

# SOLAR

The Newsletter of the SOL Association for Research

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Comments on Spirituality

*William Allen LePar*



## The World That Is Too Much With Us

*“We no more see our end than our beginning. The one is lost in oblivion and vacancy, as the other is hid from us by the crowd and hurry of approaching events.” – William Hazlett*

This is a very interesting quote by Hazlett. Some individuals think it can be taken one of two ways, yet having some understanding of Hazlett’s attitudes from his essays, he may have quoted this to get us to think. When you read this quote, one could very easily say that the aspect of “lost in oblivion and vacancy” is tied to our end, therefore “the crowd and hurry of approaching events” hides our beginning. But I don’t feel that that is what he really meant. I think he worded it that way to challenge our thinking process, when in actuality he meant that our beginning relates to oblivion and vacancy, and our end relates to the crowd and hurry of approaching events. For some people, I would not have to make any more comments regarding this quote, but for others they may desire a little bit more of an explanation or at least a suggestion in what way to look at or understand this quote.

“Lost in oblivion and vacancy” relates to our beginning. You may ask, “How?” Look at it this way. Our beginning is in the past, and for most of us we cannot remember what happened two weeks ago much less two years ago. We live too much in the now in our present day and age, therefore our beginning is lost. It has gone from our minds, so there is a

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vacancy there, so we can say it is lost in oblivion. Oh, it is true, we may have vague remembrances in our minds, but what of all the details leading up to certain events? What about the everyday events that in themselves seem unimportant but in the sum total signify the individual we are, signify the life we have led? Our past should be able to serve us well in the present and in the future, in this sense, that it should remind us of the mistakes we have made and the ramifications or repercussions of those mistakes, thereby avoiding the repetition of those same mistakes or a variance of that mistake. Wouldn’t it be wonderful if we had instant recall of all the mistakes we have made and what was the outcome of them, so that we could use that as an immediate reminder of those situations that we come into contact with right now, as we live in the now? We certainly would be able to eliminate a lot of problems, a lot of heartbreaks, a lot of emotional and spiritual expense.

People of 50, 75, or 100 years ago remembered their beginnings. Their

*continued on next page*

life was not lost in oblivion and vacancy because they were not distracted by the abundant luxuries that we now consider necessities. They didn't feel as though they could not live without their Blackberries. They did not feel it was the end of the world when their cell phone went on the blink, and they weren't deprived of social interaction when they couldn't email and text each other. They lived in the now, without a doubt, but they lived in the now with a greater intensity. Life meant more to them. They didn't just breathe air, they breathed air to live. Their heart didn't pump blood just to keep the body alive. The heart lived in order to love. In those times with those people, their lives were not lost in oblivion and vacancy. Their lives were too much alive with experiences, with intensity, with real relationships where two people or three people or four people, or a whole family truly interacted with each other. This type of life or living wasn't relegated just to the family but was also relegated to their friends and neighbors. Their beginning, lost in oblivion and vacancy? Hardly. Our beginning? Without a doubt, lost in oblivion and vacancy.

It is interesting that there have been some surveys taken by differ-

ent organizations, research organizations, that found that our ability to retain information has a life span of about ten to fourteen days. Our interest in anything, particularly outside our self-centered existence, is only about seven days. Putting these few things together, can one argue that our beginning is not lost in oblivion and

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vacancy? Vacancy in the sense that we do not truly interact with anybody or anything other than our own self-indulgence, our own self-centeredness.

He goes on to say that we no more see our end because it is hidden by the crowd and hurry of approaching events. Let us go back to those who lived 50, 75, or 100 years ago. They were more aware of their end in this sense, they strived for happiness, they strived for goodness, and in that I mean, compassion, caring, understanding, respect, not only respect for others but self-respect. Their life was much slower. Their world was a little smaller in the sense that their life consisted of a group of people of a small community, such as a neighborhood, a small town, families, friends, places of employment. So their life was not crowded with a lot of people with a constant rush to be here, to be there. Their life was not constantly on the edge from having to deal with approaching events. Their life was peaceful; it had a serenity about it. They allowed themselves time for retrospection and introspection, they allowed themselves a time for silence, a time to think. They were smart enough to realize what their goal would be at the end of their life

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

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

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so they would attempt to live their life in the present to make way for their state of existence that they wished to achieve at the end of their lives. Let me remind you here I am not talking about materialistic things. They were not living their life for a big home or to get the farm paid off or to move to a better neighborhood. They were thinking about their relationship they have between themselves and their God, they were thinking about achieving a state where they were considered honorable people. They were working hard trying to create a condition within themselves where they were aware of other people's needs and had a desire to help those individuals fulfill those needs.

What can we say about today's people? Our end is hidden from us by the crowd and hurry of approaching events. After all I have said, I am not so sure there is much more to say. I think we can all see the handwriting on the wall, if we choose to. But just in case there are a few who choose not to see the handwriting on the wall, I will say a few words here. In today's society with today's people, how many times do we have the luxury of sitting back and doing some introspection? Looking at ourselves and trying to decide where are we going, what kind of a human being am I, do I have any kind of relationship with some Divine Presence, do I have, in fact, any kind of a relationship with another human being? Do I truly love someone else outside of myself? Do I truly think about someone else's well-being and happiness before I think of my own self? Do I ever think about making someone else happier, making their life easier, making their life better, regardless of what it may cost me? Do I ever consider those people who have nothing, not because they are lazy, not because they want to live off society but because that is the hand that life has dealt them? No matter how hard

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they try, they cannot improve their lot in life. Have we ever reached out and tried to help them in whatever way is necessary? To do something like this requires us to slow down a little, get off that endless treadmill that gets us nowhere. It means stepping away from the crowd that distracts us from anything interior, draws us from that introspective need to an outer activity that distracts us from the inner needs, the inner hungers that we have for oneness and wholeness. The crowd is always challenging us in the sense that they dictate to us that achievement is based on what you have in life, worthwhile-ness is based on possessions, value of yourself as an individual is based solely on what you own, the things, the Blackberries, the SUVs, the yacht, the boat, the fancy house, the job, the money, the social circle we live in. If this is not enough, we are constantly being drawn into tomorrow. Tomorrow may hold something, an experience, an event, that will further our illusion of importance, our illusion of self-worth, an attitude, a lifestyle, that will force us to run even faster and harder on that endless treadmill that gets us no place. "Oh, we must attend that wonderful show that everybody is talking about,

we must see that sporting event that everybody is cheering for, we must go to the latest restaurant, the latest bar, the latest club." It is very important to our happiness and to our prestige, so we think. A simple question, how can anyone be happy when they are constantly running and running and running and running, going no place except the very spot they started from? All that energy, what does it get them? Nothing of real importance, nothing that is permanent, only things that they will have to run harder for the next time, things that they will never ever be able to keep, things that will never ever bring them a moment of true happiness. Yet there are people who live for the coming events, the newest restaurant, the latest dance club, the next sporting event. Are we alone in our quest for these things? No, not by a long shot. We are accompanied by a tremendous crowd, and that crowd only reinforces the importance of these useless things. So each individual in that crowd, including yourself, exists only to sustain each other in this quest. In this state of losing sight of our end, losing sight of the goal we must achieve before that final breath that we take, a goal that does not consist of the things of life but only exists in the quality of the individual.

The quote from Hazlett is a quote that should truly get us to think, to question our lives, our attitudes, the way we live our lives. Will that do that for you or me or the person next to you? Only you can answer that. Only I can answer that. But then again how many other wonderful quotes have we heard or read, have they done us any good? Will this particular quote go by the wayside as so many others have, or will this be the one that finally gets our attention and gets us to think about who we are and what we are? The magnificent being that we COULD be, if we chose to be.

# Treasures Among Us

*The SOL Association for Research's upcoming conference is "Universal Being 08: Treasures Among Us." It will feature three topics to enhance life and promote spiritual growth. The annual event will be October 11, from 9 a.m. to 3 p.m., at Dogwood Park Pavilion in North Canton. The speakers will be David Ries, Dianne C. Dougherty and Adene Keller.*

Ries will begin the conference with "Music: Energy for the Soul." Vice-President of SOL, Ries will be armed with insights that come from The Council, the spiritual source which speaks to humanity through the deep catatonic trance states of sensitive William Allen LePar.

"The Council says that music offers mankind many benefits. And there are some secrets that they reveal about the relationship of our physical beings, our souls, and music," Ries said. "I will also discuss some of the benefits of music that the scientific and medical communities have discovered."

As The Council says with so many topics, music can be a great blessing or something far less, depending on how man chooses to use it. Ries will touch on the dangers of music used improperly.

Ries has spent more than 20 years as part of SOL, researching what The Council has given to mankind through LePar's trance communications. He has also been instrumental in preserving for the future the more than two million words of dialogue with The Council.

Next, Dougherty will introduce us to "Qigong," the traditional Chinese practice that can have many benefits. An intensive care nurse, Dougherty did not plan on becoming a devotee of Qigong. "I took classes about five years ago," she said. "I was so amazed by that energy that I wanted to pass it on." She has since immersed herself in studying the practice and traveled to Maryland last year for a course under Jeff Primack of the Qigong Center for Natural Healing in Miami.

"I would say that for taking responsibility for one's own health it is an amazing practice," she

added. "It charges every system in the body." There is also a spiritual component to it that she feels improves the relationship with the Creator. There are nine breathing methods of levels with Qigong. "I'll run you guys through level one. You can experience it first-hand," Dougherty said. "So wear comfy clothing and come prepared to have fun."

In the afternoon, Keller will also have demonstrations with her topic, but attendees will be doing more than breathing. They'll be tasting, and hopefully realizing, that the bounty of nature is just as modern as any electronic wizardry.

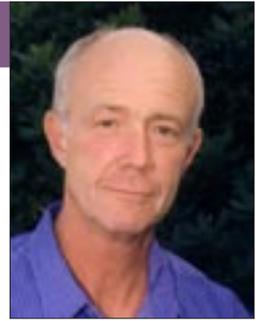
Her topic: "What is Your Food Attitude, and How Can it Affect Your Health?"

"We're going to be talking about healthy eating and how it can be tasty," she said. "We will also be talking about what your food attitude is and how it can affect your health." A board certified cardiovascular nurse, Keller is committed to the idea that the modern American relationship to food is risky business.

"For the most part, it is very, very poor," she said of our society's food attitude. So her lecture will include cooking demonstrations with food that reflects the best possible food attitude for our overall well-being.

"We will have samples to eat, a fall menu," she said, "whatever is fresh and available in the fall."

As has become customary, a catered lunch will be included in admission to the conference. (But save some room for Keller's samples!) For more information on Universal Being 08, contact SOL at (330) 497-9645.



# The History of Us *part II*

To relate the basics of what The Council has explained to humanity about our past, I established the pattern in Part One (Spring 2008) of answering the questions every journalist must answer if a news report is to be complete: who, what, when, where, why and how. I didn't get very far in Part One! (Must be the subject matter.)

I started at the beginning, not an easy task since one could say there are three "beginnings" from whence we came. The first would be the beginning of God (who), which is absolutely without answer. The second would be the creation of us (what.) The third would be the creation of the physical illusion we consider reality (what as in the "Big Bang" event.) Although Genesis says the earth was all set up for mankind's creation on Day Six, The Council says otherwise. We'll touch on that perplexity, sooner or later.

But first, let us identify more precisely the who and the whats from our starting point as conscious, creative, beings. The Council has given us much insight into these topics, for the task of getting us to understand our immense potential is among The Council's goals. Genesis opens with the phrase,

"In the beginning God created..." so we'll open with how The Council explains God:

"This is a Conscious Existence of an All-Powerful Force which is, in a way you cannot understand, a Being, a live, live Being, but again not 'alive' in the sense that you know it, for in comparison you are less than dead. Even in your spiritual state you would be less than dead, so it is a Consciousness that has always permeated."

What a comparison! Contemplate, even feel if you can, moments of the very best of what we know as life. Then try to imagine that our best is nothing. Not even a carcass decomposing in the desert sands, because a carcass would have been alive before it became a carcass. There is no way we can comprehend such a life, such a beautiful essence. The Council relayed that sentiment often as the people who participated in LePar trance communications questioned them about our Creator.

And, The Council added, God always was. No beginning, just always. That's a reality that, they added, "is almost impossible for us to comprehend."

So who, and what, are we? "... in reality you are a

breath that He has exhaled," The Council explained. Of course, this description is one of those many occasions when The Council uses pictorial language to help us grasp – however weakly – a concept. Our Creator doesn't physically breathe because our Creator isn't physical.

This concept, that we are an exhaled breath, could be taken in a less than positive way. Some might even picture us as exhaust fumes. But, remember, The Council constantly reminds us that there are no words to adequately describe the reality of The Divine or, because we are from The Divine, us. The Council:

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

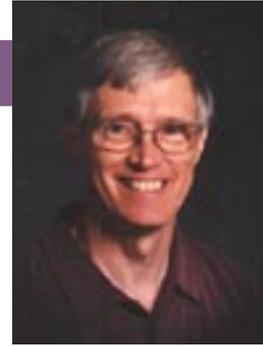
Himself."

Someone at the trance in which The Council gave that explanation immediately asked, "What do you mean 'just like Himself?'" Since The Council repeatedly stressed the idea that there are no words, no way, to adequately describe God, does it not stand to reason that there are no words to adequately describe a creation of that God, if it is in His image? Even if, in comparison to the essence of this Divine Creator, those creations are less than dead? That would be we human beings, indescribably glorious and wondrous creations of the Divine.

"He has created you with the same abilities and powers that He has," The Council replied to the question above.

And with that, I will conclude Part Two. I promised in the last issue that I would explain The Council's answers to why and how we came to be, and I guess I didn't get much farther than that. But when dealing with subjects so incredible (God and us) that their reality cannot be boxed in by mere words, is it any wonder?

David Ries



# The Fall of Man today

The fall of man as told in the Bible was not a single momentous event with trumpets blaring and lots of fanfare. There were no teary-eyed farewells as we departed, separating ourselves from friends. It came about slowly with each small decision made and has progressed to this very moment. In my opinion “the fall” is actually the fall of each individual soul, not a collective decision. The Divine gave each of us free will and free will gave each of us the opportunity to make decisions. We could make decisions to work within the Divine Concept or decisions that took us beyond it. We moved away from the Divine and the rest of His Creations because we made freewill decisions that were contrary to Divine Law. We may have originally made poor choices without careful thought about the consequences or long term affect. We often do that today. We chose to place our needs, desires and wants before others in the past and we certainly do that today. We choose to place attitudes in the forefront of our minds that we know are less than honorable.

Let me give an example in the context of our present existence. I believe that the lives we are living now are miniature reflections of the actions that brought about our original fall. In other words, we are reliving our origi-

nal fall today as we progress through our lives. We continue our fall today now by making decisions that are less than the best, as we did in the past. I believe that whatever weaknesses each of us has in our character today are the same ones that sent us along the path that we follow now. We can create a life that strays, but at any time it can be reversed. The important point is that most of the decisions made in that past as with the ones today are not really momentous choices. They are little ones constantly presented by our higher self. These give us an opportunity to test our resolve, to demonstrate to ourselves that we are following the spiritual path back to divine principles. An example: I am careless about taking care of my responsibilities to my family because there is something more important to me. I can set up

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many scenarios, but let’s take one that may seem insignificant.

I have promised to prepare a meal at a certain time. To do this I must begin preparations at an earlier time. However, there is a TV show that comes on before the time that I plan to begin preparations and will continue after I begin. The TV show is much more interesting than I anticipated. My attention is riveted. I notice that it is almost time to begin my work. Maybe I could just postpone the start of the meal for a few minutes. It won’t hurt anyone if it is five or ten minutes late. As I watch and notice the time ticking away, I think, if I short cut some of the preparations then I could watch an additional five minutes. But, this show is so interesting! Then the thought comes; how about something from Mickey D’s? I’ll cook tomorrow when it is more convenient for me!

One might say, “What is wrong with that?” For most people, perhaps nothing. Should we become a slave to our decisions? Good question. The question for me has always been, “Do I care about others more than myself?” Do I feel that that is one of my weaknesses, that I have a tendency to be self-centered? Could it be that this attitude is a carryover from my original fall? If it is, then this attitude is something that I must address in

this lifetime. We are, each of us, very complex individual souls. Our choices over eons of time have made each of us unique. Each soul from the higher self will present to his consciousness situations that offer the opportunities to make choices. The choices made then become part of our character. Some are subtle and some are so obvious that they cannot be ignored. But we can ignore them if we do not think and reflect on our actions. I truly believe that ignoring the small inconsiderations towards others is a sign that the soul is capable of callously ignoring larger actions.

Another example: A member of the family has a bad cough. If I felt that it is serious enough that a doctor visit is needed, do I act? Do I suggest and if that does not work do I insist? Do I lovingly encourage? If I ignore a thought when I strongly feel that action is necessary, what have I done? I have said that I really don't care that much about the other person. I may claim I care. But perhaps I only care when it suits me to care. If the cough leads to a severe illness because I did not do enough, certainly I will "beat myself up" over it. The question then is, did I learn enough from the event so that I will act more unselfishly the next time? That can only be answered when the next opportunity presents itself as it most certainly will. Perhaps it will manifest in a different form, but it will test the same aspect of my character. Each opportunity in life will offer another set of choices, choices unique to the lesson to be learned. These tests may not always have a direct bearing on another soul. Gossiping, lying and cheating may not affect another person directly, but they most certainly will affect the spiritual being of the perpetrator.

*Just as you exist in the  
All-Presence of God, each  
of you must exist in the  
presence of others, because  
it is only through this giving  
and taking, this sharing,  
this respect for one another  
that you find true joy and  
happiness, that you find  
your own spirituality, that  
you find your own godliness.*

All of the major decisions that we make in life are filtered through the foundation that we built by the seemingly insignificant choices that we made previously. I believe that constant vigil is necessary so that we actively examine our motivation for each choice that we make in life. If we begin to actively examine our choices now, then in the future we will begin to automatically make better choices. The quality of the choices we make in life are reflections of the attitudes that we possess. Close examination will indicate our position as spiritual beings. A truly spiritual being is the closest example of love in physical creation.

The Council on love:

We could use the term love, but love is a word that in most of your minds is formless or if it does have a vision it is not as accurate as it could be. We have inspired him to speak about the elements that make love, that is caring, compassion, fulfilling your

commitments. If you do not have self-respect, then starting out on this path will be somewhat hard, but as you elevate yourself to care about someone else, as you elevate yourself to be compassionate, as you elevate yourself to fulfill your commitments, you will, as the effects of these acts, begin to love yourself, begin to have more self-respect in a godly manner, begin to realize that there is a divine element in you that must be expressed, if you are to experience complete happiness and fulfillment. You as conscious state beings or souls were not created to exist in an isolated environment. You were created to exist in a giving and communal environment. Just as you exist in the All-Presence of God, each of you must exist in the presence of others, because it is only through this giving and taking, this sharing, this respect for one another that you find true joy and happiness, that you find your own spirituality, that you find your own godliness.

Learn to see the goodness in yourself. Learn to see the goodness that exists in others. Take on the responsibility of yourself and your conduct. Don't do things that will hurt other innocent people. If by chance you do, then be willing to accept the responsibility of such actions and make amends to them. Do that through caring about the harm or hurt you have brought to others. Most beings in the physical form are not guilty of serious atrocities against their neighbors or friends or families. They are guilty of the little things, the inconsiderations, the disrespect. To many of you this may seem trivial, but your worst karmas are made up of a collection of these little things. Your heaviest karma is made up of collections of these little things.

# CALENDAR

September 6, 2008. Spiritual Dialogues at 7:30 at St. Paul's Episcopal Church, 425 Cleveland Ave. SW, Canton, Ohio

**October 11, 2008. Universal Being Conference at Dogwood Park, North Canton, Ohio, 9 am to 3 pm. *Treasures Among Us* will feature speakers David Ries, Dianne C. Dougherty, and Adene Keller. More information is on page 4.**

November 1, 2008. Spiritual Dialogues.

December 6, 2008. Spiritual Dialogues.

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

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