

Karma

Part 2

Trance Library File No. 20-152

[Although William LePar has passed away, he gave these suggestions on how to gain the most insights from these Library Files.]

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,

William Allen LePar

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 merge 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 were the rarest paranormal experiences known to modern man. The only example of a similar phenomenon ended with the death of [Edgar Cayce](#) in 1944. The Council's unparalleled revelations, through Mr. LePar's trances, have been made available to the public through the SOL Association for Research. His time and efforts were 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 who did not have the opportunity to participate have a better understanding of the phenomenon. On the day of a Trance, Mr. LePar remained in a peaceful environment. He consumed little food and The Council recommended his diet include red shellfish. He engaged in considerable prayer and meditation throughout the day.

Those who participated in a Trance, to question The Council, gathered about a half hour before the session for socializing. Nancy LePar, his wife, was always the last to leave her husband before a Trance began. She sat with him in a separate room as he quieted himself with prayer and meditation. When she entered the room in which the trance was to be conducted, all talking and noise ceased. Soon he entered, silent and already in an altered state. With everyone seated and quiet, he entered, removed his slippers and positioned himself on the floor.

He wore, as instructed by The Council, loose clothing of all natural fabric. Also, Mr. LePar wore no metal other than a wedding ring and cross. As he rested his head and bare feet on pillows, he maneuvered his body into alignment with magnetic north. Those participating, following instructions from The Council, were to place themselves in a quiet, prayerful state until this remarkable source began to speak. There were two distinct time periods in the linking of LePar's spiritual vibrations with those of The Council. The first period concluded with LePar's extremely deep and rapid breathing, a form of [hyperventilation](#). His hands, folded across the abdomen, quivered; his left leg stiffened and his left foot extended. Then, suddenly, silence. It seemed almost as if he had stopped breathing. Finally, The Council would begin to speak -- slowly at first, repeating the name of the Trance moderator, until the link with the physical world was ready. It usually took about thirty minutes from the time Mr. LePar laid down until The Council spoke. But on some occasions, for a variety of reasons, it could be as long as 45 minutes.

Once The Council began to communicate, a Trance usually lasted between ninety minutes and two hours. The Council was offered the opportunity to give the gathering an opening statement, which was always a segment of information useful for universal spiritual growth. Then, the trances followed 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 were so many follow-up questions that only the first question asked will be from the list of written questions.

Afterwards, when Mr. LePar awakened, he remembered nothing. His memory was blank from the time his wife left him before each session until he awakened at the conclusion of the Trance. He was always physically drained, cold and disoriented. He would be 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 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

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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.

Selection # 1

karma was discussed on 86-05-30, the 139th Trance.
The word "karma" was first found on page 2243, line 113.

63 ***: In a previous Trance you said that children should not be
64 allowed to listen to rock music in the home. In a situation where
65 a child has been allowed to listen to this type of music for quite
66 some time and then the parents become aware that it is not good for
67 the child, how can the parents stop it without a battle?

68

69 C: Well, if you are a parent who assumes their proper position in
70 the family structure, there should be no battle. A simple "No
71 more" and that is that, but we do realize that such an ideal
72 situation does not always exist in the family structure. It would
73 be advisable and of a godly state to first explain to those
74 changelings that you have or children what the situation is. Now,
75 if you have taught your children a moral responsibility to life and
76 to themselves, then an explanation of what this noise and filth
77 that you call music consists of or can do to them, it should not be
78 much of a problem. Depending on the job that you have done as
79 parents will determine how much resistance your changelings will
80 offer you.

81 You must always keep in mind one fact, that the family unit is
82 a reflection of the family of the Divine Creator. Now, the
83 difference is as a reflection of that Creator and that situation
84 and working in two different spheres of existence, it is necessary
85 for you to take measures that your Divine Creator would not take.
86 Now we say it is necessary for you to take measures that your
87 Divine Creator would not take in certain situations. If by
88 explaining to your changelings or your children that this is not
89 good for them spiritually and they cannot accept your demand, then
90 you must begin to take measures that will make them realize that
91 you have the absolute word in the family situation. One of the
92 biggest charges that parents have is to teach discipline and
93 respect to their children or changelings so that they may learn
94 through that family unit the respect for others and other
95 situations and other conditions in life. By learning respect for
96 the parents, they then begin to realize the respect necessary for
97 the world condition as a whole. The greater respect one has for
98 the world and its condition, the greater the chance for that
99 condition to improve from whatever state it may be in.

100 Now, it may be necessary to emphasize your authority and we
101 would suggest first attempting to explain to the child the
102 situation. If this does not work, then go to other means, and, if
103 necessary and if the only understanding that those children are
104 able to comprehend is the inability to sit on a tender behind, then
105 that is the steps that must be taken. Now, to make a point clear.
106 We are not suggesting abusing the child, but if a child is so
107 strong-willed that it cannot understand reason, then let the child
108 determine what steps must be taken. In that sense then you are not
109 abusing your child, you are only giving your child what it demands
110 to understand who is boss. Parents who do not take this stance in
111 their family or in the family unit are shirking their duties and
112 thus become responsible then for the actions of their children.
113 Remember, if you are going to believe in karma, cause and effect,
114 then you must be willing to accept the consequences of your

115 actions. Once a child reaches the age of maturity, then your
116 responsibility is over with as far as what they do with their
117 lives, but up to that point then you must do all that is possible
118 to teach those charginelings what is right and what is wrong.

119 The area that most parents fail in, if they take charge of the
120 family unit as they should, is the necessity to teach the child to
121 respect itself, to look at itself as a reflection of the Divine God
122 or Divine Creator. If one can establish that in the consciousness
123 of a child, then you will have little problems with that child.
124 Also, the parents cannot be hypocrites and make demands on
125 the children that they themselves do not fulfill.

126 Now, we said the age of responsibility. Is there a specific
127 age? No. There is not a specific age. There are some children at
128 the age of ten who are mature and responsible for their actions.
129 There are some children at the age of seventy who have not yet
130 achieved maturity, so that gives you a guideline as to when your
131 responsibility ends. Remember, as parents there are certain things
132 that you are able to do that children are not because you have a
133 maturity or you have reached a stage or age of maturity, but that does
134 not mean that you can demand things of your children, demand
135 maturity, demand responsibility of your children that you yourself are
136 not capable of demonstrating and living up to. Very well.

Selection # 2

karma was discussed on 86-05-30, the 139th Trance.
The word "karma" was first found on page 2250, line 450.

369 ***: Is there any trauma involved in removing a child from
370 detrimental teaching or environment and if there is trauma involved
371 to that child, then can you ease it over or negate it or somehow
372 not harm it by withdrawing from that if there is harm involved
373 withdrawing from detrimental environment or teaching?

374

375 C: Qualify your "detrimental environment or teaching."

376

377 ***: Non-spiritual, bad habits, detrimental to the mind, body, and
378 soul.

379

380 C: It depends on how far it has gone. Whatever you have created,
381 you will have to uncreate. You realize that, don't you?

382

383 ***: Yes.

384

385 C: So, depending on what you have permitted a child to indulge in
386 or what you have permitted a child to assimilate and also what you
387 then desire to correct or put in a more positive situation, there
388 may be a vast difference between the two situations, what is ideal
389 and what you have created which may be much less than ideal. That
390 change or that distance could be a traumatic experience depending
391 on how far apart the two points are. Do you understand?

392

393 ***: Yes.

394

395 C: The closer they are together, the less problem. The further
396 apart, the greater the problem. If you were to teach a child, as
397 an exaggerated example, if you were to have taught a child that it
398 is perfectly okay to kill someone and then one day you come to
399 the realization that that is an improper attitude and the child has
400 killed a dozen people, you are going to have quite a time on your
401 hands in changing that child. Does that answer the question
402 sufficiently?

403

404 ***: Yes, I have a general idea of what you are talking about.

405

406 C: If you have had some spiritual concepts that have not been as
407 true as they should have been and the lack of quality or the lack
408 of proper understanding of those spiritual principles were of an
409 honest lacking on your part, this generally will not create a
410 problem in trying to change the child who has also digested and
411 assimilated those wrong principles, because as you become aware of
412 a greater understanding or a truer principle, you yourself will
413 change, and as you attempt to re-educate the child, it will see the
414 change and it will follow more readily and it will be more malleable
415 because it has a leader or an authority figure that it respects.
416 Do you understand?

417

418 ***: Oh yes.

419

420 C: So, there are many parents who because of one reason or

421 another, one condition or another, who have taught their children
422 things that are not as true as they should be. As the parent
423 learns, then it can also correct that inaccuracy in the child with
424 relatively no problem at all, IF the parent is changing themselves.
425 Do you understand?

426

427 ***: Yes.

428

429 C: Does that answer the question?

430

431 ***: Yes.

432

433 C: Very well. One must take into consideration and this is
434 something that we would suggest that you keep in mind: There is
435 one factor that governs and modifies a lot of situations and that
436 is the factor of intention. If you deliberately attempt to
437 misguide someone, that is one situation, but because of your own
438 ignorance you have misguided someone, that is a different set of
439 circumstances, that is a different situation, and many times when
440 one does something wrong out of innocence or ignorance, oftentimes
441 life has a tendency to make corrections for those innocent actions,
442 and one finds out as one looks back over one's past lives then there
443 may have been a higher purpose involved. You are only, under this
444 present spiritual cycle, you are only held responsible for what you
445 consciously know. Now, that can almost be taken literally. There
446 are a few edges that might branch out and they would be more or
447 less in the areas of what you are deliberately suppressing, but, as
448 a general rule and again we can only refer to general rules and
449 only become specific when dealing with specific situations, as a
450 general rule, your karma increases according to your consciousness
451 or according to what you consciously know. Your entire life, which
452 is a karmic situation, if you are to be honest with yourself, is
453 governed then by your conscious awareness first, and that is
454 influenced then by the soul through the avenues or the chain of
455 different states of consciousness and their activities and
456 interactions with itself, the soul itself, and other entities that
457 it will become involved with. So, there are times when in your
458 efforts to do something good, you end up finding out that maybe you
459 should not have done it. Well, the intention is what counts. The
460 intention is what counts. Does that clear up the point?

461

462 ***: Very much.

Selection # 3

karma was discussed on 86-05-30, the 139th Trance.
The word "karma" was first found on page 2251, line 505

464 ***: What spiritual values can or should be taught to a very young
465 child, say a child of three or four?

466

467 C: Three or four is quite late to be teaching any spiritual
468 values. You must start no later than birth. We would suggest
469 first to teach the child that it is loved by the parents and by its
470 Creator. That would be the first lesson. Then it must be taught
471 respect for itself because it is part of that Creator and
472 part of the parents. Now, we are speaking only of ideal parents.
473 Those parents who involve themselves in less than a moral life, of
474 course, are fooling no one, least of all the child. So speaking
475 from the sense of goodly parents. Then after the child has been
476 taught to respect itself, love itself, then the spiritual concepts
477 should evolve from there, and the simplest ones would be what you
478 refer to as the Ten Commandments because they are ten spiritual
479 concepts that have been formulated into something more tangible.
480 Does that answer the question?

481

482 ***: Yes, thank you.

483

484 C: If you can educate children in the first three Commandments and
485 we are speaking now of starting at the very latest, birth, if you
486 can teach the newborn child the first three Commandments or the
487 first three spiritual concepts, you will have a superior headstart
488 on ninety-nine percent of other children born, because if those
489 first three concepts are established in the consciousness, then the
490 soul will have a greater ability and a greater strength over itself
491 expressing through a physical body. All you are doing is helping
492 to make the pathway of higher knowledge more malleable for the
493 soul, thus you are fulfilling a responsibility that you have and
494 maybe or possibly some karmic situation depending on the
495 individuals involved. You, in actuality, cannot teach another
496 entity, whether it is a child or not, anything. They already have
497 that knowledge, each of you have that knowledge. It is the ability
498 for the soul to make that knowledge useful to the consciousness,
499 therefore making it useful to itself in correcting karmic
500 situations. Let none of you fool yourselves in this respect. You
501 are not here living in a physical body because you have nothing
502 else to do. You are in a physical body because you have not done
503 the job that you were supposed to do in previous lifetimes,
504 consequently, the title that is given then is karmic debt. You do
505 not come back to the material form because of good karma, although
506 good karma is part of your life experience. Does that answer the
507 question?

508

509 ***: Yes.

510

511 C: We would advocate very strongly that if a mother and father
512 wishes to fulfill their greatest potentials as parents, that they
513 start educating their infant or their charge at the moment they
514 realize that conception has taken place. There you have a
515 headstart on the child or the parents who wait until the moment of

516 birth. Now, it is true that we have said before that it is not a
517 guaranteed fact that once conception takes place a soul is there,
518 but you do not know, do you, so why take the chance? Very well.
519

520 ***: Is that all?

521

522 ***: Yes.

523

524 C: Let us tell you one thing and please always keep this in mind:
525 As time goes on, the situation with determining whether a human
526 being is a human being at a particular point in time, this
527 situation will become more critical. Let us tell you this if you
528 do not believe anything else that we have ever said or will say,
529 believe this: There will never be a soul on the face of the earth
530 who will be able to say when an entity or when a soul has occupied
531 the fetus, and there is a reason for that. It is tied in with the
532 karmic situation. One guarantee for all those souls who will find
533 a need for reincarnation, a guarantee of protection is that no
534 entity living on the face of the earth will ever be able to tell
535 whether a soul is occupying an unborn fetus or not. Very well.

Selection # 4

karma was discussed on 86-05-30, the 139th Trance.
The word "karma" was first found on page 2252, line 560.

537 ***: I would like to know if you could give us an explanation on
538 child prodigies. Children who are exquisite in certain talents at
539 a very early age, is this due to an old soul entering or is it in
540 between the Conscious and Subconscious the retarding state that you
541 were talking about previously?

542

543 C: Well, it is very simple. It is common knowledge that it is
544 because of previous talents in other lifetimes. Now let us hope
545 that none of you wish to be old souls, because if you are an old
546 soul, it simply means that it is taking you longer to learn your
547 lessons than younger souls. So, let us not wish for that. The
548 ability to be what is classified as a prodigy does not mean that it
549 is an old soul. It simply means that those qualities those
550 individuals are able to manifest are to be an intricate part of
551 this particular lifetime or that particular lifetime. It may also be
552 an influencing factor depending on the individual soul that possibly
553 they were outstanding in those particular areas many lifetimes and
554 in particular recent lifetimes. Does that answer the question?

555

556 ***: Yes, but would that have something to do with a karmic debt
557 or could it possibly have no bearing on it whatsoever?

558

559 C: In some cases it would have a direct influence or be a direct
560 factor concerning karma but not always, not always. It depends on
561 an understanding or, how shall we put it, a suspicion that it is a
562 karmic situation can be acquired when one sees that it drastically
563 influences the individual and many others. Do you understand?

564

565 ***: Yes.

566

567 C: Now, we are not saying drastic in a negative sense. It could
568 very easily be in a very positive sense, but when you see it
569 drastically influences the life of an individual and others, then
570 generally it is because of a karmic situation. Now, again, when
571 you talk about positive gifts, positive qualities that seem to
572 erupt from almost infants, it is not always, how shall we put it,
573 it does not always have something to do with a negative karma, but
574 possibly they have helped many others with that ability or that
575 faculty in other lifetimes and choose to have it a pronounced factor
576 in this particular lifetime so that they may be of greater assistance
577 to others thus eliminating more of their karma by providing greater
578 avenues of helping others. Do you understand?

579

580 ***: Yes.

581

582 C: Very well.

583

584 ***: Thank you.

Selection # 5

karma was discussed on 86-05-30, the 139th Trance.
The word "karma" was first found on page 2253, line 627.

588 ***: I believed that you answered this question before, but you were
589 saying that ideally you should teach your children spiritual values
590 before they are born or shortly after they are born, but it is
591 possible, I take it then, to teach them at a later date it's just more
592 difficult. Is that true?
593

594 C: Yes. If you can keep the basic instructions, if you can begin
595 to instill them in a child before eighteen months of life, then let
596 us inform you your life and challenges as a parent will be far, far
597 easier than if you wait after that. The only way your life will be
598 as easy is if your life that you have lived during the nine months
599 of carrying the child and the eighteen months of living, if that
600 life has been without question perfect, then the child will have
601 observed all of the spiritual laws that you were able to live
602 perfectly. A babe in arms is as observant as you are, but what
603 they observe is utilized in developing their reactions to
604 themselves and to others who come within their sphere of life or
605 existence. As they become older, naturally that sphere expands,
606 but the first instincts of a child is the caring that it must receive
607 or the comfort that it must have and the security that they receive
608 from that comfort and so on and so forth, so that the later you start
609 teaching a child, generally the problems you will have with
610 that child will be in relationship then to the time you waited or
611 the age of the child and the way you have lived your life as
612 parents. If you have lived a good life, then naturally that will
613 have a great influence on that child. Now, when we say you have
614 lived a good life we are talking lived a life of respect for
615 yourself, for your Creator, and for others. If you live that form
616 of life, then you will have fulfilled really Divine Law. Does that
617 answer the question?

618
619 ***: Yes. I guess I was thinking about a situation when a child who
620 is adopted maybe at an older age and who knows what kind of upbringing
621 they had to that point. Can you overcome that? Is that what you are
622 saying?
623

624 C: Yes, it can be overcome. You must remember, it should be quite
625 obvious that whenever you are dealing with adopted children that
626 definitely is a karmic situation there. Now, again, it does not
627 necessarily have to mean bad karma between everybody. It could
628 mean a very good and wholesome karma. When you find yourself in a
629 situation like that it is quite possible that you have an advantage
630 because you can offer that child then a greater sense of security
631 than what it may have had before, thus it will be, let us say, how
632 shall we put it, more malleable in your hands, more pliable, more
633 attentive, more observant, because the child will wish then to make
634 a comparison, and if it sees that there is a quality or a value
635 that exists in that particular situation and it is permanent, then
636 a child will as a general rule take on the new concepts. Does
637 that answer the question?

638
639 ***: Yes, it does.

640

641 C: To simplify all this, the earlier you start with your children,
642 the easier your life will be. Now, there are many variations on
643 that. As many as there are individuals and ages at which they
644 begin to teach their children. If you find that you feel as though
645 you may have waited too long, well, that is a very negative attitude.
646 Start where you are now, and do the best you can with the
647 situation. You must remember though your task will be equal to the
648 example you have set for your children. If you tell your children,
649 "Don't get drunk and drive," and they have seen you come home drunk
650 and knew that you have driven, that is a poor example and do not
651 expect your children to follow it, and if you have done that when
652 the child you thought was too young to understand you are only
653 fooling yourself because that child although may not understand
654 what a drunken person is at that particular time, as they mature,
655 that concept, that action, that thought, will still be there in the
656 Subconscious and then, if necessary, the relationship will be made
657 therefore nullifying your orders not to drink and drive because the
658 child will make a connection either subconsciously or consciously
659 that you are a hypocrite. So, parents beware. If you sneeze, your
660 child will too. Very well.

661

662 ***: For those of us who may have started a little late with our
663 kids, this sleep instruction sounds like a good aid to try to catch
664 up. That would help?

665

666 C: There is no such thing really as catching up. You can start
667 from where you are at. Most parents, again, most parents do not
668 set that bad of an example for young children. Now, there are always
669 exceptions, yes, there are always exceptions, but as a general
670 rule, most parents do not set that bad of an example for young
671 children, and we are talking, say, eighteen months and under. Eighteen
672 months and over then say to about four years old, it is a little
673 touchier, a little touchier. It is never too late to start
674 teaching your children higher standards, and if you feel that a
675 sleep learning method would be an easy way to do it, yes, by all
676 means use that, but do not expect that to be the cure-all. Do not
677 expect that to be the fulfillment of your responsibility because it
678 will not. It is only a helping hand. The greatest influence on
679 the child's concept of life and itself and its Creator is the
680 mother and father and their everyday actions; that is the greatest
681 influence. You have a child of five or six. If the parents were
682 terrible people and then all of a sudden made a change that came
683 from deep within and made a sincere change and that little child
684 was a total reflection of those parents before the change, that
685 child will also change. So it is never too late, never too late.
686 All you are doing is making it harder the longer you wait, if, that
687 is, you are to fulfill your jobs, your responsibility to your
688 children and to your position that you have chosen. Does that
689 answer the question?

690

691 ***: Yes.

692

693 C: Remember what we have cautioned or warned you about before,
694 allowing your children to sleep in a room where they can hear what
695 is going on with your entertainment, your television shows. If on
696 that show they are talking about promiscuous lives and murders and
697 hate and stealing, all that information is going into that child's
698 ear and into that child's consciousness. Remember that. If that

699 vile can corrupt a child, then can you imagine how much good
700 spiritual concepts could do? You cannot tell little Johnny, "No,
701 no, no, you mustn't watch those terrible movies on TV," and then
702 turn around after you have put the poor kid to sleep and watch the
703 same garbage yourself. It does not work. You are what you are,
704 and your children will see that. Your total actions are a
705 reflection of what you are, and there is no one that knows you
706 better than your children, and if you do not like what you see in
707 your children, take a look in a mirror. Now, we are sorry to be so
708 blunt about it, but that is the way it goes.

709 Look at some of the adults in the world today. Look at the
710 "gimme, gimme" attitude, the "my, my, my" attitude. How did it all
711 come about? Because of the deterioration of the family unit. It
712 can be traced very vividly, very simply, very clearly. As the
713 family unit deteriorated, morality deteriorated. Now, when we use
714 the term "morality," we are not talking about sex. We are talking
715 about respect for self, respect for others. As the family unit
716 deteriorated, morality deteriorates, immorality replaces it, and
717 immorality breeds more immorality. When parents became too
718 interested in providing shelter and clothes and what have you for
719 their family, when they became more interested in that than
720 providing a good, firm, moral conscious attitude toward the
721 individual, the family, and the world, then the world began to
722 deteriorate. What is above is below.

723 If you want a heavenly state on your earth, then you must
724 return to the family unit. The family unit must be strong again.
725 The father must be willing to accept his responsibilities as the
726 leader of the family. The mother must be willing to accept her
727 responsibility as the supporter of the leader, and the children
728 then will follow the mother because it is the mother that blends
729 the family and its leader.

730 The mother is the greatest influence the world has. Women
731 today have lost so much respect for themselves that they are
732 willing to trade that greatest position in all of Creation for the
733 life of aggravation and enslavement that man has been bound to.
734 How foolish she is; how foolish she is. A mother controls the
735 future of the world, and only a woman can be a mother. She leads
736 the world either into a greater spiritual state or into a greater
737 state of disarray. So those women, these modern women who wish to
738 be liberated, we pray that you are, we pray that you go back to
739 your powerful positions instead of selling yourself for the menial
740 position that the earth or world has to offer you. Now, this does
741 not mean that we disapprove of women working. If a woman can be a
742 strong mother, she can tend to that and lead her family, and when
743 we say lead her family we are also saying that she leads the
744 husband, if she can do that, then why not work. But we would say
745 as a personal statement, why would a woman wish to choose to give
746 up even the smallest part of her time that she could use in control
747 and development of the future of mankind by taking on a job? Now,
748 we understand and we realize that in your world today because of
749 the undertow that is going on in control, it is necessary now for
750 many women to work and that saddens us, because it is only one more
751 tool used by those who are in true power to destroy the
752 family unit and keep it destroyed. Remember women, although your
753 husbands are to be the leaders of the family, he leans strongly on
754 you, and a good leader is only good because the one supporting him
755 has been even better. Now, enough compliments for women. On to
756 something else.

757

758 ***: I understand what you are talking about concerning the
759 influence the parent has on the child, but I was wondering what the
760 influence of an extended family member like the grandparents or
761 uncle would have on the child?

762

763 C: That of course depends on what type of influence the parents
764 have been able to establish, what kind of respect that the parents
765 have been able to establish within a child. If the parents have
766 been able to establish the proper respect for grandparents, then the
767 grandparents will have a great influence on the children. Now, we
768 are talking in this situation that the grandparents are good,
769 wholesome grandparents, that the parents of the children are good,
770 wholesome parents. The grandparents add to the child a dimension
771 that the parents cannot give the child. The parents are tied to
772 the child and the child is tied to the parent, and they see that as
773 a bound unit, the children see this as a bound unit. Grandparents
774 may be bound, but they are bound in an extended segment which the
775 child interprets as a greater portion of the world, thus it relates
776 that then to extending its respect for the world outside of its own
777 family unit. Do you understand?

778

779 ***: Yes.

780

781 C: So that if grandparents have a loving effect or a loving
782 feeling for the children and the grandparents help to establish
783 spiritual principles in that child, then it just broadens the
784 child's avenue of learning and it also teaches the child that it
785 can also extend itself as it matures. Do you understand?

786

787 ***: Yes.

788

789 C: Any family member, whether you want to use grandparents or
790 uncles or aunts or cousins, brothers, sisters, the more unity and
791 unison and peace there is in that overall unit or, shall we say, a
792 segment of that unit, the greater potential of learning not only
793 for the child but for all concerned. Learning is not one-sided.
794 When a parent does a good job in teaching principles to a child, it
795 also learns. It is a give and take exchange. Does that answer the
796 question?

797

798 ***: Yes.

799

800 C: Very well.

801

802 ***: What if a grandparent or another relative that child
803 spends a lot of time with does not have the same attitudes that you
804 have and that you don't agree with some of their attitudes? Is it
805 all right for the child to spend time with them as long as you are
806 teaching them the proper attitudes?

807

808 C: That depends on what the difference is and how drastic it is.
809 Do you understand?

810

811 ***: Yes.

812

813 C: If you say to the child, "You should not kill," and the other
814 person says to the child, "Oh, it is all right to kill," there you
815 have, even though it is an extreme example, you have the child torn

816 between the two, and the child not having that mature nature yet
817 cannot determine what is truly right. Do you understand?

818

819 ***: Yes.

820

821 C: Depending on what the point of disagreement is would determine
822 as to whether you could overinfluence the child. If it is
823 something that would allow the child to self-indulge itself, then
824 chances are you will have to work awfully hard to have your
825 influence maintained over the other person's influence. The, we do
826 not wish to get into this, well, let us cover this point lightly,
827 the influence or the concept or the attitude of self-indulgence is
828 predominant in all entities because this is one major or, shall we
829 say, this is the propelling agent of a karmic debt. Now, something
830 has to be within the entity to allow the karmic situation to evolve
831 so that a choice can be made by the entity to either accept karma
832 or reduce karma or correct karma. That agent, that propellant,
833 that carrier, is self-indulgence, self-gratification, or ego, if
834 you choose to use that, the self-indulgent ego. Now, the godly ego
835 is entirely different; it is the complete opposite. It is the
836 factor or the carrier that allows you to control yourself. So, the
837 factor that is directly involved with karma is the self-indulgent
838 attitude or desire or self-indulgent ego. Now, the example that
839 you gave as to the different attitude that one person presents as
840 opposed to yours, the child will go with that factor that will
841 allow the most self-indulgence. Now, that is if you have not done
842 the job that you should have done with the child. A parent can be
843 extremely proud when a child says to another adult, "No, I do not
844 want that," or "No, I will not do that," when it is something being
845 offered by another that is self-indulgent. Then the parent can
846 say, "We have done a good job, in that area anyway." Very well.
847 Does that answer the question?

848

849 ***: Yes, thank you.

850

851 ***: Would it be the parents' responsibility to try to slow down
852 the interaction between a grandparent or somebody that might allow
853 self-indulgence?

854

855 C: You as the parent have an absolute right to say to the
856 grandparents, "We do not want our child to have this or develop
857 that attitude or be allowed to do this or that." Does that answer
858 the question?

859

860 ***: Yes.

861

862 C: You are responsible for that entity not the grandparent. In
863 fact, if you rely on the grandparents to do your job, then you are
864 cheating yourself as well as the child. So, if grandparents, shall
865 we say, watch a child and in today's society this is not uncommon,
866 then you must instruct those grandparents as to what the child is
867 allowed and not allowed. If you find that the grandparents are not
868 obeying your wishes, then find another babysitter. It is that
869 simple. Now, if you say that the child cannot have candy between
870 meals and grandmother or grandfather gives them candy between
871 meals, this is nothing to be upset with, but if you say that a
872 child must be punished if it will not, shall we say, eat its meal
873 and the grandparents do not force the child to eat nor give it
874 punishment, then that is a little more serious. If you say that

875 the child is not permitted to watch a particular television show
876 and the grandparents allow the child to watch that television show,
877 then you are talking about something more serious than just a piece
878 of candy. So, does that answer the question?

879

880 ***: Yes.

881

882 C: Very well.

Selection # 6

karma was discussed on 86-07-25, the 140th Trance.
The word "karma" was first found on page 2283, line 943.

*[Editor's Note: This question and answer session is a bit long, but it illustrates a number of things about how The Council has worked with those of us who attended these Trances. The initial question in this Selection refers to previous questions about proper foods to eat and diets and the effect of these things on your health and spiritual progression, but this questioner pursues this and takes it in a different direction if there is something else that we can do other than what we eat or ingest that would help us to spiritually progress. The Council weaves their answers through a number of situations, and The Council eventually ends this Selection with a clear and concise statement of how to end the Cycle of Reincarnation and to eliminate all karmic debt in this lifetime. SOL **urges** you to read this entire Selection carefully, and, most especially, the last segment.]*

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?

Selection # 7

karma was discussed on 86-08-22, the 141st Trance.
The word "karma" was first found on page 2295, line 113.

[Editor's note: This Selection concerns how negative thoughts that come into our minds can influence our actions and thus our karmic debt, as well as how we should deal with these negative thoughts that stray into our minds.]

53 ***: Thank you. This is the Fifth Trance we have had in the
54 Research Group Interpersonal Morality. And the first question we
55 have: Are negative thoughts as damaging to spiritual growth as
56 actually carrying thoughts into action?

57

58 C: You are referring to carrying the negative thoughts into
59 action?

60

61 ***: Yes.

62

63 C: If one lives only in the realms of negative thoughts, then the
64 greatest damage is done to the individual who is thinking those
65 thoughts. Once it begins to go beyond the thinking stage, then
66 naturally common sense would dictate that those destructive efforts
67 will expand or extend from the individual. If there were a choice
68 to be made, it would be wiser to keep it in a thought-form than to
69 allow it to bleed out into a physical activity. The only situation
70 or the only condition that would be, if we could use the term, more
71 desirable would be to have the individual keep it in the thought
72 form, then the responsibility is lessened as far as damage or harm
73 done to other individuals. Do you understand?

74

75 ***: No, I lost you.

76

77 C: What is it you do not understand?

78

79 ***: To be honest, I lost my concentration.

80

81 C: If the negativity is kept simply in a thought, in other words,
82 suppose you were to dislike an individual to the point that you
83 would wish them harm. The greatest damage done in such an action
84 or condition or state of being is to the individual who wishes the
85 harm or carries the negative thought. If it is allowed to go into
86 a physical activity, naturally then it is quite possible an
87 innocent person or another individual would be harmed. Do you
88 understand so far?

89

90 ***: Yes.

91

92 C: What we have said is that it would be wiser to keep it in the
93 thought stage instead of allowing it to develop into a physical
94 action or activity. There the greatest damage is done to the
95 individual who has the negative thought. The consequences,
96 extenuating consequences, to that negative thought is, how shall
97 we say, somewhat limited. Once it goes into a physical action,
98 then the individual not only is responsible for the negative
99 thought and the action but the extenuating consequences of that
100 action. Do you understand now?

101

102 ***: Yes.

103

104 C: So, if we had to choose between the two, the less damage is
105 done by keeping it in just the thought form.

106 Our advice would be to bring yourself above a negative
107 thought. It is part of human nature to find yourself in a
108 situation where emotions can bring about less than godly thoughts
109 in relationship to situations and other individuals. If the thought
110 flows into the consciousness, very little effort is needed to
111 replace that negative thought with something more positive. It is
112 only a fool who ponders on that thought and nurtures that thought.
113 Actually, the individual who does that is nurturing greater karma
114 for themselves. Why add such a burden to yourself with that?

115 There are spontaneous thoughts that are classified as negative
116 thoughts that come into the consciousness of all. The difference
117 between a negative person and a positive person is that the
118 positive person will introduce some other thought into the mind
119 instead of allowing the negative thought to stay there. The other
120 individual, the positive individual, will begin to force a more
121 positive thought or focus their attention to something more
122 positive. So it is natural or part of your nature to have what you
123 could call spontaneous thoughts that are less than godly. The
124 godly person will immediately control those thoughts and direct
125 them into something more positive.

126 If there is friction or confrontation with another individual,
127 which is part of your society, your world, to nurture that does
128 yourself more harm. These episodes are, according to the condition
129 of your world today, almost inevitable. Now, we are talking on a
130 one-to-one basis, trivial little ego trips that cause hard feelings
131 and what have you, this is what we are talking about now. These
132 are almost inevitable in each individual life, the wise man, the
133 wise person, will realize this and then push these thoughts out of
134 their minds and bring in something more positive.

135 If each of you were to be completely honest with yourselves
136 and you were to know yourselves a little better, it would not take
137 much effort to see something beneficial in each individual that you
138 meet or know. Regardless of what problems may arise between you
139 and another individual, a good person, a spiritual person can
140 always find something good in the other individual to love.

141 There is no need to put a noose around your neck with negative
142 thoughts. It may be somewhat of a challenge to completely control
143 your thoughts to the absolute. In other words, keep yourself in
144 such a frame of mind or a state where there is never anything
145 negative that enters into your consciousness or your thought, but
146 certainly each of you have enough growth, enough control, enough
147 respect for yourself, to be wise enough not to nurture such
148 thoughts.

149 For the individual, the thought is as bad as the deed, that
150 is, the individual who is having the thought, of course. To
151 nurture that thought, you tighten the noose. To allow that thought
152 to develop into an actual physical action, then you are tripping
153 the trap door to your own hanging. Is that clear?

154

155 ***: Yes, it is. Thank you.

156

157 ***: From what you are saying, I get the impression that a person
158 cannot then be harmed by another person's negative thought. Is
159 that true?

160

161 C: It depends on the individual who is harboring or fostering or
162 nursing the negative thought, and it depends on the individual
163 who is the center of such thoughts. There is always that
164 possibility of transferring influences, but it takes far more
165 energy to transfer a negative influence than it does to transfer a
166 positive influence. Do you understand?

167

168 ***: Well, I believe it if you say it, but ...

169

170 C: Well, no, you should not believe it just because we say it.

171

172 ***: Well, I have no idea that a positive thought takes more
173 energy than a negative thought. I don't know that in a way that I
174 have of knowing it.

175

176 C: Let us add something to what we have said. Positive
177 thoughts are a direct inflow from your Creator. Negative thoughts
178 are drawn simply from your own essence. So that means you must
179 generate that energy from your own being. Does that put it in a
180 framework that is a little easier to understand?

181

182 ***: Well, it makes sense to me that if I have a lot of negative
183 thoughts, I am very stressed and then I spend a lot of energy, and
184 positive thoughts don't have that effect on me. If that makes
185 sense.

186

187 C: Positive thoughts are a recharging, not only of the soul or
188 spiritual aspects of your being but also the physical aspects,
189 because you are directly linking yourself then with the Source of
190 all energy and life and that is God.

191

192 ***: Thank you.

193

194 ***: I wasn't quite clear on that, the relationship you made to
195 the physical, you mean positive thoughts and working on nurturing
196 positive thoughts are good for the physical world too and your own
197 physical body?

198

199 C: Certainly.

200

201 ***: Even if they are not about healing, if they are just about, I
202 am making a difference between mental and physical, maybe there is
203 no difference.

204

205 C: Well, if you have a positive attitude, then you are creating a
206 healthier situation. Do you understand?

207

208 ***: Yes.

209

210 C: You are speaking in terms of the physical body. If you have a
211 positive mental attitude, then the physical body, the tool that you
212 use, is in a more desirable condition to function properly. The
213 state of mind that you have, an example, depression, a dislike for
214 much of what you find yourself in, such as employment, family, or
215 friends, if there is a less than positive feeling there or less
216 than a positive attitude, it slows the physical body down, the
217 functioning of the physical body, all the chemical interactions,
218 the electrical impulses created by the combination of the chemicals
219 of the body, and eventually if this is allowed to continue over a

220 prolonged period, it begins to affect the chemical combinations and
221 their need to relate to each other and interact with each other,
222 thus the immune system goes down. Once the immune system goes
223 down, then you have fertile ground for sickness.

224 Now, with a more positive attitude, a more loving attitude, a
225 more joyful attitude, the ability to laugh at yourself first and
226 then laugh at others or others' situations, and when we say "laugh
227 at others" not in a demeaning way but in a sharing way, this
228 bolsters the entire system. It fortifies the physical body. It
229 adds a natural stimulant to the physical body, thereby putting it
230 into what we could loosely call a higher gear or a more efficient
231 state, thereby giving you the ability to ward off sicknesses of one
232 kind or another.

233 Now, let us make it very clear at this point: Individuals who
234 are suffering from ailments, sicknesses, should not indicate to you
235 that they are negative individuals, you should not assume that,
236 because you do not have the slightest idea what may be involved
237 in their situation. This is why we at times hedge away from
238 commenting on ailments or individuals who are sick because the
239 natural tendency of your world is to pass judgment, and when you do
240 this, then you are putting yourself into a position lower than what
241 you have passed judgment on. So, to be on the safe side, one should
242 always assume if there is an illness in a person, it is for
243 the benefit of others. Not that they have a karmic situation that
244 must be taken care of, but they are joyfully surrendering good
245 health to help the growth of those around them. Now, that is the
246 smartest way of looking at individuals who have health problems.
247 Do you understand?

248

249 ***: Yes, thank you.

250

251 C: Healings come to an individual in a very natural way, although
252 your scientists, what have you, cannot seem to see that in their
253 gauges and test tubes. They are overwhelmed with their own
254 intellectualism and it blinds them totally. One of these days,
255 hopefully with enough prayer, these egomaniacs will be able to see
256 what is involved in the healing process. Once they are able to see
257 that then it will be a simple matter of finding a process of
258 healing for all your diseases. Whether that is in your future or
259 not has yet to be decided.

260 There is no great mystery involved in healing. All miraculous
261 healings work through these very natural laws that are quite
262 obvious, quite obvious, even though your scientists, your doctors,
263 cannot seem to pinpoint this activity, they are quite obvious.
264 Possibly you all might be better if you were to insist on blind
265 people doing your research work. They probably would be able to
266 find many cures to ailments much quicker. Does that answer the
267 question?

268

269 ***: Yes, it does. One other thing. A hypothetical situation
270 which I am sure exists in our world: You mentioned people unhappy
271 with their jobs and that affects their health and they may be
272 thankful that they have employment and have that gift and therefore
273 can provide for their family, and at the same time they feel
274 trapped in a situation they find extremely unpleasant. But it is
275 hard to deal with and affects their health. How can they work on
276 developing the proper frame of mind to deal successfully,
277 spiritually and physically, with the situation?

278

279 C: Well, there are times when the best you can do is grit your
280 teeth and bear it.

281 Your world today is not conducive to spiritual growth, as an
282 overall state or condition that it is in. The respect that the
283 common man deserves is not there. The direction that your world is
284 going in now is to reduce the common man to slaves. With this
285 attitude of big business and profit it will take a great deal to
286 maintain a healthy balance.

287 Human effort, human work, at one time was appreciated. Today,
288 human effort and human work are only a means to greater profit, and
289 greater profit eventually ends up meaning greater power, greater
290 control. Until your society forces a different state of thinking,
291 the situation can only worsen. What is in process now in your
292 country is a very sharp divided society, that is, the powerful and
293 the poor. And the division is becoming worse day by day.

294 Now, when the common man opens his eyes and begins to realize
295 that he is entitled to respect, that he is entitled to a proper
296 state of living, and until he is willing to take the situation in
297 his hands and change it, then it will simply become worse and worse
298 and worse. Now, we are not advocating any violence, but there are
299 still enough avenues left where the common man can say very loudly,
300 very clearly, enough of this.

301 You, as individuals, as creations of God, as part of your
302 world, are entitled to what the world has to offer, the luxuries,
303 the pleasures, the joys. Now, of course, we are speaking only in
304 terms of those things that are godly and beneficial. You are
305 entitled to spiritual happiness, emotional happiness, and physical
306 happiness. We are not saying that a society or a country should be
307 divided equally, that everybody should have an equal portion. That
308 would be ideal, but that will never be the case. What society
309 should have is those who have and those who have a portion more.
310 Society should not have those who have nothing.

311 The joys and the comforts of the world are yours to have.
312 There is no reason why there should be some who have so much that
313 they are absolutely bored with all, so they focus their activities,
314 their attentions, towards power and control, while at the same time
315 in your country you have those that are starving to death, that have
316 nothing. Is it of their own making? No. Now, there are those who
317 disagree with us, but you are entitled to your beliefs. We are
318 telling you what is.

319 The poor are there for a reason. They are there to help those
320 who need help in growth. Do not lose a great opportunity to grow.
321 Whatever you give will most assuredly be returned to you. That is
322 a fact of creation because by giving you are creating, and what you
323 create you will have to face and it will become a part of you. So,
324 when you reach down to help someone in need, you are creating
325 something positive, and that is what will be in your future to deal
326 with, to have, to become a part of.

327 If you do not judge others, you cannot be judged. If you love
328 others, then the only thing that can be returned to you is love.
329 Whenever you see an individual who has poor health, think of it as
330 an opportunity to grow quickly and easily and simply, think of that
331 individual as one who is sacrificing the good that you have so that
332 you may have even better. When you see someone who is poor, be
333 thankful that that individual is sacrificing what you have so that
334 you will have an opportunity to have even more. Now, that is a
335 positive attitude towards life, that is a positive outlook toward
336 life, that is the godly way of viewing life, and if you can get
337 yourself into a frame of mind, a state of mind, where you look at

338 each individual just that way, you have won the hardest battle of
339 all. And if you can maintain that attitude till the moment you
340 leave this world, you will rejoice in the fact that you will never
341 have to return here, because what you would have accomplished is
342 the simplest way of achieving perfection, of opening yourself
343 totally to that Divine Source, that God.

344 The last time we spoke to you, we mentioned of a simple way of
345 ending all this trial that each of you undergo and it was not until
346 later on in the experience that someone was brave enough to ask
347 what that simple way was, but the time had passed and the
348 simplicity could not be given that directly. Well, the time has
349 arrived again, and we shall not wait for the bravery of one soul
350 but we will give it to you very simply. When you can raise your
351 will to the Will of God, to your Creator, you will have succeeded
352 and overcome and accomplished. When you start to look at yourself
353 as the personal ambassador of that Divine God, that you personally
354 have been chosen by Him to administer His Love to each person that
355 you come into contact with, you will have achieved perfection. It
356 is that simple. When your will is the Will of God. And the Will
357 of God, is it something complicated? Is it something hidden? Is
358 it something mysterious? No, no. It is this: That you should be
359 your brother's keeper. The same old thing repeated over and over
360 and over and over from the beginning of time. Love someone
361 unconditionally, and you are doing the Will of God. Accept someone
362 just as they are. Pass no judgment and you are fulfilling the Will
363 of God. Does that answer the question?

364

365 ***: Yes, very much so.

366

367 C: There are some people who have a life that is not easy. It can
368 be filled with much stress, much sickness, much disappointment,
369 much abuse, but that is no indication as to whether they are a
370 godly soul or something less. There are many souls who have a life
371 that is far less than desirable, but they have that life, that
372 style, that situation, because it is their way of loving each of
373 you. So, pass no judgment, and no judgment shall be passed on you.
374 And remember, when it comes to judgment, you are your own judge,
375 because within you, in your higher self, all that is honest and
376 good, all that is right, and all that is wrong, lies within you,
377 and you will judge yourself, and you will be a far more severe
378 judge on your activities than any outside judge could ever be. In
379 fact, as we have said before, there are times when those who have
380 evolved beyond your state, whatever state that may be at the time
381 when you pass judgment on yourself, must at times moderate your own
382 judgment.