

# SOLAR

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Comments on Spirituality

*William Allen LePar*



*“The branches of a tree  
Spread no wider than its roots,  
And how shall the soul of man  
Be larger than the life he has lived?”*

—Edgar Lee Masters

## Rooted In Spirituality

This spring I went to my local nursery, looking for nothing in particular. It seems to be a ritual every spring with me to make the rounds of the different nurseries, checking out what is new in the plant world. I decided to go over to the bargain area for trees and bushes. Looking around, I spotted a tri-colored beech. I always loved this tree because of the beautiful colors that it carried through the year, changing from one color to another. It didn't look in the best of condition, but the price was right, so I decided to purchase it. As I was paying for the tree, one of the nurserymen began to instruct me on how to take care of the tree. Since I had a number of these trees, I was familiar with their needs, but being polite, I listened to what he had to say. His instructions were, of course, dealing with the size of the hole, and what have you. When it came to fertilizing, he suggested with the first fertilizer that I fertilize the

entire area around the tree. After that, it was only necessary to fertilize the drip line. Drip line, if you are not into growing things, is the furthest outstretching of branches where the rain will drip down from the ends of the branches. It is important to make sure this area is fertilized because as the tree grows, the roots usually end at the drip line or at the ends of the branches of the tree above the roots. So by fertilizing this area, it entices the roots to grow further out thereby increasing the size of the tree. The small major feeder roots are the fine little roots that are at the end of the main roots. They are the ones that take in the nutrients and feed them into the larger roots that convert the nutrients into the things needed for the tree's growth.

Master's quote strikes a chord in me. By looking at the size of the tree and its furthest extending branches

*Our soul can be nothing more than the reflection of the kind of person we are and the life we have chosen to live. The soul is the reflection of the choices we have made in life, the caring we have demonstrated, the respect we have given others.*

*continued on next page*

from the trunk, you have a very good idea of how large the root structure is for that tree. Knowing this, you have the advantage of being able to fertilize that area that is the major contributing portion to the growth and health of the tree. As the root system grows, the tree grows larger and stronger. And so it is with man and his soul. Nature often-times can teach us a great deal about ourselves and about spirituality, if we were to only observe and contemplate. And how shall the soul of man be larger than the life he has lived? How powerful this statement is! It is almost like a shock treatment that wakes us up to reality.

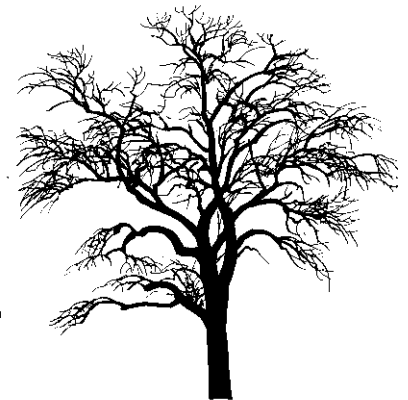
I like this quote because in thinking about it and comparing it to what The Council has said many times, the soul is actually the report card of the kind of life the individual has led. Our soul can be nothing more than the reflection of the kind of person we are and the life we have chosen to live. The soul is the reflection of the choices we have made in life, the caring we have demonstrated, the respect we have given others. If an individual has lived a self-centered life, viewing his soul will give us a picture of something condensed, compact, and

darkened, from the fact that there is a lack of light and space. This light and space is acquired from the expressions of love and compassion.

Look at yourself. Examine yourself as honestly as you possibly can. Make a list of the good things that you have done each day. Make a list of the kindnesses that you have shown to different people during the day. Make a list of the joyful attitudes that you have expressed during the day. At the end of the day, looking at this list, you will have a very good picture of the largeness of your soul, for your soul can be no better, no more spiritual than the life that you have lived that day. The quality of life that we live each day is the quality that we have added to our soul. The larger our soul, the better life we have lived. When I use the term "larger soul," I am not talking in terms of dimensions, but I am talking in terms of quality. So that the better the life that we have lived, the better the quality of our soul is, the purer it is, the closer to the Divine it is, the closer it emulates the Divine, and, in this then, the closer we have moved ourselves to the Divine, to that Essence that is in truth our Creator and

our Father. We can build a path into His loving arms through the lifestyle that we have lived that day, through the love that we were able to give. All things are built on foundations. When we consider the soul, it too is built on a foundation, and the foundation for a soul is directly related to the quality of life the individual has lived, quality being the kindness, the compassion, and the caring that was expressed in that day's experience.

How shall the soul of man be larger than the life he has lived? It can be no larger than the good he has given to others, than the love he has shared with others.



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

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

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# Pay More To Get Less

*Next time you visit your favorite grocery store, read some of the package labels. You will be bombarded by countless bright colored banners announcing: “No Fat!”; “No Trans Fats!”; “No Sugar!”; “Low Calorie!”; “No Carbs!”; “No Caffeine!”; “No Sugar Added!”; “No Additives!”; “Low Sodium!” Somehow we are led to believe that this makes the food healthier to eat. I notice that many low-fat products will have extra corn syrup replacing the fat making them actually worse than before. Often the products with the most elements removed are the higher priced ones. I am sometimes struck by how much extra we have to pay for what we don’t get.*

I remember a certain margarine that was so called “heart safe” and was heavily advertised as such. That is right up until it was found to be full of trans fats which were definitely not “heart safe.” A few years back coffee was supposed to be bad for your pancreas, but lately coffee has been raised almost to health food status. When I was a kid, a famous Canton ice cream store advertised its product as having a 14% butterfat content, and I can attest that it was really, really good. Now such advertising would probably result in zero sales.

Now check the frozen dinner section in your market. Row after row of “Diet Dinners,” “Reduced Calories,” “No Salt,” “Healthy Diets” and the like. I am beginning to think that the food industry is driven by about 90% hype and misdirection and 10% fact. We find ourselves choosing foods not because we like them but because we have been brainwashed into believing they are healthier. The truth is that some of these healthier foods are right on the edge of being inedible. There was a time, years ago, when we bought the foods

we liked to eat, but such unenlightened action would be considered almost hazardous today.

I suspect that the healthiest foods are probably the ones that have been processed the least. We should select foods that are the closest to the way Nature created them. Discount most of the hype and use your common sense. Here is what Mr. LePar’s source had to say about foods:

Council: Forget your diet foods, your lights, and no-fats, whatever else, and eat normal everyday food. You want something sweet, eat something sweet, but don’t make it your diet. If you don’t want to eat a piece of pie or cake as a dessert, you choose to eat a fruit that may be sweet, fine. This is acceptable. But if you have a hunger and you choose to satisfy it with a fruit, let us suggest, satisfy it with a piece of meat or a piece of cheese, not a fruit, because the fruit has sugar and it doesn’t allow the body to work properly. It doesn’t allow the body to convert food into energy that the body can use.

(00-09-02, 192nd trance, page 3235)

# A Caveman Sense of Self

*Denny Highben*



It seemed, somehow, oddly appropriate that an internet article about the mystery of the Neanderthal was flanked by advertisements which so clearly illustrate what's really important to so many.

Almost lost this summer in the daily clamor that is the unending flood of news was a story about further research into the genetic structure of the Neanderthal. I was fortunate in that I heard a brief report about the project and then remembered to dig a little further to get more information. Knowing what The Council has said about such creatures, I was curious to learn what modern science was up to. After all, the modern science of just a few years ago had the thick-browed bruiser listed as an ancestor. Now he represents a dead end on evolution's fractured path.

German and American researchers, according to the news of mid-July, have embarked on a two-year project to study Neanderthal DNA. The background on the ancient life form which accompanied one article noted Neanderthal lived from about 200,000 years ago to less than 30,000 years ago. That's like earlier today, when viewed in the context of history's total span. He may have even competed with, or

fought with, regular human types on the European continent. I remember it was something of a shock when the first examinations of Neanderthal DNA led modern science to determine it was not in the same tree with the species that created gunpowder, refined sugar and a petroleum addiction that may be fatal.

The background article also noted that Neanderthal's brain may have been larger than that of modern humans. But, the background added, it is uncertain how the size of the brain may relate to intelligence. Gee, I



thought, that sounded like a little backpeddling. Maybe the Neanderthal's bigger brain led it to conclude sticking around here was a bad choice.

In the LePar/Council trance communications are several statements from The Council that make our ancestry quite clear: Humans are humans. Always have been. Always will be. That is, until the opportunities afforded us through physical life have either been utilized or rejected. Then, well, we'll be humans but non-physical — so nobody will be curious about who (or what) were our ancestors.

But, back to those advertisements. There were three, strategically posted to grab the attention of anyone curious about modern science, cavemen, and all that. One ad was hawking summer fun. Another pushed BMWs, an undeniable symbol of status among the dominant hominids of the day. The third promised to eliminate varicose veins without surgery. Fun and money for the forever young. No wonder Neanderthal thought twice about sharing this space.

And that's a good thing. Can you imagine how mad they would be if they could see what we've done to them on E-Bay?



*Thousands of women consume soy believing it protects them from breast cancer. But does it? Word is finally getting out about soy. It has been discovered that there is a serious connection between soy and cancer — especially breast cancer. Soy products are very carcinogenic due to their high estrogen content. One hundred grams of soy is the equivalent of one birth control pill!*



## The Dangers of Soy

There has been a marked increase in the use of soy protein in diets throughout the world. Soy has replaced animal protein and animal fat in most of the world - especially in the poorer parts of the world. This appears to be well-intentioned as it is indeed the cheapest way to feed the starving worldwide. Admittedly, it is the cheapest way, but what about all the disease-causing effects of soy?

Here are a few examples of why a soy diet is so dangerous. There is scientific, documented evidence that soy products may lead to leukemia in children. So when mothers feed their babies soy formula, there is a definite risk. Also, research has concluded that a soy-based diet may contribute to low thyroid function and goiters. And there is conclusive evidence that it can interfere with synthetic thyroid hormones which are used to treat thyroid dysfunction. A thyroid deficiency can lead to all kinds of diseases, including cardiovascular problems. Soy-based foods increase homocystine levels which is a “red flag” for heart disease. If you are a vegetarian, you might want to think twice before you bite into another soy burger!

Despite all of the evidence of the dangers of soy, you would be amazed at how many foods contain soy. A whopping sixty percent of refined foods on our grocery store shelves and foods sold in fast-food restaurants have some kind of soy protein. In order to eliminate as much soy as possible from your diet, you’ll have to start reading food labels very carefully. It’s bad enough that it’s in so many foods but not long ago some nutritionists were actually recommending soy supplements in pill form. I wonder how many health problems resulted from that recommendation?

How can we protect ourselves from the advertising hype surrounding any product? A little common sense should tell you there is no magic bullet provided by any one substance. Do your own research. With the Internet, it is incredibly easy to investigate any given product. Once again, the gullible American public accepts all the advertising hype as gospel. It seems as if we have lost all of our good common sense and follow blindly like a herd of sheep. Just remember, if something sounds too good to be true, it probably is.

# The Da Vinci Code

*David Ries*



*The media and religious leaders have made a lot of news, caused a lot of unnecessary thought and concern, even made the headlines of our local newspaper because of a book and subsequent movie about a group of people, a famous personage from the past, and a purported conspiracy. It's fiction people! EVEN if it was based on ACTUAL writings and beliefs of the people of the Renaissance, remember this: These are the same people who believed that the world was flat, that bleeding people was a cure for illness and that Copernicus needed to fear excommunication because he said that the sun was the center of our solar system.*

Just because a group or a famous person from the past strongly believe something to be fact does not mean that it was in actuality fact. This may seem obvious but it is important to remember that the people of the 1500s and 1600s lived 1500 or more years after the events that they are talking about.

It does amaze me how ordinary people and the media can create frenzy out of something that a second of common sense would tell us is ridiculous or at the very least is disputed by already existing knowledge. There are manuscripts and historical documentation which are far older than anything that exists from the time of Leonardo Da Vinci and that would contradict anything that might exist from that time.

There are some other points that I would like to make. The first is that the only true knowledge that we have of the time of Jesus is what is written and has been translated from the original texts of those times. Having studied and spoken a foreign language, I know that it is very difficult to read,

write, or speak that language as a native would. It is practically impossible to learn and understand all of the nuances. This is true when we are talking about a living language, one that is in practice today. Many of the manuscripts from the past are translated from dead languages or variations. Also, even more important, many of



the documents are in very poor condition containing missing sections. Let me give you an example from *The Da Vinci Code* that will illustrate this point very well. *The Da Vinci Code* quotes a line from a manuscript called the Gospel of Philip as proof that Jesus and Mary shared a sexual relationship. It reads, "Christ loved her more than all the other disciples and used to kiss her often on her mouth." But many scholars like Bart Ehrman, author of *Truth and Fiction in the Da Vinci Code*, says that's stretching the truth. He says that the manuscript has holes in it, literally holes. And also there are places where the words don't come through. And so what it actually says is that "Jesus loved blank. And frequently blank kiss blank on the blank." So it looks like Jesus is kissing Mary Magdalene somewhere on her body but we don't know where. That's all we've got. Literally holes in the story. But if we don't do some research and simply accept what we read, we are going to be left with a totally mistaken impression of what really happened. Additionally, kissing someone you met was a standard greeting of that time.

Another example of a lack of scholarship in this book is the title. When Leonardo was born, his full name was Leonardo. That is it. Actu-

ally, when he lived in the little village that he was born and grew up in, he was referred to as Leonardo di ser Piero. Ser Piero is his father's name. Leonardo did not use da Vinci until he moved to Florence to separate himself from all of the other Leonardos in that city. Also the word "da" means "of" or "from" and should not be capitalized. These are small points and examples of literary license that authors often take. We should apply this same understanding to the entire book. Which is why, in spite of its preface stating everything in *The Da Vinci Code* is "FACT," one needs to remember it is a fictitious novel, carefully re-read the preface and proceed with all due caution.

The Council talks constantly about using our God-given minds and to apply common sense to everything that we come into contact with, including what they tell us. When we analyze something and give it consideration based on what we know and believe, then we can truly make a good decision: to accept it, reject it or take that part which is correct, in our minds, for our own use. Otherwise we are being led by others. We always want to be in control of our thoughts. Thoughts are the

basis, the seed bed of all activities. Even our reactions to occurrences that seem to be thoughtless have in actuality their foundation in our previous thoughts and beliefs. For example: If a child is exposed to enough violence in his home setting or through television and video games, without thinking and analyzing what is placed before his eyes, he will accept it as a proper response to some situations. It will become a part of his character and personality. Then he has to deal with it as he goes through life. Once a situation occurs in his life that matches his beliefs, he will act or more likely react in a manner that he has already played out and accepted within himself based on past thoughts and acceptance. That is why it is very important for us to think about and analyze everything that we become aware of.

My advice: Read it as an enjoyable piece of fiction and move on!

If you would like to read more about *The Da Vinci Code* and the art of "The Last Supper" which figures prominently in the story. visit this website – <http://arthistory.about.com/od/leonardo/ig/Art-in-The-Da-Vinci-Code/index.htm>



# CALENDAR

September 2, 2006. Spiritual Dialogues at 7:30 at St. Paul's Episcopal Church, 425 Cleveland Ave. SW, Canton, Ohio

**October 14, 2006. Universal Being Conference** at Dogwood Park in North Canton, Ohio. Speakers are William Allen LePar on How to Appreciate the Love of Another, Jeffrey Yang on Feng Shui, Cindy Hammond on Color Light Therapy, and David Ries on Spirituality and the Animal Kingdom.

November 4, 2006. Spiritual Dialogues.

December 2, 2006. Spiritual Dialogues.

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

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