

Information and Inspirations - Part 5 World Wide Blog Postings and other Works

Trance Library File No. 19-147

(Editors Note: Most of the following are selections from our blog postings that SOL makes on a bi-weekly bases. They are picked up by other websites and translated into other languages. SOL believes that you will find these to be an excellent source of spiritual guidance.)

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 1944. 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.
2. THIS MATERIAL IS COPYRIGHTED. KEEPING A COPY IS PROHIBITED.
3. TAKE NOTES IF YOU WISH, BUT FOR ACHIEVING THE GREATEST POTENTIAL TAKE CARE THAT THE NOTES ACCURATELY REFLECT THE INFORMATION IN ITS ORIGINAL CONTEXT.
4. WHEN FINISHED WITH THE LIBRARY FILE, PLEASE NOTIFY SOL BY EMAIL.
5. NO FURTHER LIBRARY FILES WILL BE FORWARDED UNTIL PREVIOUSLY LOANED FILES HAVE BEEN REMOVED.
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.

Atlantis, dinosaurs and polar change are discussed on 78-06-10, the 46th Trance.

This quote from William LePar's spiritual source The Council has a lot to say. It answers the question of what caused the extinction of the dinosaurs and also makes a prediction for the future. It also states that the Atlanteans had what we call today lasers. There is more here that is inferred such as the electromagnetic construction of our beings which refers to the construction of our universe and also points indirectly to the incidents that have occurred in the Bermuda Triangle. More on those later.

Questioner: Did the Atlanteans have trouble with dinosaurs?

The Council: Well, that was one of their toys. Oh, they got rid of them.

Questioner: With their crystal?

The Council: Part, yes, but the greatest, shall we say, ending to the dinosaurs were the polar changes. The changing of the poles, although you may feel it comes gradually, it does not. There is a building up, of course, but once the poles change it is a traumatic shock. It is an experience that upsets the entire magnetic field of the earth and since you are part of that it can also affect the electromagnetic construction of your being so that, shall we say, time could freeze temporarily and some very unusual things can transpire. Man has not experienced a polar change and God forbid when he does. If you think your bombs can cause havoc, man has not begun to dream yet.

Questioner: When you say man has not experienced a polar change, are you referring to present man or present history?

The Council: Naturally, naturally. Your little quivering of your axis now is only the build-up because you will not only have instantaneous freezing and raining of ice, you will have instantaneous burning and raining of fire.

Love and respecting yourself are discussed on 86-09-27, the 143rd Trance.

The following is a closing message from a trance with William LePar's spiritual source, The Council. It encourages us to love and respect ourselves. It was a constant theme with them.

The Council: We enjoy being with you. The nature, the good nature, that each of you have is not so far from the nature that we carry. The only thing that separates all of you from all of us is your concept of what you are doing. Just as you are growing through the activities of the physical world, so are we growing. We have learned that we can grow without the framework of physical creation. You, too, will learn that. All of eternity and all of everlasting life is a process of evolvement or growth. It is unending and will always be unending. If you can realize that the most important concept that you can weave into your entire conscious framework is to love yourself and respect yourself so that you can love someone else, you will have the keys to success, for if you cannot love yourself, you cannot love anyone else. You must begin to respect yourself; you must begin by accepting the responsibility of being a child of God. And the first responsibility is to love and respect yourself.

A method for solving problems was discussed on 85-11-29, the 135th Trance.

The Council: There are times when individuals seem to find many problems come their way, dissatisfaction, insecurity, a lack of joyful experiences, and they have the tendency to want to look in the direction of everywhere but themselves as the cause of such dilemmas. If you are experiencing unhappiness, if you are not experiencing a contentment, look at yourself. Look at your past, examine your past, because what you are experiencing today is the path that you have laid yesterday or the day before or the year before or two years before that. We would suggest that if you find yourself in such a situation, meditate on the condition and the answer that means the greatest sacrifice on your part, accepting a more humble position will usually be the answer to the problem. But if you do not meditate, you will wander around chasing your own tail, rationalizing your own activities and burying yourself much deeper, and who knows, maybe dragging down with you other innocent people. So, we suggest that if life does not leave you with a sense of joy, it is because you have not created joy for you to experience.

The makeup of the atom was discussed on 79-04-20, the 64th Trance.

The Makeup of the Atom - What is Beyond Our Viewing - Part One

This is an interesting exchange between William LePar's spiritual source, The Council, and a member of the Research and Study Group from April of 1979. This question came from an explanation, from an earlier trance, on the effects drugs and acid rock music on the molecular structure of the physical body. In their explanation, The Council said that the protons and neutrons circulate. This is what is being questioned here.

Questioner: The next question is on another piece of information that you gave and that is in the 47th Trance and you were giving us a description of how rock music affects the molecular structure and you were saying that if the chakras were allowed to function properly the molecular structure becomes larger, and then you say, "In other words, say, an atom if you were to look at the atom of a cell on your skin or what have you, it would be one size, the distance from the nucleus to the circulating protons and neutrons, that distance would be greater in a perfectly balanced chakra system than in one that has been, shall we say, tampered with through the drugs or through the acid rock music." And we are somewhat confused as to the actual description of what changes. The question that I had is when you say "circulating protons and neutrons" instead of "protons and neutrons" do you mean electrons there, circulating electrons?

The Council: No, we meant exactly what we said. We were talking about the nucleus itself. What you have on the outside in appearance, you have on the inside; it is the same. Everything is mirrored only in a finer degree or in a higher vibration. In the nucleus, now we are talking about that area that is encompassed by the electrons, that area that you call or that you say consists of protons and neutrons. Do you understand?

Questioner: Okay, the ...

The Council: The nucleus itself.

Questioner: What the scientists, and what I have come to know, is the nucleus would be made up of the protons and neutrons.

The Council: Yes. Within that though is another nucleus, and we were making reference then to that nucleus that you recognize as the center of the atom; we are talking beyond that. Now do you understand?

Questioner: What the scientists call a nucleus, the protons and neutrons, that in itself has a nucleus?

C: In that area is the absolute essence of life. Do you understand? What the electrons are to the nucleus, the protons and neutrons are to the essence of life. Do you understand it that way?

Questioner: I still don't think I do.

C: Very well. Give us the construction of an atom, as you understand it.

Questioner: As I understand it, there is a nucleus which would consist of protons and neutrons.

The Council: Yes.

Questioner: And then around that nucleus would circulate or in some way revolve around the nucleus ...

The Council: Give the standard understanding. Do not interject possibilities.

Questioner: Around the nucleus would circulate electrons.

The Council: Very well. Now, we were talking about the nucleus. Forget about the electrons.

Questioner: All right.

The Council: All right. What did we say about the nucleus?

Questioner: You said that the nucleus, the protons and the neutrons, had itself a nucleus.

The Council: Yes. Now do you understand?

Questioner: So the protons and the neutrons would be circulating around its own nucleus.

The Council: Yes. The protons and neutrons would be equivalent to the electrons circulating around the nucleus.

Questioner: All right.

The Council: Very well. Now, for the neutrons and protons to be revolving or circulating what would they be circulating around?

Questioner: A point or a nucleus.

The Council: Very well. If the basic model in man's understanding of an atom is to have a center with electrons circulating around the outside, then the center of that center should in naturalness resemble the outer. Shouldn't it?

***: All right.

The Council: Very well. We were referring to the nucleus itself as man understands the atom. Now within that nucleus, within the protons and neutrons is a nucleus, also. Do you understand?

Questioner: Yes.

Selection # 5 Information and Inspirations Part 5

The makeup of the atom was discussed on 79-04-20, the 64th Trance.

The Makeup of the Atom - What is Beyond Our Viewing - Part Two

In part two of William LePar's spiritual source, The Council's, explanation of the true makeup of the atom they go well beyond normal understanding. To begin this quote I have inserted the last three comments from the previous posting for clarity.

The Council: Very well. Now, for the neutrons and protons to be revolving or circulating what would they be circulating around?

Questioner: A point or a nucleus.

The Council: Very well. If the basic model in man's understanding of an atom is to have a center with electrons circulating around the outside, then the center of that center should in naturalness resemble the outer. Shouldn't it?

***: All right.

The Council: Very well. We were referring to the nucleus itself as man understands the atom. Now within that nucleus, within the protons and neutrons is a nucleus, also. Do you understand?

Questioner: Yes.

The Council: Very well. Here we take on somewhat of a different perspective because once man is capable of actually looking, actually looking, the looking itself will influence what he sees. There are particles so small that the very fact of observing them causes a change in them. Do you understand?

Questioner: Yes.

The Council: Very well. So that must be kept in mind. The actual center of the nucleus as you understand it, is an element that we have referred to as spiritual electricity. Now it is not an element as you know elements to be. We simply use that word to describe a something exists there. This something is the actual spirit-force itself. That is the closest touching in the material that you have of the spirit itself. One might say it is something resembling a magnet that draws other forms of electricity to it, and as these other forms

of electricity collect they become, shall we say, somewhat more solid; they form combinations that create a solidifying illusion of spirit; and as these elements then are combined with other elements, they too begin to form an illusion of something more solid; and so it continues until you have a build-up of an entire physical form.

Questioner: Then the spirit or the soul is throughout our entire bodies rather than having a particular focal point in the body as is often talked of.

C: Certainly. Certainly. That would not even make sense. There is man's weakness. How could any particular part of your body hold the soul itself, since the whole of you is only a small molecule or atom of your soul. Your physical container can never hold your soul in its entirety. So consequently, no particular part of your body is the center of the soul.

Questioner: Then where is the rest of our soul, the other aspects?

The Council: It is right there. You see, you are trying to put dimensions or limitations on the spiritual, and it is impossible; you become very confused, and it becomes very cloudy and almost contradictive in itself. It is good to know that there is more to you than what you see, but that will be about the best that you will be able to comprehend it. You see, you fail to keep in mind or hold, shall we say, important enough that the physical and all the manifestations connected with the physical really is an illusion compared to spirituality. Now it is real; it does have substance to it; it has a dimension to it, as you all know, but compared to the spiritual, it is unreal, just as the spiritual is unreal to you in your ability to see it. Do you understand?

Questioner: Yes, as you know, I, somehow, was under the impression that all this was contained within these bodies within different levels of consciousness.

The Council: There is the answer, but the physical is only one level of consciousness; it is the entrapment level.

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

Earlier, during this trance William LePar's spiritual source, The Council, injected humor into the answers to some of the questions. It seems that there were some in attendance who were surprised by the humorous nature that The Council demonstrated.

The Council: After all, you are just like us. We would say that we are just like you, but it is obvious that is not the case. You know, your sense of humor does not leave with the physical body. A sense of humor is the joy of the soul and the soul's ability to laugh at itself by utilizing different situations. It surprises us that some of you would be shocked that we do have a sense of humor, but we do, just as you, and tonight was one of those rare nights that we publicly decided to show it to you. We are not nasty villains that at times we have had the reputation. So, it is also interesting to see that some are thinking that this "letting our hair down" is not quite as spiritual as when we are stuffy. Well, we are sorry you have that feeling. You are wrong, and we are right. (Laughter) And we will explain to you why we say that and that is because joy is part of spirituality, and spirituality must be joyful. So, if you cannot laugh in your spirituality, then something is wrong someplace, you are not understanding what spirituality is.

It will be interesting to see the repercussions of this evening. When you are dealing with the real thing, sometimes the real thing is not always as stuffy as what you have been led to believe.

We hope that this evening will last in your memory. We hope that you will realize that in all your states of growth, the one thing that you can feel safe about is a sense of humor, and a sense of humor can be a healing balm for many afflictions. Now, we will not clarify whether that is physical or spiritual, we will leave that in your lap. If you can laugh at yourself, if you can make fun at yourself, you are standing on good ground because you are willing then to point out your own weaknesses and use them as an example or at least show that you are aware of what lacking may be there.

The treatment of animals was discussed on 88-06-25, the 157th Trance.

Treatment of Animals - Part One - The use of animals for experimentation

Questioner: One other question in regards to using animals that are used quite frequently for product research. I have heard of one example where rabbits were used for hair spray, where hair spray was sprayed into the eyes of rabbits to see if it would be harmful to the eyes if it was accidentally sprayed into the eyes of people.

The Council: A simple guideline: Hair spray, is that essential to the physical body?

Questioner: I don't think so.

The Council: Then such research would be inappropriate. Those inhumane actions against animals for the adornment of the body, for the beauty, the physical beauty of the body are totally unacceptable. If necessary to experiment on animals for medical purposes for the well-being of a physical body, then this would be acceptable, but experimentation and harm and pain inflicted on an animal simply for the self-adornment is totally unacceptable, and the extraction, karmic debt, will be quite appropriate for such vanity.

The Divine Essence has given each of you, whether male or female, a beauty that does not need to be enhanced by vanity. The problem with your world today is that it no longer sees the natural beauty, so it must enhance, as it thinks, this portion or that portion of the body or an individual's natural beauty. This actually trespasses against the physical body and the natural beauty, so those of you who feel it is necessary to use such products will find that you become part of that karmic situation. Not only that, if not in a direct way in an indirect way, although such karma in many cases is answered for under the term immediate karma or instant karma, in the sense that all these products for man's vanity does have a serious side effect eventually on the physical body. So those of you who must use such things for your vanity will find that the side effect in the future or that you may gradually begin to become incorporated into your physical body will not be worth the moments of vanity that have been enjoyed.

The treatment of animals was discussed on 88-06-25, the 157th Trance.

Treatment of Animals - Part Two - Controlling Wild Game Population

Questioner: The first question that we have is on the treatment of animals. The question is: In some of our wild game areas, it is claimed that deer and some other animals, if left alone, will multiply to the point that starvation will occur. Hunting seasons are justified on this basis. Ranchers claim that certain predatory animals must be killed to protect their sheep, cattle, etc. Would you comment regarding the morality of these situations?

The Council: If the rules or laws are set so that it is necessary to protect livestock that is generally considered foodstock, then a degree of control would be acceptable only to the extent that certain predatory animals would cause damage to foodstock. Do you understand?

Questioner: Yes.

The Council: For man to control the population of what is referred to as wild animals or wild game, if this control is exercised properly and with a humane approach and the stock or the control is not wasted, in other words, simply to dispose of animal life and leave it rot or waste would not be acceptable. Man has a choice, to let nature control the population of certain animals or for him to step in and humanely control it. But in so doing man cannot wantonly kill but must make use of those that are controlled or taken out as a controlling element.

Selection # 9 Information and Inspirations Part 5

The treatment of animals was discussed on 88-06-25, the 157th Trance.

Treatment of Animals - Part Three - Controlling the Deer Population

Questioner: In the first part of the question it was talking about deer, for example, in this part of the country we hear a number of reports that the deer population is getting very large, and so they have hunting seasons, and the hunters then claim that through their sport of hunting they are also controlling the deer population and helping out the deer population. Could you specifically comment on that?

The Council: Again, if it is to put a useful purpose to the meat, to the animal, if it is to be used as foodstuff, this would be acceptable, but simply to hunt as a means of target practice is totally unacceptable.

Questioner: A lot of these folks who hunt, taking deer for example, enjoy going out and spending a day hunting the animal down, yet they do, in most cases, dispose of it as food. Their intent still basically is to enjoy the hunt and the food, the meat of the deer, is also useful. Is there any problem with that attitude?

The Council: For a man to hunt to place food on his table for his family is not something that should be considered wrong, it is not an evil. It is not an evil to enjoy the pursuit of the hunt or to enjoy the challenge of a hunt. The wrong comes in taking the animal's life and leaving it. There is far more of this going on than you might suspect. Many animals who have been shot for the hunt only and taken to places for recognition are allowed to waste instead of consumed as foodstuffs. Do you understand?

Questioner: Yes.

The Council: When such a deed is committed, then this is wrong. Then the individual becomes fully responsible for the abuse of that animal life. Also, in the sport, if an animal is wounded, it is the obligation of the hunter then, the pursuer, to see to it that the animal is brought to a quick end and as painlessly as possible.

There are many hunters who would wound an animal and are simply too lazy to finish the job, to track down the animal and complete the job. In the use of traps, those who would use such devices have a responsibility to tend to those traps properly, so that if an animal is caught, its suffering and pain is at an absolute minimum. It is the least desirable way to place food on your table.

You must remember, man has charge of all animal life. It is their responsibility to tend to it as the occasion calls, to tend to it properly, to care for it properly and show the proper respect.

The treatment of animals was discussed on 88-06-25, the 157th Trance.

Treatment of Animals - Part Four - Saving the Whales

This exchange between a researcher and William LePar's spiritual source, The Council, occurred shortly after the 1988 effort to save a group of grey whales trapped by an ice pack in the Beaufort Sea.

Questioner: Recently, a large number of people expended a great deal of energy and effort to save, at the beginning, three whales, eventually, two whales that had become trapped in ice during their migration south. Some people criticized that effort, saying it might have been better spent in other ways. I was wondering if you would comment on that kind of expenditure of effort to save two wild animals?

The Council: It shows you the beauty that can lie within each one of you, it shows you the godliness that is there if you allow it to come out. It is a great credit to those who were involved in such a situation. It saddens us though that such beauty, such light, such concern, cannot be shown for one another. For each of you are as helpless as the wild animals who may be trapped by nature. Such demonstrations of care and concern should serve as an example of how good man can be, if he chooses, but at the same time it is a stern condemnation of those who refuse to care -- for animals or for their brothers and sisters. There is no limit to which you can reach. Each of you have enough goodliness in you, enough love in you, that if you choose and you open yourselves up to God, you can transform the world, and every once in a while you are all blessed to witness how beautiful man can be when he chooses. Does that answer the question?

Questioner: Yes, it does. Thank you very much.

The Council: If man can have such love and concern for animals, he can have a thousand times that love and concern for his fellow man, because his relationship to his fellow man is much closer, much more natural, and much more attuned. So use such experiences as an example to follow, an example of the potential that lies in each one of you. The problem is: All too many of you do not respect yourselves. You do not love yourselves. You do not care about yourselves. So you wreak all forms of havoc on yourselves, and then in order to alleviate yourself of the responsibility, you blame it on karma, you blame it on a punishing God, you blame it on a thousand and one things. This Divine Love is available to each and every one of you, if you will only allow it to flow through you, to become a part of you. It is there. All you have to do is accept it.

The treatment of animals was discussed on 88-06-25, the 157th Trance.

Treatment of Animals - Part Five - Moral Obligation

The Council: You must understand that placing food on your table is placing food on your table whether you choose to partake of particular livestock that is more suited for the table or more acceptable in society as edible food or meat as opposed to that which may be wild. So you have the domestic variety as opposed to the wild. It is still ending a life, an animal life, and you are responsible to end that life as humanely as possible, as humanely as possible. Those individuals who may have in their charge slaughterhouses that do not insist that the animal's life be ended with mercy and quickly assume a great debt. To run such a business and not take the proper precautions or steps to see to it that an animal's life is ended as quickly as possible, as painlessly as possible, simply to save cost or because it is more expedient deserves severe punishment, and so it is, it shows a callousness, a disrespect for life. To simply stun an animal to the point of near death and not complete it, simply because it would be more cost efficient, is totally unacceptable, and you have much of this going on today.

Accepting our rightful place was discussed on 88-06-25, the 157th Trance.

In this quote from William LePar's spiritual source, The Council, they inform us that as time goes on choosing the correct path to spiritual growth will become clearer.

The Council: As the spiritual cycle continues, the ultimate in acceptance will become more clear and more simple. The problem with man is that he attempts to hide from his rightful place and from his God, his Father, through a smokescreen of complicated theories and religious practices and self-indulgent concepts. But the faster he runs, and the further he runs, the more he runs into the ultimate to what he cannot escape.

You were created to assist the Divine Father to share and to be a part of what lies beyond what you have created. It is a destiny that is almost inescapable, but since you were created in the likeness of this Divine Father, you will ultimately have the choice of rejoining Him or separating yourself from that Divine Source. One joy, one hope, that each of you may cling to is that in order to separate yourself from that Divine Source you will have to work harder at that than you will have to work at rejoining Him, reuniting yourself more completely with Him. All things will eventually return to its place of origin. All things will ultimately return to that Divine Source. Run as you may; most likely you will end up running back to your rightful place. Why take the long way around? Open yourself up to that Creator and shorten your path.

Accepting special souls who help us was discussed on 98-05-09, the 187th Trance.

In this research trance one of the attendees is questioning William LePar's spiritual source, The Council, about the possibility of an advanced soul entering the material world to help another soul move forward. There is the possibility that the more advanced soul could lose his place in the spiritual realms due to his reentry into our world. That is what is being questioned below.

Questioner: It is a sobering thought to think that someone would sacrifice all for my benefit possibly.

The Council: Why would it be such a sobering thought? It should be a joyful thought. You should rejoice knowing that there is that much true love surrounding you. That should act as a stimulus to even work harder. Learn to appreciate the beauty that exists all around about you. Pray that you see the beauty that exists round and about all of you because in your ability to see that you will see mysteries that you never dreamt possible, miracles you never dreamt possible.

A day in your lives doesn't go by without at least one miracle. Love abounds in the spiritual realms, and it is just that your earthly creation doesn't seem to want to absorb much of it. It is too entrenched in itself and the pleasures of the physical, the sensory stimuli of the physical. It blinds itself to the real pleasures of the spirit, the real joys of the spirit. The consciousness looks at the ground instead of up into the sky where all the joy is, where all the beauty is.

Food was discussed on 88-06-25, the 157th Trance.

Foods - Part One - Eating what We Consider Unusual Foods

Questioner: We were discussing eating meat; we were talking about the animals that we normally consider food, which I would immediately think of beef and fowl and fish and so forth. What about some of these other cultures or fringe foods such as rattlesnake meat and snails and things like that? Are those kinds still beneficial to the body or is there something wrong with those types of meats?

The Council: It all involves the culture or the society. Many times the geographical area will require the need of eating, as you put it, unconventional foodstuffs, but are they truly unconventional? Isn't that more or less a subjective point of view?

Questioner: Yes, it is.

The Council: What of those who in the world today will eat such creatures that would be totally unacceptable to your diet? Such things as worms of a variety of types. Some of those things that may be inappropriate to you or to the diet of those in this country are a high form of protein. Do you understand?

Questioner: Yes.

The Council: Now, there are some animals that would be more appropriate, according to one's society or social structure and geological place of existence, but there is not an absolute no to eating something just because it might be considered ghastly or inappropriate or what have you.

There are certain states of existence where certain foods would be more appropriate than others but again this is moderated or tempered by one's geological position on the face of the earth and a variety of other things.

Food was discussed on 88-06-25, the 157th Trance.

Foods Part Two - Protein Complementarities

Many people should find the information given here by William LePar's spiritual source, The Council, very interesting.

Questioner: I have a question about protein complementarity. Nutritionists tell us that if you combine several incomplete proteins that you get a high-quality protein. It would seem that we would need to kill fewer animals if we obtained more of our protein through combining non-meat protein sources. What about that?

The Council: That is a temporary possibility or, how shall we put it, a temporary condition that one can bring themselves into, but over any period of time this is not acceptable. First of all, the full knowledge, nutritional knowledge is not available or mankind does not understand what happens to the nutritional value of the food as it is combined, and it is not just a matter of combining different foodstuffs or products, natural products, it is how they are cooked, what heat degree, what temperature, what manner. Are they boiled, steamed, fried, baked? All this changes, and since the protein is an essential building block of the physical body, to try to reconstruct the amino acids necessary for proper physical health and emotional health is a tremendous task that man has not yet evolved knowledge wise. Do you understand?

Questioner: I think so.

The Council: So, for a short period of time, if one wishes to take up a fad, then it would be acceptable, but it is not advisable for a length of time. The physical body itself, if one looks at the digestive system, the structure of the upper part of the physical body, in particular, the jaw structure, the type of teeth, it is quite evident even to a novice that that structure is such for meat-eating, but it is also a structure that is for nut-eating and of course fruits and vegetables.

Food was discussed on 88-06-25, the 157th Trance.

Food Part Three - Eliminating Meat from the Diet

Here William LePar's spiritual source, The Council, points out that strict vegetarianism is detrimental to the physical body over time.

The Council: So, this attitude of eliminating all meat from one's diet is pure foolishness. That comes from an approach of reaching spirituality through physical means. One of two avenues or two areas of thought is that cleansing the body of the meat influences which are considered base and heavy and then rejuvenating it with the finer quality or the less dense of fruits and nuts and vegetables and what have you is taken completely out of text. The purpose of the reduction of meat as a source of protein originated many, many eons ago in a means of self-sacrifice in preparation of a deeper insight. Now, basically fasting was the vehicle. Fasting from this form of food or that form of food in order to cleanse the body or reduce the density of the body. Now, that is the, how shall we put it, the bastardized concept of what was the original concept, and the original concept was simple fasting as a means of self-discipline, nothing else. So, the act of fasting was developed as a means of discipline of oneself in order to control the physical desires, such as food, and replacing it with more control.

There is so much concerning the physical body that your scientists have not even begun to think about, let alone to realize that anything is there, to attempt to eliminate entirely certain things from the diet. We have said in the past and we still say that your society, this society, eats entirely too much red meat. It is not necessary, it is not healthy. But at the same time to eliminate such products completely creates a likened condition but through the opposite channel or the opposite means. Much of the growing vegetables, fruits, nuts, what have you, that type of life, its nutritional value is governed by the condition of the soil, and in some areas where certain minerals are in short supply or depleted, combining certain vegetables or fruits or nuts in hopes to establish the necessary mineral in the body is of no value because it is not in the plant itself.

So there is too much information that is not available, not in the awareness of man, it never will be. It is one of those blind alleys that leads nowhere.

Live with what is obviously provided for through nature. If you would all concentrate on demanding cleaner food products or foodstuffs, eliminating much of the preservatives and chemicals that are utilized in your food, you would not have to worry about nutrition. But unfortunately that takes an activity, and that means one must be productive, one must reach out and do instead of simply dealing with one's own individual self. So it takes a combined effort of many people to change what is being done to your food products or your foodstuffs today.

Speaking to a child in the womb was discussed on 85-09-13, the 132nd Trance.

Speaking to a Child in the Womb - Part One

This is very good insight for those who are expecting a new addition to their family. William LePar's spiritual source, The Council, spoke on this concept several times.

Questioner: Do you physically speak to the child in the womb?

The Council: It is more, how shall we put it, it is more productive if the mother and the father talk to the child in the womb verbally. In fact, we would advise strongly that the mother and the father talk to the child as if there were a three way conversation going on.

That child is quite capable of understanding what you are saying, believe it or not. When someone uses language which is disrespectful around a pregnant woman, that child, that unborn child, hears that as well as the mother. If there is an argument within the family, that child is fully aware of what is being said, and if the mother or the father does not wish the child to be born and such remarks are made, that child will know it. Now we are not speaking from a spiritual level, we are speaking from a material or conscious level. That information will go into the subconscious area of that baby and will adversely affect it sooner or later in life. How bad will be determined by how much love that child is given in the future to correct that activity of one or the other parent.

That is why we have said in the past that as soon as the mother conceives, she must turn her entire life around. We were not asked at that time how much of a part the father will play, but now we will put the responsibility on their shoulders. They also must turn their lifestyle completely around. They must think of that child. Everything they say, everything they do, that will affect the mother or that child must be taken into consideration. A father who cannot carry on a conversation without having every other word laced with, how shall we put it, unnecessary adjectives will assume the responsibility for the immoral decline in that child's consciousness because of such words. And that goes along with the mother, too. In your day and age, women's mouths can be as vulgar as men's used to be, in fact, it seems to be reversing and this is very, very sad.

Speaking to a child in the womb was discussed on 85-09-13, the 132nd Trance.

Speaking to a Child in the Womb - Part Two

The Council: So, from the moment of conception, one must take note of what one does, both the mother and the father. The father then should begin to share in the activities of home life far more than what he did before, unless he is, of course, an exceptional husband; so that this interreaction and relationship between the mother and the father and their conversation will be heard and sensed by the child, thus making that child more inclined to accept the joys of a family situation, a healthy family situation, where there is an exchange of love, respect, and cooperation. A child should also be read to while it is in the womb. It can be instructed in many areas. Many items can be used, such as music. Of course, we would be extremely careful in what type of music the child would be allowed to hear, preferably good classical music, none of this noise that you presently call music, this obscenity to the senses that you call music. Reading from books that would be inspirational, books of learning such as an arithmetic primer or reading primer. All these things are beneficial in the future. Describing a beautiful picture to the unborn child that you may see in a magazine such as a beautiful lake, trees, or as you are walking, in the woods, describing the scene that you see to the child. Touching the child while it is still in the womb, that is touching the tummy or belly or stomach of the mother to be, this child senses all this and hears all this. The inner joy in the body of the mother is directly transmitted to the baby as is nervous tension, stress and strain, fear, anger, all these the baby feels immediately and will respond to them. The father should constantly want his presence be made known to his child by touching the stomach, by touching the child, by talking to the child, telling the child how much he loves him or her, how much he is anxiously awaiting his day of birth, as should the mother.

Falling asleep while the radio or TV is on was discussed on 85-11-15, the 134th Trance.

I am sure that many of us have had this happen on occasion but with children sleeping in the next room the advice from William LePar's spiritual source, The Council, becomes even more important.

Questioner: About falling asleep with the radio or television on, what about the situation where the parents are in one room watching television and the children are in their bedroom sleeping but can still maybe not clearly hear the television set but can still hear it?

The Council: Then those children are being fed whatever is coming out of that television set. You asked the question, here are the answers. These are important issues. They are important issues. Now, when you are asleep, a portion of the Subconscious Mind takes over the functions of the body and the awareness factor in protecting the body during its sleep time, while the conscious factor or the Conscious Level and the Subjective Level are doing what is necessary to be done during the sleep time. Again, we said a portion of the Subconscious Level is tending to the needs of the body in protecting it; it is also aware of everything that is going on in the immediate vicinity. In other words, if you can normally hear something from the next room when you are awake, you will probably in most cases and again this is with individuals, there are exceptions with certain individuals, you probably will be able to hear two rooms away instead of just in the next room, and all that information is being put into your computers, into your minds, to be dealt with later on. So, if you have children in the home and you are watching something that you would not watch in their presence, be advised they can understand words as well as they can understand pictures, and, besides, if you do not think something is appropriate for your children, then it certainly is not appropriate for you because your children will see the inconsistency, and they will see that there are two standards, yours and theirs. In certain areas because of the immaturity of children it is necessary to have what you may call two standards, but in other areas there is only one standard. So be careful when you take your naps.