

SOLAR

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The Intricacies of Life Planning

Each life that we experience can be looked upon as a means to an end. Each life is a way in which we can further our development with our Divine Source. If choosing a lifetime as a male will accomplish this for us, then, of course, this will be our first choice. If a lifetime as a female will serve us better, then we will choose that. There can be certain karmic debts that we may have incurred where it may be necessary to choose a particular gender to correct that karmic debt in an expedient manner, but this, of course, is the exception. We must remember that the soul is androgynous and is neither male nor female but a blending of the two. There are types of karmic debts that we incur as a male, and there are types of karmic debts that we incur as a female. Which of these karmic debts we deal with in a lifetime depends on whether we choose to incarnate as a male or a

female. At a soul level, when we decide to work on a particular karmic debt, that becomes one of the factors in determining what our gender will be. This is not necessarily a hard and fast rule for reincarnating. However, there are not separate or certain karmic debts for the male and separate karmic debts for the female. In actuality, they overlap each other. This gives us another avenue of choice. Suppose for some reason, we choose to work out a karmic debt we created as a male, and there is not a specific or sufficient situation to incarnate. We can correct that karmic debt through the female gender. There are limited avenues to come into. We must understand, it is not just you. The universe and all of creation does not center on you. You have uncountable numbers of souls who are trying to get in and clean up their mess. It is a matter of working together.

William LePar



COMMENTS ON SPIRITUALITY

Editor's Note—This article is an excerpt from a transcript of one of William LePar's Spiritual Dialogues sessions. For many years, LePar hosted a gathering of like-minded spiritual seekers who had the opportunity to question and discuss with him topics pertaining to our place in the earthly and heavenly realms. This is the fifth of a series of essays gleaned from those discussions.

I have used the example of a dozen or two souls sitting together at a table in a conference room discussing what they need to better themselves. They are planning out their lifetime, they are negotiating deals with each other, "If I come in as your father, I have to have a son that is good. Now, are you willing to take on that role?" Or, "If I come in as your mother, I have to have a son who is going to be respectful to me so that I can accomplish a part of my plan." It is a matter of

working with others that you come in with. Also, there may be certain episodes in a lifetime that you want to definitely experience where it will only necessitate the experience for a short period of time; it could be a day or a couple of minutes for a certain soul that is going to do something specific. It is a very well planned schedule of events and experiences.

We don't realize how a life can be planned in such

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detail. That's impossible! You have to remember, we are dealing with the very limited awareness while we are in the physical. Once you rid yourself of a physical body, your whole vision or your whole awareness is broadened tremendously. Yet, in the sense of how life's interactions work, some people say, "When I died, I experienced an overwhelming of knowledge." That is not truly what happens. What you actually experience is how stupid you have been in dealing with life, but you also, at the same time, realize that you have a lot of knowledge that you can draw on to plan your next life. We innately know the complexity of a lifetime. We can't comprehend that in our conscious mind, but once you leave the physical body, at a soul level you are well aware of how complex a life is and all

that is involved in planning out that lifetime. With any group of people who are gathered together in a room or for a meeting, they are not there because they simply had nothing better to do with their time. They aren't present by accident. They planned somewhere

We must remember that the soul is androgynous and is neither male nor female but a blending of the two. There are types of karmic debts that we incur as a male, and there are types of karmic debts that we incur as a female.

in their life plan that on a particular day, at a particular time they were going to be present, hearing something said or meeting and experiencing an interchange with someone. Everyone present had to agree with everyone else present to be in the room for each individual to experience something just for themselves. Everyone agreed at a soul level at some point in their life planning. There may have been others who originally planned to attend but changed their plan. We all make predeterminations about a lifetime, but we are not predestined to it. There is a world of difference between predetermination and predestination. The free-will choice is always active. We can make the best plan for total success and make choices once we enter life that become a complete failure in that lifetime. That is the power

we have over our own lives.

I know sometimes it is difficult to think, "If I can do so much on the other side, how come I am so limited here and now?" It is to level the playing field so that everybody has an equal chance. You start with a clean slate. I believe that if some of us realized how horrible we have been in previous lifetimes, we could not function properly. By elimination of those memories and by dealing with the simple input that we get, it makes correcting karma much easier. If you have too much knowledge of what you are attempting to correct, everything becomes that much more complicated. Imagine that you woke up this morning with a clean slate and hope that you wake up tomorrow morning with another clean slate to live your day out.

SOLAR is published quarterly by SOL, a non-profit 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 is 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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Thoughts on William LePar

My first encounter with William LePar came in 1984. My mother was visiting a friend who was working up an astrological chart for her. While she was visiting, Mr. LePar stopped in briefly to discuss a point or two about the upcoming conference on spirituality where both were appearing. After Mr. LePar left, my mother's friend suggested that she attend the conference. She decided to attend and asked me if I would like to join her for the conference day. I knew that she did not like to go to an event by herself, and since I knew something about the famous Edgar Cayce, I told her yes I would go. I must admit here that I was bribed to attend because my mother promised to buy the tickets!

On the conference day we arrived bright and early. The conference room was packed, literally. There was not one extra seat. Was there a feeling of excitement in the audience or was that just me? Mr. LePar appeared in the morning session, speaking on the five steps to spirituality. I was very impressed with his presentation. He delivered more thought-provoking ideas than any speaker I had ever encountered. As lunch was approaching, I said to my mother, "Let's hurry and get a seat at Bill's table." I felt that this would be a good way to observe and listen. I was fascinated by him and wanted to learn all that I could.

There was a book table at the conference so I took the opportunity to purchase a couple of his books. There was also a sign-up sheet for those who wanted to be placed on the waiting list to join SOL's Research and Study Group. Needless to

say, I signed up!

A rather unusual thing happened the following year. I received a postcard asking me if I would like to join the Research and Study Group for the New Year. I immediately returned the card by putting it in my mail box for the postman to pick up the next day. As the weeks went by, I heard nothing. Finally, I called one of the SOL associates that I had met at the conference and asked him if he knew anything about my application. He called back a few days later to tell me that they had not received a reply from me and assumed that I was no longer interested. I said, "No, I was more interested than ever." This occurred in the spring when there were several inches of snow on the ground. One day, when the snow started melting, lo and behold, there was my postcard sticking out of the remaining snow like a signpost.

This incident might have



David Ries

cost me the opportunity to participate, at least for some time, but Bill stepped in and cleared the way so that I could join on time, as if nothing had gone wrong. From that first Research and Study Group onward, I had the distinct privilege of becoming more involved with Bill and the other members of SOL to this very day.

To say that attending that conference was a life-changing event would be as accurate as any statement that I could make. For almost 30 years it was truly a privilege to know Bill and work with him.

I can recall numerous occasions when someone would ask Bill a difficult question, I would think to myself, "I can't imagine how he is going to answer that." Then Bill would give a beautifully formed answer that was perfect for the situation. I miss those opportunities greatly, I miss his friendship even more.

Editor's note: This is a reprint of an article that appeared in this newsletter ten years ago, at the time of William LePar's death. On this 10th anniversary of that death, it is fitting that we remember him.

Dragons



Denny Highben

Let's talk about dragons. Specifically, let's talk about what The Council said about dragons.

Sounds easy enough, right? Find The Council's quote or quotes on dragons, copy them and write enough to make a decent-sized article out of them. But the notion of dragons was addressed in two very unique ways by The Council. That's my real reason to focus on dragons – to highlight one of my favorite trances. We call it the Children's Trance because, well, that is exactly what it was.

The Children's Trance was held in August of 1989, to help prepare Mr. LePar for the first-ever Public Trance, which took place in October of that year. As many of our readers know, the particular trance communications exhibited by Mr. LePar were extremely deep. While in the trance state, he was very sensitive and vulnerable, to the point that anything different in the environment around him could cause a great deal of harm. So the idea of a trance attended by dozens and dozens of curious people unknown to him required that he be prepared. Among the preparations prior to the public trance was the addition of music to the trance induction time and trances attended by new people – specifically

children and then adult family members of the SOL Associates.

Now, back to dragons. Some years before a public trance was even considered, a trance participant asked this question: "You have confirmed before that such things as centaurs did exist ... Did other animals that we think of as just being mythical such as dragons, unicorns, and Pegasus, the winged horse, also exist?"

The Council: "Well, a winged horse is a bit far-fetched, wouldn't you say? Especially since the evolution of the horse can be very easily documented. Dragons, well, dragons really are in the eye of the beholder, if we may use a familiar term. Many animals that man had or still has in his existence could, in the eyes of some, appear to be what is commonly referred to as a dragon. ... Dragons, that can be an iffy situation. You have not had an animal that can breathe fire from its nostrils, but there have been some animals that have been serpent in nature or appearance that do have a footed ability or that did have feet and had what could be referred to as fins or wings but were not truly able to fly per se."

There were eight children at the trance held in August 1989, and most of them were 10 or younger.

One would expect that children be addressed differently than adults, and that's exactly what happened. Once The Council explained to the children that Mr. LePar was in a special sleep, they asked for questions. The second question asked was this: "Did dragons ever exist?" (Simple and straight to the point, just like one would expect from a child.)

The Council's response: "Oh, yes they did, but, you know, they really did not breathe fire like you see or like you think or like you have been told. They kind of snorted a lot and made terrible noises and they flapped wee little wings that would not take them anyplace, but they really could jump awfully far when they wanted to. And a lot of times people thought that they actually flew just because they could jump so far, but they did not breathe fire and they did not have wings that could fly, that they could fly with. They were too heavy, and they would have had to have really big, big wings, and their wings really were not that big."

How's that for knowing your audience! As I recall, the kids didn't seem too disappointed that dragons did not breathe fire. I was, but not the children. Perhaps they were still a little in awe of the situation.

Dragons came up again, near the end of the trance. A child asked if there were "soldiers still around these days." Remember, this was in 1989, when the USA was not actively, publicly, involved in hostilities. (It occurred to me that some of those children had, to that point, lived their entire lives without ever hearing about armed conflict. What a wonderful thought.) The Council explained that "it saddens us to say that yes, there are still some soldiers around that fight people and hurt people, but maybe someday there won't be any soldiers to hurt other people..."

When they were done, the child asked if soldiers fought dragons. The Council's response: "Well, long time ago when there was dragons, yes, they used to fight dragons, but it took an awful lot of them to fight one dragon because sometimes dragons were pretty big, and they were covered with pretty hard scales or kind of things that looked like plates of metal but they weren't metal, they were just thick things like your fingernails, and sometimes it took a lot of soldiers to get rid of a dragon."

A theory of how the story of fire-breathing dragons might have originated was explained in a 2012 book by science

journalist Matt Kaplan, *Medusa's Gaze and Vampires Bite, The Science of Monsters*. Without going into detail, most (if not all) of the ancient tales of fire-

breathing dragons come from places like northern Europe, where the soil and geologic conditions – like deposits of coal – would allow for natural gases to

build up. Someone searches underground, using a torch for illumination, and BOOM! Not knowing any better, they (or their survivors) could plausibly be-

lieve a fire-breathing beast had been encountered. In other locales without the right conditions, the dragons of myth and legend do not breathe fire. Darn it.



Blame

I have heard many people ask, “Why did God bring Covid to the entire world?” God does not cause illness and disasters, He allows them. It’s a lot easier to blame someone else rather than blaming ourselves. What lessons are we to learn from this? We took God out of our schools. Have we taken Him out of our lives as well? Our country in particular has become very materialistic. Money is the bottom line in everything. Do we need all the electronic devices and our cell phones with us at all times? There is so much noise and clutter in our lives that it is difficult to even hear what God is saying. We need to get back to the basics and begin to pray and meditate. You would be amazed at how much serenity could be achieved if we would meditate. It seems as if we have to be going somewhere or doing something every minute. It’s almost as if we are running from something or perhaps from ourselves.

Things were much simpler when I was growing up. We had stable home lives and a sense of security. Most of the women didn’t work and families were complete. What happened to all of that? Now we are used to computers in every room and two or three cars in every garage. Why do we feel we have to carry our cell phones everywhere we go? If we miss a call, the person will call back if it is important. How can one expect to hear God’s still, small voice with all the racket going on around us? God will lead, guide, and protect us, but we have to listen to Him.

We would like to think we’re not responsible for the adversity we encounter, whether it’s sickness, financial lack, or some other trouble. But we are more responsible for what happens to us more than many of us would like to admit.

It is up to us to use what God has given us to change our circumstances. We cannot allow ourselves to be so caught up in our day-to-day events that we don’t hear God’s still small voice.

We are all under a great deal of stress and depression because of Covid. Not seeing my family is a major stress



Marilyn Ridzon

HEALTH HINTS

for me. Zooming just isn’t enough. I am very thankful for my housekeeper who keeps me sane. I don’t have any brothers or sisters, but I probably couldn’t see them anyway. So how do we cope with all of this? Years ago The Council advised us about how to deal with stress. Their first recommendation for coping with life’s problems was meditation. Another suggestion was: “Go outside and scream. A great simple remedy for relieving frustration, temper, anxiety is go somewhere and scream. Scream until you cannot scream anymore. You will be surprised how exhilarating that can be, how it can release a great deal of tension. Some personalities find that the only way they can vent their frustration, their anger, is by beating something, then by all means take a stick and beat a tree or take a pillow and beat it up against a wall. That would be wiser than trying to run it off or some activity such as that. Between the emotional stress and the physical stress of an activity such as running, you might instigate a physical problem that would not be necessary.”

An enormous quantity of drugs is prescribed to treat stress and depression, and there are some severe cases where the use of drugs is justified. Medication that is used for depression today will have some ill effects that will show up later on. An overall suggestion would be a well-balanced diet, keeping away particularly from sugars, sweets, pastries, dealing more with vegetables, fruits, red meats in proper amounts, fish and poultry, a normal, good healthy diet.

It may feel as though our situation is beyond control, but God has provided a way of escape from everything that comes against us.

LAUGHTER

This has been a tough year, and for many of us there has not been much to smile about; but every time we smile, we are spreading good vibes. I'm sure you have heard that it takes more muscles to frown than it does to smile; however, that has not been scientifically proven. But what has been proven is that smiling is contagious. Think of how many times you have smiled at a stranger and they have smiled back. So, we definitely need to smile more often. As a matter of fact, smiling/laughter is a very complicated subject.

There have been myriad studies conducted on laughter and its effects by such prestigious institutions as the University of Maryland Medical Center, the University of North Carolina at Chapel Hill, Western Kentucky University, etc. These studies have shown that laughter is a complicated activity.

Laughter is a form of communication with others. When we laugh, we are telling the people around us something about ourselves, we are sharing a moment (Kennedy p.5). So, the context of laughter is important. For example, one of my favorite stories is about a fishing trip my family took with some friends, Jim and his family. We had been fishing all day and no one had caught anything, not even a minnow. Finally, Jim's dad had a bite and reeled in a snapping turtle. He and his wife decided they would make turtle soup with the "catch" so he told Jim to cut off the turtle's head and throw it back in. Jim

promptly cut off the turtle's head and threw the turtle back into the river. His father yelled, "Not the turtle, the head. Throw the head back in!" But it was too late, the turtle was gone. Now usually when I tell this story it creates a lot of laughter, but as a reader you might not find it funny because part of humor is in the timing. Every good comedian knows that timing is everything. Comedians found it difficult to perform without an audience because they received no feedback, so the comedians could not determine if they had their timing right. That is why there is a small audience present when sitcoms are taped. During the pandemic, that audience was missing so comedians like Jimmy Fallon, Jimmy Kimmel, and Stephen Colbert had to rely on their production crews' laughter to establish their timing. Therefore, context and timing are important components of laughter.

Laughter is contagious. Just

listening to recorded laughter can evoke giggles. That's why canned laughter was invented in sitcoms. But the canned laughter didn't provide the feedback the comedians really needed to establish their timing. We are 30 times more likely to laugh when we are with someone than if we are alone (Wadyha p.15). Think of how many times you have walked into a room where people are laughing and smiling or chuckling, your first question is "What's so funny?"

Laughter IS a form of exercise. Laughing for 10 to 15 minutes daily burns 10 to 40



Sherilyn Highben

calories (Wadyka p. 10). When we laugh, we use 15 muscles, not only facial muscles but also the epiglottis. A good belly laugh affects our respiratory system, causing the diaphragm to release air and pump lymphatic fluid through our system where lymph nodes filter out waste, triggering the production of white blood cells which then kill infected cells, thus, strengthening our immune system (Mifsud p. 17).

Laughter also reduces stress. The Council made this statement on the effect of laughter on the body: “Laughing is an extremely good curative tonic for a body because what happens is the body is thrown into

high gear as far as production of hormones and what have you, the whole system is jarred into high gear. Adrenalin goes up and the whole body itself goes into a high gear, if we may use that term. This can help then to stimulate those chemical compounds that are lacking or not being produced properly, so that they, for a moment, short periods of time, are increased to their proper level. . . . (Trance 141 lines 524-532). Another source explains how laughter helps reduce stress by helping to shut down the production of cortisol, the stress hormone, and producing endorphins, the brain chemicals that are known for their feel-good effects (Mifsud

p.17). A good example of this in action would be when two people are arguing, and one of the combatants says something that strikes the other as humorous, and the argument suddenly dissolves into spontaneous laughter. The two opponents have been disarmed and as a result can discuss the argumentative topic in a more rational manner.

If you would like to learn more about how complicated and beneficial laughter can be not only to our personal physical, mental and spiritual well being, but also to the world in general, be sure to attend the Universal Being Conference on October 16, 2021.

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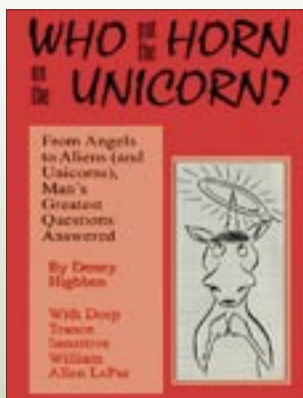
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Who Put the Horn on the Unicorn?

By Denny Highben



Black Holes? Real, but more frightening than we can imagine. Ghosts? Yes, and there’s more from beyond. Atlantis? Just the most recent of empires lost in the mists of time. Accept the challenge to visit a version of reality which proves there is much more to the world, to life, than mankind knows. Meet William LePar, a man gifted with remarkable abilities; The Council, a source of unparalleled spiritual revelations; and Darwin, not Charles, but the unicorn.

Who Put The Horn on the Unicorn is available as an ebook from Amazon.com for \$4.99. Or you may purchase books through our website: WilliamLePar.com

UNIVERSAL BEING 2021 LOOKS PROMISING!

Last year's conference had to be postponed because of Covid, but it looks like this year will be better, and the conference is on. We at SOL have planned the conference for October 16, 2021, and, barring a turn for the worse with the pandemic, we hope to see you there. We are trying really hard to make sure that it happens!

Conference speakers will be Chris Luard, who will be speaking from 9 am to 10:30 am via a Zoom call from Thailand. His topic is "Meditation."

From 11 am to noon Sherilyn Highben will focus on "Laughter as Medicine."

Lunch is 12 to 1.

Jane Biehl, Ph.D., will speak from 1 pm to 2:30 pm. The title of her talk is "Life is Short—Embracing Body, Mind, and Spirit,"

Please plan to attend the conference in 2021. In these uncertain times, one never knows when we will be able to meet again. Look for more detailed information in the next issue of this newsletter.

For additional information on calendar listings, SOL membership, or books for sale, write to SOL, P.O. Box 8878, Canton, Ohio 44711. Or you may visit our website at www.WilliamLePar.com

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