

# SOLAR

The Newsletter of the SOL Association for Research

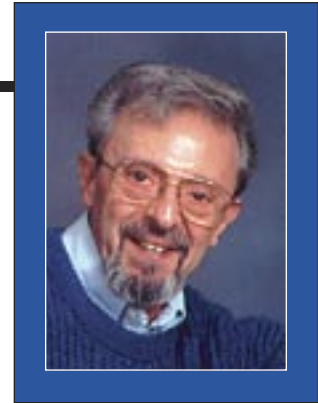
Summer 2009

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## COMMENTS ON SPIRITUALITY

### In Pursuit of Prayer

*What is a prayer? A momentary thought. A wish whispered in silence. A dream never spoken. A feeling that can not be expressed into words. A tear shed. A pain in the heart. A hope.*



*William LePar*

Over the 40 plus years dealing with spirituality, meditation has always been part of my life. The simplest form of meditation which is closer to its Eastern origins has been the form that has served me the best. Prior to each and every meditation I would relax and focus my thought for a moment or two on this: Give me understanding. I chose rarely to seek out anything specific in a meditation only because it begins to make meditation complicated. It has a tendency to preordain a given destination or purpose for the meditation. One of the concepts or thoughts that strongly invaded my consciousness after a particular meditation was this:

What is a prayer? A momentary thought. A wish whispered in silence. A dream never spoken. A feeling that can not be expressed into words. A tear shed. A pain in the heart. A hope.

Over the years I have heard many explanations of prayer, many thoughts as to what constitutes a prayer and many ideas and attitudes on how to pray. Oftentimes, we feel that prayer should always be some formal act or function when in reality prayer works best when it comes from within, stripped of all its solemnity, stripped of all its function, stripped

of all its ritualism. When we do this, what are we left with? Well, we are left with prayer. Prayer that comes from deep within the individual's heart. We are too conditioned to formalize prayer. We are too conditioned to create a personal structure for prayer or a personal structure in which we can pray. Prayer should emanate from us as our personality does, as our smile does, as our joy does. Prayer is a deep feeling that flows from us to its destination, there to become immediately active or to patiently wait until it is assumed into the situation and eventually manifest as a natural occurrence of external conditions and applications. Most of us have been taught that there are only certain times to pray, only certain places to pray in, and only certain conditions for which we can pray. These are all fallacies of man. For whatever reason he chooses to create these limitations, he does so. Prayer is part of our natural experience in life, it is part of our true nature. Looking at prayer in its basic form or may I use the term looking at prayer at its very essence, it is a positive thought, a positive energy, created somehow, someway, and sent out into creation or into the world as activity, or I might say as the potential for activity. It is a creation from our being that continually creates after it leaves us.

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One of the problems with most of us in praying is that we never let go of the prayer, we continually hammer away over and over again. Does that mean then that we should only pray once then for a situation? No, what I am saying is that the best way to pray is to say your prayer or exercise your prayer and then go on. If you believe in repetitive prayer, which I do, then each time you come to that situation anew, don't think of it as the prayer has not been answered yet so I must pray again, assume that the prayer is active and working. By repeating a prayer for that situation, you are feeding it or adding to it or revitalizing it, you are rejuvenating it. We cut short this activity when we approach a repeating of a prayer with the feeling or the thought that the first prayer didn't work. In essence, what you are doing is you send out a positive thought and then you turn around with a negative thought, and that is the prayer didn't work, and throw a monkey wrench into the workings of that prayer. We must understand that once something is created, it does nothing but change, it doesn't

end, it doesn't die, it doesn't disappear. It changes shape or form, purpose, and even direction.

In what ways can we send out a prayer and keep adding to the strength of that prayer? It is very simple. Remember that prayers do not have to be said or done in a particular way or in a particular place. A momentary thought. "I want so-and-so's health to improve." Or you can become more specific if you feel comfortable with it. "I want the heart condition to be corrected." A simple thought comes to your mind. You think about it, and leave it go, and then go on to other things. This way you have created a form, an energy, a positive active force, and if you let it go, it will go to its destination, and it will become active in one manner or another.

One of the biggest faults we have or stumbling blocks we have is that we expect to see that prayer materialize. You are putting a condition on that prayer whether you realize it or not. The condition you are placing on it is that you are in doubt of the power of that prayer that you have created simply by expecting to

see results of that prayer. This is a form of doubt or lack of faith which can weaken the prayer or negate it. The healing may not necessarily be in the area that you think needs to be healed. That prayer may be working in some other venue, in some other way, not obvious to us. So a simple momentary thought that passes through our mind, that is a prayer.

A wish whispered in silence. "I wish Elizabeth's health would improve." You may say that under your breath, soft enough that someone standing next to you cannot hear, or you may say it in the silence of your mind. You may say what is the difference between the momentary thought that you think in your mind and a wish whispered in silence or in your mind? Is there a difference? Yes, a very slight difference. You might say that a wish, a mental wish, would be almost like a spoken wish, but it is done mentally. It has a formal sentence structure to it. Does that make this form of prayer better than the momentary thought? Not necessarily. It all has to do with you personally.

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

The Council. . . a gathering of twelve souls who once occupied physical bodies on earth but who have since forever left the physical world. In their final act of love for humanity they teach us to regain control of our lives and reunite with our Divine Source.

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Which form do you feel is stronger? Which manner do you feel you are more capable of creating? It is that simple.

A dream never spoken. This may be a little harder to explain because it isn't such a decisive and preplanned action. There are times during our day when we are gently dozing into sleep. There are times in our day when we are gently coming out of sleep and during those times we have a momentary dream, a thought that presents itself in picture form where we may or may not be active in that picture, and that dream may consist of an individual being healed or a problem being solved. And we allow this to pass by, never thinking to mention anything about it, a fleeting experience, and in many times a prayer that we ourselves aren't aware of as a form of prayer. Many times we see problems that people have, conditions they have, and we really cannot put into words, but we want them to become healthy, we want them to become whole. This has to do with feelings that cannot be expressed in words. Sometimes a fleeting thought that says, "I wonder how soon this person or that person will be okay." A feeling that we know there is a light at the end of this tunnel, and that light has to do with the wholeness of another person or situation.

Sometimes we can experience the act of a prayer or the expression of a prayer from deep within ourselves, that in some cases we haven't been told that it is a form of prayer, and that is when a sadness rises up from inside of us, and that sadness has to do with a condition that someone else is undergoing or a situation that needs to be made right, and that sadness brings literally a tear to our eye. This is an

empathic response from the goodness that lies within us. This feeling is impelled upwards by strong emotions. This type of prayer is the type of prayer that just comes upon us. There is no real intent to say a prayer, it just comes upon us. Its source really is the deeper goodness that lies within each soul. That goodness wants to express itself so it does it the best way that it can. It does it without being obvious.

A pain in the heart. How is a pain in the heart a prayer? When we think of someone who needs a healing or needs to be made whole and it grieves us or it makes us sad that things are not better, that deep feel-

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ing or sadness, that internal pain, is a prayer because it is stimulated by the inner emotions and again it comes from the goodness that lies deep within us.

And the last. A hope. This has to do more with ourselves as people of prayer and yet since it is based on this desire for goodness, it becomes part of that bigger picture of a prayer. The hope that we have done what we could do, the hope that we have done all that we could do. A hope that the love we have can be a healing balm that brings wholeness.

Some people may say, "What about formal prayer?" I say this, it is wonderful. I believe in it 100%. But we must also understand that many times formal prayers are for our benefit, in this sense, it helps us to establish faith and belief in prayer. Some individuals gain great strength from formalities or rituals. It enhances their inner power, their inner creative ability for good, and again there is nothing wrong with this. But many times in our lives our prayerful help is needed, and we don't have these formal structures available, these formal forms available. Your spirit will let you know when the less formal prayers are needed because they will happen. You have probably experienced these forms of prayer many, many times in your life but never thought of them as prayers. Rest assured, they are, because a prayer is a loving thought sent out with a purpose and a mission, and momentary thoughts, wishes whispered in silence, dreams never spoken, feelings that cannot be expressed in words, and the tear shed, the deep pain in the heart and the hope are prayers whether we know it or not. They are the prayers from our soul, unlimited and unhindered by words and formalities.

# What Goes Around Comes Around



*Dr. James R. Ridzon*

*Towards the end of World War II, Japanese pilots would purposely crash their explosive-laden airplanes into American warships – the so-called Kamikazes. To me this sort of activity has always struck me as completely irrational and insane. Now we have young Islamic militants strapping on explosive vests or commandeering airplanes to blow up innocent civilians they don't even know, often killing fellow Muslims in the process.*

I just can not get my head around this kind of thinking. It is not the reasoning I expect from any civilized race or nation. What is obvious to me is that these so-called martyrs have been brainwashed by turbaned Mullahs who have promised them immediate entrance into Muslin Heaven which they are told is populated with a superabundance of young virgin females. What these countless females have done to deserve Heaven is never fully explained. There is no shortage of volunteers for these one-way missions. I marvel at such gullibility. How can anyone believe that killing innocent people can possibly be pleasing to their God? Civilized western world people would never fall for such obvious propaganda.

Now consider the following quotation:

All who die by the way, whether by land or by sea, or in battle against the pagans, shall

have immediate remission of sins. This I grant them through the power of God with which I am invested. O what a disgrace if such a despised and base race, which worships demons, should conquer a people which has the faith of omnipotent God and is made glorious with the name of Christ! . . . Let those who have been accustomed unjustly to wage private warfare against the faithful now go against the infidels and end with victory this war which should have been begun long ago. Let those who for a long time have been robbers, now become knights. Let those who have been fighting against their brothers and relatives now fight in a proper way against the barbarians. Let those who have been serving as mercenaries for small pay now obtain the eternal reward. . . . Let those who go not put off the journey . . . let them eagerly set out on the way with God as their guide.

Change the words “God,” “Christ,” and “Christian” to “Allah,” “Mohammad,” and “Muslim”: What you have left is basically the belief promoted by the Islamic Mullahs. Who, pray tell, spoke the above quotation? None other than His Holiness Pope Urban II in 1095. He was exhorting the people of Europe to embark on the First Crusade. Included were Franks, Germans, Italians, Anglo Saxons and others from all over Europe this time rather than Saudis, Iranians, Egyptians, Pakistanis that we face on the battlefields today. The First Crusade was a campaign wherein the participants often slaughtered every single man, woman, child, and often every cat and dog in Muslim cities and carried away the loot. Sound familiar? Maybe we in the West are getting our Payback.

I'm a believer in what I like to call: “The Pendulum Theory of History.” First the pendulum swings one way, and then in the fullness of time and according to the laws of Karma, it swings the other way. There is a price to be paid for every evil action. I can not help but agree with that famous folk saying: “What Goes Around, Comes Around!”

# Why not ask why?

*Denny Highben*

*“What need would there be to remove a mountain when the mountain can be used to give a greater view of the terrain?” The Council once asked of a SOL research group. “Why lower the terrain or level the terrain so man can see a distance, when all he need do is climb the mountain? Do you understand?”*

Whenever I encounter this passage from The Council, I’m instantly filled with the spectacular vistas I have both experienced and imagined. There is not much that can compare with the beauty, with the awe of and passion for the earth at its purest, with the sheer vastness of the view.

Why, indeed? Then, when they ask such a broad question as “do you understand?” it almost begs us to look into the mirror. What do we see? Our lack of sincere desire to truly, objectively, understand? Our direct responsibility or our complicity in a similar display of weakness? Yet, throughout our dialogues with The Council, that question has been asked again and again. The query is, certainly, meant to elicit assurance that the perspective from the Celestial Level is making sense to those of us ensnared in the physical illusion. But The Council has always urged us to think, to look deeper for a better awareness of spiritual truth and of our relationship to it.

As time passes, as experiences build one upon another, new opportunities are created for us to seek and gain that greater awareness. It is much the same as when greater spiritual growth is gained from rereading passages of the Bible as one advances in wisdom and age. But one can also be so willfully blind or self-involved that such opportunities are missed completely.

In the case of the above mentioned exchange with The Council, the opportunity was missed by the individual who had the floor. (The reason was probably a combination of “stage fright” and embarrassment at being thoroughly befuddled in front of the rest of the research group!) The questioner declined to continue. Yet The Council kept the line of questioning alive to give us a snapshot of man’s behavior in the very distant past. Here’s how the dialogue continued:

The Council: Why not ask why?

Questioner: Why?

The Council: Why would man move a mountain? Why would he level it? For what purpose?

Questioner : To get at things underneath, in the earth, minerals and such?

The Council: That was one of the purposes served. Souls in that time (the age of Lemuria) and in the time of Atlantis, adorned themselves greatly with jewels and what have you. They had no patience with removing such minerals in the proper way, so they would simply remove a mountain at their whim. And for what purpose? To serve them for their spiritual needs? To serve the land? No, but to adorn themselves.

Adorning oneself at the expense of nature, and of those souls with a relationship to the mountain so coldly destroyed, is clearly an act of ungodliness. But as we seek to understand, do contemporary parallels indict us, proving any number of oft-quoted axioms, from those who don’t learn from history are bound to repeat it to bad habits are hard to break?

Here’s one: We practice, and permit to be practiced, a method of coal extraction known as “topping.”

Simply put, the tops of mountains are blown to smithereens and the rubble is pushed over the side. Valleys are filled, streams are diverted, blocked and polluted. And the lives of the powerless locals are destroyed.

From this vantage point, it is hard to see the ancients’ actions being more contemptible.

# One Person Can Make All the Difference



*David Ries*

*Recently I read an article that reaffirmed my faith in the individual's ability to create a selfless and loving condition. With almost every headline talking about corporate greed by those in positions of power, their only thoughts being about their bonuses, it was moving to read about people who had thoughts about bringing a little joy to others.*

The first article that I want to tell you about has to do with a coach of a very successful high school football team. They had seven wins and only two losses. Their opponents had not won a game all year, had only scored two touchdowns and were traveling a long distance to get to the game. They played all of their games away from their school and brought no fans to support them.

Why no fans? Because these high school student athletes were the visiting team from Gainesville State Prison. Fourteen young men, many arrested with convictions for drugs, assault and robbery—many of whose families had disowned them—wearing uniforms and ancient helmets. The other team, Faith High School, had seventy kids, eleven coaches, the latest equipment and involved parents.

Faith's head coach, Kris Hogan, wanted to do something kind for the Gainesville team. Faith had never played Gainesville, but he already knew the situation.

So Hogan had this idea. What if half of our fans—for one night only—cheered for the other team? He sent out an email asking the families to do just that. "Here's the message I want you to send," Hogan wrote. "You are just as valuable as any other person on planet Earth."

Some people were naturally confused. One Faith player walked into Hogan's office and asked, "Coach, why are we doing this?"

And Hogan said, "Imagine if you didn't have a home life. Imagine if everybody had pretty much given up on you. Now imagine what it would mean for hundreds of people to suddenly believe in you."

When the game began, the Gainesville Tornados were turning around on their bench to see something they never had before - hundreds of fans. And actual cheerleaders!

"I thought maybe they were confused," said Alex, a Gaines-

ville lineman (only first names are released by the prison). "They started yelling 'DEE-fense!' when their team had the ball. I said, 'What? Why they cheerin' for us?'"

It was a strange experience for boys who most people cross the street to avoid. "We can tell people are a little afraid of us when we come to the games," says Gerald, a lineman who will wind up doing more than three years. "You can see it in their eyes. They're lookin' at us like we're criminals. But these people, they were yellin' for us! By our names!"

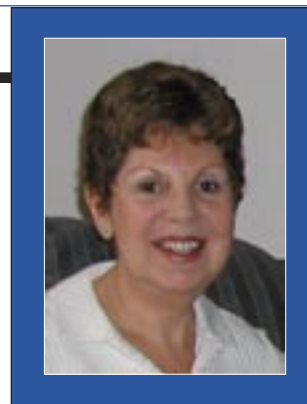
Maybe it figures that Gainesville played better than it had all season, scoring the game's last



## HEALTH HINTS

*Marilyn Ridzon*

### Moderation in All Things



two touchdowns. After the game, both teams gathered in the middle of the field to pray, and that's when one of the Gainesville players surprised everybody by asking to lead. "Lord, I don't know how this happened, so I don't know how to say thank You, but I never would've known there was so many people in the world that cared about us."

As the Tornadoes walked back to their bus under guard, they each were handed a bag for the ride home—a burger, some fries, a soda, some candy, a Bible and an encouraging letter from a Faith player.

The Gainesville coach saw Hogan, grabbed him hard by the shoulders and said, "You'll never know what your people did for these kids tonight. You'll never, ever know."

And as the bus pulled away, all the Gainesville players crammed to one side and pressed their hands to the window, staring at these people they'd never met before, watching their waves and smiles disappearing into the night. It is so easy to bring a smile and a little joy to another with the smallest of effort or from a thought bought to fruition.

The Council:

All things come to your life because of what you did and what you will do. If there is to be a light in a room, you must bring into that room what is necessary to create a light. If it is a lamp without a lamp bulb, then you must furnish that lamp bulb. If there is to be joy tomorrow, you must begin to bring that joy today by smiling.

I'm sure you are aware of the recent articles about the dangers of eating too much red meat. The headlines read: "Eat Less Red Meat, Live Longer." According to this particular study, eating too much red and processed meats could shorten your life. The study involving more than half a million people concluded that eating large amounts of red meat increases your risk of dying from cancer or heart disease.

In this significantly large study, the people who ate the most red meat ate more than eight servings a week. One four-ounce serving of meat is about the size of a deck of cards so it shouldn't be the largest item on your plate. Half of your plate should consist of vegetables or fruit. Unfortunately, most of us grew up thinking every meal should include meat and old habits die hard.

I am wondering where have all these researchers been all these years? The Council told us about the dangers of eating too much red meat long ago in 1986. They said: "The people in your country could do with at least half of the amount of red meat that they eat. That is for starters. In a full week's food supply, one third should be red meat, one third fish, one third poultry. Eating too much fowl is just as bad as eating too much red meat. Eating too much fish is just as bad as eating too much red meat. So you must learn to draw a balance there. You need a certain amount of meat protein for the best balance or proper balance in the physical body. That is an absolute. Again, eating clean food, wholesome food, the body can pretty well handle those periods of time when the taste or the appetite might want to indulge more than what it should and most of the meat-eating in your country today is really by habit."

After hearing what The Council said about red meat, I curtailed my intake considerably until I found organic beef. Certified organic cows are raised without added hormones or antibiotics, and the grain they eat cannot contain pesticides or chemical fertilizers. I have also found organic, free range chicken which I admit can be rather tough at times due to the fact that they get more exercise than the caged birds. The organic roasts taste like the kind my mother used to make when I was growing up.

We absolutely need a certain amount of red meat in our diet. A friend of mine stopped eating red meat altogether and has become anemic. This is just foolishness. You don't have to become a vegetarian to be healthy. This large health study recommends including chicken, turkey, fish in your diet. It concluded those who ate the most white meat had a lower risk of cancer and cardiovascular disease and even death than those who ate the least.

So I would follow Cicero's advice: "Never go to excess, but let moderation be your guide." (Cicero was a Roman author, orator, and politician 106 BC - 43BC)

# CALENDAR

June 6, 2009. Spiritual Dialogues at 7:30 at St. Paul's Episcopal Church,  
425 Cleveland Ave. SW, Canton, Ohio

No meeting in July

August 1, 2009. Spiritual Dialogues.  
September 5, 2009. Spiritual Dialogues.

**October 10, 2009. Universal Being Conference**

November 7, 2009. Spiritual Dialogues.  
December 5, 2009. Spiritual Dialogues.

*For additional information on calendar listings, SOL membership, or books for sale, write to SOL, P.O. Box 2276, North Canton, Ohio 44720, or call 330.497.9645. Or you may visit our website at [www.solarpress.com](http://www.solarpress.com). SOL is on ebay at <http://stores.ebay.com/> Type Solarpress in the Find a Store box.*

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