

Karma
Sample Files
Part 3

Trance Library File No. 20-153

[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 laid down until The Council spoke. But on some occasions, for a variety of reasons, it could be as long as 45 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 will 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

1. PLEASE DO NOT RETAIN THESE LIBRARY FILES.
2. THIS MATERIAL IS COPYRIGHTED. KEEPING A COPY IS PROHIBITED.
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DISCLAIMER

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

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

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

EXPLANATION OF TRANCE LIBRARY FILE FORMAT

Reincarnation⁽¹⁾

page 31⁽²⁾

Selection # 16⁽³⁾

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

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

386⁽⁸⁾

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

390

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

NOTES

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

Selection # 9

karma was discussed on 89-12-02, the 175th Trance.

The word "karma" was first found on page 2888, line 292.d

236 ***: I don't know how to ask this question, but there is a new
237 practice now where people can go in life regression and find out
238 who or what they were in a previous lifetime. What do you have to
239 say about this practice?

240

241 C: Such activities are really based on the feeding of the ego.
242 What good or what service does it perform for you in this
243 particular lifetime? You are an accumulation of all other
244 lifetimes, and regardless of what you may discover, it still
245 remains that you must do what you must do to correct those faults
246 in this lifetime. There may be, on rare occasions, and again we
247 say there may be on rare occasions where you may be hindered or
248 bothered on a conscious level and this, of course, again will deal
249 strongly with the ego, where you have a problem and you would like
250 to know if there is a root cause to the problem. In some
251 situations you may discover that something happened to you in a
252 past life that has caused this problem that you have now or this
253 inability that you have now. Does it help you to gain better
254 control of the situation? Or does it give you an excuse not to
255 take control of that particular problem or situation?

256 At a particular point in time, when we were addressing the
257 overall life plans of individuals, a number of times we went to
258 previous experiences or past lives to point out to the individual
259 certain things that existed in their present life, but we certainly
260 did not point out anything that would add to the ego or the
261 destructive factor of the individual's character. Instead, we
262 picked out those particular episodes that pointed out a weakness in
263 the individual that had to be taken care of yet also showing that
264 that individual had the tools or the means to correct that
265 situation. In some cases, we gave particular episodes or
266 experiences in life where we showed the karmic debt, but we did not
267 use past lives to inflate the ego. Were those episodes necessary
268 for us to use? Not really, not really. We could have said just as
269 much without using the episodes of past lives, but we did so
270 because for that particular individual that was all the further

271 evolved they were. They needed to be addressed in terms of past
272 lives. Let us hope that all of you have grown beyond that
273 particular attitude or level of consciousness.

274 Past lives are just that, they are in the past. And whatever
275 you have to work on karmically will face you here and now in this
276 lifetime. And to regress yourself emotionally, intellectually, and
277 spiritually to delve into past lives is doing yourself an
278 injustice, an injustice. Why do you want to add excess baggage to
279 your burdens? Why do you want to discover the real reason you are
280 here, when it will do nothing but cause you more sorrow and pain in
281 the sense of guilt? You do not need guilt. Those past lives that
282 address what wonderful people you were and what positions, grand
283 positions, you held in life, remember this: There were more
284 peasants and nobodies and workers than there were people of
285 position. So, does that answer the question sufficiently?

286

287 ***: It just seems to me though that when they do regress, to say
288 you were a man who was drinking in a previous lifetime, this time
289 you are the wife of the man who was drinking. Just like the child
290 now who is being abused may have been an adult who was doing the
291 abusing in a previous lifetime. If this is the case and we are all
292 working toward bettering our karma, would that help the people to
293 understand better why they are doing it?

294

295 C: The key or the answer to your very question is the one word
296 that you used, "may have been." Can you prove past lives? And, if
297 that were the case, suppose the abuser in a previous life is now a
298 child being abused, does that help the situation? Not really. Why
299 should a child who is being abused be acceptant of such a
300 horrendous situation? And that is the very thing an experience or
301 going to someone who may claim to be able to read past lives or may
302 claim to regress you to past lives, that may be the very bit of
303 information that is inaccurate that will allow you to accept that
304 abuse, thus accepting the position of victim.

305 You see, there are many, many things dealing with the
306 psychological make-up of yourselves and everyone that can be too
307 easily damaged or distorted to chance such frivolous activities as
308 regressions. By coming to an awareness that you were an abuser in
309 a previous lifetime will 99 percent of the time make the person who
310 is being abused acceptant, thus accepting the position of victim,
311 thus accepting the position of being of the attitude that they
312 deserved that kind of treatment. Do you understand what we are
313 trying to convey?

314

315 ***: Yes.

316

317 C: There is no real reason for regressions. Again, if you
318 understand spiritual growth, if you understand karma, if you
319 understand the opportunity that creation has now, why waste your
320 time? You do not need it. All that is required is do the best you
321 can with what you have.

322 Why burden yourself with past misdeeds that you cannot do
323 anything about except in the here and now? And the only way
324 you can correct your karma is the attitude you take toward life,
325 the attitude you take toward yourself, the attitude you take toward
326 others and what you will do for yourself and for others.

327 The problem with the metaphysical field today it is getting
328 worse than the fundamentalists. It is getting worse than the
329 fundamentalists. And the sad thing is: The metaphysical field
330 cannot afford that self-indulgence because there are so few. The
331 metaphysical field claims that they want the truth. Do they
332 really? Do they really? Or is it just another avenue of escapism?
333 The fundamentalists say they have the truth. Do they really? Or is it
334 just another way of escapism? Is it another way of putting the
335 burden of growth outside of yourself?

336 How many of you have read books that claim to reveal the
337 mysteries of life, the mysteries of the universe, the mysteries of
338 the divine, the truths of the divine? And after reading them you
339 know no more, really, you understand no more, really, than what you
340 did before. Were they truly able to make you a more productive
341 person in terms of loving and giving, or did they just give you the
342 opportunity to sit on your fanny and waste more time indulging
343 yourself in intellectual gymnastics? That is a question that
344 society is going to have to face and ask itself, whether it wants
345 to or not, either today or tomorrow, or some time in the future. And
346 the longer that society prevents that question from being
347 addressed, the worse its future will become, the worse its future
348 will become.

349 You are all very marvelous creatures, and we do not mean that
350 in the term of lowly creatures but creatures of a great creative
351 power. You have such an ability to achieve your perfection that it
352 is unbelievable. You will become what you were, regardless of how
353 hard you try, it is inevitable, and the harder you fight it, the
354 more pain you will inflict upon yourself, as an individual and as a
355 world, until you finally make your path so narrow, so confined, so
356 constricted, that there is no where to turn away from it. That is

357 how marvelous you are. You will become perfect, regardless of what
358 your conscious mind says, regardless of what your subconscious mind
359 says, you will become perfect, absolute, the end.

360 We ask this question of all of you: Why fight it? Why make
361 your life miserable? Why make your history miserable? Why bring
362 famine upon yourself? Why bring war upon yourself? Why bring
363 hardship upon yourself, when each of you, right now, could make a
364 tremendous change in your future. Oh, you will not notice it today
365 or tomorrow or the next day or next month or next year, but in your
366 future you will make a life of peace and harmony and tranquility
367 where you will reach happiness in this lifetime, simply by reaching
368 out to each other. Do not talk about it. Do it. It is the only
369 way: Doing it, doing it, doing it.

370 It becomes easy at this time of the year. Everyone becomes
371 filled with the spirit of the Divine, the spirit of giving, the
372 spirit of happiness. Deep down inside your very core, your very
373 existence, you know that this is the time of the yearly cycle when
374 you are rejuvenated into the concept of being made anew. Oh,
375 consciously you may not realize that. Consciously, you may say,
376 "Well, it is the Christmas season. It is a season of giving." But
377 why, why does man celebrate a festive period of year or a time of
378 year when the light is relit? Did you ever stop to think why, why
379 every major society, every minor society, within their belief
380 system, within their belief structure, they have a point in time in
381 a cycle, whether it be a year or what, when the light is relit?
382 And every society, regardless, will also celebrate the culmination
383 of that lighting and that is the raising up, the fulfillment, or
384 the Resurrection, whatever, the rebirth. Does that answer the
385 question?

386

387 ***: Yes, thank you.

388

389 ***: I have a question related to (***)'s question. How does that
390 principle about the dubious value of going back to explore past
391 lives apply to going back to our childhood, say, in psychotherapy
392 to try to understand what happened there to explain our present?
393

394 C: Well, you are talking about apples and oranges, aren't you?
395 Sometimes it is very beneficial to realize what has happened to you
396 as a child in this lifetime. If you have an individual who is
397 withdrawn and easily carries a victim complex, there are times when
398 the realization of what established that victim complex can be
399 helpful in overcoming the problem. Does that answer the question?

400

401 ***: Yes, it does. It seems like (***)'s question was an
402 extension of the same thing. Am I missing something there?

403

404 C: No, because in this lifetime something can be done. It is a
405 situation where many of the players will still be involved in the
406 situation or directly connected to previous experiences. Do you
407 understand?

408

409 ***: Yes.

410

411 C: And they can, through a simple task of apologizing, begin to
412 make tremendous corrections in the situation. The understanding of
413 why an individual may have done something to another individual
414 that caused them future pain or a future attitude that was
415 detrimental to the individual, sometimes an explanation why. You
416 see, we are all interconnected with each other and with our own
417 personal experiences before we became interconnected with each
418 other, now we are addressing just this particular lifetime. Do you
419 understand?

420

421 ***: Yes.

422

423 C: A simple example: A child beater, a father who beats his
424 children, in most cases, had the same attitude shown him, and his
425 father had the same attitude shown him. Now, does this say
426 "beating your children is all right"? No, but it shows a logical
427 reason, a reason that can be accepted, a reason why. It also gives
428 you the opportunity to admit that there is a problem. No problem
429 can be corrected unless you acknowledge that a problem exists
430 between two individuals or within yourself. Nothing can be
431 overcome, nothing can be corrected, nothing can be changed, unless
432 there is an acknowledgement first that something must be changed.
433 Does that make the picture a little clearer?

434

435 ***: Yes, it does, thank you.

436

437 C: We have no objections at all of investigating one's childhood
438 or whatever period of one's life, in this particular lifetime.
439 Sometimes it is the only answer or, let us say, the only avenue to
440 finding an answer that may be necessary for an individual.
441 Sometimes an individual must forgive themselves and forgive others
442 to grow, to go on, and it is possible that with some individuals

443 they must have to know why, what was the circumstances, and then
444 they can forgive, then they can forgive themselves, they can forgive
445 others involved. It would be better to look back into your own
446 childhood for a possible problem than to look back into a past
447 life.

448 There is a very interesting, shall we call it a principle. If
449 you are carrying a problem from a past life, you will be able to
450 see a reflection of that same problem in this lifetime.

451 So why go back to a previous lifetime? Why take the chance of
452 being misled because of someone's financial gain made by your
453 desire to find out who or what you were in another lifetime? Let
454 us say this, that most people who have been regressed to previous
455 lifetimes have done nothing more than indulge themselves in their
456 own subconscious fantasies. Rarely, rarely, can you be regressed
457 to a legitimate past life, regardless of what technique you may
458 use, regardless of the flamboyant claims of certain people who
459 practice this flim-flam.

460 You cannot change the past, but you have complete authority and
461 complete control over the future, and it is our task to entice you
462 to take control of your future. It is our charge to help you to
463 begin to see the beauty that lies ahead if you are willing to
464 accept it. Why reach back in the garbage dump and pull out an old
465 rag and clothe yourself with it when you have a beautiful new
466 garment to put on? The past is the past. If you are so inclined
467 to look in the past, then look in this lifetime. Why are so many
468 individuals willing to approach spirituality through intellectual
469 gymnastics as opposed to actually going out and doing it. Very
470 well. Does that answer the question sufficiently?

471

472 ***: Yes, it does, thank you.

473

474 ***: Isn't there a value to regression if you can uncover some
475 irrational fears that will help you in this lifetime?

476

477 C: That is probably one of the few, few legitimate reasons for
478 considering regression. But then, again, is the fear really that
479 debilitating? If a fear is truly debilitating, then we say
480 possibly, but there are many other ways of eliminating such
481 problems. There is always the chance of discovering something that
482 will be more harmful, whether it is a legitimate discovery or what
483 have you. There is a greater chance of discovering something that
484 will be harmful to you in the future than beneficial to you. Most
485 fears can be overcome logically and with good sense and the

486 acceptance. Regardless, if there is a problem, a fear, that
487 incapacitates an individual in this particular lifetime, the
488 knowledge of it alone will not correct that problem if it is truly
489 a hindrance or a stumbling block. It still takes a very conscious
490 effort to overcome it. We say this: It can be overcome without
491 being fully aware of why. The job still must be done. Those
492 people who have been regressed because of certain problems and
493 through that regression then are able to miraculously handle those
494 problems, we say this: They have been hoodwinked, and they have
495 been hoodwinking themselves also. Does that answer the question?
496

497 ***: Yes.

498

499 C: Very well. Again, remember this: Do not allow yourself to be
500 put into a position where you become a pawn in life. You will not
501 willingly and consciously make yourself a pawn. You become a pawn
502 because you have made the first cardinal break and that is putting
503 yourself under the domain or power of something or someone else.
504 You cannot be made a pawn unless you give permission to someone or
505 something else to be a pawn. And we make the effort to try to
506 encourage you not to be a pawn, not to accept everything that comes
507 your way as "Well, it had to be." It does not have to be. You
508 must begin to use discernment in life, all of you. You must begin
509 to accept the power that lies within you. You can spout
510 affirmations from now until it snows at the Equator, and it will
511 not make a bit of difference unless you are willing to put those
512 affirmations into action in your life. You can read all the books
513 on all the wisdoms of mankind and what good will it do you unless
514 you put that wisdom to work in your own life. Very well.