

# Information and Inspirations - Part 4 World Wide Blog Postings and other Works

Trance Library File No. 18-143

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

## SUGGESTIONS ON READING THE TRANCE LIBRARY FILES

by

WILLIAM ALLEN LePAR

I appreciate your interest in the information we have been receiving from [The Council](#), the spiritual source which speaks through the Trances. In all the years that I have been manifesting the Deep Catatonic Trance, I have learned a great deal from The Council, and I earnestly wish that you also gain a greater understanding of our existence.

These Library Files present information from The Council over a vast range of topics. In some cases, the information presented comes from one or two Trances that were usually held consecutively, within a few weeks or months of each other. In other Library Files, the information is selected from Trances held over many years. In all cases, if you study these Library Files carefully, you will notice a common thread of awareness that runs through all the information that The Council presents.

You may also notice that by the manner in which The Council presents the information, it becomes evident that they are layering awarenesses and insights. The observant reader will realize this progression of awareness and the unfolding of these insights.

These Library Files will not reveal their deepest insights to you with a casual reading. You must study them and reflect upon them. I would advise you to read the Library File at least twice and reflect on the information that The Council gives.

Again, thank you for your interest. I sincerely hope that you benefit from the Council's wisdom.

Sincerely,

SOL

# AN INTRODUCTION TO THE COUNCIL

by

**William Allen LePar**

The Council has often referred to themselves as "spiritual beings." We must remember that this is a very elusive term and means something far greater than what we normally have been taught to understand as "spiritual beings."

In our finite minds we look upon spiritual beings as living beings confined in similar manners as we in the physical, and this is not the case with some levels beyond the physical. But in this expanded description from The Council, we begin to realize that there are levels that we can reach as spiritual beings that far surpass our present concepts.

Respectfully, I submit The Council's own personal description of themselves.

## THE COUNCIL SPEAKS OF THEMSELVES

After a soul or an entity has accomplished a certain level or degree of perfection, through whatever system that is the ruling belief system of that time, then the individual or the soul or the entity is elevated to a level wherein it is not necessary for reincarnation. Once entering the spiritual realms without the need to reincarnate, a growth period is undergone. Many steps of awareness or many levels of awareness are accomplished, many degrees of elevation, many degrees of perfection until finally the soul, the entity has evolved into a state where there are no levels, no degrees, but begins to expand in love and awareness to the point where there is a total mergence or merging with other beings; where all ideas of limitations, all awarenesses of false limitations, have been done away with; where the person or the soul or the entity begins to realize its true unlimitedness and in that begins to expand greater and greater and greater, interweaving more delicately and more closely with all others and all other things, and in so doing grows closer to the Divine Himself. Once a soul or entity has reached this level, then they are in union with others, total union, yet completely individual, and yet completely united. This soul, this entity has its own personality, yet delicately flows in and out and with other souls but yet maintains its own personality, its own being. The soul, the entity becomes more god-like in that it becomes part of all things, yet maintains its own personality, its own being. Once a soul has reached this level then there is no name, there is no body as you would recognize or understand, but a more complete and unlimited **Child of God**, one who is so developed that no name could ever describe him. That is the existence we live in, and if you wish to use confining and restricting terminologies as levels, then we souls have to say that is the level we exist in. In all of mankind's history this level has never before spoken in the **physical plane**.

Even though we refer to ourselves as "spiritual beings," we use such statements only to give all who come to us some idea to relate to or some concept that they can relate to.

## THE TRANCE PHENOMENON

We believe The Trances of William Allen LePar are the rarest paranormal experiences known to modern man. The only example of a similar phenomenon ended with the death of [Edgar Cayce](#) in 1944. The Council's unparalleled revelations, through Mr. LePar's trances, are made available to the public through the SOL Association for Research. His time and efforts are without compensation, and SOL is a non-profit, tax-exempt concern dependent on the commitment of volunteers.

The following is a brief explanation of a Trance, so those without the opportunity to participate have a better understanding of the phenomenon. On the day of a Trance, Mr. LePar remains in a peaceful environment. He consumes little food and The Council recommends his diet include red shellfish. He engages in considerable prayer and meditation throughout the day.

Those participating in a Trance, to question The Council, gather about a half hour before the session for socializing. Nancy LePar, his wife, is always the last to leave her husband before a Trance begins. She sits with him in a separate room as he quiets himself with prayer and meditation. When she enters the room in which the trance is to be conducted, all talking and noise cease. Soon he enters, silent and already in an altered state. With everyone seated and quiet, he enters, removes his slippers and positions himself on the floor.

He wears, as instructed by The Council, loose clothing of all natural fabric. Also, Mr. LePar wears no metal other than a wedding ring and cross. As he rests his head and bare feet on pillows, he maneuvers his body into alignment with magnetic north. Those participating, following instructions from The Council, are to place themselves in a quiet, prayerful state as until this remarkable source begins to speak. There are two distinct time periods in the linking of LePar's spiritual vibrations with those of The Council. The first period concludes with LePar's extremely deep and rapid breathing, a form of [hyperventilation](#). His hands, folded across the abdomen, quiver; his left leg stiffens and his left foot extends. Then, suddenly, silence. It seems almost as if he has stopped breathing. Finally, The Council begins to speak -- slowly at first, repeating the name of the Trance moderator, until the link with the physical world is ready. It usually takes about thirty minutes from the time Mr. LePar lies down until The Council speaks. But on some occasions, for a variety of reasons, it can be as long as 45 minutes.

Once The Council begins to communicate, a Trance usually lasts between ninety minutes and two hours. The Council is offered the opportunity to give the gathering an opening statement, which has always become a segment of information useful for universal spiritual growth. Then, the trances follow a simple question-and-answer format, beginning with written questions and continuing with follow-up questions raised by The Council's comments. At some sessions, there are so many follow-up questions that only the first question asked will be from the list of written questions.

Afterwards, when Mr. LePar awakens, he remembers nothing. His memory is blank from the time his wife leaves him before each session until he awakens at the conclusion of the Trance. He is always physically drained, cold and disoriented. He is helped to a seat, wrapped in an afghan for warmth, and given a slice of bread and a glass of orange juice to help him recover.

We hope you profit from the information in these Trance Library Files. If reading a particular file gives rise to a question, we encourage you to contact us for more information. Thank you.

## FOREWORD

The Council has told us on many occasions that truth has always been available to mankind from the very beginning. As you read this Trance Library File, you may note similarities to information from other sources. You will also encounter new information. You may be surprised by some of the information revealed by The Council, to the point where it strains your credulity. The Council realizes this, and so they often begin a Research Group Trance with an opening statement such as this:

Again, a reminder as we have said before, we ask that you think about what we have said, the answers to your questions. It is not necessary to accept everything we say, but we do ask that you take the time to think on what we have said and hold it for possible use or acceptance at a later time. What is most important is that you do think, that you exercise your God-given mind. Use what you can use and store away that which is not serviceable at this time, for if you wish to see a dawn tomorrow with its clear blue skies, you must make ready for it now. If you cannot believe that tomorrow will be a better day than today, then it will not be so for you. If you do not carry the light of tomorrow, then where will it come from? If your tomorrow is not planned for today, then how can it exist? Forearmed with the knowledge of the path you are presently traveling, you are then in a position to create a better path for your travels tomorrow. The outlook for the children of the Divine is definitely a bright and sunny day. Only you can make the decision as to what your tomorrow will be. We have one distinct advantage over each of you, and that is we have gone through the process of life that you are presently experiencing and in those activities we have learned that one must never narrow their vision down to what they prefer to see, but it is great wisdom when one is willing to look at the total picture, even those segments that one wishes were not there.

Always keep this concept in mind: Use what information you can, and that which you cannot agree with, put it aside for now. Do not discard it, for you may find it very useful in the future.

## IMPORTANT

### TERMS AND CONDITIONS FOR USE OF TRANCE LIBRARY FILES

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

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

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

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

## EXPLANATION OF TRANCE LIBRARY FILE FORMAT

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

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

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

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

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

386<sup>(8)</sup>

387 \*\*\*:<sup>(9)</sup> Since we believe in reincarnation, and apparently have experienced death a number

388 of times, why do the majority of us fear death, and why do we not have a conscious  
389 awareness of what it is like beyond the veil?

390

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

The

394 fear comes from a degree of awareness of the conditions in the man-made heavenly realms.

### NOTES

(1) **Title** - This is the topic of the Trance Library File.

(2) **Page** - This is the page number of the Trance Library File. Each Trance Library File begins with page one.

(3) **Selection** - This number indicates the chronological order of this block of information in the whole of the Trance material.

(4) **Key Word** - This is the search word used for this selection.

(5) **Date** - This is the date on which the Trance occurred. It is given as a year-month-day (80-06-28).

(6) **Trance Number** - All of Mr. LePar's Trances have been numbered chronologically beginning with number one. This number indicates from which Trance this selection was drawn.

(7) **Master Volume Information** - All information from all Trances is transcribed in chronological order into the SOL Master Volume. This line indicates the page number and line number as found in the Master Volume.

(8) **Line Number** - The transcript of each Trance session is numbered from one. If a Trance Library File is made up of information from more than one Trance, then these numbers will change sequence.

(9) **Questioner** - The symbol \*\*\* indicates an individual at the Trance asking a question or responding to The Council's remarks. This is used to maintain confidentiality.

(10) **Council** - The symbol C: indicates that The Council is speaking.

## EXPLANATION OF TRANCE LIBRARY FILE FORMAT

79-12-01<sup>(1)</sup>

Life After Death - Part 2<sup>(2)</sup>  
Trance #2<sup>(4)</sup>

page 21<sup>(3)</sup>

This trance was the second trance in the Research and Study Group series. The Trance was attended by William LePar and (\*\*\*)<sup>(5)</sup>, (\*\*\*)<sup>(5)</sup>, (\*\*\*)<sup>(5)</sup>, (\*\*\*)<sup>(5)</sup>, (\*\*\*)<sup>(5)</sup>, (\*\*\*)<sup>(5)</sup>, (\*\*\*)<sup>(5)</sup>, (\*\*\*)<sup>(5)</sup>, (\*\*\*)<sup>(5)</sup>, (\*\*\*)<sup>(5)</sup>, (\*\*\*)<sup>(5)</sup>, (\*\*\*)<sup>(5)</sup>, (\*\*\*)<sup>(5)</sup>, (\*\*\*)<sup>(5)</sup>, (\*\*\*)<sup>(5)</sup>, and (\*\*\*)<sup>(5)</sup>.

1<sup>(6)</sup>

2 C:<sup>(7)</sup> May the Peace and the Joy of the Infinite Father be upon you, and may His Light  
3 shine down upon you and around you and within you.<sup>(8)</sup>

4

5 \*\*\*:<sup>(9)</sup> Thank you. Are you ready?

6

7 C: Yes, we are ready.

8

9 \*\*\*: Would you agree with the statement that Jesus Christ came into the earth in human  
10 form and is both man and God?<sup>(10)</sup>

11

12 C: Yes, we acknowledge that Jesus Christ is both man and God and that He did come  
13 into the material manifestation.

### NOTES

- (1) **Date** - This is the date on which the Trance occurred. It is given as a year-month-day (79-12-01).
- (2) **Title** - This is the topic of the Trance Library File. If a subject requires more than one Trance Library File, then the file is divided into **Parts**.
- (3) **Page** - This is the page number of the Trance Library File. Each Trance Library File begins with page one.
- (4) **Trance Number** - This is the number of the Trance within the Research and Study Group Trance series.
- (5) **Identification** - This paragraph identifies the Trance and the persons in attendance. Individuals are identified by the symbol \*\*\* to maintain confidentiality.
- (6) **Line Number** - The transcript of each Trance session is numbered from one. If a Trance Library File is made up of information from more than one Trance, then these numbers will change sequence.
- (7) **Council** - The symbol **C:** indicates that The Council is speaking.
- (8) **Greeting** - The Council always opens with a greeting.
- (9) **Questioner** - The symbol \*\*\* indicates an individual at the Trance asking a question or responding to The Council's remarks. This is used to maintain confidentiality.
- (10) **Test of the Spirits** - As outlined in the First Letter of John this test is given at the start of each Trance.



*We are created beings was discussed on 89-09-02, the 172nd Trance.*

William LePar's spiritual source, The Council, says that we are creating beings whether in the spiritual or 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 tells us of our purpose in life. 89-09-02, the 172nd Trance.*

In this exchange between a researcher and William LePar's spiritual source, The Council, they say that our purpose for being in the physical is not simply to create.

Questioner: Is the purpose of our existence whether spiritual or physical to be constantly creating?

The Council: Well, that might be considered a secondary purpose in a general sense. The purpose of the existence, each individual's existence is to recreate that completeness that you once had, re-establish that total godlike quality that each of you had. Does that answer the question?

Questioner: Are you saying that by simply increasing our creative activity that we could grow more rapidly?

The Council: Well, it would depend on what you were to create or what avenues you were to take. Simply having the soul of an artist and creating hundreds and hundreds of canvasses will not benefit you as much as being creative in how you can reach other individuals in a sense of service. Do you understand?

Questioner: Yes.

The Council: It is fine to create something of beauty that uplifts mankind or adds to the respect and dignity of mankind, but you must also reach out to those individuals around and about you and help in ways that they may need help. So it is not just the creative potential in the sense of artistic or literary avenues or even the act of sharing intimacies with each other. You must go beyond that small circle. The ideal path to spiritual evolvment or at-one-ness again is to incorporate as much of that into your life as possible. Everyone has a degree of artistic ability, maybe not to the extent of being classified as a master of painting or an exceptional author, but even your little thoughts and ideas jotted down and shared is a form of creativity, a form of expression. Whether you show them to someone or keep them solely for yourself, it gives you an idea of what is inside of you and your sensitivity to the world around. In your society today, there are certain areas that man has become desensitized to, with all the violence and things of that nature. One does not realize the pain that exists in the world. They are desensitized to pain and suffering. So, at times, by expressing either through the written word or through some medium or another that sensitivity, that gentleness, that love, even if it is just for your own viewing or your own enjoyment, might help to sensitize you even more to your own self. Does that answer the question?

Questioner: Yes, thank you. Now, this reaching out to others, is this a form of unconditional love?

The Council: Yes. You have to learn to accept people as they are, and if they are in need of help, help them regardless of what they may look like or what their attitudes may be. We said some time ago that you do not have to like everybody you come in contact with or deal with, but you do or you must love them. You can love a person and still not like them.

*Spiritual creativeness – The Law of Attraction. 89-09-02, the 172nd Trance.*

In this segment William LePar's spiritual source, The Council, explains spiritual creating. They also give us insight into what is truly necessary to utilize The Law of Attraction. So many of us believe that desiring something strongly enough is all that is needed. The Council elaborates.

Questioner: Our thoughts are a form of creating, is that how we create as spirit beings and is that how God creates, simply by desiring that it be created?

The Council: Well, you can only create so much of what you want. The problem with society today or the world today or the spiritual community today, they are told that simply by desiring something, simply by thinking and concentrating on what they want, they can create it. This is a half-truth. All creation must be within the text or conditions that you exist in. In one's effort to concentrate strongly on the desire or on the situation, if all the surrounding circumstances are proper, yes, you can bring into the material manifestation your creation. You can bring it into reality. But how many people live in a condition where that is totally possible. So it may come to you in reality in something less than you had desired or hoped. Does that make any sense to you?

Questioner: Yes.

The Council: Whenever you concentrate intently, meditate or pray upon wanting something to materialize, you do not lose part of the essence of yourself, but that essence is used in forming the potential for that concept to become a reality. Do you understand that?

Questioner: Yes.

The Council: The electromagnetic field that you really are is not contained in just a small area or is not permanently contained in just a small area. It can transcend or extend out beyond the normal limits of your being in order to create certain elements or things that you may want in your life or certain states of your being that you may desire, certain qualities you may wish. Does it dissipate into the etheric and leave you? No. It is always there in that vicinity working. Again, the circumstances around you or the circumstances you are in or the purity of thought that you have, the strength of concentration, the determination, will determine how perfect that creation will be when it reaches reality. You cannot be spiritual just by desiring it and thinking about it. You become spiritual or more evolved or more attuned or develop a stronger at-one-ment with your Creator by meditating on it, by praying on it, but also by doing those things that are required of a spiritual person. If you use both ends of the spectrum, the doing and the mental creation, the chances of it coming into reality are far greater because the actual physical doing gives a stronger foundation, builds greater avenues where the spiritual can open up much wider and much clearer to you.

*The value of meditation was discussed on 89-09-02, the 172nd Trance.*

Can meditation and practice transcend your natural physical ability? William LePar's spiritual source, The Council, in the following exchange answers that for us.

Questioner: Council, take for example, you wish to be a great violinist or a fine violinist, something like that. If you meditated on it and also did the physical practice, could that transcend your normal talents?

The Council: Nothing can transcend what you are. The problem is you do not realize how much there is to each one of you, so you automatically put limits to yourself. When you combine the practice with the mental desire, the meditation, the prayer, whatever, you open up a greater avenue for that ability to come out and be utilized in the material manifestation or become a reality to you. Do you understand?

Questioner: Yes.

The Council: Everyone is created equally in the spiritual sense. Each one of you can be the greatest violinist the world has ever known. You can be the greatest painter. You can be the most perfect soul. It is how much effort will you put forth to allow that quality to come forth and materialize.

Questioner: How much of what kind of effort?

The Council: Well, whatever you put into it.

Questioner: Physical and ...

The Council: It is a combination of the physical effort and the mental effort.

Questioner: Then most of those individuals that are great in various fields, it is a combination of the both or does one take precedence? Is there a trend there?

The Council: Actually, if you reach a perfect balance of the material effort and the spiritual effort, the greatest potential is released into reality or into the material manifestation. What happens is some people will go off to one side or the other. Instead of reaching the balance, they may meditate too much and not enough of the physical practice, or too much of the physical practice and not enough of the mental practice. Do you understand?

Questioner: Yes.

The Council: So when you reach that equal balance, then the greatest potential comes through. Then the circumstances in which you are born, the circumstances which you have created in your decisions in life, will determine what that potential will be in reality, how much of it will be available to you, or how much of it you will be able to demonstrate. You

can be the greatest violinist ever born, but if the opportunities are not there for you to display this ability, who is going to know your ability other than just a few people in your immediate area.

*Growing spiritually was discussed on 89-09-02, the 172nd Trance.*

William LePar's spiritual source, The Council, says that the soul creates the best life plan that it can so that it will grow spiritually.

Questioner: So then at that point the soul has determined the level of restriction, the conditions? The soul has determined that?

The Council: Let us go back to something that we have said earlier. 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 ringlets 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. Do you understand?

Questioner: Yes.

The Council: 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. Do you understand?

Questioner: Yes.

The Council: 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?

*Becoming famous was discussed on 89-09-02, the 172nd Trance.*

What about those who are famous, how did that come about? William LePar's spiritual source, The Council, explains.

Questioner: Can we classify those who are great in various areas, was it motivated by a burning desire to create or was it driven by a burning desire to be the best and to be famous?

The Council: Well, it can run the full gamut of desires. Sometimes making selfish choices can bring you to world prominence, where making godly choices would not. So just because an individual is very famous does not mean that they have reached the perfect balance and that they have done everything in a godly or orderly way. Do you understand?

Questioner: Yes, now I do.

The Council: Let us put it this way, in some cases individuals have reached world prominence not because of their goodness but because of their evilness, their manipulation, their taking advantage of situations. Does that answer the question?

Questioner: Yes, it does, thank you.

Questioner: Right along with that I was wondering if the past lives that we have led have any influence over our abilities and creativeness in this life?

The Council: Oh, certainly, certainly. If in a previous life, take the creation of music as an example, you had developed that balance, it could quite possibly be part of this life's cycle to continue that development so that in this lifetime then it would come to you much quicker and much easier. You would have what one would assume a natural ability for it.

***Making good decisions after bad was discussed on 89-09-02, the 172nd Trance.***

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.



*Karma was discussed on 89-09-02, the 172nd Trance.*

William LePar's spiritual source, The Council, talks about the mistakes we make and the consequences. This information is a follow-up from the previous posting.

Questioner: Does that mean if you have a lot of karmic debt and come back and you have planned a life of service but it is relatively peaceful and you start making the wrong decisions, is that sort of unleashing all that load, all the karmic debt, is it more forceful then if you start making the wrong decisions?

The Council: Well, you generally make decisions of less and less quality which causes you more and more problems. Do you understand?

Questioner: Yes.

The Council: So what happens then is you perpetuate the karmic debt and you add to it. The karma does not dictate tremendous pain and suffering. Karma is paying the price for what you have done, that is all things will return to you. Well, what creates karma is your withholding of love, and when you do this, this creates all types of problems for yourself and for others. So, doesn't it make sense that if you plan out a life of service and love to others that that should peacefully correct the karma? Unfortunately, the ego fouls you up again. You do not follow the original plan. Does that answer the question?

Questioner: Yes.

The Council: Man has been taught that karma means suffering and pain. Well, that is man's understanding of the law of the Divine, but that is not the way that the law of the Divine must work. You make it into a situation where that is the way it works, but it is not necessary for it to work that way. If you have done dastardly things in previous lifetimes, the only way that you can correct those things is through love, loving yourself and loving others. So, doesn't it make good common sense to plan out a life of love and service to correct your karmic debt? Well, whether it makes sense to you or not, that is the way the law goes, that is the universal constant that exists. Love is the pathway to growth and evolvment, but you people just do not want to look at life and your existence in those terms.

*How karma works was discussed on 89-09-02, the 172nd Trance.*

In this selection William LePar's spiritual source, The Council tells us how karma works.

Questioner: So, people really get themselves in a bad way in this life, that is not the way it has to be, like people who deservedly, if I can say that, get ... [a] traumatic disease, that does not have anything to do with the fact that they were real stinkers in a past life, it has to do with the fact that they did not change their way of activity which caused the problems in the past life and is still causing problems in this life?

The Council: Well, you are oversimplifying it. There is a direct connection or a link there. They have not learned to act in love. They have not learned the respect for oneself that is necessary. How can you make proper choices, godly choices, if you do not like yourself, if you do not love yourself, if you do not respect yourself? The only thing that governs you in a case like that is your ego, the immediate what is going to feel good to me now, what is going to please my desires now, and so you act on that. Does that make sense?

Questioner: Yes, one other question. Between the lives, when you are not in the physical and you are laying out the life plan for the next life, are you thinking clearly in a godly self-loving fashion at that point?

The Council: Well, when the final point of actually planning out the lifetime, you have worked through all this hodge-podge of misthinking and misunderstanding and you have centered back on the proper understanding and that is that evolvment comes through the act of self-love and respect and that same love and respect for others. So, your life is planned out that way. That does not eliminate the ego problem you have. You still have that choice that must be made. Will you take the avenue that is right or will you take the avenue that pleases you the most?

Questioner: Where is that ego when you clear everything away and you are making your life plan, you don't have a problem with your ego at that point?

The Council: No, because the ego is turned into self-esteem. It is a positive aspect. You need ego to carry you through life. There are two types of ego. There is a destructive ego which is a self-serving ego, and there is the proper ego that fortifies the self-esteem.

Questioner: That gets out of balance when you get back into the physical world?

The Council: Yes.

*Eliminating karmic debts was discussed on 89-09-02, the 172nd Trance.*

In this exchange between a researcher William LePar's spiritual source, The Council, explains how we plan our lives so that we can eliminate all of our karmic debts.

Questioner: So then you are saying that no matter how many lifetimes that you have had and how much karmic debt that you have had, each time that you come in, you plan a quiet life, and so in a sense that is like a clean slate. If you follow godly decisions, then you will wipe out all your karma with that peaceful, quiet life. So the ripples are problems from bad choices in this life, not necessarily from past lives?

The Council: Well, your choices are going to be based on what you have done in the past unless you make a concerted effort not to make the same choices. You will bring the karmic debt with you and that will be a factor that will help in you determining what choice you are going to make. In other words, that will be the tempting factor to not make the proper choice, and it is the conscience, that little voice inside, that tells you that is not the proper choice to make.

Questioner: But that in essence, even if we have tremendous karmic debt from the past, each life we come in we can live that as a quiet, peaceful life?

The Council: Yes, you are under the new law of karma, the New Dispensation, or whatever you wish to call it. The old eye for an eye is no longer in existence, if you choose to bring yourself under that domain or that rule.

*Good karma was discussed on 89-09-02, the 172nd Trance.*

Here William LePar's spiritual source, The Council, tells us about the good karma that we have when we come into life.

Questioner: Do we come into this world with just the negative aspect of karma or do we come in with karma debts and credits?

The Council: Oh, both, both, absolutely, both. The good karma is the strength that you have with you. Of course, you all know what bad karma is then, those temptations of selfishness. It is what makes you choose those things that are demeaning to you as a good and godly entity or being.

Questioner: So then could we come into a lifetime of just karmic rewards with no debts?

The Council: Well, if you reach that point, then you would not have to come into a material manifestation again.

Questioner: Could the scale then be balanced on more rewards than debts? Or is it always more debts than rewards?

The Council: If you come under the New Dispensation, there are some cases where an individual will come in with more rewards than debt, but, as a general rule, once the scale is tipped in the favor of your godly choices, you have eliminated the need for the material manifestation. Does that answer the question?

Questioner: Yes.

The Council: There are some philosophies that say a soul will come in in a lifetime where it is for their entertainment and it is kind of a holiday for them or a vacation, where they have no real lessons to learn or no real karma to take care of. That is absolute foolishness. Every time you are in the material manifestation you are here for a specific purpose, not for "R and R." You have that on the other side. So, it is a question of a job that must be done. There are individual souls who come in that have no karmic debt but come in for specific purposes of service to others or to establish a particular phase in what is going on in the world. Every time there is a new spiritual cycle about to begin you will have certain groups of individuals that will come in to establish certain things that are gateways or beacons for the new cycle. When they volunteer to take on these tasks, they must make sure that when it is time for them to leave the material manifestation, they have got all their debt or karma or whatever taken care of or they may be in a situation where it is necessary then for them to reincarnate. Now, this does not happen very often because those are usually souls that will lay out the plan of their life to incorporate the tasks that must be done and follow it through with all the corrective things necessary to reach that proper balance so that it is not necessary for them to reincarnate again.

***Why some lives are filled with problems was discussed on 89-10-19, the 173rd Trance.***

William LePar's spiritual source, The Council, during their first trance for the general public, explain, in picture form, how poor choices in our lives can lead to future problems which might never have occurred if we had taken more time to seek a better solution.

The Council: 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.