury about  
190 something like that, but do not do anything about the vulgarity,  
191 the out and out vulgarity. Do you see?

192

193 \*\*\*: Yes.

194

195 C: Now, you place pictures to music, that is just a  
196 double-barreled shotgun of spiritual insanity, because not only  
197 does the music drum almost a hypnotic state into an individual, the  
198 words are impressed in the Conscious and Subconscious Mind, plus  
199 the visual stimulation, you are getting it with both barrels, a  
200 little reverse dubbing means absolutely nothing.

*Hypnosis was discussed on 86-05-30, the 139th Trance.*

*The word "hypnosis" was first found on page 2244, line 146.*

145 \*\*\*: My question is in regard to teaching or using sleep-talk with  
146 our children. Is it harmful since it is a form of hypnosis without  
147 being hypnotized and you are suggesting to your children in an  
148 altered state, an alpha state? Is that a harmful thing to do?

149

150 C: It could be but, as a general rule, no. If a parent will talk  
151 to their children while they are going to sleep, we would hope that  
152 the parents would be responsible and godly parents. They can  
153 educate their children not only intellectually but spiritually in  
154 that state. In the information that we gave as far as the workings  
155 of the consciousness, you have, what we might loosely term, a  
156 direct line to the Subconscious, which is the area that either  
157 unlocks the potentials or activities of the Objective Mind  
158 which is the direct connection with the soul, or it can merge  
159 information or input with all the other input that is going on in  
160 an individual's experiences or waking hours or a lifetime. Your  
161 term "sleep-talk" we find that it is not objectionable; it is  
162 beneficial; and it can be, how shall we put it without promising  
163 the moon and the stars and not being able to deliver, it can be  
164 almost a shortcut to instructing children. We would suggest, in  
165 fact as we have before, that parents take the time to do this. In  
166 fact, you do not have to wait until your children are born, but if  
167 the mother who is carrying the child and the father, if they were  
168 to talk to the child as it is in the womb, you will have that much

169 of a headstart on instructing your children. Does that answer the  
170 question?

171

172 \*\*\*: Yes, thank you.

173

174 C: Now, just remember, as you can feed your children wholesome,

175 healthy food, you can also feed them food that is not as wholesome.

176 So, if you are going to use this type of instruction or method,

177 make sure that what you are teaching your children is of the

178 highest quality and has the greatest spiritual purity that you can

179 give them. Very well.