



**SOLAR** The SOL Association for Research  
newsletter

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*Comments On Spirituality*

*William Allen LePar*

# The Hours of Our Lives

***“We live in  
the hour,  
all free of  
the hours  
gone by.”***

Edgar  
Lee  
Masters

“We live in the hour, all free of the hours gone by.” Upon hearing this quote from Masters, it brought to mind the concept of living in the now. Yet, when we really think of this quote and understand the concept of living in the now which is the way we exist after we leave this physical state, we can see clearly that the author made light of the past. It would be wonderful if all we had to consider is the present, the now, this hour that we are existing in. Unfortunately this hour that we are living in is a direct result of the previous hour, and that hour is the direct result of the hour before that. Consequently this hour is an accumulation of all the previous hours. So when the author says that we live free of all the hours gone by, he may have been making jest or he wasn't aware of the concept of the now. The other alternative is that he was such a perfect human being that he had nothing to

worry about previous to the hour that he is speaking of. It is very true that we must live in the present hour, we must put all our intensity of our life in this present time. We must muster all the goodness of the previous hours, utilize that in the present hour and add more good to it, so that we are assured that the oncoming hour is a much better hour than the one previously lived. It would be wonderful if the present hour were such that we could live freely as we choose and not consider the ramifications of our actions. Unfortunately the reality of life says that this is not possible. For what we do now has a direct effect on our existence, one minute in the future, one week in the future, one year in the future. We must remember that for most of us we are burdened by the yoke of

*continued on next page*

*The Hours of our Lives from page 1*

karma, bearing the responsibility of our actions previous to this moment in time. We can allow this yoke to hinder us by ignoring it or fighting it, or we can accept this yoke and learn from those past actions thereby creating a better moment in time or a better hour. In so doing we change the cycle of our actions. We allow the past to teach us our mistakes, thereby avoiding the repetition of those same mistakes. In essence we are never free of the hours gone by. They are with us for all times. The only thing that we can be assured of is that we will not be free of any yoke that we may have created in the previous hour. If we have managed to make it through one hour without adding to this yoke of karma, then in essence we might be able to say that we are free of that hour. We would only be free of that hour in the sense that we did not add an additional responsibility to ourselves. Then what would follow would be the effects of an hour lived in good standing with divine principle. That creates a better condition for

the next coming hour. In essence we are never free of the hours gone by, for the present hour carries with it either additional karma or additional strengths to help us build a better hour, therefore a better future. We are in constant control of our future by the present hour we are living. If we live that hour with dignity and self-respect, then the future hours will be much brighter and much more enjoyable. This quote speaks of living in the hour. Are we to take this literally, an hour being 60 minutes or is the author saying that we live in the present? I would think that the author means we live in the present and not literally in the present hour. In that case, he is making a statement about living our life. Living it in such a manner so that it brings no burden or adds to the yoke that we may already be carrying.

We are entering the Christmas season. This could be the hour where we could make some great changes in our life if we choose. This could be the hour where we start giving gifts, not of material things, but gifts of

ourselves, gifts of kindness to other people, gifts of compassion, gifts of caring, gifts of love. If we begin that now, it is quite possible when Christmas Day comes we too may give birth to the Christ within, we too may be the bearer of peace to all men of good will.

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**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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# ELVIS FOR CHRISTMAS

Okay, Elvis fans, I've got a Christmas present for you! Actually, it's a little something for everyone, but Elvis fans will help me make a point. It's been more than a quarter-century since the rock-n-roll star passed away, but his music still sells. So, too, does everything else "Elvis," from tickets to impersonator acts to pictures (even, egad, those on black velvet.) Obviously, the purchasers of all this memorabilia are fans of Elvis and they don't want to let him go. In spite of the time that has passed, and in spite of his excesses, he is still important to them. For the most part, I can understand the continued sales of his recordings, but why everything else? The sales don't do him one bit of good. They only fatten the wallet of some opportunist. As far as going to an Elvis impersonator show, that would be like me buying two veal cutlet sandwiches (with cheese), an order of onion rings and pretending I'm at Frieg's Restaurant. Ah, Frieg's! Now THAT was an eatery. I'd go through hell and high water for a couple of those sandwiches, those rings, and one of those big, old-fashioned chocolate milkshakes. The buns on which the veal was served were big, and the meat STILL hung so far over the edge of the bun you could hide in the shade. I must confess, I ordered them more than once even after I became sensitive to animal rights and learned how veal was raised. I tried to tell myself it could have been free range veal, to assuage my guilt, but it didn't work. Besides, they were sooo good I really didn't feel all that guilty.

After about 100 years of satisfying appetites in my hometown, this little gem fell victim to age and progress. First, the onion rings went. They were cut and peeled by hand, out of big Bermuda onions, and that got too expensive. Then downtown redevelopment wiped Frieg's, and everything else for three square blocks, off the map. No amount of whining or pining, or purchasing Frieg's photos or T-shirts will bring it back. It's gone, plain and simple. But Elvis is NOT gone, plain and simple. We all know that, whether we admit it consciously or not. No one is gone, and therein lies the key to my little Christmas gift. It's this reminder from The Council: Prayer is as useful for those who have crossed over as it is for anyone still hanging around planet Earth. So, Elvis fans, instead of buying another bumper

sticker or album re-release, say a prayer for the guy. He can use the help — and that's not to say his shortcomings in the physical were any greater or lesser than anyone else. But The Council has said repeatedly that we review our lives in great detail once we move to the spiritual.

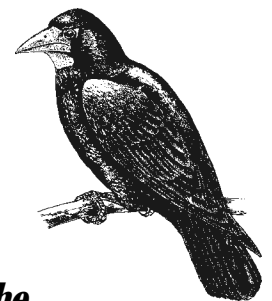
Actually, to say "great detail" does the process, and the processor, a great injustice. Since we have the pure objectivity of our godly origins as a baseline, we review every speck of our physical life in excruciatingly minute detail. And, although this is something else about the entire process that our finite and rationalizing minds cannot fathom, we review in excruciating detail every repercussion of everything we did. For example, if an act of ours has consequences (good or bad) four generations hence, we will know it and we will know it in a way we cannot understand.

William LePar has often recounted an event in a near-death experience he had. He was allowed to review a wee bit of his life, and it included a incident he didn't even remember — he failed to notice, and hold the grocery store door open for, an elderly lady burdened with packages. The way he describes the sorrow, the remorse, one feels for what seems to us a minor error in judgment proves how indescribably powerful every act of commission and omission is. Now, add to all this the fact that there is no time on the other side and it's pretty easy to imagine that Elvis could still be reviewing his life. Shoot, he may not

even be up to the day when he got his draft notice.

So, Elvis fans, do something really good for him and send him prayers. And while you're thinking of souls who meant something to you in this life, send a few prayers to them. After all, we all have grandparents or parents, friends and acquaintances who have left the physical. We have been constantly reassured by The Council of three things regarding prayer: 1) It's a potent, powerful tool; 2) It adds positively to us as well as to the object of the prayer. 3) A prayer never goes to waste. If the subject for whom we pray chooses not to utilize the gift we have created and given to them, they will share it with someone who can and will use it. Remember the notion that we review the consequences of our actions? That means we can someday be reviewing the kindness we started because of a shared prayer that eventually helped a stranger. Pretty cool, huh? Merry Christmas.

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***The  
Crow's  
Nest***

# Big Fish in a Big Pond

by David Ries, Sr.

Lately, the news always includes a story of a company closing after decades of operating in a community. One day an announcement is made that the plant is closing and reopening in another area of the country or in another country where costs (usually labor) is cheaper. At the same time that the common man's life is disrupted or destroyed because of a sudden loss of employment, the executives and boards of directors are giving themselves huge pay

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increases. If these same executives and boards make bad decisions and the companies go out of business, these people apparently get away with little harm. In the most recent Research Group Trance, one of the questioners asked about the members of the boards of the big corporations. He wanted to know if people responsible for moving plants while leaving long time employees out of work would be spiritually liable for all of the turmoil caused. The Council had a very interesting reply. "There is more than one way to kill a person," they said.

The Council has made it clear that no one, absolutely no one, gets away with anything from a spiritual perspective. The spiritual existence is by far the more real and more permanent existence. People who occupy positions as heads of corporations and boards of directors will find that the luxuries they enjoyed at the expense of all the little people will be repaid many times over. Anyone who makes a decision that affects others becomes fully

responsible for the consequences of that decision. What makes this law even more just is that the person or persons responsible for the suffering of someone automatically becomes responsible for ALL the extenuating consequences of the initial action.

If a group of executives and a board due to greed decide to move a plant, leaving hundreds of people out of work, they don't just review the pain and suffering of those most closely associated with the loss. They must see and feel the fear and uncertainty that every husband, wife, son and daughter will feel.

Now, let's add a little more pain to our high profile execs. Suppose that because of this plant shutdown, other businesses, such as restaurants, clothing stores and entertainment facilities are forced to close or at least reduce staff. The situation can easily become a chain reaction with hundreds or thousands of people involved to varying degrees. The best example of this type of cause and effect is the rippling of a

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still pond. On a quiet, still morning someone throws a big stone into the pond. The ripples start from the initial splash and move outward in all directions. Each person is like a fish in the quiet pond. The big stone is the event. The ripples are the effects of the event moving out to touch each in the pool.

Under our laws it's just a bad break for all concerned. No man-made laws were broken or none were discovered. Once we leave this existence, though, we come under spiritual law, with no police to enforce the laws, no lawyers or judges to interpret the laws. But spiritual laws are always adhered to. We are spiritual first. In true reality, spiritual reality, everyone must live by the rules. Any trespassing against them must be answered for completely. A soul is a child of God, the Infinite Creator. Every soul, to the depth of his being wishes to emulate his Creator. When a person initiates an earthly action that leads to pain and suffering, the soul who caused the action must answer for it at some point in his existence. He must live by Divine law; therefore, he must examine what he did, why he did it and come to a total understanding of the effects of

his actions. That is the only way that he can learn to eliminate those faults. Until he feels the pain and fear that he brought to others, he cannot fully appreciate what he caused. In this physical existence he can rationalize away greed, selfishness, lack of concern and lack of caring by saying it was in the best interests of the company or the shareholders. In the spiritual realms no such luxuries are allowed. It is simply not possible to shrug off an attitude or action and continue on as if everything is perfect. There is no time in the spirit realms; therefore, we have all the time we need, all the time it takes to come to grips with our problems. The fascinating condition of the spirit realms is this: any attempt at rationalization simply causes the soul to repeat his review of his actions. Most of you are familiar with the movie "Ground Hog Day" where the same day is basically repeated over and over and over. That is a very good description of what occurs when a soul refuses to learn. They all will comply, eventually. So, if there is any consolation for those who have suffered at the hands of corporate America and those who will in

the future as big business abuses the common man, just remember: there's a price to pay for everything, and when it's purchased at the expense of someone else, the price tag can be beyond our imagination. Regardless, it will be paid.

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# More Spiritual Rules of Thumb

## *Points to Ponder*

*Dr. James Ridzon*

### The Ignorance is Bliss Principle

*For more than twenty years I have attended the LePar Trances learning a wealth of inspiring spiritual information, but I must confess that I particularly relish what I have come to call, “The Spiritual Rules of Thumb.” These are principles that provide us with a candid glimpse into the workings of spirituality. Occasionally Mr. LePar’s source, The Council, will provide us with these gems in clear and unambiguous terms. These are, for me, the principles I have come to cherish as the foundation of a spiritual life. I would like to share seven of my favorites over the next several Newsletter issues. Come with me on a fascinating journey through The Council’s Spiritual Rules of Thumb. I’m sure you’ll share my enthusiasm for these wonderful principles.*

- 1. The Golden Rule**
- 2. The Vineyard Principle**
- 3. The Ignorance is Bliss Principle**
- 4. The Job Principle**
- 5. The Tenfold Principle**
- 6. The Paid in Advance Principle**
- 7. The Loophole of Love**

So far we have talked about “The Golden Rule” and “The Vineyard Principle.” Useful principles no doubt but now I want to present one that could save you a lot of spiritual wheel spinning. Our next Spiritual Rule of Thumb is what I term The Ignorance is Bliss Principle. This one illustrates workings of the New Dispensation. Go to any New Age Conference and you will find that past-life readers are very popular indeed. People love to hear about their former lives as kings and queens, pharaohs, popes and wizards. At any given conference you can find enough former royalty and clergy to assemble a coalition government of the world. Yet the spiritual searchers line up with cash in hand to play this queen for a yesterday game. Personally, I don’t think I would have enjoyed being an ancient king. For one thing, they must have had to do some extensive farming as a sideline since, according to life-readings, there were so few peasants and peons around to do the heavy work. Just imagine it: plunder your enemy, plow the fields; proclaim an edict, plant the grain; conquer your neighbor, cultivate the crops; ravage the peasants, reap the harvest. It’s a lot of work—makes a forty-hour

***We love to take these psychic trips into the past. We say that they help us understand and deal with our present life. We can better cope with our weaknesses and inhibitions. It makes us better people today. That's what we say.***

week look like a vacation.

Yet we love to take these psychic trips into the past. We say that they help us understand and deal with our present life. We can better cope with our weaknesses and inhibitions. It makes us better people today. That's what we say. We wish we could remember our past lives in more detail, and we bemoan the fact that so much of our subconscious remains hidden from us. We must search it out so we can know ourselves completely and become better people. That's what we think.

I'm beginning to suspect that most of these psychic trips into the past are really ego trips in the present, and if we're not careful, they can trip us up in the future. Under the Christian Belief System we are responsible only for what we are aware of consciously. The Old Law of complete karmic accountability no longer holds. The New Dispensation has superceded it. That means we are required only to do the best we can with what we've got. We may have certain weaknesses or talents from past lives but if we can't remember specific details, that's the Divine Love allowing us to purposely set aside the past so that we are no longer respon-

sible. Our sole mission is to deal with the present life. This is the Magnificent Gift that Christ has given to all of us. The Old Law has been replaced. Mr. William A. LePar's psychic source, The Council, put it very clearly when they answered this question in 1979.

**QUESTIONER:**

Would it not help us to become aware of what our subconscious holds so that we can work with those weaknesses or inhibitions?

**COUNCIL:**

You are well aware of your weaknesses, and you are well aware of your inhibitions. You choose in the material manifestation to gloss over those or choose not to work with those weaknesses or correct them. The soul or spirit has placed this device there to show you the weak points and also to eliminate the sense of responsibility which would be more destructive than productive and also to put you into a situation under the Christian Belief System where you are only responsible for what you are conscious of. If this factor were not permitted, there would be no hope at all as far as obtaining perfection. When you refer to this Divine Love of your

Creator you must learn never to limit it in any way, shape or form. You are working with a handicap; and this Divine God, this Infinite Father, permits this handicap as a helpmate for you. (79-12-01, 72nd. Trance, p.1163, ll.389-407)

Did you catch the key element of the Christian Belief System? You are only responsible for what you are conscious of. The Infinite Divine Mercy has given us a loophole big enough to drive our karmic truck through. If you can't remember that you were Attila the Hun, butchering innocent peasants across Europe, then thank our Loving God; you are not responsible. You don't want to know! Take your life-reading money and give it to the poor. You'll be miles ahead on your spiritual path. You see, ignorance combined with the Love of an Infinite God, is truly bliss!

Next issue we will examine the surprising "Job Principle."

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# Flouride

*Health Hints*  
Marilyn Ridzon

Authorities will tell you that fluoride is good for your teeth but have you ever wondered if there are any harmful effects? The Council warned us about the dangers of fluoride years ago. They said:

“Fluoridation is out of the question. It is an extremely dangerous situation. You are actually pumping in a toxin that can be detrimental to the body and, of course, the problems that it creates with the mental faculties and the ability to think clearly.”

Researchers suggest that drinking fluoride may increase the risk of hip fractures in people 65 and older. A study published in the Journal of the American Medical Association examined the use and non-use of fluoride in the water supply of three Utah communities. One community had added fluoride to the water supply since 1966. In this community the women were 1.3 times more likely and the men were 1.4 times more likely to suffer hip fractures than those living in the other two communities studied. I wonder how many more ailments are fluoride-related that haven't been discovered or revealed?

We all had many more questions for The Council, but

they said that we didn't really want to know the whole story. They told us that all of the information about fluoride is available if we are willing to go out and research it. This is a good example of how The Council encourages us to think for ourselves.

While doing some research on fluoride, I discovered that 61 percent of Americans have fluoridated water. Most major American health organizations, including the American Medical Association and the American Dental Association, have endorsed fluoridation for preventing dental cavities. Twenty-five years ago, some dentists were prescribing fluoride supplements for pregnant women. The children of those women are virtually cavity-free, so there's no doubt that fluoride does arrest decay. According to The Council, it would be better to lose your teeth than to use fluoride. They said if we choose to use fluoride, it should be applied topically (as in toothpaste) rather than adding it to the water supply.

Someone commented that fluoride has been used for over forty years and there have been no bad side effects cited. The Council interrupted with: “That is what YOU think! . . . We are

telling you this: Fluoridation is extremely dangerous when you weigh it against the simple problem of teeth. . . . Hear what we have to say. It is extremely dangerous. The only reason it was introduced or pushed was because it was a waste product of the chemical industry.”

The way to avoid fluoride is to use water that is from a well, distilled, or treated by reverse osmosis. If you use bottled water, be sure that it is fluoride free.

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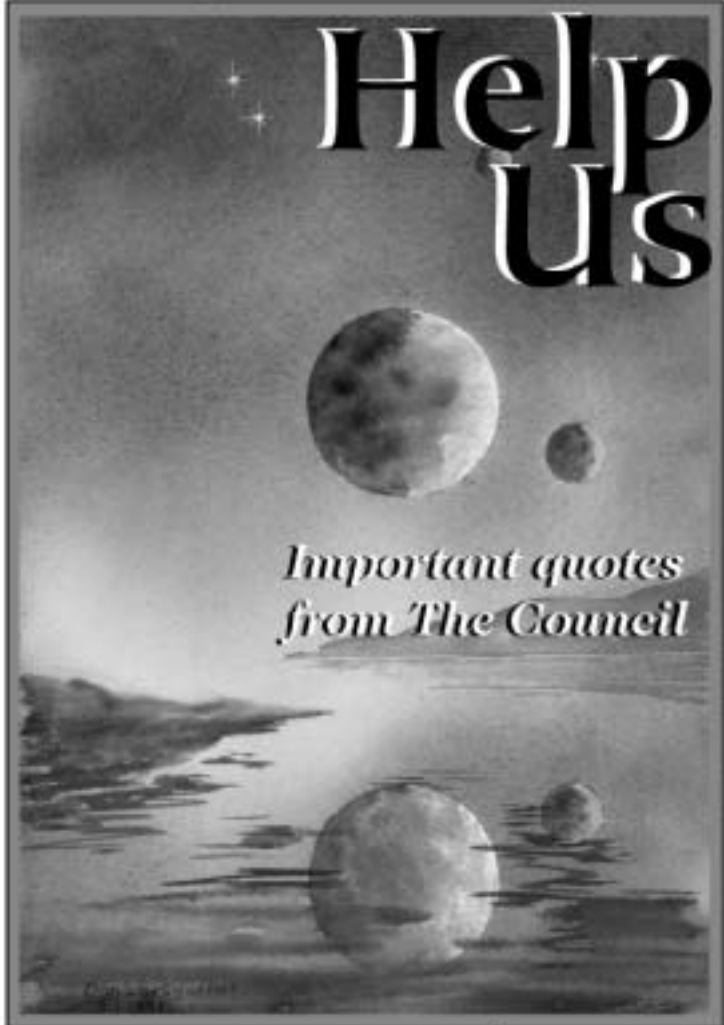
*From Angels Among Us, a lecture by Sherilyn Highben given at the Universal Being Conference:*

*The Hebrew word for angel is "mal'akn" and the Greek word is "angelos." When translated into English, both words have the same meaning, messenger. The word angel appears 305 times in the Bible and in a total of 34 books of the Bible.*

*Angels do exist. The Council states, "In a time before all, the Father did in fact create what is commonly referred to as angels, and angels to different degrees, depending on their services to the Father." So not only do angels exist but also different kinds of angels were created to serve the Divine Father. The different types of angels include archangels, cherubim, seraphim and guardian angels.*

*Angels also serve mankind. An angel can take any form. It can appear in the form of man, in the traditional mode of angel with white gown, wings and a halo, or as a disembodied voice. Angels appear in the form the person viewing the angel needs to experience. Whatever the form the angel chooses to utilize, the person undergoing the experience knows it is a heavenly being. So the angels are there to serve us, all we have to do is ask.*

Sherilyn Highben's book of important Council quotes was unavailable at Universal Being 2003, where she presented her Angel lecture, and so we offer it to you now, and we will cover the cost of postage.



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Edited by  
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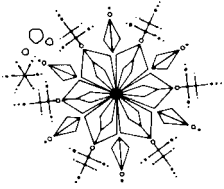
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Christmas should mean creating happy moments for tomorrow and reliving those of yesterday.

That is what the holidays are all about. Creating memories that you can look back on and that put a smile on your face or a chuckle in your voice. How many times during the holidays do you find yourself sitting around and talking about previous holidays and laughing about your experiences? The holidays are about family and friends. Make memories this year that you can relive at another time or that your children can talk about in the future.

Bill and I want to thank you for this past year and all the acts of kindness that we have received. God Bless you and your loved ones. May you have a joyful and blessed holiday season.

Nancy



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