

Meditation – Part 1

An Answer to Your Prayers

Trance Library File No. 91-35

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 mержence 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 1945. 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.
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6. PLEASE REQUEST ADDITIONAL FILES BY EMAIL SO THAT WE CAN REPLY QUICKLY.

DISCLAIMER

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

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

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

EXPLANATION OF TRANCE LIBRARY FILE FORMAT

Reincarnation⁽¹⁾

page 31⁽²⁾

Selection # 16⁽³⁾

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

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

386⁽⁸⁾

387 ***:⁽⁹⁾ Since we believe in reincarnation, and apparently have experienced death a number
388 of times, why do the majority of us fear death, and why do we not have a conscious
389 awareness of what it is like beyond the veil?

390

391 C:⁽¹⁰⁾ If you have reincarnated then evidently you have not fulfilled or let us say you
392 have not taken advantage of the opportunities available to you while in the material
393 manifestation, thus you have relegated yourselves to the man-made heavenly realms. The
394 fear comes from a degree of awareness of the conditions in the man-made heavenly realms.

NOTES

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

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

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

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

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

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

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

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

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

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

EXPLANATION OF TRANCE LIBRARY FILE FORMAT

79-12-01⁽¹⁾

Life After Death - Part 1⁽²⁾
Trance #2⁽⁴⁾

page 21⁽³⁾

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

1⁽⁶⁾

2 C:⁽⁷⁾ 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.⁽⁸⁾

4

5 ***:⁽⁹⁾ 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?⁽¹⁰⁾

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.

*Meditation was discussed on 75-09-12, the 14th Trance.
The word "mediation" was first found on page 179, line 634.*

605 ***: Recently, I had a dream and wasn't sure of the interpretation
606 of this dream. My state of being was somewhat in a limbo state and
607 I sort of had, well, one kind of, like question and answer, but
608 I remember I was asking a question and I was receiving an answer
609 to that and other particular things in concern and I was wondering
610 if this was real or something coming into me or was it my inner
611 awareness or other self or exactly what?

612

613 C: You wish an interpretation of something that you have not given
614 us. In other words you ask us to interpret a dream that you have
615 not given us a sufficient amount of information on. We are not
616 here to read your mind, (***), for if we would do that we would
617 read your sins.

618

619 ***: I'm sorry I can't recall the dream now. Can I phrase the
620 question another way.

621

622 C: Yes.

623

624 ***: Is within all of us an inner knowing that if we listen to
625 this inner knowledge or inner knowing, then the Father can help
626 us if we listen to what is being said?

627

628 C: Listening to what is being said does bring you the knowledge
629 and the knowledge is within, but how do you determine whether
630 you are listening to the god within speaking to you or listening
631 to your own physical desires? As we have said before all the
632 knowledge is within, but not all can turn within and extract it.
633 That is why we are here. The constant reliance on oneself to
634 find all the information in meditation is of the old way. We

635 are not saying one should not meditate. Far from it, we advocate
636 meditation, but along with meditation one must also pray. When
637 one prays one asks for guidance. In meditation one must not ask
638 or seek as such, but allow God or the Infinite Father to talk to
639 you to say to you what He wishes to say, not what you wish Him to
640 say. All of you have meditated at one time or another. Why is it
641 if you are capable of gaining the truth from within, why is it you
642 are here? Why do you go to mediums? Why do you constantly search?
643 Why do you find yourself in a state of confusion? (end of side 2)
644 C: Why is it you do not all have what you wish? Why is it you
645 have not reached your perfection? Why is it you have not reached
646 your at-one-ment with the Father? Does this answer your question?

647

648 ***: Yes.

649

650 C: By all means one should rely on oneself. But only to the
651 extent to which you have learned how reliable you are. All are here
652 to help. In the physical you should help one another. Do not
653 wait to be asked for there are many who need much help who cannot
654 ask. You can commit the sin of omission as well as commission. Do
655 you understand this? And these are words for all here.

*Meditation was discussed on 76-03-13, the 18th Trance.
The word "mediation" was first found on page 230, line 205.*

190 ***: Am I meditating correctly by following the tape of (***)?

191

192 C: This is a good way to become aware of how to quiet the
193 physical. But one must go beyond this when this has been
194 accomplished. One must learn how to do this in an automatic fashion.
195 Do you understand this?

196 ***: No, I am sorry. I don't understand how to go beyond.

197

198 C: We are speaking now of quieting the physical, first. You
199 cannot go beyond until you have learned to quiet the physical. Use
200 this tape then to learn how to quiet the physical. Practicing will
201 help to bring this awareness about. Then when one can do this
202 without the tape then one can open one's self to what is to be given,
203 but one should always pray before one meditates, asking the Father to
204 allow only that which He wishes you to know to enter, and if during
205 meditation one encounters entities one should always question them.
206 Is this understood?

207

208 ***: Yes, that helps. I do thank you very much.

209

210 C: You are most welcome. This is information that would be useful
211 for all.

*Meditation was discussed on 77-09-24, the 32nd Trance.
The word "mediation" was first found on page 467, line 37.*

37 ***: I can best do this through prayer and meditation? I haven't
38 been meditating at all recently.

39

40 C: One can be in a constant state of meditation, if one chooses,
41 simply by allowing the inner self through the processes of the mind
42 to be constantly open to the guidance of the Infinite Father. It does
43 good to set aside times where one actually meditates as a specific
44 form but one can be in a constant state of meditation if one chooses.

45

46 ***: How do I best accomplish this or any of us, please?

47

48 C: Through the thought processes. Constantly keep yourself open to
49 guidance from the Father. Simple little things like, "What do I do
50 next, Father?" is a form of meditation. Grant that it is not a
51 prolonged meditation, but the Father needs less than a split second
52 to guide you.

Meditation was discussed on 78-03-18, the 40th Trance.

The word “mediation” was first found on page 678, line 923.

923 ***: He suggested that I maintain proper rest and proper meditation.
924 I wonder if there was anything he might suggest that would help me go
925 into a meditation a little easier?
926
927 C: You must understand, (***), that HE does not suggest, WE suggest.
928 There is quite a difference.
929
930 ***: Yes.
931
932 C: Possibly for you the easiest meditation would be to breathe away
933 the exterior. In other words, start your meditating by taking a few
934 very deep breaths and then after this, then with each breath that you
935 exhale you are breathing away the exterior awareness, you are going,
936 shall we say, into a more relaxed frame of mind and consciously
937 become aware that each time that you exhale you will begin to relax
938 even more. This for the present time would be, shall we say, the
939 easiest way for you, if you were to concentrate on what you are
940 doing.
941 ***: Thank you.
942
943 C: You are most welcome.

*Meditation was discussed on 78-06-10, the 46th Trance.
The word "chakra" was first found on page 763, line 653.*

585 ***: In Galatians 4: 4-7, it states that we are Sons of God. If
586 this is the case, how do we relate to Christ being The Son of God?
587 We hope for an explanation that will clarify this. There is more to
588 this question but I thought perhaps you would want to answer the
589 first part.

590

591 C: You would be wisest to try and have the full quote which you make
592 reference to.

593

594 ***: "Then God sent out His Son on a mission to us. He took birth
595 from a woman, took birth as a subject of the law, so as to ransom
596 those who were subject to the law, and make us sons by adoption. To
597 prove that you are sons, God has sent out the Spirit of His Son into
598 your hearts, crying out in us Abba, Father. No longer then, art thou
599 a slave, thou art a son; and because thou art a son, thou hast, by
600 Divine appointment, the son's right of inheritance."

601

602 C: And what is your question now?

603 ***: In Galatians 4:4-7,it states that we are Sons of God. If this
604 is the case, how do we relate to Christ being The Son of God?

605

606 C: Well, it should be quite obvious. There has never been any
607 argument that you are not Sons of God and as far as Jesus Christ
608 being The Son of God, He is The Son of God, simply because He is the
609 only one that has been begotten by God the Father Himself. Now, you
610 must understand that Jesus Christ is the physical aspect of an aspect
611 of the Divine Father. Now, if you will recall in what we have
612 already given you as far as the Virgin Birth, that is the first time
613 in man's history, that the Divine has touched personally, shall we
614 say, another physical form or, shall we say, a physical form, in that

615 the Divine Father is the Sire of Jesus of Nazareth. No earthly man
616 was involved in this so in this respect then Jesus Christ is the
617 Only-Begotten Son of the Father and thus not only is rightful heir to
618 all the heavenly realms but then automatically becomes rightful
619 heir to all of the physical realms, all the physical manifestations.
620 Do you understand?

621

622 ***: Yes.

623

624 C: Now this does not mean that you are not also a son for you were
625 also created by the Divine Father. The difference is it was your
626 choosing to become involved in the material because of your
627 self-satisfaction, your selfishness, and consequently you became
628 stuck, but in the sense of Jesus the Christ there was no reason for
629 His material expression other than to instill in the physical
630 manifestation an avenue of final escape for those who had tied
631 themselves to the wheel of reincarnation and karma. So as we have
632 said before then this Man and God, Jesus Christ, is that Bridge which
633 traverses this dark abyss that you have created. It is His Mystical
634 Consciousness or His Mystical Body that now permeates everything in
635 the material manifestation and as such you are able then to become
636 part of that, if you choose, drawing then into you that illumination
637 for the desire of returning home to your rightful place, to your
638 heavenly mansion, to your heavenly kingdom or domain or to your godly
639 state of consciousness. We will tell you something that possibly we
640 should refer to as a mystery or a secret, but really is not if you
641 have a true understanding of the whole purpose of the Christian
642 experience and that is this. That each of you who find yourselves in
643 the Christian Belief System has already, shall we say, opened all the
644 chakras in the physical form. You have started from the base and
645 gone to the top, but you have not been able to do it in perfection,
646 so consequently you have what it takes for perfection but you have
647 not been able to apply it, so you come into the Christian Belief
648 System where you have the perfect example for the proper application,
649 the perfected application of your spirituality, of your awareness.

650 Each Christian, if he is a true Christian, each Child of God, if he
651 is a true Child of God, each Son of God, if he is a true Son of God,
652 and each Son of Light, if he is a true Son of Light, will work
653 through the fourth chakra, the heart chakra. That all this
654 illumination from the thousand petal lotus or the crown chakra, from
655 the third eye or the brow chakra, from the throat chakra should work
656 through the heart chakra. All experiences must be generated from the
657 heart chakra. All the enlightenment, all the knowledge, all the
658 wisdom, all the illumination, is of no value if it cannot be applied
659 to the exterior and its application must come from that heart chakra.
660 It must emanate from the heart. It must emanate from the throat
661 chakra, the voice, the words. It must emanate from the mind, the
662 brow chakra.

663

664 ***: At different times? Different chakras at different times or
665 all of them working together?

666

667 C: Anyone born in the Christian Belief System has opened all the
668 chakras and has opened them properly, each chakra. None has been
669 bypassed or opened out of order or any of the old confusion that is
670 often put to the energy system. Do you understand this?

671

672 ***: Yes. I guess what had me confused is sometimes I am aware of
673 the throat chakra or the heart chakra.

674

675 C: You should not isolate your awareness of those chakras. In other
676 words you should not concentrate on just one.

677

678 ***: No, I wasn't.

679

680 C: Now, listen, listen, listen, Do you understand?

681

682 ***: Yes.

683

684 C: Now listen. The fact that you are aware of a particular chakra

685 shows that you are concentrating on that chakra and this can throw it
686 out of balance. Think of yourself as a total being and that
687 everything that you have accomplished must now be presented in the
688 physical form through love, through the heart chakra. That is the
689 power chakra now. The thousand petal lotus chakra or the crown
690 chakra is open and is receptive. That flows down directly to the
691 heart chakra; there it is stimulated; it is energized; and it is
692 pumped up then automatically either to be expressed from the heart
693 through the general attitude and actions or through the voice or
694 through the brow chakra or the mind and the thinking that brings
695 situations of benefit and care. Do you understand?

696

697 ***: Yes. Partly.

698 C: Hopefully you will understand completely. No one in the Western
699 belief system and particularly in Christianity has to worry about the
700 chakras and least of all, any of the chakras below the heart chakra.
701 Those are stabilized and will not be hampered with. The only way
702 those chakras can become out of condition is if you take those
703 feelings, those illuminations, those understandings from the heart
704 chakra and instead of moving them up and out you retain them and
705 they will move down and out which will throw them then out of
706 balance. And it is only through the brow chakra then, the mind, the
707 attitudes, increasing that by concentrating on attitudes that are
708 contrary to what is being produced from the lower chakras, the lower
709 three. So then the brow chakra must overpower then the out of
710 balance lower chakras so that they will resynchronize themselves, so
711 to put it. Once this attitude that manifests in the physical for the
712 correction of whatever it was that was not expressed properly then
713 the attitude makes the changes and makes the control.

714

715 ***: So then it doesn't do any good to go through a meditative
716 procedure where you would concentrate on all of the various chakras
717 one by one?

718

719 C. It would be an utter waste of time. If you wish to use that

720 avenue, then the best way to gain peace of mind, if you wish, as far
721 as the chakras go, is to concentrate on a cycling from the crown
722 chakra down directly to the heart chakra and then up to the throat
723 chakra and the brow chakra and it would work in one large unit, not
724 separate. In other words, instead of four separate energy fields,
725 you would have four fields working as one massive unit.

*Meditation was discussed on 78-07-08, the 47th Trance.
The word “mediation” was first found on page 780, line 342.*

316 ***: Thank you. Since you were talking about rock music and its
317 adverse effects on the listeners, would you say that it changes the
318 molecular structure of the body cells perhaps?

319

320 C: Well, let us say it will get the body cells moving. The actual
321 change, no. First, you must look at music or sound and light all in
322 the same vein. That is simply another form of energy. Now, the
323 construction of the music itself, in other words, the actual
324 composition, the note-by-note construction, and the instruments used
325 create a force field or an energy. Now this energy is directly
326 connected or related to the base chakras, the lower chakras. Since
327 coming into a Western belief system these chakras are in proper
328 alignment, proper attunement, working properly, this form of music
329 then upsets the lower chakras. In doing so then that balance is
330 thrown off, and they, shall we say, overpower the heart chakra which
331 is now the working chakra for the Western belief system. Is that
332 explanation enough?

333

334 ***: Yes, do you mean to say that specific music then can be used to
335 bring these chakras back into alignment?

336

337 C: No and yes. The music, the rock music, or the acid music,
338 whatever term you wish to call it, can disrupt very easily the
339 chakras. Now the easiest way to bring those chakras back into
340 balance is not to afford yourself the opportunity to listen to that
341 sort of music. Those chakras then can be brought back into proper
342 flow or proper activity simply through prayer and meditation. A
343 simple meditation to get all the chakras in proper order or proper
344 balance is to meditate so that you visualize your body as one
345 complete unit. If you are into visualizing energy fields, then you

346 would see the body encompassed in one total energy field. Do not
347 visualize the body separated by isolated or individual energy fields.
348 What you are doing when you do that then is taking all the chakras out
349 of synchronization, you see, out of unison, and what you have now
350 under the Western belief system is a complete unison. You have
351 already accomplished all the things necessary to bring the chakras
352 in proper alignment; you all have undergone kundalini or whatever
353 you wish to call it. So that now you have achieved that, now you
354 must bring all that into useful practice, useful practice. The
355 experience of the kundalini and its highest, shall we say,
356 accomplishments are already yours, but that only is the opening of
357 the door, because once all the chakras are in tune with one another
358 or in balance and functioning as they should be, then what happens is
359 the crown chakra is then opened to receive divine guidance. Now what
360 happens here is that guidance goes directly to the heart chakra.
361 Since the Western belief system is based on a godly expression of
362 love then the first acting chakra then is the heart chakra. You have
363 an open channel from the crown chakra directly to the heart chakra.
364 From there then all guidance is directed upwards in an attitude of
365 love or unity, you see, expressing your godliness. We have basically
366 given that information already, just a short while ago. Now, what
367 this wretched music does is overpowers your being or your system by
368 throwing the lower chakras out of synchronization or stimulating them
369 so they are overpowering all the rest; so that any love then that is
370 expressed is generally a very selfish love, it is either directed to,
371 "The world exists around me," or the sexual aspects, you see. So it
372 is an extremely selfish situation which brings a disunity then to you
373 and to your immediate surroundings.

374

375 ***: If it is in balance then, of course, it would affect the
376 chemical balance existing in the body at the particular time, also,
377 wouldn't it?

378

379 C: The chemical balance. You are trying to relate two almost
380 abstract things. If the chakras are allowed to function properly,

381 then instead of, shall we say, a chemical situation you have a
382 molecular change more so than any chemical change in that the
383 structure of the body itself, going to the atom, shall we say, the
384 molecular structure is larger. Is this clear?

385

386 ***: Yes.

387

388 C: In other words, say, an atom, if you were to look at the atom of
389 a cell from your skin or what have you, it would be one size, the
390 distance from the nucleus to the circulating protons and neutrons,
391 that distance would be greater in a perfectly balanced chakra system
392 than in one that has been, shall we say, tampered with through the
393 drug or through the acid rock music or whatever you call it, you see.
394 So that as the chakras are all in proper attunement or in line, you
395 become more of a light "body." Do you understand?

396

397 ***: Yes, I understand. There would be a difference in the
398 polarization of the particular minute particles, or whatever, inside
399 of the atom, too?

400 C: No. It is just that there would be an expansion of the actual
401 molecular structure. Now, this is not to a degree where you would
402 appear taller. Do you understand?

403

404 ***: Yes.

405

406 C: Shall we say, the larger the area then on the molecular scale or,
407 shall we say, at a molecular level, the larger the area, the more
408 readily the gross influences pass through without affecting it, you
409 see. Now, the more refined influences then become, shall we say, a
410 tighter screening effect. So that in actuality as this finer
411 attunement comes, then there is a charge, an electromagnetic charge
412 set up within the atom itself and around it, so that those negative
413 influences or those gross influences will either pass directly
414 through without any effect or that those that may cause an adverse
415 effect will be blocked out completely. Do you understand?

416

417 ***: And, consequently, keeping the body at a healthier state, right?

418

419 C: Well, not always. There are times when the physical body
420 undergoes certain ailments, not necessarily because that particular
421 being deserves them, but because of the situation that that being is
422 in calls for certain problems to exist. Not all ailments, as we have
423 said before, are an indication that that individual has a negative
424 aspect or has that as part of their karma; but it is because in a
425 number of cases where that individual takes on such situations as a
426 learning process for others in the immediate area. Or in some cases
427 such ailments are part of a being's existence as a guarantee for them
428 that certain situations do not transpire that might be overpowering.
429 Do you understand?

430

431 ***: I think so. Thank you.

432

433 C: There are many times that you will take on very nasty health
434 problems just as a safeguard to keep you from losing those
435 accomplishments you have made in the past, you see, which is completely
436 acceptable. In the same sense then you also have, possibly under
437 certain circumstances, an opportunity then to serve those around you
438 who must also deal with you in your, shall we say, ill condition.
439 Do you understand?

440

441 ***: Yes.

442

443 C: It can be extremely complicated. In most cases, in most times, we
444 prefer to deal with it from a lighter point. But, actually, sicknesses
445 can be an extremely complicated situation. For, example, take a
446 paraplegic. Now that individual may have accomplished, as an example,
447 the control of the base desires, but to insure that this is not tested
448 or, shall we say, this is not necessary to go over again, this
449 individual will take on an ailment or a crippling, such as a paraplegic
450 where possibly from the waist on down the individual is completely

451 paralyzed. In this particular case then, this eliminates the sexual
452 functions, you see, and then that being coming into a situation where a
453 family must deal with that, this being also protects himself from
454 adverse temptations or necessary effort to maintain control and also
455 serves those individuals who have a great deal to learn from such a
456 situation. So you see, many times ailments do not really indicate a
457 negative spirituality.

Meditation was discussed on 78-12-12, the 52nd Trance.

The word "mediation" was first found on page 906, line 1076.

1071 ***: Then a little further you state, "A more personal understanding
1072 is that we must search for that quietness so that the spirit of God
1073 may begin to instruct us in the proper path. We must build
1074 conditions around us that separate us from the materialistic world
1075 that we have placed ourselves in." Are you referring then for us to
1076 be introspective through prayer and meditation?

1077

1078 C: Yes. It is necessary for you to make an effort to allow the
1079 Divine to speak to you, to guide you, and it is through proper prayer
1080 and meditation that this brings the opportunity.

*Meditation was discussed on 79-04-01, the 63rd Trance.
The word "mediation" was first found on page 1017, line 541.*

539 ***: Excuse me. Would you be referring to something that would
540 come through an individual termed a trance psychic and not
541 information that is coming through in meditation?

542

543 C: Do not cloud the issue with the question. Now you are getting
544 the material confused. Review (***)'s question.

545

546 ***: The question I asked is there any way to tell where the
547 information comes from whether it is from the lower entities or
548 levels of collective knowledge or levels in the heavenly realms?

549

550 C: In the heavenly realms there would be a definite difference, a
551 definite difference. If you are accustomed to dealing with the lower
552 forms of information, if you have any spirituality about you at all,
553 and you come in contact with the higher heavenly realms, you certainly
554 would know it, you certainly would know it. As far as the
555 material itself, all material must be judged on the basis of Jesus
556 Christ's teachings. Any deviation from what He taught automatically
557 throws it out of the heavenly realm without question. Now, (***)

558

559 ***: Yes.

560

561 C: Continue with your question.

562

563 ***: When we are in meditation how do we know that the information
564 coming through is truth?

565

566 C: Compare it to the teachings of Christ. You see, you have a
567 perfect scale for judging, and that is the principles of Christ. If
568 the material you get is within the teachings of the Father and His

569 Blessed Son, then the material is coming from a high enough level to
570 be beneficial; but you must also exercise a degree of wisdom in
571 making sure that you do not rationalize your scale of judgment. Do
572 you understand?

573 ***: Yes.

574

575 C: Very well.

576

577 ***: Thank you.

Meditation was discussed on 79-04-01, the 63rd Trance.

The word "mediation" was first found on page 1030, line 1158.

1158 ***: I was wondering: is there danger in meditation of

1159 possession?

1160

1161 C: Not generally. If meditation is done right, it should be coupled

1162 with prayer, and that would automatically protect an individual.

1163

1164 ***: Thank you.

1165

1166 C: You cannot be possessed unless you have been foolish enough to

1167 open a door for it or laid yourself open for it. You can be

1168 pestered, shall we say, but you cannot actually be possessed.

*Meditation was discussed on 79-12-01, the 72nd Trance.
The word "mediation" was first found on page 1163, line 421.*

372 ***: My next question, "The subconscious mind could be said to be
373 somewhat of a filter that our soul must work through in order to
374 produce the manifestation in our actions." Does this filtering
375 action cease after death? and there are other questions on that, I
376 will just read ...

377

378 C: Let us answer that particular question, please. The
379 subconscious mind as we have said before is a filtering device that
380 consists of all the experiences you have ever had in your total
381 existence, not in just the here and now. As to whether it continues
382 in the hereafter, a filtering process does continue in the
383 hereafter. The purpose of this filtering device differs from the
384 purpose that it serves in the material manifestation or in your
385 present lifetime. It does not filter in the same way, and its
386 purpose is somewhat different or its service is somewhat different
387 to you. Very well.

388

389 ***: Would it not help us to become aware of what our subconscious
390 holds so that we can work with those weaknesses or inhibitions that
391 we have to filter through?

392

393 C: You are well aware of your weaknesses, and you are well aware
394 of your inhibitions. You choose in the material manifestation to
395 gloss over those or choose not to work with those weaknesses or
396 correct them. The soul or the spirit has placed this device there
397 twofold, to show you the weak points, and also to eliminate the
398 senses of responsibility which would be, shall we say, more destructive
399 than productive, and also to put you into a situation under the
400 Christian belief system whereas you are only responsible for what
401 you are conscious of. If this factor were not permitted, there

402 would be no hope at all as far as obtaining perfection. When you
403 refer to this Divine Love of the Creator you must learn never to
404 limit it in any way, shape, or form. Because of the resistance to
405 the Divine In-Flow you are working, shall we say, with a handicap;
406 and this Divine God, this Infinite Father, permits this handicap as
407 a helpmate for you. Very well.

408

409 ***: How may we aid in bringing our subconscious mind to the
410 forefront?

411

412 C: If you wish to do this for the purpose of, shall we say,
413 bettering your awareness so that you are creating something more
414 positive for yourself in the life to come, then we could answer
415 that question.

416

417 ***: Yes, that is what I wanted answered.

418

419 C: Very well. The safest way of, shall we say, getting in tune
420 with yourself or becoming more aware of the things that you must
421 deal with and the proper way in dealing with them is meditation.
422 But meditation should always be preceded by prayer, whatever form
423 of prayer you choose. In true meditation many things take place.
424 The more positive aspects of your higher being, along with the
425 Divine In-Flow will relate avenues of correction or means of
426 correction in your everyday life. Also, you have, shall we say,
427 certain affections in your present experience; and if they are
428 positive affections, then those beings who are beyond or in the
429 spiritual realms are attracted by that affection and can add
430 positive strength to your situation. Now we are speaking only in
431 positive terms, now, in positive terms. Very well.

Meditation was discussed on 80-01-26, the 74th Trance.

The word "mediation" was first found on page 1194, line 928

915 ***: Your response earlier having to do with taking medical advice
916 or medical treatment seems to me to be a little bit at odds with
917 the idea that many of us hold that it is the state of mind, the
918 emotional state or the belief system that brings on most or perhaps
919 all disease, and medical treatment it would seem would simply be
920 treating the symptoms which would then return in another form.
921 Would you comment on that?

922

923 C: This is possible, but also in the whole situation, in most
924 cases, normal, natural means are used; and because of, shall we
925 say, a triggering mechanism you may need to receive a healing, it
926 might be necessary then to accept medication or surgery. Now, if
927 you can muster within yourself enough spiritual and mental power,
928 then you CAN overcome an ailment simply through a deep meditation
929 and a deep prayer. But it would do no harm to accept any outside
930 help, because you are not in a position to judge whether you can
931 handle or bring a cure about through your own efforts or through
932 the efforts of, shall we say, a spiritual healer. Now, if you
933 choose to try it on your own, fine, but make sure that you have
934 other facilities ready in case it does not transpire. All
935 sicknesses are a state of the mind, all sicknesses, even accidents;
936 there are no such things as accidents. A broken leg is something
937 that has been determined before it was broken. So all these things
938 can be cured the same way, but it depends on the individual: Can
939 they accept the influences that will bring that healing or cure?
940 There are some who need a needle, who need a pill; only because it
941 eliminates the exterior doubt and allows the inner knowledge then to
942 work or the inner influences to manifest. Does that clear the
943 situation?

944

945 ***: Thank you. Yes.

946

947 C: It is not always possible to deal with every situation that can
948 come up in a question. At the present time we will hit, shall we
949 say, an overview and then depend on the rest of you to pick and
950 clarify different situations or areas.

*Meditation was discussed on 80-04-19, the 77th Trance.
The word "mediation" was first found on page 1223, line 645.*

612 ***: You stated at the second Life after Death communication and I
613 quote, "You are what you are because of the resistance to the
614 spiritual electricity, to the Source of it. So in a proper
615 understanding then all things are as an in-flow of this spiritual
616 electricity, an in-flow of this spiritual electricity, so that as
617 you allow it to move more readily through your being, then you have
618 less resistance to it and begin to approach then a greater reality,
619 your truer self, and in this process you raise your true being to a
620 higher state of existences or a higher rate of vibration." Could
621 you please define this Divine In-flow more clearly?

622

623 C: We feel as though that is very clear. Possibly another way of
624 putting it would be that God is ever-present in your being and He
625 is there because He has fathered you in a spiritual sense, that it
626 is He that is you in a smaller quantity; and it is He and His Love
627 and His Essence that wishes to bloom or flow from you and this is
628 the Divine In-flow. You see, you are a creation of this Divine
629 Source; it is your Father, and as in your experiences, in the
630 material manifestation, you know life and the process of fathering,
631 it is the same, shall we say, in the spiritual sense, only as an
632 example not the same in actuality; but the seed of your birth is
633 this Father, this Divine Father, this loving and gentle old man that
634 you picture as God, the Divine Source, the symbol that you use, you
635 see. Another way of looking at it is that you are the action of
636 the Divine Source if you choose to be. If God expresses His
637 personality through you to the rest of the world, and it is your
638 willingness to channel that personality and that love of the Divine
639 Source into the world that determines whether you will move from
640 the need of the material manifestation or stay in it; so the
641 restriction to the Divine In-flow is your right to do what you wish

642 to do or to be used as a manifestor of the Divine Source. Does
643 that explain it any clearer?

644

645 ***: I believe so. Through meditation, can one break down their
646 resistance to the Divine In-flow thus raising their vibrations?

647

648 C: Yes, providing the meditation is preceded by proper prayer,
649 proper desire and attitude of the meditation. There are some
650 people who just meditate to meditate, and then there are those who
651 meditate with a specific purpose in mind. If one chooses to break
652 down the resistance to this Divine In-flow and meditates with that
653 in mind, then it can be achieved.

654

655 ***: If you break down the resistance, would it then be a
656 permanent thing? Would it be a permanent or would it just be
657 temporary?

658

659 C: It would be as permanent as you chose it to be. You must not
660 only work for greater awareness, but you must also work to maintain
661 it. Now this is in reference to being in the material. Do you
662 understand?

663

664 ***: Yes.

665

666 C: As long as you are in the material manifestation, as you gain
667 greater awareness, you must also work to maintain that awareness
668 and maintain it active in your life. What good is having awareness
669 of this or that, if you do not allow it to be active in your life?

670 You must also guard true awarenesses, that they do not become
671 corrupted or distorted by your own personal rationalization and by
672 those who offer you, shall we say, half-truths or what have you.

673 Very well.

674

675 ***: Again, in the second Life after Death communication, you
676 stated and I quote, "When we say that the deeper one goes into

677 himself, this is in reference to the essence of himself, deep
678 within you is a god, and that god is the reflection of the One God;
679 the more the conscious mind attunes itself to that inner god that
680 is the reflection of The God, the more you become what you once
681 were, the less resistance to the In-flow of the Divine, thus the
682 more refined your vibrations." And (***) had asked, could you
683 describe more fully what you describe as the inner god?

684

685 C: The inner god is that position that you once held before "The
686 Fall of Man." Very well.

687 We would think that you have basically the information to
688 that question. You must realize that what you were before you chose
689 to move the focus of your love from a Divine love to a selfish
690 love, what you were before that change is the god within even
691 though you have, shall we say, corrupted yourself, for lack of
692 better words we use that, corrupted yourself; you have
693 corrupted the extremities of yourself and that is how you can
694 continually corrupt your own spirituality, because the truth and
695 the purity is there at the core, but it is locked in; you do not
696 permit it to move out from you, so it is corrupted then and it is
697 made impure; it is not the perfect love or the spiritual divine
698 love which you should have for yourself and for all things; it
699 becomes self-serving and self-seeking. So the essence of that God
700 is still ever-present in you, and it is the trespassing against
701 that purity of your own true being that brings you into the
702 material manifestation and holds you there. Very well.

703

704 ***: (***) had another question. What other methods beside
705 meditation could we pursue to become more attuned to our inner god?

706

707 C: Good common sense. You know what a good and just action is;
708 you know what a deed of service is to mankind; the application of
709 the attitude of brotherly love in all things; prayer, of course,
710 goes without mentioning; any exterior action on your part that
711 stimulates a greater respect and love for mankind can be useful,

712 can be helpful.

713

714 ***: Thank you. The time is 9:56; we had set a time limit of

715 10:00. Should we ask any more questions? Do you have a closing

716 statement? Or what would you prefer?

717

718 C: Oh, one more question.

719

720 ***: What characteristics do we know or can we see in ourselves

721 that would be characteristic of our inner god?

722

723 C: Every time that you give freely of yourself; every time you stoop

724 over to help a little child; every time you think of an older person

725 who is lonely and you try to fill that loneliness either with a

726 kind word or a smile or a telephone call; every time that you say

727 good morning to an individual; every time you tell your parents that

728 you love them; every time you tell your children that you love

729 them; every time you do something kind for someone; every time you

730 say to someone "God bless you." Very well.

Meditation was discussed on 80-09-05, the 82nd Trance.

The word “mediation” was first found on page 1302, line 146.

[Editor’s Note: For further explanation of the Heavenly Realms, refer to the Library Files in the Life After Death or the book Life After Death: A New Revelation – www.WilliamLePar.com]

118 ***: You had stated that once a soul achieves the Angelic Level
119 and the Celestial Level that they are able in their growth to take
120 advantage of all the things, all the avenues of growth that are
121 available to them. They can go into the Spirit Level and influence
122 the entities there; they can go into the man-made level, man-made
123 realms, and influence the entities there. They can even influence
124 the material manifestation, the entities in the material
125 manifestation. Could you give any examples of what form these
126 influences would be on the material manifestation?

127

128 C: We cannot influence the material manifestation; we can OFFER an
129 influence.

130

131 ***: Okay.

132

133 C: Now, it is your free will to accept. How do we influence? How
134 do we offer an influence? Those of us who have found ourselves in
135 the same situation that you are in undergo or feel an emotion. Do
136 you understand? We have an understanding of what you are going
137 through, depending on the situation. Say you are extremely ill.
138 Very well. Those of us who at one time endured much illness have a
139 sympathy, a feeling, a relationship to what you are going through.
140 What we offer you, now this is not consciously, you are not
141 consciously aware of it, is our presence to fortify you spiritually
142 or at a soul level. Do you understand?

143

144 ***: Yes.

145

146 C: Suppose you were to meditate or pray. Our presence near you
147 may clear your mind out so that you can understand things clearer.
148 You may receive mental strength. Do you understand?

149

150 ***: I believe so.

151

152 C: You may meditate on something and receive insight. Now, this
153 does not necessarily mean that we are giving you the insight. It
154 may be something you are drawing from your own inner well. Do you
155 understand? Your own inner spring of water.

156

157 ***: Yes.

158

159 C: You understand now, influences?

160

161 ***: Yes, I believe so. We had a question on the . . .

162

163 C: We generally do not make appearances in the material
164 manifestation and neither do those from the Angelic Level. In
165 other words, you would not see us as a phantom figure. Do you
166 understand?

167

168 ***: Yes.

169

170 C: Our influences are of the soul nature. If you pray to your
171 Father, to Christ, for inner strength, He may permit us to add our
172 strength to you and thus answering your prayer. Do you understand?

173

174 ***: Yes.

175

176 C: We may add our prayers along with yours. We may take our
177 prayers and add them to your prayers so that they are raised up to
178 God the Father in unison.

179

180 ***: Then you are adding strength in the way you are in what I
181 would think of as an invisible form much as we might feel that we
182 gain strength from being in the presence of someone who we care
183 very deeply for here in the material manifestation.

184

185 C: Yes. Have you not noticed how being with someone at certain
186 times just seems to strengthen you even though there is nothing
187 said?

188

189 ***: Yes, absolutely.

190

191 C: Well, on a higher level it is the same way. It is not for us
192 to interfere with the material manifestation, and influences from
193 the Angelic Level and from our level, the Celestial Level, is
194 always in most cases through the spiritual aspects.

195

196 ***: That helps me to identify more. Thank you.

197

198 ***: Your answer in the last one saying that you from the
199 Celestial or entities from the Angelic Level do not often
200 materialize or make an appearance . . .

201

202 C: RARELY, EXTREMELY RARELY.

203

204 ***: All right. . . . don't make an appearance in the material
205 manifestation or to the material manifestation.

206

207 C: The Celestial Level has not; the Angelic Level on rare, rare,
208 rare occasions. Your appearances of phantoms, what have you,
209 usually comes from, shall we say, the Spirit Levels.

210

211 ***: When you say "Spirit Levels" plural, would that mean both the
212 Spirit Level from the God-made Realms and the Spirit Level from the
213 man-made realms?

214

215 C: Yes.

216

217 ***: Would such appearances, many philosophies term the word
218 "guides" that they have, either see or feel a presence and
219 giving guidance to them. Could these be the souls from the Spirit
220 Level making an appearance to them or a presence to them?

221

222 C: In most cases that is pure imagination on the part of the
223 individual who feels they can see or feel such presences. But if
224 that satisfies them and makes them happy, it will not do much
225 harm.

226

227 ***: All right.

228

229 C: If you had to actually depend on souls that needed to appear in
230 such manners, such crude manners, you would be in poor shape.

231

232 ***: May I ask something of somewhat a personal -- at times I have
233 seen or felt I have seen robed figures on walls. Now, what level
234 would that be coming from in an instance like that?

235

236 C: Well, certainly we do not wear robes and neither does the
237 Angelic Level and neither does the Spirit Level on this side.

238

239 ***: Well, then this would be coming from the man-made realms?

240

241 C: Well, we hesitate saying "yes" and yet we hesitate in saying
242 "no." At times such things can take that form so that you are
243 aware of it. It is something for you to relate to. Do you
244 understand?

245

246 ***: Yes.

247

248 C: But in actuality if you were to receive influences from us, or
249 we were to appear to you, it certainly would not be in that form.

250 Yet it may be for your acceptance, for your understanding, the
251 necessity for the Spirit Level to appear, now this is from the
252 God-made Heavenly Realms, appear to you in such form to satisfy an
253 established concept, (Do you understand?), that you have. It also
254 would be more likely, such appearance, would more likely come from
255 the man-made Spirit Level. They would be more apt to use such
256 symbolism or appearances or illusions.

257

258 ***: For what purposes would they do this?

259

260 C: An effort to influence.

261

262 ***: If I recall, I personally felt somewhat surprised and didn't
263 feel anything negative. I was somewhat happy ...

264

265 C: The man-made heavenly realm is not negative. It is neither
266 positive nor negative. It is a collection point and in that
267 collection point there are a variety of souls or entities, some
268 negative, some positive, some confused.

269

270 ***: I must admit I was thinking of it more in a negative manner.

271

272 C: No. Do not consider the man-made heavenly realms negative.

273

274 ***: Would it be then your own personal state or the entity's own
275 personal state that determines whether you are in a positive area
276 or a negative area?

277

278 C: Whether you are in a positive CONDITION or a negative
279 CONDITION. There is no area that is negative or positive. It is
280 the individual that is negative or positive. If that area were
281 negative, how could we offer an influence? How could there be an
282 advisory condition or influence there?

283

284 ***: I hadn't considered that.

Meditation was discussed on 81-04-10, the 92nd Trance.

The word “mediation” was first found on page 1473, line 178.

175 ***: You have stated that you are what you are because of the
176 resistance to this spiritual electricity, to the Source of it, so in a
177 proper understanding then all things are as an In-Flow of this
178 spiritual electricity. The question was, is meditation the best
179 way to increase the In-Flow of this spiritual electricity?

180

181 C: To be able to increase the In-Flow of this spiritual
182 electricity or the Divine In-Flow is, shall we say, somewhat
183 egotistical. All are given an equal amount, but it is your
184 receptiveness to that Divine In-Flow, your willingness to accept
185 the responsibilities of it. Do you understand?

186

187 ***: Yes.

188

189 C: To feel that you can increase the Divine In-Flow is somewhat
190 silly, but through meditation there can be a greater awareness of
191 it in your conscious mind, shall we say. Prayer, if you
192 distinguish between meditation and prayer, then prayer is another
193 way of increasing the awareness of this Divine In-Flow. Your
194 conscious attitudes towards each other, towards the events of the
195 world, towards the needy in the world, can increase this awareness.
196 In fact, when a thought such as the needs of others becomes
197 apparent in your conscious mind that is an effect of the Divine
198 In-Flow. The more you consciously ponder on such things, the more
199 you desire to become involved in such things and help those who are
200 in need, the more you open up the awareness of that Divine In-Flow,
201 the more it begins to work in the world through you. Do you
202 understand?

203

204 ***: Yes.

205

206 C: Prayer is a great thing; meditation is another great tool; but
207 what good are these tools, these avenues, if you do not bring it
208 beyond that point? Certainly, we do not object to those who pray
209 constantly, but you should also allow time for yourself; you should
210 also bring about opportunities for yourself where the benefits of
211 that prayer and meditation can be manifested in the material. As a
212 soul grows in spirituality, as he tries to develop a greater
213 relationship between him and his God, he must demonstrate that love
214 that Christ showed us. So a life dedicated to prayer and
215 meditation should be equally dedicated to good deeds. As we have
216 said before, one need not start, shall we say, a great campaign,
217 but within your own personal families, within the circle of
218 friends, how much love do you demonstrate? How much concern do you
219 demonstrate for each other? It would be better to hide in a corner
220 and pray and then come out in life and act that prayer out in
221 concern for others. Say nothing of your meditation and praying to
222 others, but do a deed of love toward someone else. Very well.

223

224 ***: When you had said by accepting responsibility and practicing
225 love and that would be the way that we would reduce our resistance
226 to the spiritual electricity?

227

228 C: Yes. You see, what you must begin to understand in the life
229 that Christ has showed you you must live is that His Life was not,
230 how shall we put it, a life of talking; His was a life of action.
231 He had a living concern for those around Him, and He demonstrated
232 that concern. Certainly He prayed, but He allowed that prayer to
233 live in the world by demonstrating His love and His concern for
234 those around Him, having the time for those who had need. Do you
235 see?

*Meditation was discussed on 82-08-27, the 107th Trance.
The word "mediation" was first found on page 1713, line 930.*

896 ***: If I may, I would like to go back to something you said about
897 exercising the right side of your brain. Is there anything that
898 you can do to help a child to develop that side of the brain? I
899 know when they go to school it seems that it is all the left side
900 more.

901

902 C: For the child it is far easier than with an adult. First of all,
903 the activities of the right side of the brain in a child are, how
904 shall we say, more predominant as is the nature or, shall we say,
905 because of the nature of the physical container and the "mind." It
906 has not become rational or analytical yet. So the right side of the
907 brain is far more active with a child than with an adult. That is why
908 most children are extremely psychic because they are dealing more with
909 the right side of the brain. By continually subjecting the child
910 to the more aesthetic things in life that right side of the brain
911 will keep more active or become predominant. Do you understand?

912

913 ***: Yes.

914

915 C: Fine music; fine art; fine literature; efforts made to
916 acquire artistic abilities; all deal with activities of the
917 right side of the brain. Do you understand?

918

919 ***: Yes. Does watching too much television for a child, would
920 that tend to lose that use of the right side of the brain?

921

922 C: When the imagination of the child is curtailed through whatever
923 process, whether it be watching the television or by the stifling
924 of the parents, then this cuts the right side of the brain activity
925 down. Do you understand?

926

927 ***: Yes.

928

929 C: By encouraging the child in artistic things; by encouraging the
930 child in visualization and the most important activity, meditation,
931 one continually exercises the right side of the brain. A simple
932 walk in the woods and noticing the beauty there is an activity
933 of the right side of the brain. The left side looks at a tree
934 and says, "Oh yes, that is a tree. It has roots. It has a trunk.
935 It has leaves. It pulls its nourishment from the moisture through
936 the roots, up the trunk, into the leaves," what have you. The right
937 side of the brain sees it as a beautiful living thing. Do you see?
938 So the more one tends to look at things in an aesthetic way, the
939 more one is utilizing the activity of the right side of the brain.

*Meditation was discussed on 86-07-25, the 140th Trance.
The word "mediation" was first found on page 2274, line 495.*

489 ***: The conversation the way it has been going this evening, it
490 sounds like it really does not matter what they tell you you can
491 eat or can't eat or what you do, but you do have to learn to know
492 yourself, which takes us back to the point where you have to not
493 only know yourself but you have to be able to communicate with your
494 soul in the all-knowing. Are there any steps, either through
495 prayer or meditation, along with meeting other people and having
496 the exchange of communication, that we could practice to get us
497 closer to that knowledge?

498

499 C: The simplest way is meditation. The other effort that must go
500 hand in hand is the prayer factor. If you pray to realize your
501 full self or to know yourself or to experience more godly
502 qualities, and then meditate, what you are doing in the prayer is
503 setting a stage and the meditation then allows that stage to be
504 filled with activities. Once the activities have happened or, in
505 another words, once something has been given to you in meditation,
506 you must then act upon it. Unfortunately, very few people, if they
507 do pray and meditate will act upon the guidance given.

508 You will never know yourself completely, because it would
509 hinder you in your development or dealing with the material world,
510 so there will always be a certain amount of your self that will be
511 veiled. If one would exercise prayer and meditation as an effort
512 to discover yourself a little better or become aware of yourself a
513 little better, and at the same time practice at developing a more
514 appreciative attitude towards those around an individual, then
515 sufficient growth can be made with a minimum amount of effort. If
516 one then puts out a great deal of effort, much growth can be
517 gained. Simply knowing yourself will give you no real growth, at
518 least not in the areas that an individual would need. It is the

519 relationship and the interaction with other individuals that truly
520 brings about the necessary growth. Does that answer the question?

521

522 ***: Yes, it does. I know there will be more down the line when I
523 recoup my thoughts.

524

525 C: Here is the thing: All knowledge must be applied or at least,
526 at the very least, an effort must be made to apply it.

527 Consequently, if one just has knowledge and does nothing with it,
528 one gains nothing, one adds nothing to one's self. The discovery
529 of knowledge is not that hard to come by, but the practice of it
530 is. It is necessary for insights, wisdom, what have you, that one
531 gains either about themselves or about situations, it is necessary
532 then to apply that in your relationship with others. In fact, it
533 becomes an obligation to do so. The abandonment of that obligation
534 or the lack of fulfilling that obligation can in most cases create
535 additional karmic debt. Once you know something then you are
536 responsible for it. Once you know something consciously, then you
537 are responsible for it.

538 That is why, at times, we somewhat trip lightly around an
539 answer because we realize that a more direct answer would not be
540 beneficial to some individuals. By stepping around the answer or
541 giving it to you indirectly, then some individuals who need the
542 information can understand it. Those who are not able to deal with
543 the responsibility of a more direct answer are not burdened
544 unnecessarily or too soon or prematurely. Do you understand?

545

546 ***: Yes. I have a question about meditation. How do you know
547 when you are getting, when your thought is not yours, but is
548 supposedly from your inner soul or inner being or from God? Is it
549 just knowing? You just will know? Or is there another sign you
550 look for?

551

552 C: Well, it depends on what your personal beliefs are. There are
553 a number of ways according to different beliefs in testing such

554 things. A general rule that is as safe as anything is to evaluate
555 what is given to you and see that it does not contradict what you
556 know as Divine principles or the Ten Commandments. You must
557 remember that the Ten Commandments, although they are reduced to
558 some very simple statements are very grand spiritual truths. They
559 encompass much above what just the words say, yet they have not
560 been condensed in such a way so as to lose their immensity. They
561 were condensed into ten simple statements so that they would become
562 more useful to mankind as a whole. If you study those Ten
563 Commandments, and understand them, then those are more than
564 sufficient or adequate measures of evaluating anything that you would
565 get in meditation or what have you. Do you understand?

566

567 ***: Yes, thank you.

568

569 C: A lot of people in the future will be somewhat shocked to find,
570 as spirituality does actually grow in them and in the world, there
571 will be a certain amount of returning to the old-fashioned
572 principles. That will sadden some but that is the way life goes.
573 There are some basic truths that man will not be able to escape.
574 Oh, he can run from them, but he will eventually find himself
575 guiding himself right back into them headfirst.
576 All of Creation is based on those Ten Commandments or ten
577 principles of the Divine. They have been reduced so that they can
578 be applied by individuals to individual situations, but all that is
579 necessary to begin to comprehend the magnitude is to allow those
580 principles to expand a little bit more with each time that you
581 meditate on them. And if you are a proficient meditator, it will
582 not take too long for you to begin to realize the immensity of
583 those ten simple statements, the magnitude that lies within their
584 meaning. Take, for instance, what is the first Commandment?
585 (pause) Well, please do not overpower us with your knowledge.

586

587 ***: "I am the Lord thy God, thou shalt not have strange gods
588 before me."

589

590 C: What does that say?

591

592 ***: There is only one God.

593

594 C: That is about what it says in the other forms. Someone repeat
595 the first Commandment, so that all can hear.

596

597 ***: "I am the Lord thy God, thou shalt not have strange gods
598 before me."

599

600 C: Very well. What is the first segment of the Commandment?
601 Repeat it, please.

602

603 ***: "I am the Lord thy God."

604

605 C: Very well. Now, think, all of you, think. "I am the Lord thy
606 God." Is that stating that an outside source is making that
607 statement? Or is it stating that an inside source is making that
608 statement? It is stating both. Once you recognize that there is
609 an outside source of Creation, and once you accept that as a truth,
610 then you will begin to realize that there is also an inside source.
611 So the first principle, Divine principle, is that you must
612 recognize that outer Divine Source, but you must also, to complete
613 that, recognize that inner divine source. Now, would you please
614 continue with the rest.

615

616 ***: "Thou shalt not have strange gods before me."

617

618 C: Ah. "Thou shalt not have strange gods before me." The outer
619 source is saying to the inner source, "Do not have those things
620 before you, those gods before you, that are not the same as you."
621 If you do not worship an outside source that is alien to THE
622 Creative Source, then there will be no alien source or alien god in
623 you. Does that make sense? In actuality, what it is saying is

624 that this Divine Source, this Divine Creator, is instructing you in
625 the awareness that you are also divine, but in order to maintain
626 that divinity you must not worship any other god. Because once you
627 worship another god, then you are no longer a reflection of that
628 Creative God, because that Creative God IS the source of all that
629 is, and once you turn your back on that, then you become less. We
630 could go on and on and on to explain it, but that is just a small,
631 little hint of what it is saying beyond the words. Thank you for
632 your assistance. Very well, let us continue.

633

634 ***: One more question. Is it good to say then that when we
635 consider ourselves as part of God's being or plan that we are the
636 reflection, reflection is a good term to use for that part of God
637 that is in us?

638

639 C: Well, yes, but that only tells part of the story. You should
640 be a reflection of God in the world. You should be a reflection of
641 God inside of you. You are a part of God, and you are like Him.
642 The difference between you and The God is that your potential, your
643 potential is for quality but not quantity. Do you understand that?

644

645 ***: Yes.

646

647 C: Unfortunately, people, souls, individuals, entities, have made
648 the choice not to be like God. They have chosen to be the way they
649 think it will be better. They have chosen not to move in the ways
650 of the Great Creator or the Infinite Father but to move in their
651 own ways, which is less than He, consequently, it is not whole,
652 consequently, it does not work. Does that make sense to you?

653

654 ***: Yes, thank you. We have a long way to go.

655

656 C: Well, it is not all that long; it is not all that hard. We
657 have learned the hard way. We could give you the simple answer,
658 but we realize that we would be hard-pressed in twenty years to

659 find anyone in the room who would use it. It is very simple. It

660 is very simple. Very well.

661

662 ***: If all things are preordained, if all of our lives are laid

663 out in lessons to be learned before we come back or even as we

664 come back, then all the struggle that we have in this life to

665 change something that we already are or that we do not want,

666 doesn't mean anything?

667

668 C: Oh, but it does.

669

670 ***: What does it mean?

671

672 C: You have laid out a life plan. You have predestined yourself to

673 an experience, but it is not a permanent predestination. It is only

674 an agreed-upon situation that can change according to what you at a

675 soul level determines as each experience comes your way or as each

676 day passes. Do you understand what we are saying?

677

678 ***: Our soul, once we are here and faced with these situations,

679 our souls can make these changes?

680

681 C: Oh yes, yes. You, as a soul, you, the real you, the highest

682 part of you, is in constant control. It will determine moment by

683 moment whether it will keep its spiritual contract that it has made

684 with others that are part of your life, it determines moment by

685 moment whether it will keep its agreement. If not, then truly you

686 would be predestined; even though it would be your own choice, you

687 would be predestined and nothing is predestined.

688

689 ***: How would you be in contact with your soul? How would you

690 know?

691

692 C: Well, at a conscious level, you will not. It is not for you to

693 know at a conscious level. You are to work from all that is built

694 up in you through your conscious level.

695

696 ***: How do you become aware of that then?

697

698 C: Well, there is only so much, as we said before, that you can
699 become aware of. After a certain point it overwhelms you and you
700 become incapacitated, would probably be the closest word one could
701 use, you could not function. Do you understand?

702

703 ***: I think so. If we struggle with, say, a specific problem all
704 of our life on a conscious level, and we are never able to resolve
705 that problem on a conscious level or any other level, I guess, can
706 we assume then that this was preordained and that we are not able
707 to change it?

708

709 C: Quite possibly, quite possibly, if you have dealt with it the
710 best that you possibly could. If it could not be changed, then it
711 was a needed experience. Do you understand?

712

713 ***: Yes.

714

715 C: Now, again, these are general outlines. Each individual is
716 applied to those outlines to different degrees, according to the
717 situation. If you take an emotional problem, if you take a
718 physical problem, regardless, and an individual struggles with that
719 problem all their entire life and it is never resolved, why, one
720 might ask. Why? Possibly the struggling with it, the dealing with
721 it in the best way that they consciously knew how was what was
722 needed, not the actual solving of the problem or the overcoming of
723 the physical problem or the emotional problem but the actual
724 struggling and dealing with it. Do you understand?

725

726 ***: Yes, and then other people who come into contact with the
727 same problem also have a lesson to learn and that is why they are
728 there?

729

730 C: Yes. All lives are interconnected. There is no such thing as
731 separation. You do not know someone for nothing; there is a
732 purpose. It may be as simple as to, it may be nothing more than
733 just saying, "Good morning," or a very near acquaintance passing
734 the time of day with idle chit-chat, but it serves its purpose, it
735 was not for naught. Do you understand?

736

737 ***: Yes.

738

739 C: Those who feel that they must discover all sorts of things deep
740 inside of them, that they must make some kind of conscious contact
741 with their higher self, they are flirting with an illusion, with an
742 empty promise. You are far too wise to allow yourself to be fully
743 discovered in your conscious mind. So, consequently, you as a wise
744 soul will prevent the conscious mind from knowing too much.

745

746 ***: Why?

747

748 C: Because you cannot function in a physical world with all that
749 knowledge. Do you understand?

750

751 ***: Well, I understand what you are saying, but I thought this
752 physical world was just a mere stepping stone to something else?

753

754 C: It is, but it is a necessary stepping stone that must be
755 experienced. If you know, then you will not find a need to
756 experience that to gain the knowing or to reaffirm the knowing at a
757 soul level. Do you understand?

758

759 ***: Yes.

760

761 C: It is what each of you and we have, when we were in the
762 material world, what we and you have condemned yourselves to as a
763 way of learning. You must experience to learn. And the knowing

764 then eliminates the need for experience. Do you follow what we are
765 saying?

766

767 ***: Yes, it whets your appetite for more.

768

769 C: The experience, we would say, whets your appetite for more; the
770 knowing, there is no appetite then. Do you understand?

771

772 ***: Yes.

773

774 C: One must always search deep within to find the purest part of
775 themselves, the higher self. They must constantly pray and
776 meditate that they find the good person inside, and then they must
777 try to demonstrate that good person or bring it to the conscious
778 and let it live, not only inside but outside of them. If you as a
779 soul being allows that inner search to be too easy, too quick, then
780 there is much that could have been learned in a lifetime that would
781 not have been experienced.

782 As souls, you are very efficient in your utilization of your
783 experience in a material form. Efficient, we said. It is too bad
784 the quality could not be a little better; let us say, the quality
785 of those experiences could not be a little better. Does that
786 answer those questions?

787

788 ***: Yes, thank you.

789

790 C: It does seem almost contradictory to say that one searches and
791 then one will not find, but when you really stop to think that the
792 purpose for living a life or coming into the material form is
793 to experience things at a first-hand level, and the first-hand
794 level is the material level, then you begin to realize that we
795 search inside only to find other ways of experiencing things that
796 will teach us even more. So, when we search inside, the answer
797 should propel us onward to seek or be better, to make better out of
798 each situation. Do you understand?

799

800 ***: Yes.

801

802 C: One of the primary tasks of a soul coming into the material
803 form is to learn to create as much perfection in each experience as
804 that soul can. That is, everything from saying, "Good Morning," to
805 someone in the morning to actually having a meaningful or an important
806 experience or exchange with an individual. Do you understand?

807

808 ***: Yes.

809

810 C: Those must be experienced. We search inside, deep inside, to
811 find a way to make each of those experiences as perfect as they can
812 be. It does not mean that that will ever be achieved, but right
813 now what is required is the desire TO achieve. Has that made it
814 any clearer?

815

816 ***: Yes, thank you.

817

818 C: Once an entity, once an individual, gives up searching at a
819 conscious level, it is very bad times, let us put it that way.

820

821 ***: Then there really is only a specific level we can all reach
822 without endangering what we have here?

823

824 C: As a general rule, yes. There are some people, some souls,
825 that can go far beyond what even you might be able to imagine, but
826 they do not do that just by their own means. Do you understand?

827

828 ***: Yes.

829

830 C: It deals generally with a happening that is necessary.

831

832 ***: Is this awareness carried from lifetime to lifetime?

833

834 C: Which awareness?

835

836 ***: Say, the awareness that we people in this room already have,
837 what you have been talking about, what we have been discussing. In
838 our next lifetime, would we be at this awareness level or would we
839 have to start all over to realize that we are here to learn lessons
840 and how we have to learn them?

841

842 C: That all depends on what you choose. What you are experiencing
843 now will very definitely be carried with you from here on out. The
844 time, the moment, that you reach perfection, this information will
845 have been carried with you up to that point. In each lifetime, you
846 will utilize that information as it suits you. Actually, you are
847 not learning anything. You have just agreed with us to allow us to
848 jog your memory a little bit, if we put it that way.

849

850 ***: We already know these things.

851

852 C: Oh, yes. At a soul level, you know every answer to every
853 question. Every answer that we are going to give you, at a soul
854 level you already know. We have talked it over with you. You have
855 told us what you wanted. We have said that it is not possible to give
856 you that answer with everyone else that we must consider, would you
857 be willing to accept this answer or that answer. And all of you
858 have agreed upon the answer, but there is not one of you that
859 recalls it, nor will you.

860 As we said, this is not a psychic experience, it is a
861 spiritual experience. You are not here by chance; you are here
862 because you have chosen to be here. When we sent out our desire to
863 help those who have not reached our level, you called upon our
864 desires and we have answered. It is that simple. Nothing
865 spectacular, nothing unusual. It is the way creation goes on.
866 That is the way it is on this side. Now, when you replace your
867 physical body or, let us say, when you shed your physical body, you
868 will find that you will chuckle at yourself and say, "I certainly

869 worked in that situation trying to figure out what I really am, or
870 who I really am."

871 Again, at times, when you think of it, it sounds foolish,
872 silly, contradictive to itself, but that is way you learn, that is
873 the way it is. You search for your higher self, yet you will never
874 in a physical body realize it totally, only enough to help you to
875 attempt to do better in your next effort, in your next encounter,
876 in your next day. Yet that constant search is necessary for real
877 growth. Very well.

878

879 ***: Thank you.

880

881 ***: After such a metaphysical discussion, I hate to go back to
882 the original topic. If there is anyone else who would like to
883 continue on these same veins, please jump in before I start mine.

884

885 ***: When you talk about our soul coming in with a life plan, I am
886 assuming that each soul would come in with a positive plan, a plan
887 for good or good spiritual growth.

888

889 C: Not always, no. No. Do you know any lazy people?

890

891 ***: Don't we all?

892

893 C: Well, you see, there are lazy souls, too, because those lazy
894 people are not really people, they are souls. Now, every soul that
895 comes in is not coming in to do the maximum or put out the maximum
896 amount of effort or do the maximum amount of work. They may attempt
897 to convince themselves that they are and they may attempt to
898 convince others that they will have to deal with that they are, but
899 in actuality they could do more. Just as there are some souls who
900 come in who are bent on total self-indulgence, which usually comes
901 out as a very negative human being. Does that answer the question?

902

903 ***: Yes, are there also souls that come in and kind of overload

904 themselves? I know people who have a life of terrible hardship and
905 they just handle it so well and they never get through one ordeal
906 that they do not have two more falling on them. Is that something
907 that they chose, like, maybe to progress faster? Do people
908 actually come in and kind of overload themselves? I think of
909 people in those conditions, too, and end up as suicides, because
910 they are just overwhelmed.

911

912 C: Well, usually a suicide, in actuality, if you see the picture
913 in total, we would say there are extremely rare instances where
914 there is a true suicide. What appears to be a suicide may in fact
915 be the lack of consideration and interest of others around that
916 individual. There are very, very few suicides. And some of those
917 individuals that come in overburdened with problems, some may do so
918 to move along quickly, but also another very important factor in
919 situations like that is that these people are giving others the
920 opportunity to help them, thereby, helping themselves. Do you
921 understand?

922

923 ***: Yes.

924

925 C: Also, there are some people that find themselves in those
926 situations who are, what we have referred to in the past, as victim
927 souls, or at least close to it, if not in actuality.

928

929 ***: Could I have a definition of victim soul? I think I know
930 what it is.

931

932 C: It is very self-explanatory, a soul that comes in that is
933 willing to take on the lack of love of others. In other words,
934 they place themselves in a position where they will take on a
935 subservient state. They will take on a state where others may
936 abuse them or show a lack of love or a lack of kindness or a lack
937 of concern. They will take on sicknesses. They will take on
938 menial positions in life to give others the opportunity to either

939 reach down and help or give them a swift boot with the heel. Now,
940 these are what you could only call quality souls. Those are the
941 quality souls. So, be forewarned. Someone in dire straits may be
942 a very, very high quality soul. They are just to give you an
943 opportunity to take away some bad karma or bring some good karma to
944 yourself. Do not pass up the opportunity. Does that answer the
945 question?

946

947 ***: Yes, thank you.

948

949 C: A lot of times during wars, you will find many victim souls
950 coming in to experience a death and more. There are times when you
951 have an influx like that. They are not uncommon, but they are not
952 common. When the need calls for something like that, rest assured,
953 there will be a soul volunteering for that position. Does that
954 answer the question?

955

956 ***: Yes, thank you.

957

958 ***: You said, "We could give you the simple answer but we would
959 be hard-pressed in twenty years to find anyone who would follow
960 this," and then there was a silence. I was thinking we should have
961 questioned you on that or maybe it was something to avoid. I am
962 going to question you anyway. I am going to be putting you on the
963 spot or put myself on the spot.

964

965 C: We are not going to put you on the spot. We waited patiently
966 for someone to ask. Can you ask us officially the question?

967

968 ***: What is the simple answer that you were referring to that we
969 probably wouldn't be following? I assume this is the answer to
970 find our way back to God?

971

972 C: Could you ask the question in text so that it is one concise
973 piece of information?

974

975 ***: You said, "We could give you the simple answer but we would
976 be hard-pressed in twenty years to find anyone who would follow
977 this."

978

979 C: Very well. What we would like you to do is, that is very good
980 what you have given us so far, but the simple answer to what so
981 that no one can escape what we are saying.

982

983 ***: "We could give you the simple answer" to find our way back to
984 God? Or is that inaccurate?

985

986 C: Basically, what we were hoping you would pursue at that time is
987 that the answer to true at-one-ment with God or true perfection or
988 what you can accomplish, the maximum that you can accomplish in
989 this lifetime, thereby eliminating any need for reincarnation, but
990 being able to go on. To achieve the maximum in any lifetime, what
991 you must do is totally accept that first Commandment, and that is,
992 respect yourself enough so as not to have a false god within you.
993 If you can respect yourself and respect your God, if you could look
994 upon yourself as a true reflection in quality not quantity, but in
995 quality, then you would realize that this would be your actual last
996 reincarnation. You would more than likely, when you left that
997 lifetime, would more than likely move directly into the Angelic
998 Level.

999 So the key to perfection is respecting yourself enough so as
1000 not to separate yourself from that Divine Source through an
1001 artificial god. It can also be boiled down into something as
1002 simple as being wise enough to realize that if you live your life
1003 as a god, you will reach perfection.

1004 The Fall of Man came from the fact that he decided he could do
1005 it his way, and that his way would be better or at least achieve
1006 the same as the Divine's Way; he immediately found out that that
1007 was not the case. If you apply the principles of God or attempt to
1008 apply the principles of God to your everyday action, you can rest

1009 assured that this will be your last needed lifetime.
1010 So the simple answer is, respect yourself as a god and respect
1011 the God that you know. Conduct yourself in such a way so that you
1012 would be proud to stand in His sight. Conduct yourself in such a
1013 way so as to be able to say that you did the best you could. Now,
1014 again, these are all based on your own inner honesty, not what you
1015 say with your mouth but what your heart says.
1016 Once you have achieved that, which is very simple, then you
1017 will have eliminated karma for yourself, you will have eliminated
1018 any additional lifetimes necessary, you will more than likely have
1019 moved at that particular transition or crossing or death
1020 experience, you will more than likely have moved directly into the
1021 Angelic Level. It is all that simple. It was simple 50,000 years
1022 ago. It is simple today. In fact, it is a little simpler today,
1023 because all you are asked to accomplish today is the sincere
1024 desire to do. Fifty thousand years ago, you had to do it.
1025 That is the simple answer. Keep that recognition that the
1026 Divine Way is the only way. Simple enough?
1027
1028 ***: Yes.