

Good Health - Stress – Meditation and Our Immune System

With the entire world struggling with the Coronavirus, I thought that this information from William LePar's spiritual source, The Council would be of value.

The Council: If you have a positive mental attitude, then the physical body, the tool that you use, is in a more desirable condition to function properly. The state of mind that you have, an example, depression, a dislike for much of what you find yourself in, such as employment, family, or friends, if there is a less than positive feeling there or less than a positive attitude, it slows the physical body down, the functioning of the physical body, all the chemical interactions, the electrical impulses created by the combination of the chemicals of the body, and eventually if this is allowed to continue over a prolonged period, it begins to affect the chemical combinations and their need to relate to each other and interact with each other, thus the immune system goes down. Once the immune system goes down, then you have fertile ground for sickness.

Now, with a more positive attitude, a more loving attitude, a more joyful attitude, the ability to laugh at yourself first and then laugh at others or others' situations, and when we say "laugh at others" not in a demeaning way but in a sharing way, this bolsters the entire system. It fortifies the physical body. It adds a natural stimulant to the physical body, thereby putting it into what we could loosely call a higher gear or a more efficient state, thereby giving you the ability to ward off sicknesses of one kind or another.

The stress is what throws the system off. Stress is actually the killer of the physical body. It is the infector of the physical body. Once stress overtakes the physical body, then it throws the immune system off. It throws the entire system off, but it weakens, absolutely weakens the immune system, which opens the door then for all manner of sicknesses.

One of the best preventive maintenances for the physical body is daily meditation. If one were to incorporate that into their daily routine, they would have much less sicknesses. So, if you consider a health maintenance program, by all means, it would have to have meditation incorporated into it. Very few of your medicines actually cure. In most cases, they simply eliminate or cover up the symptoms, thereby relieving the additional stress and allowing the natural healings of the body itself to do the rest. Now, that is in most cases. So, if this is the basis of modern day medication, why not take a daily dosage of meditation and be one step ahead?

Some Insight into The Council – The All-knowing

This information from William LePar's spiritual source, The Council, gives us a little insight into how they know all that is. They also warn us not to pray to them as they consider themselves only emissaries of the Divine. Certainly they are of a Divine nature but our prayer should always be directed to our Creator.

Questioner: Can you help us at times when we are not here, if we call on you?

The Council: At no time should any of you call on us. Absolutely never call on us. First, we could not answer you. If you are to call on anyone for help, by all means call on your Maker. Call on His Love, not us. We can when it is in the Divine Plan speak to you, shall we say, from a spiritual level, and then your spirit will feed the information down to your physical. If you were to call for help from us, it would be wiser if you were to say or request from us that we pray for you. Then by all means we would pray. The most that we can hear from any of you is a request for a prayer.

This should offer an opportunity to give some explanation as to how we know all that there is to know. Those of a higher spiritual development can always extend themselves down to those of a lower spiritual development. Those of a lower spiritual development can never raise their spirituality or their vibrations up to the higher. It is only by the higher reaching to the lower that the lower can climb, can be raised up. In being able to render information to you that helps in your spiritual development, every breath that you take, every thought that you think, every motion that you make is left in eternity. There is a mark. There is a stamp. There is an expression. And, shall we say, it is like opening a book and watching the story unfold. With less than a wink of an eye we can cover everything that you have ever experienced in all your incarnations, because the information then becomes a part of our very awareness, our own knowledge. Just as when the time comes that you rise up to our development, you will experience the same thing. This awareness is not reserved for just a few. This awareness is the rightful ability of each and every creation of God, if one chooses to achieve it. Although at times we may say, "we see here," or at times we may even refer to looking at the book, there is in reality no book. There is nothing for us to see, but it is a knowing. It is an existence of complete creativity, complete awareness, complete joy, complete love, almost complete godliness which we hope to achieve soon. It is an existence that very, very

few in the physical have any awareness of. But it is every much a living existence as the existence you have. It is much more full of life than any of you can ever dream of.

Help from the Heavens

In this very interesting quote from William LePar's spiritual source, The Council, they give us insight into the working of the spiritual realms and how advanced souls may sacrifice to help another soul advance.

The Council: To answer your question, in all of Creation, in this room, there may be individuals who, for whatever reason, have treaded paths less desirable. They come to a crossroads, to an event, to an experience, and they discover that it is a threshold or a door that can bring them from the dark side to the light side. Maybe this individual had walked, shall we say, a number of very dark passages, comes to the door. For whatever reason, whether clearly thinking the opportunity through or moving on what might be interpreted as an impulse, moving through the door into the light. Let us make one point here. No one moves from darkness to spirituality on pure impulse or emotionalism. When there is such an experience, when one comes to a crossroads where you have the extremes, it is not by happenstance but it is a planned event by the soul. It is quite a drastic change from dark corridors of loneliness and depravity to the Light of God, simply passing through a doorway. Let us add here, all doorways are commitments. The individual makes that choice and passes into the light. That individual, at a soul level, before the material manifestation decided that at a point in time this would transpire. That individual could have made arrangements with other entities to be there in a special position, in a special way, to help insure that that entity stabilizes itself in the light, in other words, becomes more entrenched in spiritual concepts, it is like a helpmate. Some could say that that helpmate is an angelic being. Yes, we would agree, providing you understand the word "angelic" or "angel," a messenger of love. It is quite possible that another human physical being could be of such love that it would act as a great stabilizer, a great encourager, to that individual who has made the drastic change. Do you understand?

Questioner: Yes.

The Council: So, in essence then, that individual, that was present to help the other who made the drastic change, may be there from the heavens. Maybe that soul really didn't need to incarnate. Maybe that soul agreed in a previous lifetime while working with the soul that

makes the effort to change, maybe there was an agreement there to come in one last time as a helpmate. Therefore one small item was left unattended to in the previous lifetime for the helper. Therefore a minor necessity to reincarnate. Why would a soul jeopardize themselves like that? Well, very simply put, it is a question of exercising love, exercising love. Not speaking of love, but exercising love. Living it and not just talking it. Certainly that individual who came in to help, that special being, put themselves in great jeopardy because they still must deal with the physical, they still must deal with the weaknesses of the physical. Unusual courage requires unusual spirit, unusual souls.

Ghosts

Since Halloween will soon be upon us, perhaps something about ghosts would be appropriate.

Questioner: What part of an entity is it that hangs around that is classified as a ghost?

The Council: Sometimes ghosts are figments of people's imaginations. But there are, shall we say, imprints or forces, charges that can penetrate the area on a molecular structure and that charge can be held for a time, much time after. So you would have to more specific your question to go any further than that.

Questioner: Well, this molecular structure actually has some type of consciousness, right?

The Council: It works more off the consciousness of the individual perceiving the ghost or apparition, you see. The entity or the live individual that sees some of the ghosts actually is psychically charging that traumatic experience there and manipulates it to suit the situation. Now this is only in some cases, only in some cases, you see. There are such things as you state ghosts. There are entities who can manifest physically or make their appearance physically but not all that one sees necessarily is an entity.

Questioner: What particular type of entity would be able to materialize and manifest itself like that, or is any specific ability necessary for this?

The Council: No, once you have gone beyond the physical and into the lower realms of spirituality or that which that consciousness that is after the grave or after the death experience, anyone generally or any entity generally in that area can remanifest in the physical because actually what is being manifested is not a form or a material form, but it is a combination of an energized area in space and your own mental abilities being affected at the same time. In other words, shall we say, in the middle of this room is a hot spot of energy, and this energy is a conscious being, you see, a creation of God, and that energy, that hotspot, that creation wishes to converse with you in such a manner so as you see it and what that energy or that being will do with that field of energy there is excite you on a psychic level and this will cause you then to see that energy form and it will mirror what the entity themselves want you to see.

Eliminating Karma

By caring about your own essence and its right to co-exist with this Divine God,

you do yourself justice. Let those actions of caring about your own being and its relationship to its God be the motivating purpose of your life, for after all that is said and done, this lifetime that you are experiencing is for one purpose and one purpose only and that is to reach your at-one-ment with your God. But because of the beauty of creation, the caring nature of this Divine Essence, that road is made simpler and easier through the ability to cooperate with each other, to exchange with each other, to do for each other. A simple act of love, one that most would consider insignificant can be the very experience that will bond you into the light for all of eternity and for everlasting. Remember what we said some time ago, never react. Always think and then act in a godly manner. Follow these simple suggestions and you will succeed. You will eliminate all the karmic debt regardless of how big it may be, for true karma for many is the accumulation of the little things not done, the little things not said, the lack of thoughtfulness. To eliminate it you go through the same process. Do the little things, become thoughtful, become caring and you unweave the darkened web of the shadow world and weave the silver web of the heavenly realms.

Christmas Message

Questioner: Do you wish to share with us what the Star of Bethlehem was?

The Council: There have been many explanations by man as to what exactly was the Star of Bethlehem. Some of the explanations attempt to discredit what the meaning of the Star represents. In their attempts they only verify and add to the fact that such an occurrence did happen. What they choose to discredit they only substantiate, if one is wise enough to listen to what these have to say. We are not referring to the conventional idea of the Star of Bethlehem. Do you understand this?

Questioner: I believe so.

The Council: Very well. It should suffice to say that it was a guiding force for the Magi. Man should look upon this also as a guiding light by which he may obtain the Christ Consciousness. As the Star of Bethlehem guided the wise men to the child Jesus, the Divine Son of God, so should the light guide the wise men of today to Jesus Christ, the Only-Begotten Son of God, both Divine and Man. It is not important exactly what the Star was, whether it was a light placed in the heavens by God or whether He collected the constellations in such a manner so they appeared to be what they were not, exactly. This we feel answers your question. It is an answer that a wise man will look upon and think about. This is a question that is for everyone. This answer is not restricted only to you. This is a question that not only benefits you, if you consider it and its answer but also will benefit many, many, many others.

Humor is the Healing Balm

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 Composition of the Soul

Questioner: I just want to know if the soul, each person's soul, is composed of more than one part?

The Council: First, shall we say, that the soul would be better understood as the report card of the entity's work with creation of the physical and the maneuvering and balancing of the physical. Now with that in mind possibly you could reword the question or has that answered it for you?

Questioner: No. I was just wondering if there were different aspects or parts to the soul or it must be composed of a lot of different things just like the body is composed of a lot of different things.

The Council: Very well. Then you refer to the soul then as the total spiritual aspect.

Questioner: Yes.

The Council: Yes, most assuredly, there are many facets to the soul then, when looking, when considering the spiritual aspects of the entity as the soul. Shall we say, the word or the term soul then in that particular instance would be the unit description of a unit name.

Questioner: Are these always enclosed, these different units in the same body, the same time? Are they ever separated, is what I mean?

The Council: There is no separation. You see, the actual working of the spirit or the entity or you within the physical is a very involved and very intricate and very delicate, shall we say, existence. The spirit or the entity works through a number of degrees to the physical and in each degree then or if you wish to use a very inaccurate term a number of different bodies then each body as it moves away from the originating spirit to the physical then becomes more dense than the one before, but yet each must work very intricately with the one before and the one that follows afterwards. Now these bodies at times are referred to as astral bodies and etheric bodies and what have you, which in reality do not truly exist. These terms have been brought about by those who do not fully understand what they are talking about and by those who deliberately create confusion in a better understanding of the spirituality or the spiritual make-up of you as an individual. Nevertheless, there is a very intricate working between the body before and the body afterwards. It would be better and more close to reality or to the truth if one would understand these not to be bodies but to be different levels of awareness or different states of consciousness. This would be much, much more accurate.

Using Our Inner Strength

William LePar's spiritual source, The Council, suggests that we reach out after we have looked inward.

The Council: There are many who have great inner energies or powers that

were given to them to use for the uplifting and development of others, but many fail to bring them about. They become self-centered. They withdraw into themselves thinking only of their own spiritual development. This is wrong. One only develops by extending oneself. True it does take one to turn inward to find this. Once this is brought out, the inward is no longer necessary. Reach out to those who need help. In doing so one learns the process of growth and development. For only by doing for others can one gain for oneself. You are at the threshold of a new life, if you choose to cross it. It will demand much patience, much work, and much sacrifice.

Do not fear that you cannot accomplish this, for no task is taken on that one is not fortified far beyond need.

For each who takes a position, the Plan of the Infinite Father is also given strength. In case one chooses not to overcome all those karmas that may or may not be for them to accomplish, whether they choose through their own selfishness to go their own way, they will not interrupt the Infinite Plan, for others are ready to replace, so one must feel that they are strong enough to accomplish. Your Father is a loving Father. He guarantees you all that you need and then some. All this knowledge is written. It is only the physical frailties that prevent you from knowing it. This goes for each and every individual. Some of these frailties are as lessons. They build strength of the spirit.

Memories in the Hereafter

Question: When you die, do you retain the memory of this information from The Council?

Answer: If we have taken it seriously and we apply it or we attempt to apply it to our life and it becomes a part of our belief system, our understanding, yes, we carry that over.

That is why The Council had said to us years ago to let people know about this information so that they can begin to put it into practice in their life. By doing so they will eliminate many stumbling blocks and unnecessary hard times in their life and in their existence on the other side. Regardless of what our occupation may be, everyone has had at least one heavy or nasty job to do. In the process of trying to accomplish this difficult job we have thought, "How nice it would be to have another pair of helping hands." Just another pair of helping hands would have made that job ten times easier and ten times quicker. The information that The Council has given us is that pair of helping hands, helping hands that will aid us in this lifetime and in our experiences after we leave life. Take advantage of the help that The Council is giving us because in the Man-Made Heavenly Realm we are on our own until we reach a certain level of reawakening or re-understanding or re-awareness.

An important factor in the equation is free will. Just because we have the information from The Council does not guarantee us an easier path to walk. We must make the choice to apply that information in actuality or in some degree of action in our life. A simple example: A child goes into a candy store, picks up a piece of candy, and puts it into his pocket. As children we have all been told by our parents that we are not to take things from stores unless we pay for them but does that keep people from shoplifting? No, it does not. The fact that we have knowledge is of no value to us unless we apply that knowledge in our everyday life in the practices and relationships that we have with others. All the knowledge that we have acquired in life will be part of us when we cross over to the other side. Whatever knowledge we have acquired could be very helpful to us in our initial review. At the same time some of that knowledge or concepts or beliefs may be a causation for additional work. Therefore, we must use a great deal of discernment in what knowledge we accept, what information we accept. Those individuals who have taken the information of The Council and who have applied it to their everyday lives have discovered that their lives have become far more abundant and joyful than they had been. They have achieved a peace of mind that they had not experienced with other sources of information.

Thoughts into Actions

The Council: "Those of you who quest for spirituality must understand what real spirituality is. It is not the act of kindness or loving or caring. It is the thought that instigates the act. If one can train his thoughts, if one can control his thoughts along the

line of what is good, what is kind, what is loving, the natural outcome will be an action. Look into yourselves, and examine just how much love is there, how much kindness, how much caring. If there is even just the thought of possibly becoming serious about spirituality, then you have all that is necessary for success. All you must do is cultivate it. All you must do is begin to think about kindness, about compassion, about caring. In time, those thoughts will become actions."

Do not misunderstand when we say thought is important. One cannot just think spiritual thoughts or thoughts of loving, or kindness. One must allow those thoughts to manifest in an action. If the thoughts are sincere, if they truly are from your heart, then they will become action, they will become a doing. Those who only think thoughts of spirituality must question their own sincerity. Are they more interested in the search or in the discovery? There are many who want the search but not the discovery. The search poses no responsibility. The discovery engulfs one in responsibility, in commitment, in the doing. Allow the thoughts and nurture them, and perfection or spirituality is yours."

Reaching Our Maximum Spiritual Potential

The Council: To reach your maximum spiritual potential in this lifetime is very simple. Be compassionate. Be caring. Be loving. Be willing to make commitments and stay steadfast in those commitments regardless of how challenging they may be, for this

shows your power and strength. This shows the god that lies within you, and this opens the door for The God, that Divine Source, to touch others in your life. Be a being of love. Be a being that cares. Worry not about the large or big things that you wish to do or accomplish. Concentrate on the small things, for it is the small things that are actually the big spiritual steps upwards. It is the ability to smile, to greet another fellow human being. It is the willingness to bend over and help the next person up, to reach out and comfort the one beside you. The willingness to commit to a person that you care for, that you love. This gives you dignity. It gives you self-respect, and it shows you just how strong you really are. It shows that there IS a god within each of you. Allow that god to come forth.

How God Demonstrates His Love

I am sure that everyone of us, at some time in our lives, has doubted God. I have. When I was younger I went through a period of thinking there was no God. Then I believed that

there is a God, but He is out there waiting to punish me for every wrong. Then I came to an awareness that God is not waiting just to punish me but that He is a very loving and true Being of a type that I cannot understand. Whatever you want to call Him, a being or an essence, He is very personal, He is very loving and He is very protective WHEN you allow Him. He is so loving that He will not force Himself upon you. He offers Himself to you any time that you want Him, but He will not take away your free will. This is something that we find difficult to understand, the totality of God's love for us. We are accustomed to love in a very possessive way. I love you, I give you a ring, we get married so now you are mine. You can no longer go out with girl friends, you must stay home in my domain. That can become suffocating.

When talking about the love that our Creator has for us we have to go beyond the human expression of love. With God's Divine love, we cannot understand that we are loved so much that we are allowed to do whatever we want. When we have children and they do something wrong we have to use some form of punishment to warn them. That is a human love and living in this world we have to do this because children have to be reprimanded, in some form, so that they know what is not good for them, so that they realize that there are some things that are harmful to them physically and spiritually. When it comes to the ultimate love of God, He says, "I love you, but if you want to go against Me I still love you, and I will allow you to do it." That is a godly love. That is a spiritual love. If God said, "No. You cannot go your own way," then He would be a selfish god. He is not a selfish god. He is an all-loving god. He is selfish in one respect, and that is this; He wants you all for Himself. He wants you to exist in those realms that are justly yours, that you have a right to, but He is not going to shove you into those realms. He is going to make an offer to you. He loves you enough to allow you to do whatever you want to do. You can either accept His gifts or you can make your own way. You can walk side-by-side with God or you can walk side-by-side with God holding His hand.

Viewing the Spiritual Elements of Life

In this quote from William LePar's spiritual source, The Council, they explain that the more loving we become the more sensitive we become to the spiritual aspects of life.

Questioner: Are you saying that we can move beyond our conscious perceptions by praying?

The Council: Well, you would have to clarify your understanding or your meaning of "conscious perceptions"?

Questioner: Well, as we perceive things through the five senses and you are talking about the higher senses of the beauty that we see as spirituality ...

The Council: Let us put it this way, if you have someone that loves you, look at that love and see it as looking into the sky and not down at the ground. Look deeply enough and you will see the spiritual elements there that create that physical love, that expression of love.

Naturally, the more loving you become, the more spiritual you are, and that only follows suit that the more sensitive you will be. We use the term "sensitive" without any restrictions, because there are many ways for the physical and the spirit that manifests that physical to experience sensitivity and perception. Look at love as a gift unearned. That will help you respect it.

Humor

Questioner: Is the activity of laughter, having humor, I don't know if the proper phrase is a divine attribute, but is this something that is unique to children of God, us and the other creations like us?

The Council: It is unique to man. In other words, animals do not have a sense of humor.

Q: Is it something that we have like on earth? I know there are others out there who are like us going through their schooling in different methods. Do they have senses of humor also?

C: Well, certainly. It is part of being a god in the making. If you cannot laugh at yourself, you certainly cannot grow.

Q: Do angels have senses of humor?

C: Well, angels are not really in the same classification as you are or we are, but in their own way they have a sense of humor, certainly. Let us say that it is somewhat of an acquired sense of humor from us and from you -- as natural to them as it would be to man.

Q: Why is it that things can be almost as funny or just as funny years after they happen, but things that occur that are sad or painful, do not continue to carry that same degree or same severity of unpleasant emotion like laughter does? Laughter seems to survive so much better than unpleasant memories or unpleasant experiences.

C: Because laughter is a healing force. Tears are a healing force, too, but in a different sense. They should wash away what is necessary, but then they should also propel the individual away from that situation. Do you understand?

Q: Yes.

Depending on the individual, sadness, tears, what have you, or those tears that are connected with sadness or pain, if they had the same lingering effects or the same potential for future effects, they would definitely be something that would hold the soul back, but in the wisdom of Creation they have a short-lived time, the motivating effect. Do you understand?

Q: Yes.

C: Where laughter, its effects continue, its lifespan is much longer.

The Essentials of Spirituality

The Council: For those of you who have heard this one speak (William LePar) with some regularity as of late we have inspired him to speak on the essentials of spirituality. We could use the term love, but love is a word that in most of your minds is formless or if it does have a vision it is not as accurate as it could be. We have inspired him to speak about the elements that make love, that is caring, compassion, fulfilling your commitments. If you do not have self-respect, then starting out on this path will be somewhat hard, but as you elevate yourself to care about someone else, as you elevate yourself to be compassionate, as you elevate yourself to fulfill your commitments, you will, as the effects of these acts, begin to love yourself, begin to have more self-respect in a godly manner, begin to realize that there is a divine element in you that must be expressed, if you are to experience complete happiness and fulfillment. You as conscious state beings or souls were not created to exist in an isolated environment. You were created to exist in a giving and communal environment. Just as you exist in the All-Presence of God, each of you must exist in the presence of others, because it is only through this giving and taking, this sharing, this respect for one another that you find true joy and happiness, that you find your own spirituality, that you find your own godliness.

Perfection

Questioner: How to find the truth in Holy Scripture?

The Council: First you must choose whether you wish to accept the Bible and the Dispensation of God given in the New Testament. If you choose to bring yourself under the New Dispensation, then read the Old Testament as a history book, a recording of the Promise of God and the keeping when the Christ made its appearance in the earth plane, the Promise of God then is fulfilled. Then the New Testament. It would be wiser for all to read the New Testament and accept it as it is. This brings you under the New Dispensation. This eliminates all karma, so in forgiving your trespassers you eliminate karma. Karma can be eliminated in total by simply forgiving your debtors, thus opening the road to perfection or your at-onement with God. It is that simple. It is the fallacy of man, his self-inflated ego, his self-aggrandizement that prevents him from reaching his at-onement with his Maker. Man chooses to take the easy way out. He chooses to hang on to the loopholes that the old allows him, so that he does not have to put forth the effort of loving his fellow man. The true answer to perfection is love one another. If you have no other knowledge than this, then you can gain perfection.

A Closing Message from The Council

It is with all the love that we can possibly send to you that we give a blessing to you all. We hope that the Divine Father expresses Himself to you as He has to us. We hope that He gives you the understanding and the wisdom to use that which has been given to you. And as we hope you pray for one another, we too shall pray for you. At times when we are made aware of certain information it seems to become insurmountable, but that is only your human weakness that sees it as such. Remember nothing is ever given to you that you cannot fully overcome and have much to spare. Keeping this thought in mind and having faith in your Divine Father and His Love that He has for you through His Son, Jesus Christ, know that you will have more than is enough. Know that you are His chosen children. Know that you are most assuredly instigated by Him, and that you do have a very specific purpose in His Plan and that you do absolutely have the strength to fulfill it.

We are Creating Beings

William LePar's spiritual source, The Council, says that we are creating beings, in the spiritual and physical.

Questioner: You stated, "If you cannot participate in some form of conscious creation, you will never grow." Can activities such as painting pictures, writing poems, cooking meals or saying prayers be types of conscious creating that you referred to?

The Council: Yes, these would all fall in that category. The most positive or the most creative potential lies in the area of the prayer element because through prayer things can actually be changed in the material. Expressing one's artistic abilities or sensitivities through arts and what have you is also another good potential or release, let us use that word instead, is a good release for the soul's creative potential. Does that answer the question?

Questioner: Yes, thank you. Is having sexual relations creative in itself or only when a pregnancy occurs?

The Council: It is creative in itself in that the mind or the consciousness and the soul's desire is in unison. If it is a perfect situation, that is, the sharing of one with the other or a total sharing of each other, then it in itself becomes a creative force. It bonds two individuals closer together. Whether there is a creation of life there or not does not detract from that additional creation or potential of expressing and sharing.

The Council: Preferably old copper and preferably copper that has been subjected to high electricity or high-voltage. This will keep, shall we say, the rigidity of the inner being from manifesting in the physical in the form of arthritis.

34th Trance

Questioner: Well, yes, it had to do with copper. I don't know whether I should ask it or not, but I will.

The Council: Wear copper; it is beneficial for you.

Questioner: Thank you. I was wondering if it did relieve the pain of arthritis.

The Council: Most certainly. So does castor oil.

46th Trance

Making Good Decisions after Bad

Once we make a bad decision, what motivates us to make the right choices from there on? William LePar's spiritual source, The Council, gives us the answer.

Questioner: Council, I had one question. Earlier you had said that after the one wrong decision and the rippling and there was a next decision. You said if the mind or "conscious" or "conscience," I wasn't sure what you said, is wise enough to make the right choice. I was curious, do you mean "conscience" there or "consciousness"?

The Council: Well, conscience and consciousness. Let us say the consciousness is what you are outwardly thinking with, the conscience is that little voice inside. Many times decisions are made from both levels. Your conscious mind may think this is the proper decision but the conscience may say it is not a proper decision. Does that answer the question?

Questioner: Then when you said "mind or conscience," then you are saying "the conscious mind or conscience" is wise enough?

The Council: Both work together.

Questioner: Since we all make dozens of decisions everyday, and if not looking for some specific achievement like developing artistic ability or music ability, but just want to try to clear away all these ripples, because after 35 years of a bunch of wrong decisions you have got a storm, not just ripples. How can you go about this? What is the best way to go about this to try to level everything out so you can start making more consistent proper decisions for the remainder of your life?

The Council: It just takes a very firm decision on the individual's part to begin to make decisions based on a godly attitude as opposed to a self-serving attitude, and eventually you eliminate the ripples, decision by decision clarifies the vision. But you have got to remember that if you have spent 35 years in making selfish decisions, you are not going to correct all that inaccuracy in all those problems that they have created in five or six little decisions. So it may take many years at re-establishing a very peaceful life. Great traumas that occur in individual's lives are not always planned. Rarely are they truly planned at a soul level as a learning experience.

One learns just as well from a life of peace and harmony as they do from a life full of pain and suffering. But it is your ego that creates the pain and the suffering. Even those who have tremendous karmic debts to pay, when their life is planned out, it is planned out as a life of great service to others, and in this service then they correct the karmic debt. What happens as a general rule, they make the wrong decisions, and therefore their life is no longer simple service but becomes one involved with all kind of pains and problems and turmoils and what have you.

The Jewels in the Crown

I must admit to you that this is one of my favorite pieces of information ever given by The Council in the more than 40 years that they have spoken to us. I believe that it states the essence of our purpose for being and puts physical life in its proper perspective. To my way of thinking, it is not what I cannot take with me that is important here. It is what I CAN take with me that makes this quote so meaningful.

The Council:

"Look at your possessions. What good are they to you? Once you leave the material you cannot take them with you. The only thing one can take with them, when they leave the material manifestation, is the good deeds, the love, and the concern that they have had for others. These are the garlands; these are the jewels. This is the crown that sits upon the head, and this is what you will have to wear when you enter the new world or the new land or the next consciousness, and if you do not have those jewels, those crowns, those garlands, then there are areas which will not be accessible to you, and hopefully, you will have at least one thing that will allow you entrance to that area you truly seek."

Remember, The Council is not saying that we should not have material possessions. They are not saying that at all. We have a right to all of the wonderful things that this world has to offer. They are saying remember who and what you truly are and what your true purpose in life is: To be the most loving and caring soul that you can be, to be a living image of the Divine Creator of all.

The Love Vibration

The Council explains to us some basic attitudes that we should try to establish within ourselves to begin to allow our natural godly love to begin to emanate from our being and in so doing we fortify any additional love that is in or around about us or within the situation that we find ourselves. Through this process we become more aware of the unity that we have with all and in this awareness then we also become aware of our responsibility to continue to promote an even greater awareness of this unity. Through this process we begin to see the flow and existence of God in all things and in ourselves. To add an even greater dimension to this on a personal level, The Council states that through our attitudes and actions in the very simple day-to-day existences we affect not only a positive attitude but the positiveness of all things around us.

The Council:

“Much development and in fact the only development that an entity can fully make is in the ability to train and work with the physical. And the easiest and quickest way is developing the attitude and the thought. If you constantly keep on your mind your relationship and your responsibility to everybody and everything around you, you will soon be not only a channel for love, but you, will become a booster of that energy or that vibration. You will add to it. We will suggest for you specifically to begin to think in terms of service. Think in terms of service to your fellowmen. If one were to feel as though one's purpose was to be of service and in return through that service become more aware of the unity of man and God, great spiritual development can be expected. The greatest growth that an entity can make is through his day-to-day existence, in the simple little things, in the establishment of a very firm attitude of his existence within the Grace or Love of his God and his existence with his fellow man.”

Characteristics of our inner God

I simply felt that this was worth reading even though it may be obvious to all of us. I find that The Council has a way of stating the obvious in an uncommon manner that adds special meaning to what is said.

Questioner: What characteristics do we know or can we see in ourselves that would be characteristic of our inner god?

The Council:

Every time that you give freely of yourself; every time you stoop over to help a little child; every time you think of an older person who is lonely and you try to fill that loneliness either with a kind word or a smile or a telephone call; every time that you say good morning to an individual; every time you tell your parents that you love them; every time you tell your children that you love them; every time you do something kind for someone; every time you say to someone "God bless you".

The Living Essence of All

This is one of my favorite quotes from William LePar's spiritual source, The Council. I believe that it expresses, as well as I can understand it, the expanse of God's creation how each of us fit into it and the total love that He has for each of His creations. It is short but I think almost poetic. Also, for me, it touches the soul.

The Council:

God is the living essence of all that is created spiritual and material, and as this essence you simply feed off of it, you are suspended in this ocean of love, in this universe of love, you are similar to a beautiful goldfish in a bowl, but a bowl that is so tremendous that it encompasses all that is ever and ever will be created, and each of you are capable of having your own universe to work in. You cannot live or exist in any place without touching the life-giving love of the Infinite Father.

As a beautiful piece of needlepoint or tapestry is developed, it is first constructed from a backing, the stitches are placed very precisely in certain places in this backing, and as time progresses then a beautiful picture is formed and the backing is completely covered. You are the beautiful stitches; the backing that holds those stitches together is the Divine: that is the basis of the tapestry, the stitches are of no value without the backing, but the backing has a value for anyone else who wishes to apply their stitches to it. The foundation is always the necessity.

Christmas Message

The Council: Let us take just a few short moments to ask each of you to experience the significance of this holiday, the rebirth of Christ and the celebration of His Birth. Take into your conscious mind and into your heart the love that was involved in bringing this kind of experience into the world. Try to realize the tremendous effort that went before and look at what has come out of it. Take this love that the Baby represents. Take it into your hearts and allow that same love, that same giving, to be expressed through each of you, to yourselves first of all, and then to those that you love, those close to you. The Christ Child was a gift from the Divine because it signified the official entrance of the godly Consciousness in the creative realm, in the earth plane, in all of creation. You call it the Christ Consciousness, but it is God in Action. That is what the Christ Consciousness signifies, that is what it means, that is what it is. It is God in Giving, it is God in an outward manifestation of love. We ask each of you to accept this concept in your hearts and give to those around you, give love, give understanding, give compassion, give sympathy, but most of all give yourself to those around you. May each of you and your families enjoy a very prosperous coming year. May you enjoy a very Blessed and Holy Christmas.

Making a Change in Life

The Council: “Each of you can make a decisive change in yourself and in the world, in your consciousness and in the consciousness of mankind. The world can only experience light if each of you will allow that godly spark in you to shine forth, to brighten yourself and those next to you, and this godly light acts as a contagion as one individual sees your light shine, this stimulates them to allow their light to shine, and eventually all mankind can become abright with the divine that lies within each and every one of you. Regardless of how bad your world may become, regardless of how negative it may become, you are not doomed to that. None of you are. You can make changes in yourself that will definitely, absolutely influence others around you, and they in turn will be able to influence more, and that light, that godly attitude towards life, towards yourself can grow and grow and grow until the entire world is a spiritual place, a heaven on earth, a new world, a new life. You do not need some highly evolved soul. You do not need us. All you need is to know that you can make a change in yourself and thereby begin to change the world. As we said earlier, it is not the wisdom that you have, it is not the knowledge that you have, it is not what you have that will make you spiritual, but it is what you are willing to do with what you do have that will make you spiritual, that will make you godlike, that will make you fulfill yourself, to resume your rightful place in the creation of creation, to again return to your godly state so that you can once again experience that Divine energy, that Divine activity, so that this great Creator, this Father, this Infinite Light, can take you in His Arms and hold you to His Bosom as a precious jewel, a wondrous gem, something of such great and such value that He could not be complete without it. This is your rightful place, this is what you are destined to, sooner or later, one way or another. You may fight your godliness all the way to receiving your crown, but it will be a battle in vain, for you are destined to be with that Divine Presence.”

Many have asked, "Who is William LePar's spiritual source, The Council?" Hopefully the following will help answer that question. They say that they have moved beyond the need for reincarnation but still require a little polishing of their spiritual awareness in what they call the God-Made Heavenly Realms.

Questioner: The members of The Council, the twelve souls that you are, when you walked the earth plane, such as we do today, what path did you take to achieve the necessary spiritual awareness so that you no longer needed to reincarnate? And were you doctors, lawyers, and so on?

The Council: We are the same soul quality, the same creation that each of you are. As we said, we once had physical bodies, we once had lives. We did all the things that we should not do, and eventually we learned to do all the things that we should do. Were we doctors, were we lawyers, were we this or that? We were all things at one time or another. Did we just come into the material form once and then achieve some great illumination and pass on into the God-Made Heavenly Realms? No. We learned by the trials of the fire, just as you are learning. What path did we take? Well, we all tried many paths. We tried the easiest paths possible or at least we thought they were the easiest paths, until one day, one episode, one life, each of us as individuals stumbled upon the secret: You can only receive what you have given. At that point we realized that if we wanted the love that we needed for our own recognition of our godhead, we had to give it. And so that was our point of turning. That was the cleansing fire, that was the transmutation, and you might say that was the spiritual resurrection of ourselves. Does that answer the question?

Questioner: Well, just one more. Thank you, Council. Do you all stay the same or do you go on and change or does someone go on and then another soul come in? Does The Council constantly stay the same?

The Council: No, The Council constantly evolves. The Council is a forum for those of us who have reached this level of awareness, of godliness, to be able to give one demonstration, one final demonstration, to man in his darkest hour of need. During one communication all twelve can be renewed or changed. In one communication it is possible that only one would be replaced. In a communication, those twelve that originally started may stay till the very end. It is the need of the individual. It is the desire to reach the final state of existence, and that is the total mergence with the Godhead, still maintaining your own unique identity, still with your own knowing, your own awareness, nothing lost only glorified and magnified a million times over.

To see the video of this trance -
<http://www.youtube.com/watch?v=P61uyaWbPt8&feature=colike>

Our Will Verses God's Desire

The Council explains that most of what occurs in our earthly existence is determined by what we choose. They also tell us what the ultimate spiritual goal of our planning is, and more importantly, how our will relates to the will of God. They also place our beginnings outside of what is normally accepted by those in the physical. We were truly not created at physical conception. Yes, our physical containers were but not our spiritual bodies, the true essence of us.

The Council:

In a time before the material manifestation existed, all of you existed with and in this Divine Essence, because your ultimate existence was to have the quality of this Divine Source, not the quantity but the quality. You were given absolute free will. This is the expression of total love from this Divine Source. The Divine Source does not wish that you should be subjective or subservient to His Will because it should be but that you should be subservient to that Divine Will of your own choice. The Divine Will for you is that you gain the quality that God the Father has. Since you are only a part of Him who created all, you can never be equal in quantity. The patience of this Infinite Father is unending, but since He has given you free will, all things that transpire in the material manifestation and in those levels beyond are governed more by your choice than by what He commands. Some have truly moved closer through the eons of time; others have moved further away. Some have tried to bring light to the material manifestation, while others have tried to encrust it in even darker abysses and darker clothing.

Sugar Good or Bad?

Since sugar has been in the news so much lately, I thought that I would post information that William LePar's spiritual source, The Council, has given us on sugar and diet in general. I think that you will find their comments on soda pop particularly interesting.

The Council:

Take time to eat good food. Take time to drink good water. Then what you have succeeded in doing is eliminating that much more opportunity for problems. Your beverages that you drink: terrible, terrible stuff; terrible, terrible stuff. Yet some of these fanatics who are so worried about what food they are eating, then they will turn around and drink this soda pop. Terrible, terrible stuff. Eliminate it all from your diets. Drink teas, coffees, fruit juices, things like that. Soda pops are no good for you. There are more chemicals and sugars that are not good for you in that stuff than your body cares to deal with. So, eat clean food, drink the cleanest water possible. Do not buy food that has the ability to sit around in your house for six months and still find it edible. That is not food; that is what is left of food after it has been embalmed with your chemicals.

In fact, there is a thought. Let us clear the thought up. Excuse us. There is a thought, "Question cigarettes against soda pop?" We would suggest smoke cigarettes and dump the soda pop. That is the danger in soda pop. Now that that question has been answered, let us go on. We think it is quite amusing and typical of the mentality of your society, you will not drink a soda with sugar but you will drink a soda with a chemical that gives you a sweet taste, that once it enters your body it does all kind of horrible things to your body.

Any well-balanced diet will do, providing, you see, it is not so much the food, it is the kind of food that you are ingesting and what has been done to it. If one has a tendency to be somewhat emotionally unstable, along with any health problem, be careful of what kind of food you put into your system. Chemicals, preservatives, disrupt the natural balance of the body. The other thing one must be careful of is too much refined sugar. And as we have said these sugar substitutes are an absolute no. You have no idea what it is going to do to you down the road.

Our Existence

The Council: We can only say that it would be our desire to show you a picture that is much brighter than what it is, but unfortunately, if an untrue picture were painted what stimulus would you have in correcting the situation that now exists amongst you all in all countries? As long as the condition can be changed, we will speak of it. It is up to the people of the world to see to it that what it has created for its future does not necessarily have to be. Nothing is predestined. No individual is predestined. Each event in man's future and in his history could have been changed, if he had foreseen early enough. Your future can still be changed. When we spoke to you of what you are and what you can expect to experience once you leave your material bodies, we could speak to you of pleasant things, beautiful things, because no matter how corrupt you may have created your existence, in the hereafter, it will be changed to the proper outlook. Now we do not use the word "corrupt" in a negative form. We use it in the sense of varying from what actually is.

Your physical existence takes more determination, more activity now. Those who are of right mind see the brightness that tomorrow holds by seeing what lays before them today. If there is a ravine that must be crossed and the bridge is in poor repair, if you were to cross it on the morrow, it would necessitate repairing it today; and that is the way your future is. If you are to exist in tomorrow, you must create that state of existence today, the foundation for that existence today. Your abilities as individuals, as individual entities, go far beyond your imaginations. The power that lies within each of you to create a whole new world tomorrow is seldom ever tapped or used. Working through the natural means of your world, you can rid yourself of all that is not harmonious and leads to a happy state of existence, but it depends on the individuals to see to it that the world responds to the wishes of those individuals who occupy the world. Your greatest step to a more positive future is taking a better look at yourself as an individual, an entity that is unique, an entity that cannot be replaced, an entity that has a specific purpose, an entity who adds themselves to the sum total of the whole.

Love is Everything

The Council: Love is everything that you can imagine that is good. It is the desire to make whole another individual by filling in all the cracks and crevices, all the holes, all the broken edges that life may have chipped away. Fill your mate with love, help that person to bloom and your reward will be one of the finest thrones ever imaginable by the mind of man in the heavens above. Speak of garlands -- Complete one individual with your love, make one individual feel secure and happy and you wear the greatest crown possible. Love and commitment are the essence of creation. The Divine Presence when He brought all this, as you understand, into being, the motivating wish behind your creation was a Love that would be full and complete, a commitment to provide every opportunity possible for you as one of His children, as one of His creations, to be totally secure and full and complete, enveloped in the purest of all loves. You, as you are now, cannot create or give in the same quantity as this Divine Essence can but you can come very, very close in quality, and this can be achieved very simply by thinking about the person you profess to love, thinking about them before you think about yourself.

We All Have a Mission in Life

While working with William LePar's lecture Cornerstones to Spirituality I came across this information which I would like to share with you.

When we've reached the end of our rope and we can't take another step forward and when life seems to us as though we have no purpose left in it then this is a great opportunity if we'll only see it. It's the opportunity to start over again and turn around or turn over a new page in our life whether it's yesterday, today, or tomorrow. We all have a mission in life. We all have a purpose in life and we must realize that only you can fulfill your mission in life. You are so unique that there is only one of you. There never has been another person like you. There never will be another person like you. You can't be replaced by a thousand people. If you were to decide right at this moment to lock yourself in a closet and avoid life for the rest of your natural life I could not, no matter how hard I try, fulfill one second of your life in an effort to replace what you could offer life. You have the unique opportunity to be able to share yourself with others. I can't do it for you. Nobody else can; nobody else on the face of the earth can share you with others. Only you have that ability. You have something that only you as a unique individual can give to others.

Did you ever stop to think that you might be an extremely vital experience in a person's life? The very fact that they are introduced to you and you can exchange a few words. That may be an experience that is extremely vital at some point in time in that other person's life. Oh, you don't have to spout great wisdoms but as an individual you must become involved in life. You must be willing to become a shepherd of people by becoming a teacher, a helper, a listener. You must be willing to give others the opportunity to gain in life. You must be willing to become like a networking agent that helps others to better themselves. Regardless of how many words of wisdom or holy words you may have read in your life, regardless of how many you can spout from memory, what good are they to you if you cannot take those very words, those thoughts, those concepts and make them a part of your life so that you yourself act upon those words and live your life in accordance to that wisdom.

The trials of our life are lessons that we've failed to learn in the past. They are the ghosts that come back to revisit us. Although we have made faulty decisions in the past we now have the opportunity to make better decisions and escape all pain previous choices have brought to our door. Our life is a journey. It's good to know that there's always an end to every journey. We must remember that it is the journey that really counts in the end. Our efforts to achieve a God awareness or God self or Christ consciousness is a journey that we make, not a destination. Yesterday is nothing more than today's memories. Tomorrow is the dreams of today. I'd like to take this time to close with this final sentence. Tomorrow is composed of the dreams of today. Today let us all begin to dream of a God consciousness.

An affirmation from The Council.

When asked to give an affirmation that we could have to carry with us all the time, below is The Council's reply.

Love yourself. You deserve to be loved. Just look in the mirror and say to yourself, "I love YOU." Look directly into your eyes and say, "I love YOU. You're alright. You're not perfect, but you're alright." We believe in the simple direct approach to all things when possible. Most people will find it very hard to look into a mirror and look into their own eyes and stare themselves right out and say, "I love YOU. You're not perfect, but you're OK."

When One Soul Grows All Souls Grow

While working on a project I came across this information from William LePar's spiritual source, The Council. This occurred during one of the research and study group sessions while Mr. LePar was in trance. This is a good example of how information was obtained during a session. The Council always reminded us to: "Think and use our God-given wisdom." They would not spoon-feed us information. We were required to take an active part in the trance sessions by questioning the information presented to us.

I found this not only interesting but thought provoking, especially in its application to our lives personally and to the activities of the world in general. I hope that you find this worthwhile also. Remember, as you are reading this that the positive and negative actions that are being discussed are actions originating in our physical world. This should be read carefully as it is an involved concept that The Council is explaining.

Questioner: You once made a statement that when one soul grows, all souls grow. Is the reverse of this true?

The Council: No.

Questioner: Well, would you expound on that initial statement?

The Council: For a soul to grow, they must add something positive. Do you understand?

Questioner: Yes.

The Council: And in so doing when they add something positive to creation it does affect all of creation. So, consequently, as one soul grows, all souls grow.

Questioner: But if there is a negative action, why wouldn't that affect all of creation in a negative way?

The Council: It would affect more the material aspects of creation. That statement was made in respects to the spiritual aspects of creation. The positive is made in respects to the spiritual aspects of creation. That eventually filters down into the physical. Negativity, although it may have a greater affect on the physical, immediate effect, it eventually ends up only affecting the source of the negativity, in its greatest effect. Do you understand?

Questioner: Yes.

The Council: As one soul grows, all souls grow. This can be first looked at in a spiritual sense, but as it emanates out into the spiritual, etheric, it then is reflected back and it goes back into the physical world, and it will eventually permeate or positively affect the physical creation or physical world. Now, a negative aspect, it does have an effect on the physical, and as it extends outward then and it is reflected back, its ultimate destruction is the source of its origin. It may influence and affect other areas, but the greatest damage is the source, the originating source. And the reason why there is an effect beyond the

originating source is because all lives are interconnected through responsibilities or

through relationships or through karmic situations. Does that explain it any clearer?

Questioner: Yes.

The Council: Very well. The thing that one should be aware of is that in order for there to be light, as you understand it, and for you to deal with it in the situation that all of you are, in order for there to be light, there must be darkness. In order for there to be joy, there must be sadness. In order for there to be evolvment and growth, there must be something less than that or there must be a point from which you must reach up.

Remember, you have deemed it necessary for the sorrow in order to experience the joy. You can also deem all of one or all of the other. There is not an appropriate ratio. The world has chosen, man has chosen, the nature of man dictates that anguish, suffering, sadness bring growth. Your Father dictates that joy, happiness, laughter bring growth. The Heavens dictate that love brings growth.

Being Raised in Two Religions

I think that this exchange between a questioner and William LePar's spiritual source, The Council, gives valuable information on raising children under two different belief systems.

Questioner: What happens if two people who come from different belief systems marry and they attempt to bring up their children in both systems? Is this acceptable?

The Council: Clarify both systems.

Question: I.e., Christian and Jewish.

The Council: Well, we were not particularly asking for a name but bringing them up how in both systems?

Questioner: Like taking them to both types of service and teaching them all the doctrine and dogma of both. I guess the idea would be to give them their choice, once they are old enough to make a choice, of which one they would prefer.

The Council: A very good idea. It gives the children a good basis. It gives them two points of view, but then really it is not two points of view. It is one point of view and its evolvement. It is better that the children have two religious belief systems than none at all. The advantage in a situation like that is that the children then will be sufficiently prepared to see the spiritual basis for the one religious belief system. It will also give them a spiritual insight and wisdom that most children do not have because they have been given two pictures, and the essence of truth will emerge much more clearly to those children, especially if they have been subjected to these things at an early age. Now again, we are not advising that those with children should raise them in two belief systems, but if a situation does come about through the natural chain of events where a child is subjected to two belief systems it can be beneficial. In fact, it can be very beneficial.

Now again then, a greater responsibility falls on the parents. They cannot, hear this well, they cannot divide the children. They cannot say that this belief system is better than the other parent's belief system. They cannot cause a conflict in the children. If they have agreed to such a situation, then they must allow the child to evolve in that situation.

Fate and Destiny

The following comes from one of William LePar's Universal Being Lectures and requires no additional comment from me.

I don't care what conditions you were born into. I don't care whether you were born into abject poverty or an abundance of wealth. I don't care if you were born into a condition where there was great sadness in your family or great joy. It's immaterial in the final analysis because at the point of birth that was the hand that was dealt to you. The beauty of life is that we have free will and with that free will we are able to change anything. Fate is what you came in with, but you make your destiny. You are not condemned to those conditions that you were born into. You have the free will choice and with that choice, right thinking and positive action, you can create whatever destiny you want. Remember, after all is said and done, you are a god in the small and you have a great deal of control over your own destiny by the choices you make. If you want happiness, genuine happiness not temporary happiness, if you want spirituality, you make the choices now so that your destiny is what you desire.

I'd like to end this with a two line quote from the Council. The essence of these two sentences is everything in a nice neat little package. It goes this way:

“Those of you who quest for spirituality and happiness must understand what real spirituality and happiness is. It is not the act of kindness or loving or caring but it is the thought that instigated the act.”

If the thoughts are sincere, if they truly come from your heart, then they will become action. They will become a doing and they will become reality.

A Christmas Message

We do wish to extend our love to all of you in hopes that each of you will have a very Blessed and Holy Christmas and too that you all have a peace of mind from this point on in your life. We hope that you have a peace of mind and a peace of the soul and the heart. We ask that you accept the Blessings that we receive from above, those that we wish to share with you, we ask that you accept them. We ask that you remember the coming season and we ask that each of you try in some small way to bring yourself closer to your God through His Son Jesus Christ. We ask that maybe just once you can spend an extra minute in silence to allow Him to speak to you. Allow the Lord to touch your awareness. He waits patiently. Just as He waited to be born into the world, He waits to be born into each and every one of you. Our prayers go up for you, that you open your heart to Him, for it is only through Him that we will be together with you. Blessings to all of you and the Blessed Holiday you all deserve.

A New Year's Blessing

At the completion of every one of William LePar's trances his spiritual source, The Council, would offer a blessing. The following blessing seems appropriate for the New Year. The Council:

It is with all the love that we can possibly send to you that we give a blessing to you all. We hope that the Divine Father expresses Himself to you as He has to us. We hope that He gives you the understanding and the wisdom to use that which has been given to you. And as we hope you pray for one another, we too shall pray for you. At times when you are made aware of certain information it seems to become insurmountable, but that is only your human weakness that sees it as such. Remember nothing is ever given to you that you cannot fully overcome and have much to spare. Keeping this thought in mind and having faith in your Divine Father and His Love that He has for you, know that you will have more than is enough. Know that you are His chosen children. Know that you are most assuredly instigated by Him, and that you do have a very specific purpose in His Plan and that you do absolutely have the strength to fulfill it.

The Key to Spiritual Growth in Poem Form

During William LePar's trances his spiritual source, The Council, often presents little gems of wisdom. Many times they appear to be in the form of a poem. The Council:

The only key to growth,
Spiritual growth,
Is love.

The only action
To spiritual growth
Is love.

The only way or effort
To spiritual growth,
And at-one-ment with
The Divine Father
Is love.

A simple word,
Yet a word
That encompasses so much,
And so completely,
That even a breath from your lungs
Can be an act of love.

And if this be the case,
Then even your unconscious
Breathing
Can be a minister
Of love and healing.

God's Ways

In God's ways
There is no such thing as instant,
And yet in God's ways
All things are now.
Allow God to utilize the creation;
Allow Christ to bring healing
On many levels in natural ways;
Allow Christ to heal
That which you cannot see,
And that which you can never know
About another soul
Or a human being.

When the Heart Sings

The following is an example of the poetic style that Mr. LePar's spiritual source, The Council, often used in the closing of a trance session. There is really nothing that I can add to the words below. The Council:

Something to think about: When the heart sings, when the eyes can see a little beauty in small things, when the heart laughs, when the heart experiences joy and warmth, when the lips smile, and the voice is raised in a loving laugh of joy, then that soul is given proof that it has created a thing of beauty, and the seed of that creation was planted in the past. If that soul will choose to look even more at the beauty in the small things that exist, it will continue to create for itself not only small beautiful things but it will gradually begin to create large beautiful things for itself. So when the eye sees a little beauty here or a little joy there and it appreciates it, it will then begin to look a little more or a little harder, and it will then begin to see even more beauty and more joy. And in so doing then the heart begins to laugh and feel joy to a greater proportion than what it did before, and if the heart is happy, if it sees beauty, if it experienced joy, then it is a reflection of the thought, the mind, of the entity, and if that is the reflection, then it means it is creating even more. So it becomes an unending circle. It is an unending spiral that grows upward. Look for something joyful. Look for something small and tiny that is joyful. Then look for something small and tiny that is beautiful. Appreciate that joy, that beauty, savor it, place it in your heart, and keep it in your thoughts. And in so doing you open your blind eyes to greater light, greater beauty, thus the heart rises up and the consciousness creates more and more that is godly. If you laugh today, it is because you have created something joyful yesterday.

The Alpha and The Omega Points

This is a rather long posting but I think you will find it of interest and worth reading. This information comes from William LePar's spiritual source, The Council during one of his trance sessions where they were discussing their purpose for these trances. The Council:

As a bit of general information, what are you really involved in? What is really going on? What can an individual expect out of dealing with us or dealing with the material? We will tell you. What is going on is the instructions that will bring you to the Omega Point, the Omega Point. What is the Omega Point? First, you must learn what the Alpha Point is. The Alpha Point was at that moment in eternity when the Divine Source brought you into existence; complete; whole; beautiful; magnificent; power within yourself that would be unbelievable; purity of heart that would be unsurpassed by anything else; like a light that shines brighter than all the light in the universe. In this beauty, in the total magnificence and power, in the center of it, was you; busy in motion, busy at creation, the motion, the activity, the sensing, the examining of a world never seen by human hands, never seen by human eyes, a world unlike anything you have ever conceived or are capable of conceiving; not a world as you understand, limitations, but a heavenly world of motion, action, expansion; such beauty, of vibrant existence, a constant evolution of creation. That was each of you. The power of one thought from you could create an entire universe as fast as the thought could form, but the awe-inspiring factor was the warmth of love, the power of love that emanated with such strength that it elevated everything that would come in contact with it; add to it so that it would grow and blossom, like a beautiful rose, like a beautiful tree, yes, the Alpha Point. All was perfect; all was perfect; until that love no longer flowed out, but was turned inward, and then the Omega Point. Oh, oh, what a Point to reach. It was like an entire world collapsing in on itself, but the transmuting of that brought about a second Alpha Point in the material manifestation. This then was when you as spirit entities were entrapped in the material manifestation. From there on each of you as souls, as beings, as Children of God, have moved constantly in one direction or the other, forwards or backwards, through many times, through many changes, through many periods of darkness and through many periods of light, and so now mankind arrives at this time in the plan and each of you here are in this time. Our purpose is to bring you again to the Omega Point which will be the doorway to the original Alpha Point.

You wonder what is the Omega Point now? Is it like the one we described before? No, no, you are to grow from that collapse; you are to grow into the original Alpha Point. How do you do it? Let us tell you of the great love your Creator has for you. It is very simple. Perfection in an instant, if you choose. Each of you and every one on the face of this earth has a past. What should you do with that past? Should you let it devour you? Should you let it destroy you? Or should you allow it to teach you? All of you have a now. What should you do with it? Should you allow it to destroy you? Or should you allow it to teach you? And all of you have a tomorrow. Should you also allow it to destroy you or teach you? The steps to perfection are relatively simple. Your past is your past, and you should learn to accept it. You should learn to affirm that it did exist and that

is that. Regardless of what you may have done, do not let it hold you from growth. No one's past is without negativity, without, what some refer to as, sin. Do not allow guilt to destroy you because it was never meant to destroy but it was meant to create. Guilt, if handled in a proper way, is an extremely healthy thing, but, unfortunately for mankind, he turns a beautiful gift of God into something that destroys and annihilates the soul. Guilt is the finger pointing to the proper way. Man should learn to accept that direction that the finger is pointing to, and then learn to accept those sets of experiences or circumstances that brought about the finger of guilt. Accept it; affirm it; and then move to the present of now. Do not allow it to hold you in the past, for it was not meant to. That is man's laziness, his lack of faith. Even now, what is there to do? How do we prepare? What must we prepare? Now is where perfection lies, not in the past, not in the future, but now. Perfection lies in the here and now, if -- oh, that treacherous little word that rises its head like a venomous serpent, -- if -- do you remember what we said about that large, large word? It is the difference between what you are and what you should be, what you could be -- if each of you were to do the very best you could or can do in your situation now, that is perfection, THAT is perfection. If any one of you were to actually enlist all the powers within you, all the forces that God your Father has given you, if you were to actually enlist those and apply those to any set of circumstances or situations or problems or what have you that would come up in the here and now, if you would apply yourself to the best of your ability, you would reach perfection right then and there. And then what? Then the Omega Point. What is the Omega Point? For you here and now the Omega Point will be the most glorifying experience in your entire creative existence; in that it will be the meeting of your existence and your essence. The Omega Point; the rebirth of you to the state that you were originally created in. How simple it all is. The mystery of all of man's creation, all of his efforts, given in one simple statement: the Omega Point. You want a mystery? You want a secret? You want something very profound? You have been given the key to God.

Changing Our Lives

This quote from is one of my favorites because The Council mixes solid advice for us with a bit of knowledge that is amazing if one dwells on it. First, if we wish to change or lives, simply change our outlook and our attitude. Secondly, they say something very interesting about our physical world and that is this: It only exists because of consciousness. In other words, everything, whether it is living or not exists because of our collective consciousness and our personal life exists in the physical world because of our individual consciousness. "Consciousness is the cause and matter is the effect of that consciousness."

Spiritual growth is not a way of life that asks you to do without, but it is a way of life that asks you to give so that there is a greater room within to receive. Matter, creation, life, the earth, is in existence because of a consciousness. Your life is in existence because of a consciousness that you have. Matter can be looked upon as the effects and consciousness is the cause. To change your life into something more positive filled with greater joy and peace, change your consciousness ever so little, if that is the best that you can do, and your life will improve, your happiness will be assured, your joy and your peace will be yours.

What You Will Be Creating

Look on some evening
When the sky is clear
And the stars are bright.
Look up into the heavens
And see as far as the eye can see.
If you can feel the magnitude
Of what you are seeing,
If you can feel the immensity
Of what you are seeing,
If you can see and feel the beauty
And the glory of what you are seeing,
Then you have some idea
Of what you will be creating,
And yet at the same time the creation
That you will be working on
Will be you, yourself

Life - The Process of Learning

Not even God, the Almighty Creator, has predestined anything for you. He has bounced you on His knee and said, 'Dear child, what is it you want to do?' and then has let you go your way and do it. Oh, it is true, He will tap you on your shoulder and either say, 'No, no,' or 'Yes, yes,' but ultimately it is your choice to say, 'All right, I will listen,' or 'Sorry old man, I know better.' And how many times have you all done that very thing? And, in fact, we will say to you, how many times, when we were in your situation, we did that very thing? We can tell you right from the very bottoms of our heart, if we had a physical heart, that we had done it many times. If we had been wiser, it would not have taken us so long to get to the point where we are now, but that is the process of learning.

Does God Need Us?

Questioner: If God is in total complete, then would He be growing greater, and can God grow by our growth?

The Council: This almost brings a laugh to us.

Questioner: Well, I thought it would.

The Council: If God in anyway had to depend on your growth or on our growth, all we could say is "God forbid." We would all be in a peck of trouble. No, God does not need you nor does He need us. He can exist in total without you because in reality you are a breath that He has exhaled. Do you understand?

Questioner: Sort of.

The Council: We are glad you are honest about it. You are something that He has created from His own Being and has set free to either accompany Him or to abandon Him. You see, He is a Being that is within Himself constantly growing, but then again this is almost a false statement because He is all that is and there is nothing other than Him. But, shall we say, to explore Himself there is no limit to what He can explore, and to share in this awesome glorification He has created others to be brought up, to be taken up into this glorious experience, and thus He has created you just like Himself.

Questioner: What do you mean "just like Himself"?

The Council: He has created you with the same abilities and powers that He has. Of course, this is in a much smaller degree, but you see, once you prove yourself, then when you co-exist you will become much more greater than what you are.

Questioner: Well, when an entity reaches perfection and goes back to the Father, does this add to the Father or His Kingdom or does it add to the entity?

The Council: Of course, it adds to the entity who has reached perfection. It does not add to God the Father. If it adds anything to God the Father, it adds to His Joy to see that you have done so well with what He has given you and that you have loved Him as much as He has loved you in that you were willing to return. So in this you Co-Exist, and in this He gives you the opportunity to, do many things that you have not even begun to dream of yet.

The Bible Will Give Us Guidance

Questioner: You told me to be careful of my thoughts and it seems I'm having trouble doing so.

The Council: Practice discipline. Discipline is the key. Keep your mind active, and if you cannot discipline the mind enough to keep pasts out of it, then the best stimulus is the Bible. Begin to read segments at random whenever these times come upon you. Simply take the Old or New Testament or a complete Bible and let the pages open where they will and begin to read there. Do you understand?

Questioner: Yes.

The Council: A few minutes of reading the Bible and concentrating on it will give you answers that you need, believe it or not. Have a problem and let a Bible open where it will and you will have the answer on those pages that open to you.

Questioner: Does that go for anyone?

The Council: That goes for anyone. A very simple and quick guidance is that. If you have a problem and you need an answer to it, simply request guidance of the Father in the name of His Divine Son, Jesus Christ. Take a Bible, it would be wise if you took all markers out of it, hold it in front of you and let it flop open where it will. Then just randomly stick your finger on a page or on a portion of that page and begin to read, and read until you feel that you have completed that segment that you have started, and you will have your answer to your problem. If you should pick a segment that is, shall we say, a number of columns long or as in some sections, the segment is a complete chapter, if you should happen to pick something such as that, then read the total segment, read the total chapter and within that segment you will have your answer. Very simple and quick guidance. Do it in an attitude of expectation and trust, and the answer will come even clearer to you and much quicker.

Spiritual Growth

The Council:

Spiritual growth is not a way of life that asks you to do without, but it is a way of life that asks you to give so that there is a greater room within to receive. Matter, creation, life, the earth, is in existence because of a consciousness. Your life is in existence because of a consciousness that you have. Matter can be looked upon as the effects and consciousness is the cause. To change your life into something more positive filled with greater joy and peace, change your consciousness ever so little, if that is the best that you can do, and your life will improve, your happiness will be assured, your joy and your peace will be yours.

Much development and in fact the only development that an entity can fully make is in the ability to train and work with the physical. And the easiest and quickest way is developing the attitude and the thought. If you constantly keep on your mind your relationship and your responsibility to everybody and everything around you, you will soon be not only a channel for love, but you, will become a booster of that energy or that vibration. You will add to it. We will suggest for you specifically to begin to think in terms of service. Think in terms of service to your fellowmen. If one were to feel as though one's purpose was to be of service and in return through that service become more aware of the unity of man and God, great spiritual development can be expected. The greatest growth that an entity can make is through his day-to-day existence, in the simple little things, in the establishment of a very firm attitude of his existence within the Grace or Love of his God and his existence with his fellow man.

As you live the rest of your life, you must constantly try to do the best you can. Oh, there will be times when you just will not do it, but spiritual success is guaranteed to those who fall and will pick themselves back up. So, if you try and you fall back into old habits or old ways, do not stay there. Try again, start over, and keep this process up. Then when you leave the material manifestation and you ask yourself, did you do the best you could?, your answer will then be yes, and you will move on to a whole new realm of growth and development.

What Life is All About

This Quote comes from William LePar's new book - Return to Eden, The Universal Being Lectures of William LePar. Every year SOL presented their conference in October. Mr. LePar was the featured speaker. He often prepared a year in advance for this lecture because he felt that it was the highlight of his speaking season. The following is the closing to his lecture on Predestination or Free Will.

What's life all about? It's very simple. It's the art of loving, the art of caring, the art of compassion, the art of accepting responsibilities and commitments, and fulfilling them with a dignity, with an honor, so that you are not only showing proper respect to the other individual, to the other soul, but you are showing proper respect to yourself. You are taking on a god quality. When it comes time to leave this life, leave something more behind than a dead body, some clothes, and some money. Leave behind a legacy of love, a legacy of compassion, a legacy of concern, a legacy of respect, a legacy of dependability in fulfilling commitments. Leave a legacy of the kind of god you can be.

When you leave this lifetime, leave a legacy of love. Leave a legacy that says this life, this world, this earth, is just a teeny bit better because I walked through it. It's not hard. We have one hundred and one opportunities every day to show kindness, to show anything that takes us out of ourselves above our ego, and shows that we have a goodness and a quality inside that can help others and in return those same things will be shown to you in your time of need. Don't expect them. Don't ask for them. Don't sit on your duff waiting for them. They'll be there. Leave a legacy of your goodness when you leave.

Stress - The killer of the physical

With the holiday season approaching I thought it might be good to post something from William LePar's spiritual source, The Council, about food and stress. This time of year we find that there are more opportunities to eat more than normal and not pay attention to what we eat. Although the holiday season is supposed to be one of joy and happiness it can also be stressful and depressing for many. The following are some of The Council's thoughts on maintaining a healthy body.

The Council: Now there are some bodies or some systems that will take more acidity than others, and there are some that will need a degree less or much less acidity introduced into the system. This is where health lies: in what is the proper balance for the individual body. Does it function better on a higher acidity level or on a lower acidity level?

Now, a base line that one could start at, if one would say the normal would be just slightly on the acidic side but just slightly. If all were put on such a diet so as to bring this condition about, then one could judge from that as a standard whether a particular body or system would need a higher acidity level or a lower acidity level. Do you understand?

Questioner If you put everyone at the same level of acidity, then the different body types would have to have either higher or lower to keep them healthy?

The Council: Yes. Now, what we said was, just slightly above the norm or the average or the medium level or the neutral balance. So, if the base line were struck at slightly above the acidity side, use that as the base line and then determine whether that individual or that system is functioning properly. So it would be a matter of trial and error, although in that case then, if all were given the proper diet, that case then one could judge on the basis of the body structure itself. But you would have to hit the common denominator or some line of equality.

Questioner: If an individual had then the perfect body chemistry or acidic balance for his particular body type, would that mean then that he would be then almost, it would be very difficult for him to get a virus or a disease? It would be taken care of pretty quickly by the system?

The Council: It would mean that the body would be in much better condition to handle any kind of infection or invasion from the outside or even from the inside.

Questioner: Could I ask a little more difficult question then? Within this body chemistry how would meditation work? If you had the ideal body chemistry, the meditation would still add to the strength of that body?

The Council: Meditation would be a needed factor to eliminate, how shall we put it, unnecessary stress or excessive stress. The stress is what throws the system off. Stress is actually the killer of the physical body. It is the infector of the physical body. Once stress overtakes the physical body, then it throws the immune system off. It throws the entire system off, but it weakens, absolutely weakens the immune system, which opens the door then for all manner of sicknesses.

One of the best preventive maintenances for the physical body is daily meditation. If one were to incorporate that into their daily routine, they would have much less sicknesses. So, if you consider a health maintenance program, by all means, it would have to have meditation incorporated into it. Very few of your medicines actually cure. In most cases, they simply eliminate or cover up the symptoms, thereby relieving the additional stress and allowing the natural healings of the body itself to do the rest. Now, that is in most cases. Do you understand?

So, if this is the basis of modern day medication, why not take a daily dosage of meditation and be one step ahead?

Question: My question now is getting to other categories. One is the junk food, and one is the well-prepared meals. How then would both of these be tied in with all the allergies that you hear of?

The Council: Well, the junk food definitely deteriorates the body, in that it causes stress. It is the chemicals or the preservatives in the junk food. Anytime you prepare something that is supposed to be edible and you set it on your shelf and three months later it is still edible, there is something wrong with that product. By nature, prepared food cannot be good for you if left on the shelf for three months or six months.

So the chemicals to give this length of life to the food is what is detrimental to the system or to the body. If you prepare your meals from the cleanest food possible or the purest food possible, you will automatically have a much healthier body and a more normal body. This would then give you a greater margin of safety when it comes to the impurities of the rest of your society. But when you take all the impurities that come at you in your normal-day life and ingest even more in your food chain, you are just beating yourself over the head twice fold.

Also, much that can be done to eliminate some of the undesirable effects of preservatives and what have you are those foods that are prepared in the home, even though they may carry a degree of chemical in them, if by the person preparing them, the food, it is prepared as an act of love, this will have much to do in neutralizing the adverse effects of whatever it is that is in the food that should not be. Many times this is done automatically without the individual who is preparing the food even conscious of this factor. But if more of a conscious effort were placed on this, it would be much more influential. It is the same with a blessing before you eat. What good does a meal blessing have on the

meal? Well, believe us, it has much good, because you are energizing that food with a very positive thought and a very positive outlook, and that goes into your system then adding to the original thought that instigated the prayer before a meal. Also, if each member at the table or at the meal brings their mind into that framework of prayer, they have a moment or two of a form, even though it may be very light, of meditation which brings again the body into a better balance.

A New Year's Thought

This was William LePar's spiritual source, The Council's, New Year's message for 1978 but I believe it still applies today.

The Council: The unusual thing about mankind is that he has such a terrible tendency to always look on the darker side, and we cannot understand this, even in its worst times there is always a brighter side to things. Sometimes man makes it necessary for him to undergo turmoil after turmoil only because he is too silly to realize the beauty that is around him. Sometimes the greatest strength one acquires during a challenging time is to look away from the challenges to some of the surrounding beauty of the past. This gives a stimulus to look towards the future.

We choose to moderate our advice over long periods of time to all of you in such a way so that you do not go skipping merrily across the ice without looking. We like to give you an encouraging word but yet we like to leave you with enough sensibility to look before you leap.

A Psychic Experience Verses a Spiritual Experience

Questioner: "You stated, 'You are not participating in a psychic experience, but you are participating in a spiritual experience, and there is a definite difference.' Will you please explain the difference?"

The Council: A psychic experience produces nothing more than a phenomenon; it produces entertainment; at best it shows that you as individuals have capabilities that extend beyond limits of the physical or what you normally understand and can perceive through the sensory abilities of the physical body. This phenomena is kept at an absolute minimum, because we are not here to, shall we say, entice believers into the psychic. Our purpose here is a spiritual purpose; it is to help establish in those realms above a form, an element, that can be penetrated by those souls choosing this information, both at the present time and in the time to come.

This information is already a form in the spiritual spheres above the earth manifestation, and already souls are feeling its vibration. Does that answer the question sufficiently?

Questioner: I don't understand the need to establish in those realms above, forming an element that can be penetrated by souls choosing this information.

The Council: Those souls in the material manifestation.

Questioner: I see, then you are not referring to souls who have already crossed over?

The Council: They can partake of that, if they choose.

Questioner: Then souls who have already crossed over are not in each case aware of the information that you are giving us?

The Council: Depending on the state of development. If they are in the Spirit Realm of the man-made heavenly realms, they could be aware of it to whatever degree would sufficiently serve their development at that level or at that state of consciousness. You are not understanding what we have said. Many forms of belief have been created over the eons of time. Some of them have built a, shall we say, strong avenue of existence; others somewhat weaker; others have been totally consumed by other thoughts, other beliefs. This particular information, these attitudes, our efforts to clear away the misunderstanding brought by man's words and ignorance, by his desire not to accept what is, will eventually develop into a form that will, how shall we put it, be equal to even the greatest thoughts, at least. So in this sense then all of you are participating in a spiritual experience and not a mere psychic phenomena. What you do not observe now, today, tomorrow, next year, does not mean that it does not exist now, today, tomorrow, next year. Remember how elusive your time is and even your very state of experience in the material manifestation as YOU observe it. There are some things that cannot be explained as clearly as we would like to explain them, simply because you have not the thoughts let alone the words. So in such areas we are extremely limited in an explanation that would be understandable. It is like building another road to heaven. Some roads are well-built; others are thrown together quite quickly, and thus deteriorate very fast, with the season they crumble and fall away and the brambles grow over that spot, so that those

passers-by who come tomorrow are never aware that there was a road there the day before; and in this experience you are building a very firm and wide road that will not crumble in your lifetime or in any lifetime to come. This road will exist long after all of creation has been, shall we say, done away with. We can tell you this. Some may believe; some may not; it is not that important. For those who do believe, good; for those who do not believe, it is not important; use what you can use in what we are offering you; what you cannot use, do not be foolish and toss it completely out of your grasp, for a day may come when it may be useful to you then.

Remember much of the psychic information that man has gleaned over the time of his existence has very little sustenance to it; this on the other hand is food for life for those who are willing to partake of it, and that is the difference.

A Message from The Council

This is the opening message at the first trance given by William LePar's, 'The Council', for the general public. There were more than 125 people in attendance for the event. Since the audience had a diverse understanding of what a trance is and who The Council is, they made an extra effort to explain their state of existence to those in attendance. We feel that their opening message will be instructional for all levels of spiritual knowledge. This will be presented in sections because it is a long and detailed introduction. In this section The Council explains the realms that exist for us once we cross over. They refer to the Man-Made Heavenly Realm as the area that souls go to if they are to remain within the cycle of reincarnation. They explain that the God-Made Heavenly Realm is where souls go who have worked themselves out of the cycle of reincarnation. Souls who move into this realm still have more learning, therefore more perfecting of their beings. Within this realm are three levels of further development. The Council identifies the levels. They tell us the level that they are in and they give us an indication of where that level is in relationship to God Himself.

The Council: "May the Peace and the Joy of the Infinite Father be upon you all, and may His Light shine down upon you, around you, and within each of you.

"This is our standard opening blessing at all the communications. We ask that each of you accept this blessing in good will.

"To begin this day, let us explain a little of ourselves, who we are and what we are. In order to get a better picture of who we are, you need some information.

"What lies beyond this material manifestation or your earthly lives? Originally, when all was created and then a need came for the material manifestation, the Divine Essence, the Infinite Father, the God of all, established what can simply be called or best be called the God-Made Heavenly Realms. Once His creations began to work their will, there was a need then to create a second heavenly realm, since those souls or entities or conscious state beings lost a degree of awareness, and in their confusion they began to create their own heavens. Their activities brought a need for a waiting place. That today is known as the Man-Made Heavenly Realms. When one does not do the best they can, and that is all that is required of them, then they find a need of their own decision to go to a place that can easily be described as a reviewing station and a re-evaluation of who they are and what they are. Then they must through those concepts that they have created in their earthly sojourn must work their way back into the material through the process of reincarnation. But if in living your life you have done the best you could with what you have, then you make yourself eligible for the God-Made Heavenly Realms. All decisions as to what state you will be in after leaving the physical manifestation or your earthly lives will be made by you and you alone. This Divine Essence does not judge you whether you are good or bad, whether you are kind or unkind. That judgment is left to you, because within each of you is a divine spark that contains the Christ Consciousness, and when you leave your physical body, you will then examine your entire life and you will decide whether you need more in the area of growth through the material manifestation or whether you have made yourself eligible to grow beyond and without a

material form. If you choose to grow beyond and without the material form, you will find yourself in the God-Made Heavenly Realms.

"In that area which was originally created by the Divine, you have three basic levels of growth, the Spirit Level, the Angelic Level, and the Celestial Level. The Celestial Level can be easily compared to the portico that surrounds the House of the Divine. Now this is purely symbolic but it is something that you can relate to. It is just before you enter the Divine Presence.

"This Celestial Level is where we exist. Never in the history of mankind has this Level spoken to man. All sources of information in the past, at the present time, and in the future will come from the Man-Made Realms. In this God-Made Heavenly Realm our task is to act as a council, to give suggestions to your perplexing problems. We are not here to tell you what to do. We are not here to tell you how to live your life, but we are here to offer suggestions, to encourage you to use the god-given mind that you have, to use the god-given will, to think and to grow, to open yourself up so that the godly state that lies within the very core of your being can come out, for each of you have a speck or a spark of the Divine in them.

"What is the nature of your reality? Do you just exist alone, as some philosophies say? That you create your own personal reality? That all that you experience is of your making? No. If it were so simple, but it is not. And if that were the case, then why would so many individuals, so many souls, so many entities create lives of hardship and sadness? What you see is reality as you understand it, but it is not a personal reality or an individual reality. In other words, all those individuals that you must deal with, day in and day out, whether they are your spouse or your children or casual acquaintances are not figments of your imagination or are not entities that you created for your own growth, but they are entities in their own just as you are. Reality is a collection of all of you creating together, not as individuals but as members of an orchestra. You are in concert with each other. The material manifestation or the earthly life is the opportunity to work with other entities in the growth process; it is a giving and a taking; it is a sharing.

"Why are some lives so filled with problems? Why are some lives filled with so much sadness and sorrow? Why is it some people never seem to go anyplace? They seem to stand still. Let us give you a little example of how life works. Although some of you may find this very hard to believe, initially when you made all the spiritual agreements and contracts to experience life with those around you, your life was planned out so that it would be filled with peace, contentment, happiness, and joy. If this be the case, then why are so many lives contrary to this? Picture your life as a lake, as smooth and quiet as a mirror, a piece of glass. At some time, at some place, at some experience in your life you reached a crossroads where a decision had to be made. A decision was made, but the decision was not as good as it could have been, and so this caused a ripple on the surface and slightly distorted the clarity of it. So as life progressed, then another crossroads came, another decision had to be made. The decision was made not through the clarity of the lake or the pool as it was originally, but now that decision is made through that ripple effect, and so the clarity of sight is not there, and again a wrong decision is made causing a greater degree of ripples, more ripples, less clarity, less quiet, less calm, less clear. And as life goes on then, each decision is made through this distortion, through this lack of clarity until finally this peaceful, placid lake, this mirror, is totally distorted, all clarity

gone. This is how life becomes a trial. This is how hardships come into being. Once the lake becomes so distorted, then decisions are no longer really made, but instead of decisions they become reactions to emotions and to situations, reactions to emotions and situations.

"How does one begin to correct the situation? How can one return back to that peace, that calm, that still lake? One must begin to think and then act as opposed to reacting. To change your life, you must begin to act instead of react. What is necessary then to begin to act in a more godly way? A keystone in spiritual growth or development is this: You cannot grow one iota if you do not love yourself. The problem with the world today is that it does not love itself, it loves things, material possessions. But the individual creations of the Divine, within life, do not love themselves. They have lost that insight that they once had to their true value. So the first step one must take is to begin to love themselves, not in an egotistical way but in a godly way. Then one must begin to respect themselves, to have self-esteem, again not in an egotistical way but in a godly way. You must remember that there is a value to you regardless of how lacking in love you are or how many things you have done that you are not proud of, there still is a value to you. You have something to offer to mankind that only you can offer, no one else has that ability, that quality, that presence, to offer. You are a unique individual and only you can fulfill your mission in life. No one can fulfill it for you. So in that sense you are extremely important in all of creation. You are of true value because you have something to give. Do not worry what it may be, but think of giving of yourself. Create a self-image for yourself. Begin to think of yourself as a better person than what you presently think of yourself, again not in an egotistical manner but in the sense of having a respect for yourself. Knowing that you do have something to offer that no one else can give.

"So, to change your life, to make it more productive, to give you more in life of what you want, to bring a spiritual development or growth to yourself, first love yourself. Have a self-respect, a self-esteem for yourself, and then create an image in your mind of yourself, create a positive image of yourself. A helping hand or an essential aspect of spiritual growth is something that your world today dislikes. Most of the world today feels this thing is not good, is old-fashioned, is unworthy. What is this thing? It is discipline. In your society today, the word "discipline" is a vile word. It is dirty. It is unacceptable. Your society feels that discipline means to do without. This shows a lack of wisdom and insight because discipline does not mean do without, discipline means gain control of yourself so that you can have all that you wish in life, so that you can benefit from all experiences, so that you can have a life of peace, of joy, of happiness, so that you can have spiritual growth and all the material things in life that you wish. Discipline does not mean to do without. Discipline means to take control of yourself, give yourself a direction in life and follow that direction, by making conscious, well thought-out decisions. Do not react, but act. Gain control of your life, gain control of yourself. Think about each challenge that comes to your life, each crossroads that you come to. Discipline means to gain all that you wish to gain. It does not mean to do without. Those things that you can control, wonderful, control them. Those faults that you may have that you cannot control, at least, with discipline, you are able to practice a degree of moderation. And so that which you cannot control, at least moderate it to a degree.

"The destiny that you have once you leave the material manifestation is not measured by how many good things you have done as opposed to how many bad things you have done, but it is measured by the true heart's desire. There are many things in life that you do that you wish you had not done, that you do not seem to be able to get full control on, will that hamper you from the God-Made Heavenly Realms? Not necessarily, not necessarily. If the circumstances in life have been such that you are not capable of certain things, does this withhold you from the God-Made Heavenly Realms? No. What will allow you entrance into the God-Made Heavenly Realms is when you ask yourself, "How much did I do? How much did I really try?" The answer that you give yourself will determine which of the Heavenly Realms you will go to.

"This Divine Essence does not judge you. This Divine God does not judge you. He does not weigh your good faults and your bad faults. He accepts you just as you are, all the good in you and all the bad in you, all the positive and all the negative. But you see, deep in you is a god in the making, a rediscovery of self, taking that Divine Essence, that Divine Spark, that spiritual electricity, and bringing it into the totality of your consciousness, your soul, your physical life, and allowing it to manifest to those around you. That is what life is about. A quality life or a spiritual life does not depend on how much you have; it depends on how much you have given of yourself.

"A few points or steps in expressing that godliness that lies within you is to be able to love others without judgment, to be able to accept the need to love without anything asked in return, to love without any strings attached. This is a spiritual love. Another love that you must attempt to practice is the love that you have for your family, for your loved ones, for your spouses, for your children, for your parents, and that is a love of taking care of, nurturing. Another form of love is what is commonly called brotherly love, but it also indicates a friendship love, a respect for other individuals, and a concern for other individuals. There is still another love and that is a community love or a communal love, and this type of love, it is a reaching out, it is becoming active in community projects that uplift the community, that benefit the community, that adds to society as a whole.

"If you take these different forms of love and attempt to practice them in your life, if you begin to think and act upon a decision as opposed to a reaction, your life will begin to improve immeasurably because you will have begun to realize your true spiritual potential. You will begin to realize that with all your good aspects, with all your positive aspects, and with all your not so positive aspects, you have a uniqueness to give to mankind. Your mission in life, and all have a mission, is to offer yourself, your love, to your fellow man.

"Spiritual growth is not a way of life that asks you to do without, but it is a way of life that asks you to give so that there is a greater room within to receive. Matter, creation, life, the earth, is in existence because of a consciousness. Your life is in existence because of a consciousness that you have. Matter can be looked upon as the effects, and consciousness is the cause. To change your life into something more positive filled with greater joy and peace, change your consciousness ever so little, if that is the best that you can do, and your life will improve, your happiness will be assured, your joy and your peace will be yours.

"Spiritual growth, and this is an important statement, cannot be gained through the knowledge that you have or the wisdom that you have, it cannot be lost because you may have a lack of knowledge or wisdom, spiritual growth is gained only by what you do with what you have. This Divine Essence will accept you as you are, if you will only allow that to happen."

Questioner: "You referred to our lives as being a lake that has been disturbed by our mistakes. When we come back, are we trying to change things so that the lake smooths out?"

The Council: "It is not necessary to wait till you come back. You can still the lake to a degree in this present experience or in this present life. You must remember there is a portion of the spiritual cycle that is now in play. This is what might be referred to as a bridge segment of what most people refer to as the New Age or the Golden Age or the Age of Light. You are not fully into it yet, you are still in the bridge portion of it, and during this particular time, karma takes on a new aspect or as we have said in the past, the new karma, which means that you do not have to correct all your karmic debt from the past. What you must do to overcome the karmic picture that you have created and the need for any other reincarnations is simply live this life the best you can with what you have. It is not necessary to undergo the old practice of karma which is an eye for an eye and a tooth for a tooth. In this bridge portion of the spiritual cycle, a new aspect has been added so that it is not necessary to wipe the slate completely clean. What is required is make the effort to do so, and then forget about the rest. Now, this cannot be a one-time effort or a two-time effort. As you live the rest of your life, you must constantly try to do the best you can. Oh, there will be times when you just will not do it, but spiritual success is guaranteed to those who fall and will pick themselves back up. So, if you try and you fall back into old habits or old ways, do not stay there. Try again, start over, and keep this process up. Then when you leave the material manifestation and you ask yourself, did you do the best you could? Your answer will then be yes, and you will move on to a whole new realm of growth and development."

A Lenten Message

The Council: In the minds of man when the time of Lent is at hand, most men think of giving up or doing without, and in most cases man chooses the simplest and easiest thing to do without. The time of Lent, man should look upon as an imitation of the sacrifice of the Lord Jesus Christ; the time when He gave up His life for all of us; and so man attempts to feebly imitate this by giving up candy or a TV show or some silly little nonsense such as that. What man has failed to recognize is that Christ not only gave up His Life, but He also did something very special for each and every one of us, each and every one of you, and that is to bring in an era of Grace; an opportunity was given to each of you and us to obtain the highest possible perfection in the material. He laid that bridge from total chaos to complete peace of mind for you and for us. He did not give up so much as He DID; and so during this time of Lent, would it not be wise if man more closely imitated Christ in DOING instead of giving up? Why is it man should give up trivia, when Christ gave up His Life? What man should do, is do as Christ did: He did something constructive in that He built a bridge from chaos to peace, from earth to heaven, from you to His Father, God; and so, at this time of the year let man also imitate Christ in DOING.

During this time DO something that is constructive, that is holy, that is good; help someone every day. Do not allow one day to go by without making an effort to help someone. Either help them physically or spiritually. Tend to their needs, physically or spiritually. If there is an old person who needs help, help them. If there is a young person who needs help, help them. If all that you can do is say a prayer for an individual, then by all means do that. Try in some way during this time of Lent to express the godliness in you by opening yourself to doing for someone else. Do not let this time of the year pass by in vain. Do not let this time of the year pass by without an accomplishment on your part; and great steps forward can be made by a simple gesture of kindness and love to someone else each day of Lent. As you smile on one of the lonely and lowly of God's children, so does God smile upon you, and as you bend over to help someone in need your Lord God bends over to help you in your time of need.

Death is a Spiritual Experience

Death is a spiritual experience and really is not too involved with the material body, but you all fail to realize that. Certainly the body goes through a certain amount of pain, but in most cases that pain is done away with through medication. Now, the soul does not feel bodily pain; that is only a need to protect the physical container so the soul has it in good condition to work with; so at the moment of death there is very little pain, to the physical even; because the pain is really more of a mental action, now mental in the sense of a very primitive mental action that is more related to the actual organ of the brain, now that is opposed to mental activity of a spiritual level or a higher level; so that at death there is very little pain other than some minor annoyances to the physical. After a certain point then the physical will react because it is a "mechanical tool"; it is simply made out of elements other than what is normally considered mechanical; so that some people appear to suffer pain, they do just that, appear. Some seem to convulse, they do just that APPEAR to convulse. In most, shall we say, situations where such things do occur, first it may occur because of the physical construction of the body, particularly to spasms or convulsions, based on the electrical system of the body through its chemical compounds and the connection with the organ, brain, and not so much the mind or the spiritual aspects. If there is a reason beyond that for what appears as convulsions and pain, it is more for those round and about the one leaving than for the one who is leaving themselves.

The Resurrection of the Body

In the Bible it states that Christ will come again and that all those who are dead will rise from the grave. Will our bodies be reconstructed? If not, what kind of bodies will we have?

The Council: You are thinking in terms of bodies as you know bodies, and you must remember that such passages are meant to convey a concept that should not be, shall we say, developed from a literal acceptance of such words. First of all, where is the grave? What are you going to do till the time Christ comes? Are you going to be in a state of non-existence? Are you going to be asleep? And what of the possible decay of such a body? What of the possibility of cremation? How do you create a new body? How are you joined to a new body? All these questions. So one must look a little deeper. The grave can be considered a state in which a soul would exist where he is not in close relationship with the Divine Source. The coming of Christ can be an experience that would bring enlightenment to that individual soul, and this then would bring him to, shall we say, a resurrection from this grave or this darkness; and in this resurrection then he would be born anew or would be a new soul or a new creation, thus having a new insight or awareness; and this new insight, this new awareness, then would be the new body; and since the soul IS a Child of the Infinite Father and the Divine Essence, it is quite capable of re-establishing for itself a new state of existence or a new body.

Love Thy Enemy

This month we present a message given by The Council at the end of one of their trances.

With all the love that we receive from above, we offer that to each and every one of you. With all the love that we receive from one another here, we offer and share with each of you in hopes that you too will share that love with your families and your friends and your enemies. The only way that an enemy can be eliminated is by fighting him with all the love that you have. You can turn that enemy into a dear and fond friend. Make your world a little bit better by changing one of your enemies into a friend. With the Blessings that we receive from on High, we give them to you. Thank you.

Why God Created Us

During one of our research and study group sessions one of the participants asked what would seem on the surface to be a simple question but as soon as it was asked it was apparent that the answer to a question like this could be very complex. Initially, I wondered how Mr. LePar's psychic source, The Council, could actually answer such a question. Could they make the finite mind understand? Below is their reply.

Questioner: Why were we entities created?

The Council: The magnificence of God is beyond human understanding and the enjoyment of God by Himself or His own enjoyment of His unexplainable existence, was so great that He found a need to share it, and so in this need His Love was born and in the outcoming of this birth then He created you. Now we use the word "need" and we do not mean it in the sense that God was lacking of something, but you can be so overjoyed, so overwhelmed, that to express this completeness, this total fulfillment, you feel that you must express it in an extension of yourself so that here again you may share in another enjoyment, in another expression, or another uplifting, or in another facet of perception, you see. So because of His Total Love, then, and the desire to even magnify that greater, He created you as a spirit or an entity and in hopes that you then would enjoy this exploration and that through you, His Joy might become even greater, and, thus, He shares even greater with you, so it becomes an unending existence in a conscious state or a conscious elevation of complete and unexplainable sharing and love. So it becomes a setting up of tremendous vibrations which if could be experienced in the physical world, it would completely shatter the entire universe. The power of such Joy, of such a Vibration, if you were to take one second and touch it into all of God's creation it would totally annihilate the entire creation. This would give you only a small idea of its magnitude and its power.

The Simple Way to Perfection

The Council: The last time we spoke to you, we mentioned of a simple way of ending all this trial that each of you undergo and it was not until later on in the experience that someone was brave enough to ask what that simple way was, but the time had passed and the simplicity could not be given that directly. Well, the time has arrived again, and we shall not wait for the bravery of one soul but we will give it to you very simply. When you can raise your will to the Will of God, to your Creator, you will have succeeded and overcome and accomplished. When you start to look at yourself as the personal ambassador of that Divine God, that you personally have been chosen by Him to administer His Love to each person that you come into contact with, you will have achieved perfection. It is that simple. When your will is the Will of God. And the Will of God, is it something complicated? Is it something hidden? Is it something mysterious? No, no. It is this: That you should be your brother's keeper. The same old thing repeated over and over and over and over from the beginning of time. Love someone unconditionally, and you are doing the Will of God. Accept someone just as they are. Pass no judgment and you are fulfilling the Will of God.

Quotes from William LePar's new book.

This month's quote comes from William LePar's latest publication, *The Book of John, Volume one, Chapter One*, available later this month in print and E-book forms. We have found many wonderful thoughts in this publication that we believe will provide inspiration to those who are searching for true spirituality. The following is one of those.

In order to get a higher quality of existence after we cross over from this side to the next side, we must strive to live a Christ-like life. In doing so we then gain for ourselves a higher quality of existence when we leave here. In eternal life there must be more than duration of life. There must be a certain quality of life. If in eternal life all you do is step over to the other side and you are in about the same situation you just left, you have not done very much. Whether you are floating around with angel wings or sitting on a cloud that is not a very good existence. So what we must do here is create for ourselves through our actions a quality of life that surpasses this that we have, and we do that by living a Christ-like life. To have this eternal life, this higher quality of life, John says we must believe in Christ, but believing in Christ is not just lip service to John. He does not accept lip service. It is an existence, an active working existence.

What John does is portray the Incarnate Glory, the gradual unveiling of God's splendor reaching that climax by the terrible paradox of the cross. The devastating destruction of death on the cross was needed to show that a life of love and sacrifice brings us the metaphoric resurrection of a new, glorious life or existence after the physical. This was proof that a life of expressed love brings a new, incorruptible spiritual body of perfection.

Mother Teresa's and The Council's Thoughts on Service

We are presenting a quote from Mother Teresa and one from The Council that amplifies her thought.

Mother Teresa, "The fruit of silence is prayer; the fruit of prayer is faith; the fruit of faith is love; the fruit of love is service; the fruit of service is peace."

A quote from William LePar's spiritual source, The Council, which sums up what Mother Teresa taught and the example that she set.

"When you can raise your will to the Will of God, to your Creator, you will have succeeded and overcome and accomplished. When you start to look at yourself as the personal ambassador of that Divine God, that you personally have been chosen by Him to administer His Love to each person that you come into contact with, you will have achieved perfection. It is that simple. When your will is the Will of God. And the Will of God, is it something complicated? Is it something hidden? Is it something mysterious? No, no. It is this: That you should be your brother's keeper. The same old thing repeated over and over and over and over from the beginning of time. Love someone unconditionally, and you are doing the Will of God. Accept someone just as they are. Pass no judgment and you are fulfilling the Will of God."

A Christmas Message

The Council: If each of you are truly interested in your spiritual growth, and if you are truly interested in becoming more closely related to your God, and if you truly acknowledge Christ as your Saviour and ours, then you must progress onward in the overall picture. You must learn not just to preach but to use your life as the greatest preaching tool possible. Let your activities of love and forgiveness and loyalty and consideration and charity be as an example to others, be as a guiding light to others, be as the star to the Magi. We ask that each of you truly take the baby Jesus into your hearts, and nurture that child, that baby, that infant, so it grows into a full adult Christ. Again, we wish you all and your families the holiest and happiest of holidays. And may you always accept the Love that God has for you, and may you always be a light that leads others to Him. We thank you.

A Life of Loving and Sharing

To choose a life of loving and sharing, to choose a life of using the gifts that you have for the benefit of others is a much more rewarding life and a much more fulfilling life in the now, in the material manifestation. Certainly, there will be times when because of your loving attitude, the generosity of your soul, may be rewarded with disrespect, callousness; but these actions you should not worry about because those who return your acts of love, your godly attitudes, will find a shortage within themselves. You will find a fullness within yourself because you have acted in a godly way. If your path leads you so that your loving attitudes and your godly ways do not give you the material goods that it might give others, one should not worry because no deed that is a godly deed goes unrewarded.

Spirituality is Initiated by Thought

The Council: Those of you who quest for spirituality must understand what real spirituality is. It is not the act of kindness or loving or caring. It is the thought that instigates the act. If one can train his thoughts, if one can control his thoughts along the line of what is good, what is kind, what is loving, the natural outcome will be an action. Look into yourselves, and examine just how much love is there, how much kindness, how much caring. If there is even just the thought of possibly becoming serious about spirituality, then you have all that is necessary for success. All you must do is cultivate it. All you must do is begin to think about kindness, about compassion, about caring. In time, those thoughts will become actions.

Do not misunderstand when we say thought is important. One cannot just think spiritual thoughts or thoughts of loving, or kindness. One must allow those thoughts to manifest in an action. If the thoughts are sincere, if they truly are from your heart, then they will become action, they will become a doing. Those who only think thoughts of spirituality must question their own sincerity. Are they more interested in the search or in the discovery? There are many who want the search but not the discovery. The search poses no responsibility. The discovery engulfs one in responsibility, in commitment, in the doing. Allow the thoughts and nurture them, and perfection or spirituality is yours.

Spirituality - How to Attain it.

What is spirituality? It should be obvious and yet how very, very few see the obvious. Spirituality is but an attitude, an attitude towards oneself and an attitude towards life or to those around us.

How do we attain spirituality? If spirituality is an attitude, then to attain it we simply bring that attitude into us, make it a part of our nature. Not something we talk about, but something that we do something about. What is this great secret, this attitude, this mystifying miracle maker? It is as simple as this: Do nothing to someone else you would not want done to yourself. That means then you must be caring, you must be loving, you must be honest, you must be faithful, and you must be a responsible individual. That sums up spirituality, yet for as simple as it is, for as obvious as it is, those who choose not to see what lies before them are numbered in the frequency of raindrops hitting the face of the earth in any given storm. Infidelity to oneself translates to infidelity to all other aspects of that individual's life. Those that you are committed to, those that you have the responsibility of caring for is your greatest avenue of expressing your own spirituality. If you have made a commitment, then you must, you **MUST** honor that commitment completely. If you have the responsibility of caring for individuals, then you must fulfill that responsibility completely. Spirituality lays before you. The only way you can avoid it is by turning your back on it and walking in another direction, therefore if it lays before you and you truly seek spirituality, you truly seek that at-one-ment with your Divine Source, simply take the first step ahead, forward.

Imperfect Love

Questioner: Let us say I am sitting at home and I am watching the television game and my wife decides she wants to go get her hair cut. And I say, "Oh, I really don't want to do that," but I decide because of wanting to try to make an effort to be more spiritual I do what she wants but I am still not 100% happy with the situation. Is that a step forward or is that just sort of rationalizing around it and solving the problem without really improving?

The Council: Do you recall what we have said about perfect and imperfect love?

Questioner: Yes.

The Council: Very few individuals are capable of perfect love, so the rest must settle for imperfect love, if nothing else. An act such as that, an attitude such as that, carried out with kindness, not having a negative attitude towards the individual because they interrupted your preferred activity, may be considered an imperfect act of love, but nonetheless it IS an act of love. Many times when an individual steps forwards and is responsible for an imperfect act of love, before it is all over with, the attitude has changed and the individual has transformed that into a perfect act of love.

How do We Ask for God's Help

Questioner: When praying, how do we ask God's blessing or help in time of need of help and fear for ourselves and others, such as disasters or crises of some sort? Is there a special way?

The Council: There is a special way. How you accomplish that special way will depend on each of you as individuals. Whenever you reach out to the Divine Presence for help, regardless of how large the problem is or how small, how disastrous it may be, or whether it is just an inconvenience, you must reach out to that Divine Presence, just as a child reaches out to its parents for help. Have the same assurance that the problem will be taken care of, and then allow the natural chain of events to transpire so that this Divine Presence can answer your prayer. Again, keeping in mind that what you wish to be the final outcome may not be what does transpire. There are many factors involved that would determine that. Do the individuals that you are praying for or the situation that you are praying for really want the outcome that you are hoping for in your prayers or that you are requesting for in your prayers? So there is a number of determining factors there that you as an individual or a group of individuals praying for a situation reach out to your Divine God just as a child. Ask. Ask. And know that you will receive. Very simple, not very easy to do.

Although it could be very easy to do if you really believe that you are worthy to be the heir of your Heavenly Father. There is the key to successful prayers.

Handling Conflict

In this quote a questioner is asking about calling on the Holy Spirit for assistance in dealing with a problem.

The Council: One can pray and ask for an eternity, but if the heart of the individual who is praying truly does not want this, then the prayers are empty, therefore carry no energy or power or force. Part of the strength of a prayer is the personal effort at a physical level, at a conscious level, to exercise control. Once we put forth that effort willfully, then we open the door for the Holy Spirit to assist, to build up strength. It is a retraining of the consciousness, the emotion, and in some cases the physical. So, one must retrain oneself. If one finds themselves in a situation which may, how shall we put it, explode, then one should immediately begin to exercise control over the emotions. Mentally talk yourself down from the emotion or talk yourself into a position where you have an overview of it, therefore eliminating the personal emotional touch. Possibly one of the easiest ways of controlling oneself is to be able to pull oneself out of the emotional arena and look at the problem in the cold hard, hard light of truth, which means in some cases you will view yourself as being wrong and the other person right. This is the hard part of doing it. This is why many people do not do this because they do not want to be wrong even though they are. Again, if you can train yourself to pull yourself out of the emotional level and look at it in coldness from the overview, you will have a far greater control over your life.

Entrance to the Heavenly Realms

In this quote from William LePar's spiritual source, The Council, they tell us how we earn entrance into the heavenly realms.

The Council: The destiny that you have once you leave the material manifestation is not measured by how many good things you have done as opposed to how many bad things you have done, but it is measured by the true heart's desire. There are many things in life that you do that you wish you had not done, that you do not seem to be able to get full control on, will that hamper you from the God-Made Heavenly Realms? Not necessarily, not necessarily. If the circumstances in life have been such that you are not capable of certain things, does this withhold you from the God-Made Heavenly Realms? No. What will allow you entrance into the God-Made Heavenly Realms is when you ask yourself, "How much did I do? How much did I really try?" The answer that you give yourself will determine which of the Heavenly Realms you will go to. This Divine Essence does not judge you. This Divine God does not judge you. He does not weigh your good faults and your bad faults. He accepts you just as you are, all the good in you and all the bad in you, all the positive and all the negative. But you see, deep in you is a god in the making, a rediscovery of self, taking that divine essence, that divine spark, that spiritual electricity, and bringing it into the totality of your consciousness, your soul, your physical life, and allowing it to manifest to those around you. That is what life is about. A quality life or a spiritual life does not depend on how much you have; it depends on how much you have given of yourself.

God's Love for Us

What God wants you to accept is that He loves you totally, very personally. He loves you personally. He is just for you but at the same time He is so all encompassing that He can love each and every one of us very personally and be our own personal God all at the same time. This is one of the mysteries of the Divine Godhead. We will never be able to understand this any more than the Trinity. We will never be fully able to understand. We can intellectualize; we can guess, but we do not have a capacity to be spiritually aware of that kind of thing. If we could fully understand the total love of God, we would not be here.

The Mystery of Loch Ness

This is a selection from one of our new Trance Lending Library Files for 2016 titled Animals and Pets - Part 3. In this quote from The Council one of our children asked about the Loch Ness Monster.

Questioner: Is there really a dinosaur-like creature that lives in Loch Ness?

The Council: Yes, there is really. The problem is they don't realize there are subterranean channels that connect that particular body of water with other bodies of water, not only that but there are underground lakes that this particular animal is able to go to or escape to. Does that answer your question?

Questioner: Yes.

The Council: It is real.

A Christmas Message

The Council: Now as to a message to all. At this time of the year man has seen fit to proclaim it the time of Advent. Advent. Yes, the time that one makes for the preparations of the New Coming. Preparations to receive the Christ in the physical. Lo, this was done many years ago, but it was not done over a few years but this preparation started from the very beginning of time and constantly was worked on by a select few. As they worked diligently, as they believed diligently, they built within them and their community an awareness that would pave the way for the entrance of Christ. And in today's world man should also attempt this, especially at this time of the year. He should place forth much more effort in going over his own self. To look into that mirror and judge whether he is worthy or whether he is not worthy. Has he truly put forth the effort necessary? Does he have the honest heartfelt desire? If not, then this is the time which he should apply himself so that he can raise his awareness to that degree which could accept the Consciousness of Christ. He should extend himself out so that he may become part of that mystical body or that mystical consciousness so that he too may live, instead of just exist. So he too can become more aware of true illumination and true spiritual awareness. And so now at this time man should reminisce upon the birth of Jesus Christ and take these thoughts and bring it within himself and attempt to instill that Love that the Father demonstrated so vividly for His children. He should attempt to demonstrate that same love to his fellow man, thus insuring his place in the new world, in the new existence. Adding to, building up, and for, instead of attempting to draw from. At this time man wishes to express some form of that innate awareness of the giving God and the loving Christ by exchanging gifts on Jesus's birthday. Let this deep awareness become more active in your everyday lives. Do not hold it to a few short weeks at the end of each year. Start now with the beginning of a new year to promote this feeling of love, this feeling of giving, this outgoing love. Promote it so that it not only encompasses a few short weeks at the end of the old year, but engulfs the entire new year. Let this become the New Birth for you. Think of that helpless little babe and the suffering that in a few short years it would have to endure. And for what reason: for its own at-one-ment with God? No. For your at-one-ment with God. So that your way could be made easier. So that you in one short existence in time could step from the physical into the glories of your Father. What greater love could any man have given to him? May that Divine Father and that Blessed Love which is His Son and Creator

always be near to you. May you always be open to that Presence. May you always reach out to that hand that is already waiting for you, that has long, long been waiting for you and that patiently will always wait for you. Accept that personal Love He has for you and be glorified by bringing glories to your Father.

This is our Christmas message to you and to all. Think upon it for it says much more than just words.

A New Year's Message

May the New Year bring you all the happiness that this Divine Presence wants for you. May your life be full of the valuable things in life, the intangible things, the spiritual things.

William LePar's work on the Book of John Chapter 5

The importance of this life is that this life determines our further existence. All through this life we are either fitting or unfitting ourselves for our next existence, making ourselves fit or unfit for the presence of God. So in essence, we choose either the way which leads us to a life with God and His eternal love or a way that leads us to death. Again, death is a separation from God. That separation from God then means coming back in and going through the whole mess over. Whatever our eventual outcome we can rest assured that it is our own free choice.

Spirituality - What it is.

Spirituality. Some of you express an interest in spirituality. Some of you say that you are on a quest for spirituality. Some of you say that you wish to be spiritual. But what is spirituality and how do we attain it? It is very simple. It must be simple, it must be very obvious. It must be staring us right back into our faces if we have an All-Loving and Forgiving God, an All-Loving and Forgiving Divine Presence, and since we do, then spirituality is before us. If we cannot see it, if we cannot understand it, if we cannot reach out and bring it into ourselves, it is because we choose to be blind to the love that this Infinite and Divine Presence has for us.

What is spirituality? It should be obvious and yet how very, very few see the obvious. Spirituality is but an attitude, an attitude towards oneself and an attitude towards life or to those around us.

How do we attain spirituality? If spirituality is an attitude, then to attain it we simply bring that attitude into us, make it a part of our nature. Not something we talk about, but something that we do something about. What is this great secret, this attitude, this mystifying miracle maker? It is as simple as this: Do nothing to someone else you would not want done to yourself. That means then you must be caring, you must be loving, you must be honest, you must be faithful, and you must be a responsible individual. That sums up spirituality, yet for as simple as it is, for as obvious as it is, those who choose not to see what lies before them are numbered in the frequency of raindrops hitting the face of the earth in any given storm. Infidelity to oneself translates to infidelity to all other aspects of that individual's life.

Growing Spiritually

The Council: When each of you come into the material manifestation to live a life, to attain that perfect state, believe this or not, your lives are planned out, as a general rule, to be quite calm and peaceful. You will have a certain amount of sorrow in it, a certain amount of sickness, a certain amount of joy, and a certain amount of work. If you live your life as you generally plan it, it will be filled with a good balance of all things. Unfortunately, very few individuals have that kind of life because someplace along the line they make a choice based on the selfish ego. What happens when this occurs is you begin to set up a rippling effect in your life. Instead of that clear picture of choice, the clarity becomes rippled, much as a lake that is very calm, you toss a pebble in it and it creates ripples that keep going out and out and out. Once the first choice is made based on the ego and self-serving ego, you create a series of rippling effects. The next decision in life is looked at through this rippling effect, which gives it somewhat of a distorted picture. If the mind is not or the conscience is not wise enough to make a choice not based on ego but based on what is best and good and spiritual, the ripples become more distorted, another pebble is thrown in and this is an accumulative error that is created and this continues then through life, which then begins to distort the peace and tranquility that the life was supposed to undergo.

So each decision in life based on the ego, self-serving ego distorts the view for the next decision. Someplace along the line one must return to the original clarity of thought or the clarity of vision. That means that sometimes the rippling effect when a perfect decision is made or a perfect choice is made the consequences of that may not be as pleasing as one would hope. So, you can reduce this rippling effect or this distortion by going through life making the proper choices. Life will then begin to level out again. Now, this is creating your life. Your talents are the same way. You create the talent you want. There is a natural ability to the soul in all artistic and uplifting things. It is part of the soul to express itself in a loving and godly way, in a way of art and beauty.

So it is bringing out this talent, this artistic talent, this beauty of the soul through this rippled existence or incorrect vision or whatever you choose to call it. So you may be able to reach that perfect balance of meditation or prayer and practice but because of wrong choices you will never attain the respect of the public. But then, too, one should ask, are you striving for prominence so that the ego is fed or are you striving to produce something beautiful that is uplifting for those around you and for yourself?

One Member of The Council Speaks

What is presented next is a very rare occurrence in William LePar's trances. One member of The Council, Mr. LePar's spiritual source, will speak without the input of the other members. This happened less than a half-dozen times in the more than four decades that The Council spoke through Mr. LePar.

The Council: To show each of you that we live in total unison and love with one another and still maintain our responsibilities to ourselves and we maintain our own individual, I have chosen to speak to you on that basis. Each of you may venture out into a new way of thinking and a new kind of life, one of real service to yourself and to others. I, as an individual creation of the Divine Father, wish to encourage you, wish to point out that not all choices in life are easy, but one should not choose according to the easiness of the way of life, but choose according to its eventual awards. Do not be surprised in accepting certain attitudes which we will attempt to give you. Do not be surprised if you meet challenges because of this. It is not for us to destroy anything, but it is for us to add to and to clarify. One must realize that when the truth is brought forth and the Light shines through that truth, all other elements that are not the truth will eventually crumble and fall. But the truth does not shine out so easily; it is always a constant effort to bring it forth. We hope that each of you uses this strength in the desire to reach spirituality. We hope that with these desires you seek that which is truly the truth. I might also add that in speaking separate from my brothers and sisters, if we may use that term only to let you know that all are equal, there is a loss in doing this, not a loss in the sense that you understand, but as we unite and work in the Light of the Divine together we add to each other, and as I separate myself from these to speak to you to show that there is a personality for each of us, that time, that period, I am without those that love me and that I love. That is why we rarely speak separately.

A New Year's Message

The Council: Start now with the beginning of a new year to promote this feeling of love, this feeling of giving, this outgoing love. Promote it so that it not only encompasses a few short weeks at the end of the old year, but engulfs the entire new year. Let this become the New Birth for you. Think of that helpless little babe and the suffering that in a few short years it would have to endure. And for what reason: for its own at-one-ment with God? No. For your at-one-ment with God. So that your way could be made easier. So that you in one short existence in time could step from the physical into the glories of your Father. What greater love could any man have given to him? May that Divine Father and that Blessed Love which is His Son and Creator always be near to you. May you always be open to that Presence. May you always reach out to that hand that is already waiting for you, that has long, long been waiting for you and that patiently will always wait for you. Accept that personal Love He has for you and be glorified by bringing glories to your Father.