

Addictions

Trance Library File No. 90-25

SUGGESTIONS ON READING THE TRANCE LIBRARY FILES

by

WILLIAM ALLEN LePAR

I appreciate your interest in the information we have been receiving from [The Council](#), the spiritual source which speaks through the Trances. In all the years that I have been manifesting the Deep Catatonic Trance, I have learned a great deal from The Council, and I earnestly wish that you also gain a greater understanding of our existence.

These Library Files present information from The Council over a vast range of topics. In some cases, the information presented comes from one or two Trances that were usually held consecutively, within a few weeks or months of each other. In other Library Files, the information is selected from Trances held over many years. In all cases, if you study these Library Files carefully, you will notice a common thread of awareness that runs through all the information that The Council presents.

You may also notice that by the manner in which The Council presents the information, it becomes evident that they are layering awarenesses and insights. The observant reader will realize this progression of awareness and the unfolding of these insights.

These Library Files will not reveal their deepest insights to you with a casual reading. You must study them and reflect upon them. I would advise you to read the Library File at least twice and reflect on the information that The Council gives.

Again, thank you for your interest. I sincerely hope that you benefit from the Council's wisdom.

Sincerely,

SOL

AN INTRODUCTION TO THE COUNCIL
by
William Allen LePar

The Council has often referred to themselves as "spiritual beings." We must remember that this is a very elusive term and means something far greater than what we normally have been taught to understand as "spiritual beings."

In our finite minds we look upon spiritual beings as living beings confined in similar manners as we in the physical, and this is not the case with some levels beyond the physical. But in this expanded description from The Council, we begin to realize that there are levels that we can reach as spiritual beings that far surpass our present concepts.

Respectfully, I submit The Council's own personal description of themselves.

THE COUNCIL SPEAKS OF THEMSELVES

After a soul or an entity has accomplished a certain level or degree of perfection, through whatever system that is the ruling belief system of that time, then the individual or the soul or the entity is elevated to a level wherein it is not necessary for reincarnation. Once entering the spiritual realms without the need to reincarnate, a growth period is undergone. Many steps of awareness or many levels of awareness are accomplished, many degrees of elevation, many degrees of perfection until finally the soul, the entity has evolved into a state where there are no levels, no degrees, but begins to expand in love and awareness to the point where there is a total mergence or merging with other beings; where all ideas of limitations, all awarenesses of false limitations, have been done away with; where the person or the soul or the entity begins to realize its true unlimitedness and in that begins to expand greater and greater and greater, interweaving more delicately and more closely with all others and all other things, and in so doing grows closer to the Divine Himself. Once a soul or entity has reached this level, then they are in union with others, total union, yet completely individual, and yet completely united. This soul, this entity has its own personality, yet delicately flows in and out and with other souls but yet maintains its own personality, its own being. The soul, the entity becomes more god-like in that it becomes part of all things, yet maintains its own personality, its own being. Once a soul has reached this level then there is no name, there is no body as you would recognize or understand, but a more complete and unlimited [Child of God](#), one who is so developed that no name could ever describe him. That is the existence we live in, and if you wish to use confining and restricting terminologies as levels, then we souls have to say that is the level we exist in. In all of mankind's history this level has never before spoken in the [physical plane](#).

Even though we refer to ourselves as "spiritual beings," we use such statements only to give all who come to us some idea to relate to or some concept that they can relate to.

THE TRANCE PHENOMENON

We believe The Trances of William Allen LePar are the rarest paranormal experiences known to modern man. The only example of a similar phenomenon ended with the death of [Edgar Cayce](#) in 1945. The Council's unparalleled revelations, through Mr. LePar's trances, are made available to the public through the SOL Association for Research. His time and efforts are without compensation, and SOL is a non-profit, tax-exempt concern dependent on the commitment of volunteers.

The following is a brief explanation of a Trance, so those without the opportunity to participate have a better understanding of the phenomenon. On the day of a Trance, Mr. LePar remains in a peaceful environment. He consumes little food and The Council recommends his diet include red shellfish. He engages in considerable prayer and meditation throughout the day.

Those participating in a Trance, to question The Council, gather about a half hour before the session for socializing. Nancy LePar, his wife, is always the last to leave her husband before a Trance begins. She sits with him in a separate room as he quiets himself with prayer and meditation. When she enters the room in which the trance is to be conducted, all talking and noise cease. Soon he enters, silent and already in an altered state. With everyone seated and quiet, he enters, removes his slippers and positions himself on the floor.

He wears, as instructed by The Council, loose clothing of all natural fabric. Also, Mr. LePar wears no metal other than a wedding ring and cross. As he rests his head and bare feet on pillows, he maneuvers his body into alignment with magnetic north. Those participating, following instructions from The Council, are to place themselves in a quiet, prayerful state as until this remarkable source begins to speak. There are two distinct time periods in the linking of LePar's spiritual vibrations with those of The Council. The first period concludes with LePar's extremely deep and rapid breathing, a form of [hyperventilation](#). His hands, folded across the abdomen, quiver; his left leg stiffens and his left foot extends. Then, suddenly, silence. It seems almost as if he has stopped breathing. Finally, The Council begins to speak -- slowly at first, repeating the name of the Trance moderator, until the link with the physical world is ready. It usually takes about thirty minutes from the time Mr. LePar lies down until The Council speaks. But on some occasions, for a variety of reasons, it can be as long as 45 minutes.

Once The Council begins to communicate, a Trance usually lasts between ninety minutes and two hours. The Council is offered the opportunity to give the gathering an opening statement, which has always become a segment of information useful for universal spiritual growth. Then, the trances follow a simple question-and-answer format, beginning with written questions and continuing with follow-up questions raised by The Council's comments. At some sessions, there are so many follow-up questions that only the first question asked will be from the list of written questions.

Afterwards, when Mr. LePar awakens, he remembers nothing. His memory is blank from the time his wife leaves him before each session until he awakens at the conclusion of the Trance. He is always physically drained, cold and disoriented. He is helped to a seat, wrapped in an afghan for warmth, and given a slice of bread and a glass of orange juice to help him recover.

We hope you profit from the information in these Trance Library Files. If reading a particular file gives rise to a question, we encourage you to contact us for more information. Thank you.

FOREWORD

The Council has told us on many occasions that truth has always been available to mankind from the very beginning. As you read this Trance Library File, you may note similarities to information from other sources. You will also encounter new information. You may be surprised by some of the information revealed by The Council, to the point where it strains your credulity. The Council realizes this, and so they often begin a Research Group Trance with an opening statement such as this:

Again, a reminder as we have said before, we ask that you think about what we have said, the answers to your questions. It is not necessary to accept everything we say, but we do ask that you take the time to think on what we have said and hold it for possible use or acceptance at a later time. What is most important is that you do think, that you exercise your God-given mind. Use what you can use and store away that which is not serviceable at this time, for if you wish to see a dawn tomorrow with its clear blue skies, you must make ready for it now. If you cannot believe that tomorrow will be a better day than today, then it will not be so for you. If you do not carry the light of tomorrow, then where will it come from? If your tomorrow is not planned for today, then how can it exist? Forearmed with the knowledge of the path you are presently traveling, you are then in a position to create a better path for your travels tomorrow. The outlook for the children of the Divine is definitely a bright and sunny day. Only you can make the decision as to what your tomorrow will be. We have one distinct advantage over each of you, and that is we have gone through the process of life that you are presently experiencing and in those activities we have learned that one must never narrow their vision down to what they prefer to see, but it is great wisdom when one is willing to look at the total picture, even those segments that one wishes were not there.

Always keep this concept in mind: Use what information you can, and that which you cannot agree with, put it aside for now. Do not discard it, for you may find it very useful in the future.

IMPORTANT

TERMS AND CONDITIONS FOR USE OF TRANCE LIBRARY FILES

1. PLEASE DO NOT RETAIN THESE LIBRARY FILES.
2. THIS MATERIAL IS COPYRIGHTED. KEEPING A COPY IS PROHIBITED.
3. TAKE NOTES IF YOU WISH, BUT FOR ACHIEVING THE GREATEST POTENTIAL TAKE CARE THAT THE NOTES ACCURATELY REFLECT THE INFORMATION IN ITS ORIGINAL CONTEXT.
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6. PLEASE REQUEST ADDITIONAL FILES BY EMAIL SO THAT WE CAN
REPLY
QUICKLY.

DISCLAIMER

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

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

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

EXPLANATION OF TRANCE LIBRARY FILE FORMAT

Reincarnation⁽¹⁾

page 31⁽²⁾

Selection # 16⁽³⁾

Reincarnation⁽⁴⁾ was discussed on 80-06-28⁽⁵⁾, the 78th Trance⁽⁶⁾.
The word "reincarnation" was first found on page 1235, in line 387⁽⁷⁾.

386⁽⁸⁾

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

390

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

NOTES

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

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

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

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

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

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

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

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

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

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

EXPLANATION OF TRANCE LIBRARY FILE FORMAT

79-12-01⁽¹⁾

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

page 21⁽³⁾

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

1⁽⁶⁾

2 C:⁽⁷⁾ May the Peace and the Joy of the Infinite Father be upon you, and may His Light
3 shine down upon you and around you and within you.⁽⁸⁾

4

5 ***:⁽⁹⁾ Thank you. Are you ready?

6

7 C: Yes, we are ready.

8

9 ***: Would you agree with the statement that Jesus Christ came into the earth in human
10 form and is both man and God?⁽¹⁰⁾

11

12 C: Yes, we acknowledge that Jesus Christ is both man and God and that He did come
13 into the material manifestation.

NOTES

- (1) Date** - This is the date on which the Trance occurred. It is given as a year-month-day (**79-12-01**).
- (2) Title** - This is the topic of the Trance Library File. If a subject requires more than one Trance Library File, then the file is divided into **Parts**.
- (3) Page** - This is the page number of the Trance Library File. Each Trance Library File begins with page one.
- (4) Trance Number** - This is the number of the Trance within the Research and Study Group Trance series.
- (5) Identification** - This paragraph identifies the Trance and the persons in attendance. Individuals are identified by the symbol *** to maintain confidentiality.
- (6) Line Number** - The transcript of each Trance session is numbered from one. If a Trance Library File is made up of information from more than one Trance, then these numbers will change sequence.
- (7) Council** - The symbol **C:** indicates that The Council is speaking.
- (8) Greeting** - The Council always opens with a greeting.
- (9) Questioner** - The symbol *** indicates an individual at the Trance asking a question or responding to The Council's remarks. This is used to maintain confidentiality.
- (10) Test of the Spirits** - As outlined in the First Letter of John this test is given at the start of each Trance.

Drugs, Alcohol, Tobacco and Pop

Drugs was discussed on 76-04-09, the 19th Trance.

The word “drugs” was first found on page 250, line 106.

106 ***: The first one was, What is the significance of drugs whether
107 they be LSD or marijuana in the last days?
108
109 C: This is a question if answered to its fullest would take many
110 hours. To give you somewhat of a condensed idea of what part
111 they play, the drugs whether they be from plant or chemical
112 combination makes no difference, the effect is the same and the
113 purpose is the same. This is a tool which the dark forces in the
114 universe use to cripple those who attempt to walk within the light.
115 This did not start in these times but come from Lemuria, Mu, and
116 Atlantis, right into the present day. Those who inflict their
117 spirit with such damnation are killing themselves first not so
118 much physically as spiritually. For what they are doing is sealing
119 their channel through which the light of God passes. They seal this
120 off. What they actually are doing is turning away from that which
121 created them, attempting to bring in themselves, to themselves
122 through artificial means the development that they would normally
123 get through practicing a Christ-type life. In simpler words they
124 turn their back on the Father and tell Him that they are greater
125 than He. They are saying in essence, "Be damned for I am God,
126 not you." And in doing so they do not damn the Father but they
127 damn themselves, creating for themselves an eternal death. They
128 are the ones, if they continue, will in the very, very end will
129 cease to exist. Listen you who have done such things to your
130 physical. You are using a vehicle that you have created by your
131 God-given powers to destroy the very power that was given to you.
132 All of heaven weeps for the blasphemous deeds that you commit.
133 There is no restitution; there is no forgiving if you go beyond

134 a certain point. Listen to these words and know that you are really
135 and literally killing yourself spiritually. There are many now in
136 the earth plane that have been dead ever since the very beginning,
137 ever since Mu, ever since Lemuria, ever since Atlantis, and they
138 come again and again wandering aimlessly about the face of the earth
139 searching for that part of them that they have destroyed, and in
140 so doing they become as a vampire or a bloodsucker on the
141 C: rest, for they attach themselves to those who still have the
142 light and the channel open and they attempt to extract that
143 essence from those so that they too may once again live and in
144 so doing those who are on the borderline, those who have encrusted
145 themselves with selfishness are tempted into the same depths
146 that those who feed off of them are already in. Any of you here
147 and we know, we know, who have done such deeds to yourselves, pray
148 extra hard that you have not done more damage than can be
149 corrected, for if you have, your road will be much harder, much
150 harder, and there will be no additional strength given to you to
151 overcome this sin for you have reached the highest possible degree of
152 selfishness and you have no excuse. You cannot reach spirituality
153 with a pill or with a needle or with that which you smoke. You can
154 only reach death. We feel this answers the question sufficiently for
155 this time.

156

157 ***: Thank you.

158

159 C: You are most welcome.

Drugs, Alcohol, Tobacco and Pop

Drugs was discussed on 77-12-03, the 34th Trance.

The word “drugs” was first found on page 512, line 517.

508 ***: Alongside of my human errors I believe there is strong evilness
509 in me. I do not know of it. Can you tell me?

510

511 C: Let us ask you this. When you made entrance into the physical
512 you were well-balanced, very well-balanced, and you had enough of the
513 spirituality or those virtues of spirituality within you so that you
514 could have been a very constructive individual. What did you do to
515 destroy your temple?

516

517 ***: I took drugs.

518

519 C: (***) , there is no quick way to reach God. We beg you to believe
520 this. There is no quick way to reach God. God is there. You do not
521 have to reach for Him. One cannot experience the Divine by using
522 artificial means. The only thing that the taking of drugs does is to
523 rupture your soul. It ruptures your auric pattern, your auric being,
524 and when that is ruptured, then it allows all the negativity to come
525 in and distort everything. Do you understand?

526

527 ***: Yes.

528

529 C: Generally when drugs are taken with individuals, they do damages
530 to that individual not only physically but in the soul, too, or in
531 the spiritual or the entity. You are marked in the physical just as
532 all those that do take drugs are marked, and you are marked in the
533 spiritual just as they are marked. But you have been fortunate
534 enough to be able to reach the means by which those marks can be
535 erased. By taking drugs an individual or an entity, whether it is

536 you or someone else, freezes the physical mind in such a way so that
537 it is extremely hard for them to think in godly ways, in true godly
538 ways. In years to come if man does not destroy himself before then,
539 he will discover where the abuse of such things or the use of drugs
540 for one's own pleasures has a reaction in the physical that is
541 definitely physical and is definitely there. Certain, shall we say,
542 electrical thought paths in the brain are frozen in a rigid position,
543 so that those that deal basically with the material and physical
544 attitudes, motions, instincts, whatever words you want to put on, are
545 frozen in that direction and cannot easily be changed so that the
546 spiritual can be expressed. You do not fully understand what we are
547 saying and neither will many understand what we have just said to
548 you, but this is not something that has to be permanently. It can be
549 corrected. Those processes in the mind or in the brain that
550 constitutes the mind, those processes can be changed, can be made
551 neutral again so that they will open to the divine thoughts and not
552 just to the physical thoughts.

Drugs, Alcohol, Tobacco and Pop

Cigarettes was discussed on 78-04-08, the 42nd Trance.

The word "cigarette" was first found on page 700, line 277.

259 ***: What do you mean by "unclean"?

260

261 C: The average person today eats more chemical than food. That is
262 unclean food.

263

264 ***: What about frozen food?

265

266 C: Do not always believe what you see written on the contents of a
267 package.

268

269 ***: What if you supplement the diet with what (***) refers to as
270 clean vitamins?

271

272 C: You are still bringing the poisons into the system. You must
273 eliminate those poisons, those narcotics, those toxic substances that
274 deteriorate the thinking process, that seals off the spirit's ability
275 to communicate through the brain.

276 ***: Then what's coming into my mind is, what about nicotine,
277 cigarette smoking?

278

279 C: We cannot approve of such things, but we must also inform you
280 that such things as the nicotine does not do the harm that the
281 chemical substances that you get in the packaged food, it does not do
282 that harm; nicotine is a more natural, shall we say, toxin and can be
283 warded off much easier by the physical body on a physical aspect and
284 also on a mental or spiritual aspect.

285

286 ***: Then some of the chemicals that are being injected into our
287 fowl; are they also of the poisonous substance to our bodies?

288

289 C: Anything artificial is poison.

290

291 ***: Thank you.

292

293 C: The cleaner, the purer the food that you can eat, the better off
294 you will be. If we were to, shall we say, make a comment, we would
295 much sooner see all of you smoke cigarettes than to go to your
296 drugstore and buy a bottle of vitamins that are not natural.

297

298 ***: That's interesting information. Thank you.

299

300 ***: What does the synthetic vitamin do that's detrimental to the
301 body?

302

303 C: It is a creation of man and not a creation of God. It is a
304 negative or foreign element. Even though your scientists can reproduce
305 perfectly, it still is not a direct creation of God but a creation of
306 man, and you are a God creation, not a man creation.

307

308 ***: Thank you.

309

310 C: The negative aspect or the dark aspect tries to overcome all that
311 is God-created, that is Divinely created, in any way necessary, either
312 through turning your complete being into, shall we say, a synthetic
313 being. There are some chemicals that you receive through your foods
314 that will take many, many years for the body to remove and as your
315 body becomes more and more saturated with such chemicals, you become
316 more and more gross. If you think that man is as gross as he can be
317 now, you are not very wise because if time is allowed to extend past
318 its appointed time now, what will be left after that will be more
319 robots and chemical compositions than flesh and blood as you know it
320 now. Careful of anything created by man.

Drugs, Alcohol, Tobacco and Pop

Drugs was discussed on 78-07-08, the 47^h Trance.

The word "drugs" was first found on page 796, line 1127.

1114 ***: As the way for the Second Coming of the Christ is being

1115 prepared by the positive or divine forces, is the way for the

1116 Antichrist being prepared by the negative?

1117

1118 C: Absolutely.

1119

1120 ***: And how is this being done?

1121

1122 C: How it is being done could take the next twenty years of constant

1123 talking. The graft and corruption in your government, first, the

1124 most obvious. The greed and selfishness in your own immediate sphere

1125 of experience, in your own family, in your own friends, in your own

1126 place of employment. The whole stage is being worked on. All of the

1127 earth is being worked on. There are two camps and they are

1128 intermingled side by side, and both are preparing the way. So that

1129 those who promote the sale of drugs are preparing the way for the

1130 Antichrist; those who promote spirituality are preparing the way for

1131 the Christ. You see? And this is taking place on all levels, ALL

1132 levels. Why do you think drugs have become so popular with the very

1133 young, the very early teens, and those that are not even in their

1134 teens. If it is not actual drugs, then it is alcohol which is no

1135 better in reality, less dangerous and less permanent, but

1136 nevertheless the first stepping-stone to worse things. In your

1137 schools the attitudes that your teachers present to your children.

1138 If you want to know how the stage is being set for the Christ, see

1139 what you are doing. How sincere are you? How honestly are you

1140 working? How willing are you to readily set aside your own personal

1141 ego-trips? How quickly do you think in terms of the family? Or is

1142 it that you think, "Well, do I really have enough time?" or "Well, I

1143 can do that later in the family"?

Drugs, Alcohol, Tobacco and Pop

Alcohol was discussed on 79-03-12, the 59th Trance.

The word “alcohol” was first found on page 967, line 59.

27 ***: Hello. I feel as though I have been improving in some small
28 ways, but then I have this feeling as though I am not sure of
29 myself and that I am fooling myself in some way. My question is,
30 am I fooling myself?

31

32 C: What makes you feel as though you are fooling yourself?

33

34 ***: At times I do not have the sincerity I should, and that's
35 what makes me believe I am illuding myself in some way.

36

37 C: It is true that you are not as committed as you could be, but
38 you know basically how sincere you are, and you know if you are
39 trying as hard as you can. That is the important factor, trying as
40 hard as you can. When one becomes too complacent with one's self,
41 or, shall we say, one becomes too happy with the progress one is
42 making, then this is a sure sign that that entity or that
43 individual is not making progress at all, but sliding backwards.
44 You could put more effort forward, if you wanted to.

45

46 ***: Then I have not created any illusions?

47

48 C: You ask a general question, and if we were to answer it on that
49 basis it would do you no good.

50

51 ***: Let me restate it then. Have I recently caused any illusions
52 that would be leading me in the wrong path?

53

54 C: Again, a general question. If you have a specific example,
55 then we would comment on it, and it would be much more useful to
56 yourself.

57
58 ***: I know I have drunk when I wasn't supposed to. Drunk
59 alcohol. Through an instance when I became intoxicated, did I,
60 through that, cause any illusions?
61
62 C: Why not be specific?
63
64 ***: Was I hypocritical afterwards? After the incident?
65
66 C: You know you are skirting the issue.
67
68 ***: I know I shouldn't have gotten drunk, but afterwards I felt
69 as though I came to know or felt more dedication towards God.
70
71 C: You cannot reach a closeness with the Divine, with God, through
72 His Son, when one strays from Divine Law. When one gets
73 intoxicated, one then goes beyond the limitations that are
74 acceptable in the eyes of God. Moderation is what is called for
75 when one deals with alcohol. Moderation differs with each
76 individual according to the metabolism of the body. Whenever one
77 becomes intoxicated, one has gone too far, and what one has done
78 then is widen the gap between himself and his Divine Maker. What
79 do you gain out of becoming intoxicated except to endanger your own
80 physical body which is breaking a law of God and endangering
81 others which is breaking a law of God? So when one goes beyond
82 moderation, then one is guilty of many things. One is guilty of
83 breaking many laws of the Divine. One cannot commune with the
84 Father or become close with the Father by doing wrong, and whenever
85 you feel that by overindulging your repentance or your asking for
86 forgiveness or your review of the injustices to yourself and to
87 your God, you think through those periods afterwards this brings
88 you closer, it does not, for then you have moved away, shall we
89 say, four steps and only make an effort to move ahead again then
90 one step. So it is a constant action of destroying and attempting
91 to build back up. What good does it do you to drink to the point

92 where you are intoxicated? You would gain much better enjoyment,
93 much more profound enjoyment if that waste of money would be
94 donated to the poor who do not even have enough to eat, while you
95 fill your gutlet full of alcoholic beverages. The next time you
96 think about such actions, possibly you should consider some poor
97 child starving to death some place in God's world when that waste
98 of money for your own self-indulgence could be used for the
99 glorification of your Divine Father and His Blessed Son, Jesus
100 Christ, by giving to the poor.

101 So instead of sharing that additional money you greedily
102 self-indulge and deprive the poor who cry for only a crust of
103 bread. From a simple action like that we can continue to multiply
104 the injustices that one could be held responsible for, but it would
105 be a waste of time. Do you follow what we are saying now?

106

107 ***: Yes.

108

109 C: You attempt to use excuses for your actions so that you
110 alleviate the guilt and again whom do you fool?

111

112 ***: Myself.

113

114 C: What real pleasure do you get out of self-indulgence?

115

116 ***: None.

117

118 C: Then why waste your time? Why take the chance of harming
119 yourself or others in such a condition. Actually, isn't it more
120 for the ego and the pride that one does such things as opposed to
121 the actual pleasure one gets? Also one may attempt to fool oneself
122 with such actions in that if you wish to do other things that are
123 equally as wrong or greater, you can always fall back on the
124 excuse, "Well, I was intoxicated and not responsible for my
125 actions." But there again, you still are responsible. The thing
126 is, then you become doubly responsible, because you are not only

127 responsible for the self-indulgence, the lack of control and
128 moderation, but for anything else that may come out of it; and
129 usually with the type of people who enjoy such actions and the
130 places that cater to such carryings-on are definitely detrimental
131 to one's spiritual growth. So you see the jeopardy you put
132 yourself into.

Drugs, Alcohol, Tobacco and Pop

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

The word “alcohol” was first found on page 1192, line 806.

799 ***: What happens to those who are addicted to cigarettes? Are
800 they tied to the man-made realms as a result of their addiction,
801 and if so, how long?

802

803 C: In actuality, they would not be tied by something as silly as
804 cigarettes. You must take into consideration when you bring up a
805 question like that: What is it affecting? It is affecting you and
806 only you. Now, if it would be something else such as alcohol or
807 drugs, then there might be situations where it would have, shall we
808 say, a retardant effect on the soul, but something as silly as
809 cigarettes, you need not worry. That does not mean that cigarette
810 smokers should go overboard. Everyone has their limits, and they
811 should be wise enough to realize what their limits are. Moderation
812 in all things.

813

814 ***: But we are being bombarded with information that those of us
815 who smoke are responsible for the illnesses of others, attributed
816 to our cigarette smoking.

817

818 C: Well, if you wish to buy that philosophy, then fine. You will be
819 responsible according to your acceptance of it.

820

821 ***: I see, thank you.

822

823 C: You must remember when it comes to health, if it is not
824 involved in a complicated karmic situation, you are responsible for
825 your own health. If you think cigarette smoking causes you a
826 problem, then you better believe you will have a problem. If you
827 look on it as a source of enjoyment, a source of relaxation, then
828 it will be just that.

829

830 ***: Thank you.

831

832 ***: Could you give any more detail on what you mean by alcohol or
833 drugs could have a retardant effect on the soul?

834

835 C: An overindulgence in alcohol can cause strong affections for
836 certain aspects in the material life, and these strong affections
837 then can cause the progression of the soul to undergo unnecessary
838 steps. Do you understand that?

839

840 ***: Yes.

841

842 C: Very well. Alcohol is an "iffy" thing. Its biggest danger or,
843 shall we say, its biggest pitfall, is that it unleashes the
844 inhibitions in you that are safeguards. In this respect then the
845 inhibitions being wiped away will cause you then to act in such a
846 way that you would not normally act. Also, your intentions may be
847 to control certain aspects of your being through inhibitions. An
848 overindulgence in alcohol may release these inhibitions. Also the
849 possibility of causing harm to others through accidents and what
850 have you. Drugs now; drugs are an entirely different, entirely
851 different situation. Drugs given to you as a medication and used
852 according to the advice of the physician will do you no spiritual
853 harm, even if the doctor overdoes you. If YOU take drugs on your
854 own, then that is a different situation. If you are taking drugs
855 to have an experience to gain insight into spirituality or whatever
856 flimsy excuse is being given today, those are definitely
857 detrimental to the spiritual aspects of your being in that it
858 freezes certain channels in the physical brain so that you cannot
859 fully rationalize (and that is a dangerous word, since we do not
860 mean it in its general understanding), you cannot rationalize the
861 situation properly. You cannot sense what is right and what is
862 wrong according to Divine standards. It also allows your soul or
863 your spirit to become too muddled with half-truths by its

864 experience in a cheap or quick spiritual insight. What really
865 transpires is that you view a spiritual area in the sense that the
866 negative aspects of your being will influence that level. You will
867 have to think about that to fully understand that. Drugs taken for
868 kicks or pleasure or whatever reason other than by a medical
869 prescription are out of the question. Now we are talking, of
870 course, about what is referred to as the hard drugs.

871

872 ***: Returning to silly cigarettes. The news recently, medical
873 news, was that smoking by mothers during pregnancy would harm the
874 unborn child. Is this medical news not so or ... ?

875

876 C: No. No. When it comes to a mother bearing a child, at that
877 time she must take every precaution that she can to keep her system
878 as free from any unnecessary stimulus that she can. Cigarette
879 smoking is a stimulant, and she must not indulge herself in
880 cigarette smoking during pregnancy. The soul entering the physical
881 body being formed within the mother does not have the influence on
882 the mother, and in this respect then the mother can give that
883 physical container a handicap that is not necessary for the
884 incoming soul. Do you understand that?

885

886 ***: Yes.

887

888 C: Now there are certain situations where common sense should be
889 the ruling factor. If it is your body, then you have the right to
890 do with it what you choose, providing it does not bring it harm.
891 Now the cigarette smoking will not do harm to your physical body
892 unless you accept that as an avenue of harm. A mother and her
893 state of motherhood is a holy state; and even if the mother does
894 not normally take good care of herself, at the time of pregnancy
895 she should take exceptionally good care of herself because she is
896 the ground for a new physical container; and she must cleanse her
897 physical body to the best she can and keep it cleansed. A mother
898 should not drink any alcoholic beverages other than possibly on

899 rare occasions a red wine, but very little. She should not smoke;
900 she should not take medications that do not REQUIRE a prescription.
901 At that time the mother should develop an entirely different
902 attitude towards her body; it is no longer just her body, but it is
903 also the container for another body.

Drugs, Alcohol, Tobacco and Pop

Alcohol was discussed on 80-12-07, the 85th Trance.

The word "alcohol" was first found on page 1369, line 622.

620 ***: I think we have taken care of the next one already. Is the
621 occasional or moderate use of marijuana a sin, and, if so, why is
622 it different from the occasional or moderate use of alcohol?

623

624 C: Oh, let us eliminate the word "sin" and rephrase it.

625

626 ***: Is the occasional or moderate use of marijuana unacceptable?

627

628 C: Let us put "harmful to one's spiritual situation"?

629

630 ***: Harmful to one's spiritual situation, and, if so, why is it
631 different or IS it different from the occasional or moderate use of
632 alcohol?

633

634 C: It is different from the occasional use of alcohol. Marijuana
635 used for your own "kicks" is totally unacceptable, absolutely
636 unacceptable. It leaves much more damage in the physical container
637 than your doctors are aware of yet and what they are willing to
638 admit to. Alcohol does not have the effect on the organ, the
639 brain, do you understand, that such things as marijuana does. The
640 marijuana definitely leaves a residue in the entire system, and
641 there is a collection of residue in the brain which causes a
642 hindrance in the proper function of the brain at a physical level
643 and also at a spiritual level in that at the time of taking such
644 things certain attitudes are in the mind of the individual. Upon
645 taking the marijuana those attitudes which are in existence because
646 of certain paths, electrical paths in the brain at that time, by
647 the bringing in of the marijuana they are frozen in that position.
648 Taking such things as marijuana and what have you is simply, shall
649 we say, an egotistical act thus being derived from a negative

650 sense, a self-serving sense. These attitudes then or these
651 electrical pathways which are, shall we say, being outwardly
652 manifested in this attitude then are frozen in that position and
653 are very, shall we say, hard to undo so that when the spiritual
654 aspects of your being attempt to create a proper thought it has,
655 shall we say, a "devil" of a time in undoing what has been done by
656 the ingesting or inhalation of such things. Do you understand?

657

658 ***: Yes.

659

660 C: Now, even though such things have been taken or handled, that
661 can be undone. It is not an absolutely permanent situation.
662 Unfortunately, it cannot be undone as easily as it was done.
663 Alcohol has an effect on the physical body but not the spiritual
664 aspects of the body because it is in the body or in the system and
665 then out. It leaves a physical damage to the body, if it is done
666 in excess, but it does not leave a thinking damage. Do you
667 understand?

668

669 ***: Yes.

670

671 C: While you are under the influence of alcohol your thinking is
672 not straight, it is not proper, but once the alcohol is out of the
673 system your thinking then is as it was before. Overindulgence in
674 alcohol then puts you in a position of being guilty of
675 overindulgence and guilty of the damage that can occur to the
676 physical because of the overindulgence. Do you understand?

677

678 ***: Yes. Why do some people get extremely violent when they have
679 had much alcohol?

680

681 C: That is one of the reasons why one should not indulge because
682 it releases what you refer to as "inhibitions." These are very
683 natural things close to your conscious mind that are held at bay
684 for your own good. Now, it is not the same reaction on the, well

685 let us put it this way, so it would be easier to understand: The
686 alcohol when it gets into the blood system does affect the organ of
687 the brain, and it does have an influence on the electrical patterns
688 which eliminate the inhibitions. Do you understand?

689

690 ***: Yes.

691 C: In such a way or in the same way that you might say marijuana
692 would wipe away some of the inhibitions. The marijuana goes much
693 deeper, goes into the, shall we say, mind much deeper. Now when we
694 say "mind," we are not necessarily speaking of the organ of the
695 brain but the effects on the organ itself are much more violent or
696 radical than alcohol. Do you understand? The alcohol is
697 eventually burned out of the system. It does not penetrate or it
698 does not have the effect on the organ to the extent that the mind
699 is loosened to a greater extent. It has a much less effect or goes
700 less deeper. Eventually the alcohol in the blood stream is done
701 away with. Do you understand?

702

703 ***: Yes.

704

705 C: The damage to the physical container due to an overindulgence in
706 alcohol lies more with the elimination of the alcohol, those organs
707 involved there, than with any other part of the body, where the
708 marijuana does its greatest damage to the organ of the brain.

709

710 ***: Okay.

711

712 ***: There are a couple of more questions on this but it is after,
713 it is 10:00. Should we finish up the last couple of questions on
714 this or what would you like?

715

716 C: Oh, continue.

717

718 ***: It is my understanding that alcohol destroyed a certain
719 portion of the brain which left people who drink more than normal

720 without a conscience.

721

722 C: Alcohol does not actually destroy the brain. Anything
723 overindulged to, shall we say, a great degree will deteriorate the
724 system, all parts of the system. But normally speaking alcohol
725 does not cause a direct deterioration of the brain. What it can
726 do, it can begin to eliminate certain inhibitions or safeguards
727 that you have to the point that they no longer exist. Your actions
728 that have been allowed to materialize or come out become a natural
729 expression but this is not necessarily due to any physical
730 deterioration of the brain itself, but allowing the safeguards
731 down. It does cause wrong thinking. It does cause a lack of,
732 shall we say, insight. You do not view the world according to the
733 standards that you should, but view it from, shall we say, a hazy
734 view. Do you understand?

735

736 ***: Yes, thank you.

737

738 ***: I have heard that marijuana does have some uses such as
739 treating glaucoma or overcoming some of the effects of
740 chemotherapy. Am I right if I assume that since the attitude that
741 this is used, the attitude in mind when this is used for these reasons
742 that we wouldn't get the bad effects that we would if it was for
743 recreation?

744

745 C: You would have to ask that question. Yes, again, it is the
746 attitude in which you approach. As we have said before, IF you are
747 of the proper spiritual state you could take the most deadly poison
748 on the face of the earth and it would not bother you one bit,
749 spiritually or physically. Of course, let us not tempt or try such
750 foolishness. If such a thing as marijuana were prescribed for a
751 glaucoma condition in order to relieve the pressure, then again it
752 would be acceptable, but only in and according to the way it is
753 prescribed. In other words, if you are to have so many measures of
754 it per day, to go over that would be wrong. We could say that

755 alcohol is not acceptable, but then again there are still
756 physicians who recommend a small tote. Is this wrong? No. Again,
757 if there is a need for such a thing, if it has been prescribed,
758 then it is an entirely different situation.

759

760 ***: These inhibitions that are like safeguards that alcohol
761 eliminates, what are they holding back? Is there something in us,
762 in everybody, that has to be guarded against?

763

764 C: Oh, certainly. Each of you would be raving animals if it had
765 not been for what you call inhibitions.

766

767 ***: Why?

768

769 C: Why? Well, if we could show you all your past experiences, you
770 would know full well why. Man by his very nature has been corrupt,
771 and he carries much of that evilness of him at a very, shall we
772 say, shallow depth, and it is only because of the discipline taught
773 to you by your parents that these things are held at bay. Tip that
774 delicate balance and you are asking for trouble. Do you
775 understand?

776

777 ***: This violent raving animal type behavior that we all hold
778 back ...

779

780 C: Well, now, we have used stronger words. In actuality you are
781 not a raving animal, but you are capable of, shall we say, a great
782 deal more actions that would show a lack of love, although some
783 would be actually very vicious and evil, so please do not take us
784 totally literally in that description.

785

786 ***: Are these things that we have just developed through the many
787 past years or, you know, years on earth, or where do they come
788 from?

789

790 C: Well, naturally some of your hidden desires or hidden
791 characteristics have come from your present lifetime; that goes
792 without saying, but you also carry some over from other incarnations,
793 and it is through this area then if you were to understand the
794 material that we have given quite sometime ago, if you were to
795 understand that subconscious screening area that the soul must work
796 through, then you would understand these inhibitions a little clearer,
797 you see, you would accept them and you would attempt to keep those
798 guards up because that is the soul's action in quieting the
799 negativity that may lie within the individual, you see.

800

801 ***: Yes.

802

803 C: And to deliberately test yourself by releasing these guards
804 through such silly things as an overindulgence in alcohol, now we
805 are not saying that overindulging is silly, but the silliness in
806 tempting yourself, this, you know, we just cannot understand, we
807 cannot understand. Does that answer your question?

808

809 ***: Yes.

810

811 C: You know it is foolishness if you have accomplished something
812 and have learned to control it even though it is controlled by a
813 suppression, if you have worked that hard, why lose it because of a
814 sillier attitude or action or an extra drink? Do you see?

815

816 ***: Yes.

817

818 C: That is one of the reasons for moderation. All things are
819 connected if man could only see. Very well. Does that answer your
820 question?

821

822 ***: Yes, thank you.

823

824 C: You are welcome.

825

826 ***: Yes, I wanted to know what the lasting effects or permanent
827 damage that would be caused using psychedelic drugs?

828

829 C: Well, we do not wish to give a scale of the destructive
830 abilities on the physical and soul properties on each individual as
831 far as each drug goes; but it would be safe to say that all drugs
832 regardless, all drugs regardless, are devastating to the soul,
833 devastating to the soul, devastating to the personal, to the
834 spiritual accomplishments of an individual; and those who have
835 participated in such things will have to learn to work that much
836 harder to overcome the damage they have done to themselves. Now, one
837 should not despair if they participated in such things because such
838 actions can be overcome. It means you must work harder and you
839 must learn to re-evaluate many things. You must learn to become
840 dedicated. You will find that most people who have been involved
841 in drugs cannot really concentrate that well. They cannot really
842 get into a situation and stick it out. They gloss over everything
843 superficially and pass on. They are like butterflies who just flit
844 from here to there, so in overcoming the damage that is done
845 spiritually and physically it is necessary then to gain control of
846 yourself and for these people who have participated in that stuff,
847 they must work hard to pick something to be involved with and stick
848 with it.

Drugs, Alcohol, Tobacco and Pop

Drugs was discussed on 80-12-07, the 85th Trance.

The word “drugs” was first found on page 1375, line 904.

896 ***: Would you please give some suggestions as to how parents can
897 convince their children that the use of marijuana is dangerous and
898 wrong?

899

900 C: Education is the first step. If there is a family unit that is
901 strong, if there is a joy received in the family unit, if the
902 children are felt as though they are productive to the family unit
903 and they contribute and work as a unit, you will find very little
904 problem in the line of drugs. Any time that there are drugs to be
905 taken by any member of the family, it should be explained to all
906 the members of the family why those drugs are taken, and those
907 drugs should only be prescribed drugs. Unfortunately, with the
908 American family as it is today it is no longer a family in its
909 truest sense; it is a group of people living together. Some have
910 the nuisance of putting up with those who are, shall we say,
911 underage and tolerating their existence. Now this is what most
912 families are like. When the family is a true family and there is
913 an activity as a family, again, natural education will come to the
914 child, natural understanding. If a problem arises then the first
915 step that the parents must take is to examine the family situation
916 to see if there has been any example of lighthearted drug taking.
917 There are some parents who eat medication as though it were part of
918 the family meal. There are some members of the family who drink
919 excessively as though it were water. These are all bad examples,
920 bad examples. If there are any situations like that in the family,
921 those things must be corrected first, then you can approach the
922 child and explain that these things are not to be. If the child
923 persists in being disobedient and if the child insists on
924 participating in such things, then our recommended cure is a bend
925 over the lap and bruise the bottom good and proper, black and blue,

926 and if at all possible, a blister or two. If this is done and then
927 the depriving of all the "things that are necessary in life," if
928 these are taken away from and if the child is given additional
929 chores and if the child is deprived of quiet time, and if the child
930 is reprimanded to an isolated area, you will find quite a change in
931 the child, but the attitude must be constant. You as parents have
932 the responsibility of teaching right and wrong to your children and
933 that means teaching them in the only means that they understand, if
934 necessary. Those parents who refuse to bruise the bottom are only
935 asking for problems, so it is quite necessary to be very stern with
936 children, very, very stern. Does that answer the question?

937

938 ***: Yes, thank you.

939

940 C: You see, children are placed in the care of parents for one
941 thing and one thing only and that is to learn discipline, to learn
942 control, to learn a set of values that are godly. Now, that soul
943 has agreed to accept you as parents, whoever you may be, knowing
944 full well that you are given the right to reprimand that child to
945 whatever degree is necessary to maintain absolute control over that
946 child until that child has reached the time in its life when it
947 shows maturity, not an age, not an age, but maturity. Once the
948 child has reached maturity, then your responsibilities lie in an
949 advisory capacity to the most extent or to the greater degree.

950 There are conditions where that would not be so. In your society
951 today there is no real development of spiritual concepts in
952 children today. Mommy and daddy are, oh, too afraid to punish the
953 child. You have been given the guardianship of that child by
954 permission of that child at a soul level and the parents MUST
955 fulfill that obligation. To give you an example that is meant only
956 as an example and not literally, or as a way of making a point and
957 not as a literal action, do you understand? If it is necessary to
958 break the child's leg or legs to prevent them from walking into a
959 situation that would be spiritually corrupting, it would be better
960 to break the legs. If that does not accomplish the situation, it

961 would be better to remove the legs altogether. Now, we do not mean
962 that literally. Do you understand?

963

964 ***: Yes, but how far can you go before it is considered child
965 abuse?

966

967 C: Oh, that is a question. Whenever a child is reprimanded on a
968 physical basis or on a physical level you should maintain your
969 presence of mind. If you lose your temper and go off half wild you
970 definitely will hurt the child unnecessarily and nothing will be
971 accomplished other than the child experiencing your uncontrolled
972 wrath. Now, if disciplinary actions are presented to a child if it
973 calls for the physical, shall we say, point-making, then it should
974 be done not in a fit of anger but with a cool mind or a cool
975 head. Let the child experience pain. It is not going to kill that
976 child, but in so doing if you are to bruise the bottom, make sure
977 it is on the fleshy part and not at the spinal column, the end of
978 the spinal column. Caution. You are not going to abuse your child
979 if you think a little. Another good corrective tool after the
980 bottom has been warmed, put the child in a corner, facing that
981 corner, without any means of entertainment. Let the child stay
982 there for a day without a meal or two. You will find that child
983 will be less bothersome to you and more respectful and far more
984 grateful when it matures. You must demand from children, you must
985 demand from children. Now this may seem harsh; and, as we sense,
986 many of you have not expected such answers; but they are given with
987 this in mind, you have the responsibility of setting the stage for
988 that soul's spiritual development in his life or her life; and, as
989 we said, some souls come in with very little discipline, and it is
990 part of your learning process to dole out necessary punishment
991 without, shall we say, going overboard and becoming brutal.
992 Children and the rearing of children, the tending of children, can
993 be a very touchy situation to some people because they may not like
994 to hear what is required of them as parents. Far too many parents
995 let the little darlings go. Children should be taught manners,

996 should be taught respect, and at all times should parents know
997 exactly where their children are, and in your society today a child
998 does not reach the age of maturity until he or she is much, much
999 into the, shall we say, late 20's. Because of the selfishness
1000 permitted in your society today parents have extended their
1001 responsibilities. Take a look at your young people and how they
1002 act, how they conduct themselves. Is that any way a mature
1003 individual would conduct themselves? No, no. Sad, sad situation.
1004 They should have never gotten rid of, shall we say, the woodshed.
1005 The best path to spirituality was a trip out to the woodshed every
1006 other day whether it is needed or not. It is best the child
1007 receives its bruises under the love and tender care of the parents
1008 than under the hateful and spiteful vengefulness of the world. So,
1009 as we said, a trip to the woodshed is a lot more loving than the
1010 hate of the world, a bullet in the head or despair and suicide or
1011 drugs. Does that answer your question?

Drugs, Alcohol, Tobacco and Pop

Alcohol was discussed on 80-12-07, the 85th Trance.

The word “alcohol” was first found on page 1377, line 1026.

1024 ***: I had a question earlier when you were discussing inhibitions,
1025 and I was wondering if in fact the so-called primal or scream
1026 therapy accomplishes the same thing as alcohol and that is to
1027 release inhibitions?

1028

1029 C: Well, all it does is release a lot of pent-up frustrations more
1030 than release any inhibitions. Frustrations and inhibitions are two
1031 different things. If it does your heart well to go out and scream
1032 at the top of your voice as opposed to drinking and possibly
1033 getting drunk, getting in an accident under the influence of
1034 alcohol or being drunk and harming someone, by all means, scream,
1035 scream, scream. It is good at times. It is good for the soul at
1036 times, believe it or not to just scream, but to put any fancy
1037 philosophy on it would be silly. At times stress, whether you are
1038 consciously aware of it or not is not important, but stress does
1039 exist in the being and for some people to literally just scream or
1040 groan or growl or what-have-you, is good for them. It vents a
1041 pent-up energy. Does that answer your question?

1042

1043 ***: Yes, I think it answers more than the question. Thank you.

1044

1045 ***: (*** had kind of asked what could be done to teach the
1046 children, the people that are taking marijuana or whatever how we
1047 could educate them about the harmful effects, especially like
1048 myself, how could I relate to the people maybe my age or something
1049 and warn them of the harmful effects?

1050

1051 C: It almost has to start really with children. Once a child has
1052 reached your age, now we are not saying that you are a child. Do
1053 you understand? But once a child has reached your age and if they

1054 are set on destroying themselves in such a manner, it is very hard
1055 to get them to understand. The simplest thing, or the simplest way
1056 in today's society is to simply inform them that it does cause a
1057 certain amount of damage to the brain cells and it does cause a
1058 certain amount of aging to the physical body so that the use of
1059 such drugs whether they be the soft or the hard or the acid or
1060 what-have-you will only make a person lose their beauty. This
1061 would probably have as much effect as anything on the youth of
1062 today, not because they have received any spiritual enticement but
1063 simply because they are so motivated in the physical that if they
1064 were to feel as though they would lose their beauty, they may
1065 decide that that is much more important than having their mind
1066 twisted around or whatever. Does that answer your question?

1067

1068 ***: Yes, thank you.

1069

1070 C: You see, with the youth of today, they have no sense of value,
1071 they have no sense of value and it is extremely hard to, shall we
1072 say, hit a soft spot that they can touch in with or that can touch
1073 them, that can affect them. It is very hard, it is very hard.

1074

1075 ***: Going back to the alcohol, is there anything wrong in an
1076 occasional drink?

1077

1078 C: No, again, in moderation. Alcohol is not something that is
1079 devastating. It is not extremely powerful. It is not a traumatic
1080 shock to the system. An occasional drink or two has no ill effects
1081 on an individual. If the proper thing is taken, the proper drink
1082 is taken, it can even be a, shall we say, healthy medication, or it
1083 can be considered a medication even though it is not prescribed. A
1084 glass of red wine, a small glass with a meal, can be helpful. It
1085 can be considered a medication. Now, again, if you are going to
1086 drink wine it should be a good wine; it should not be a wine that
1087 is stabilized chemically or had, shall we say, those things added
1088 to make it more of a chemical drink than an actual fermented fruit

1089 drink; so that if one chooses to drink on occasion there is no harm
1090 in it. Again, moderation. If you, for some reason, would like to
1091 have more than, shall we say, Victorian moderation, then to be sure
1092 make sure it is at home. Do you understand?

1093

1094 ***: Yes.

1095

1096 C: Again, where you are able to maybe have two glasses of wine or
1097 something stronger, the next person may only be able to handle one
1098 so that should be kept in mind when we say moderation and when we
1099 refer to a drink on occasion; not necessarily one drink and that is
1100 it. You know where your limit is. Keep one drink below your
1101 limit, then you will be safe.

1102

1103 ***: Would the Jewish wines be considered good wines without the
1104 chemicals?

1105

1106 C: If it is true kosher wine, yes, it is a good wine, but there
1107 are other wines that are just as good. A kosher wine is prepared
1108 in a very ritualistic way, and it does call for a degree of purity
1109 that possibly other wines would not have.

1110

1111 ***: How can you tell if they are truly kosher?

1112

1113 C: That would be according to the laws of your bottling companies
1114 or what have you. Do you understand?

1115

1116 ***: Yes.

1117

1118 C: A true kosher wine which is used in a religious ceremony will
1119 be marked kosher. Do you understand?

1120

1121 ***: Yes.

1122

1123 ***: Does the censorship of television and movies with regard to

1124 sex and violence infringe on one's free will?

1125

1126 C: Well, since we are going to "change horses," let us back up
1127 then. We had hoped for some additional questions, if we may.

1128

1129 ***: (***)? Can they?

1130

1131 ***: What?

1132

1133 ***: Can they back up before answering your question?

1134

1135 ***: Oh, yes.

1136

1137 C: It is not necessary to drink only a kosher wine. One can
1138 choose to drink kosher wine, if they choose, but it is not
1139 necessary. There are many other wines that are as good and as
1140 pure. As far as those drinks that are stronger than wine such as a
1141 whisky or whatever grain type of alcoholic drink, what have you,
1142 other than beer, of course, those can be taken again in moderation,
1143 those can be taken again in moderation. The only thing that we
1144 would suggest that you NOT drink is beer or anything that would
1145 come close to a beer.

1146

1147 ***: Why would that be?

1148

1149 C: It is the drink of the pharaohs. Very well, let us go to the
1150 next question.

1151

1152 ***: What is the "drink of the pharaohs"?

1153

1154 C: Read your Bible. You will find out what the drink of the
1155 pharaohs is. You call it beer and any beverage that relates to
1156 beer.

1157

1158 ***: All right.

1159

1160 C: It has a very destructive quality on the physical container.

Drugs, Alcohol, Tobacco and Pop

Drugs was discussed on 85-09-13, the 132nd Trance.

The word “drugs” was first found on page 2138, line 62.

60 ***: You said previously that we should practice moderation in all
61 things. I was wondering if that meant ALL things, for example,
62 does that mean moderation in, say, drugs for recreation?

63

64 C: Well, now, when we said moderation in all things, we expect you
65 to exercise your good common sense and wisdom, natural wisdom. If
66 you take that approach, then it would be moderation in murder,
67 wouldn't it?

68

69 ***: True.

70

71 C: So when we advise moderation in all things, we mean what is
72 morally acceptable in the eyes of the Divine not what may be
73 acceptable in the eyes of man. Now, the question of drugs, if you
74 become more specific, then we will make a direct statement to that.

75

76 ***: All right. It seems that all the drugs that you hear about
77 in the news and so forth have been pretty much bad-rapped and rightly
78 so, except marijuana. That seems to be more and more acceptable,
79 and states are changing their laws so that it is not a crime to use
80 it in small quantities. Specifically, let us refer to marijuana.

81

82 C: As we have said before, it is totally unacceptable. Any drug
83 used for anything other than medical purposes is out of the
84 question, and to change your laws to accept such a activity is
85 causing a karmic situation that will backfire in all of your faces
86 in the future, as it is beginning to do so now. So, although some
87 of you may approve of such activities, at a spiritual level they
88 are completely out of the question. If the truth were known about
89 many of your problems or drugs today, none of you would take them

90 in any way, shape, or form.
91 Marijuana definitely leaves a residue in the brain tissue. It
92 can accumulate and can retard the chemical activities of the organ
93 of the brain which will reduce the reception from the soul. Now,
94 if you deliberately take such drugs, then you are deliberately
95 saying to yourself, "I do not want to accept my own inner guidance
96 or guidance from above that will come through my inner thoughts."
97 You must be in control of your thoughts; you must be in control of
98 your body, and by taking such drugs, regardless of how you may
99 ingest them or what have you, you are directly slapping
100 spirituality in the face.

101 Now, let us take that one step further. If a physician were
102 to prescribe a questionable drug, and in the case of marijuana for
103 certain eye conditions can be prescribed to a patient, then this
104 takes on an entirely different condition. Now, you may say, "How
105 can this be?" When such a drug is used according to a
106 prescription, according to the directions of a physician, a
107 spiritual reverse takes place. If there should be a karmic
108 situation involving such a drug and which there is in a universal
109 standard or on a universal basis, that karmic condition is reversed
110 when a person takes it according to a physician's direction for the
111 purpose of improving a physical condition. Now, you cannot
112 rationalize this point. You cannot do it on your own. What
113 happens then is the responsibility for any negative response from
114 the physical container to such a drug does not come or does not
115 fall then on the individual taking it. Now, this does not mean
116 that you can go out and commit mayhem and not be held responsible
117 for it. If following the instructions of the physician and it is a
118 legitimate physician, we are not referring to quacks or excessive
119 use, then nothing will happen as an effect of taking such a drug.
120 Have we cleared up the question?

121
122 ***: Yes.
123

124 C: Now, do not rationalize anything we have said in regard to such

125 drugs. There are very clear-cut lines. There are very clear-cut
126 lines. You cannot assume the responsibility of taking drugs for
127 your own satisfaction or for recreational purposes or for pleasure.
128 If it is prescribed by a physician for a medical problem and the
129 prescription is a sensible one or not in excess, then the effects
130 of taking that drug or using that drug and in particular marijuana,
131 there will be no adverse effects.

132 Now, since the effects of marijuana on the individual can vary
133 from individual, even though the same grade of such a drug were to
134 be used, then one must use their own common sense in taking it
135 according to a doctor's instructions. One should work very closely
136 with a physician noting any excess highs or instabilities or
137 inability to control one's physical activities and mental
138 activities. So, if a physician were to prescribe six or seven
139 marijuana cigarettes a day and they are affecting you, then it is
140 your responsibility to notify the physician and suggest that it be
141 cut back. Do you understand?

142 ***: Yes.

143

144 C: So, in those special cases where it could be prescribed in the
145 future, you must work very closely with the physician. You must
146 not take advantage of that situation. If you do, then it becomes a
147 detriment to you physically and spiritually. We can use the same
148 example with many of the medications that are prescribed because of
149 nervous conditions. Your physicians today write prescriptions far
150 too readily. It is your responsibility to work with your
151 physician. If you are given a drug to calm you down somewhat, then
152 you should take note of the effect that that prescription has on
153 you as you take it. Calming you down and knocking you out are two
154 different things. So, you can have an abuse of legitimate drugs,
155 and the same responsibility lies in your lap then. Now, these are
156 drugs that deal basically with moods, attitudes, what have you, those
157 that deal primarily with the physical body itself as opposed to the
158 activities of thinking or the brain itself. Does that answer the
159 question?

160

161 ***: It brings up one other quick one. Do you mean like attitudes
162 as opposed to physical pain, like taking a drug to deaden pain, if
163 it is prescribed?

164

165 C: How severe is the pain?

166

167 ***: Well, severe enough that you cannot tolerate it without --
168 you go to the doctor and say, "Boy, I have a broken arm or severe
169 headaches," and they give you something for the pain. Is that the
170 difference you are referring to?

171

172 C: In a situation like that, would such a medication dull your
173 reasoning or your common sense?

174

175 ***: No, just the pain. Slow you down a little bit maybe but I
176 don't think it would dull you. I don't know.

177

178 C: What we are making reference to are drugs that will dull the
179 senses. Now, physical senses are different. If you have an
180 exceeding amount of pain and you are given something that reduces
181 that pain or kills that pain altogether, most people are not in a
182 position to be able to tell when they are taking too much of a
183 particular drug, which would cause a physical problem. What we are
184 making reference to are drugs that deal with the dulling of the
185 senses, the emotional senses or the common senses. Do you
186 understand?

187

188 ***: Yes.

189 C: If you take common drugs such as Valium or Librium and Nadir,
190 some of those, if you notice that it affects you in the area of
191 relaxing your moral standards or your moral attitudes, then this
192 should be discussed with your physician. Most physicians only
193 prescribe what the pharmaceutical houses tell them to prescribe,
194 but they do not take into consideration that each physical body

195 will respond differently to the same amount of drug or can, so you
196 must learn to work a little closer with your physician when taking
197 such drugs. The drug that merely reduces the sense of pain, then,
198 of course, if it makes your life more comfortable or bearable or
199 the condition more comfortable or bearable, take it, but if you see
200 there are other effects from it, then discuss it with your
201 physician. Does that answer the question?

202

203 ***: Yes.

204

205 C: By no means are you to suffer. All facilities have been
206 brought into the world to be used. Nothing such as the medical
207 profession or medication comes in to harm. Man determines whether
208 it will be used for good or for bad or in a positive way or in a
209 negative way. Very well.

210

211 ***: Would taking drugs for recreational purposes open the
212 individual to negative influences or possession?

213

214 C: Certainly, certainly. Whenever your senses are dulled,
215 whenever your ability to discern properly according to moral
216 standards and we are not referring to man's moral standards, but we
217 are referring to Divine moral standards, then you jeopardize
218 yourself, and in particular when you are taking what you refer to
219 as recreational drugs, you are deliberately putting yourself in a
220 very dangerous spiritual and physical situation. So, such
221 activities are totally out of the question. If society continues
222 along this avenue, they will have created a karmic backlash that
223 will resonate for quite some time into the future. If you have
224 never taken any of our advice before, heed this. Wash your hands
225 of all such activities because the price that will be extracted for
226 such activities will be unbelievable. Does that answer the
227 question?

228

229 ***: Yes.

230
231 C: Very well.
232
233 ***: You mentioned that marijuana leaves residue in the brain
234 tissue. Is this an irreversible situation?
235
236 C: It depends. If marijuana has been mixed with other chemicals,
237 it can be a permanent condition. If it is straight marijuana
238 residue, in time, the body can rid itself of it in some cases. It
239 depends more on the karmic situation that you have established by
240 taking such a drug. Does that answer the question?
241
242 ***: Yes.
243
244 C: Be safe and play not with fire.
245
246 ***: I had read a description on the users of marijuana stating
247 that it makes them dumb and lazy. Would this be an accurate
248 description of marijuana users?
249
250 C: It retards the senses. Such experiences are really a personal
251 interpretation because the sense itself or the experience itself
252 comes from a chemical reaction set up within the system and in the
253 brain itself and individuals will experience different illusions.
254 So, it is not an answer that can be black or white, yes or no, but
255 in most cases you will notice that the exterior of such individuals
256 becomes very placid or they slow down. They do not seem or do not
257 appear to become enthusiastic about life. That is exactly what
258 most of these drugs do, they take your enthusiasm for life away
259 and turn you inwardly for experiences. Of course, there are no
260 real experiences, they are all pure illusion. Some people claim
261 that they receive great enlightenment and illumination.
262 Poppy-cock. It is purely a chemical reaction. It is true that
263 they may be able to experience a degree of awareness, but they
264 simply are able to experience that awareness or enlightenment

265 because it was there before; they refuse to acknowledge it; and
266 such chemical reactions then can bring such awarenesses to the
267 conscious mind and make them more palatable at that particular
268 time; but how closely do they adhere to such enlightenment once
269 they are no longer on the drug? Also, the problem exists that such
270 enlightenment can be tainted or rationalized to suit their present
271 lifestyle. So, true illumination or enlightenment will not come
272 from such activities. Very well.

273

274 ***: You say that there is less chance of your body actually
275 overcoming this if mixed with other chemicals. Would you consider
276 alcohol mixed with marijuana a chemical that would make it more
277 dangerous?

278

279 C: Alcohol we find almost as obnoxious as marijuana. The
280 difference with the alcohol is that you can take a certain amount
281 of alcohol into your system before it begins to affect your
282 judgment. Now, mixing alcohol with marijuana, as a general rule,
283 does not affect the permanent condition or the more serious
284 condition that marijuana can have by its residue in the brain
285 tissue itself. If there is a karmic situation established, then it
286 can be as disastrous as marijuana laced with other chemicals. We
287 basically were referring to the plant itself being sprayed or mixed
288 with other chemicals, in our first remark, but mixing such drugs
289 and alcohol is always extremely dangerous because in most cases one
290 will not settle for a simple glass of wine but will overindulge so
291 then you begin to set up another condition in the physical body and
292 deterioration of the liver. Does that answer the question?

293

294 ***: Yes, it answers my question, but I have another. When
295 children, very young, experiment with marijuana, does their
296 intention have anything to do with it, if it is just a curiosity
297 and they do it once or twice? Is it less harmful to them, than if
298 they are doing it for some other reason?

299

300 C: That is a very broad ...

301

302 ***: I was just wondering if the intention had anything to do with
303 it?

304

305 C: Intention, yes, but there are other factors involved besides
306 personal intention. A child who has discovered experimenting with
307 such activities should be promptly turned over the knee and see to
308 it that the bottom side is scarlet red before the paddling stops.
309 Then the child should be stood in the corner without meals for a
310 day. Sounds harsh? But it is your responsibility as parents to
311 establish discipline and respect for that soul's container. It is
312 better that the butt is blistered and the tummy is left empty, than
313 to have that soul lost because then you become as much responsible
314 for it. Now, a child playing in the hands of curiosity. There are
315 always repercussions of such activities. It is better that the
316 repercussions from, shall we say, innocent experimenting, it is
317 better that the repercussions of such activities be a scarlet red
318 bottom which would be instant karma, than the inability to utilize
319 the potentials of the soul later on. Does that answer the
320 question?

321

322 ***: Yes, thank you.

323

324 C: So, basically, what we are saying is there should be no
325 opportunity for a child to experience or to investigate such
326 activities. Now, there are conditions where the naive child can be
327 induced to become involved with such activities. For the
328 simplicity of the situation, let us say that there would be a true
329 naive child becoming involved in such a situation. Chances are,
330 and this is the only way we can state it because each situation
331 would have to be looked at individually, but chances are the
332 effects would not be of a negative or a strong negative
333 repercussion. That is why we suggest to see to it that if there
334 are to be effects later on, the instant version of karma is much

335 more palatable to that entity than what the future may extract. Do
336 you understand?

337

338 ***: Yes, thank you.

339 C: Now, it may seem excessively cruel to treat a child that way,
340 but in the way your society is today, it is necessary to be
341 extremely severe in your discipline. You must realize that
342 whenever you become responsible for an evolving soul, we are
343 talking about children now moving into adulthood, you must teach
344 them what discipline, moderation is. You must teach them that
345 there are limits, that there are rules within which they must
346 exist, that creation and their life situation is not there for them
347 to indulge in or to become active in frivolous experiences. They
348 must learn to respect themselves as a creation of the Divine, and
349 they must learn that there are moral standards by which they must
350 learn to live by. So, obedience, they must be willing to accept
351 because if they cannot be obedient to something that is visible
352 as a parent, then they certainly cannot be obedient to the Divine
353 which is not visible. So, the responsibility of parents is to
354 teach children moderation through discipline and to teach them
355 obedience of the law. They are to establish moral principles and
356 foundations within that child at the earliest possible age and that
357 is starting before birth, so that when that child reaches the age
358 of maturity they are capable of making decisions that are based on
359 godly principles or moral standards.

Drugs, Alcohol, Tobacco and Pop

Marijuana was discussed on 85-09-13, the 132nd Trance.

The word “marijuana” was first found on page 2146, line 470.

470 ***: Returning to marijuana. In dealing with older children how
471 should parents discipline their adolescents if they find them using
472 marijuana?

473

474 C: As long as a child is under the roof of your home, as long as
475 you are providing for that child, you have the right to make
476 demands on that child, and it is necessary then since they are
477 still your responsibility to take whatever means necessary to
478 correct the condition. If the child is beyond correction and in
479 some cases this can be the situation, one must still pursue the
480 correction, even if it means extremely drastic measures must be
481 taken.

482

483 ***: Can you give an example of extreme drastic measures?

484

485 C: We would prefer to be questioned on particular drastic
486 measures. If not, we will come off sounding far too cruel. The
487 old adage, spare the rod and spoil the child, how true, how true,
488 how true. Once before we made the remark or we gave an example
489 that went along with this attitude and we were accused of being
490 extremely cruel, but here is the question, here is the point, here
491 is the essential aspect of a situation like that: it is far better
492 that the soul or the spiritual aspects of that child be considered
493 first and foremost as opposed to a tenderized rear end. So, if you
494 continually say no to your child and they disobey, it is because
495 you have not said no to them in the right sort of a way.

496 One thing about children, they will always test you to see how
497 far you will go. They will test the boundaries that you place around
498 them, and if you say no and they go ahead and do it and all you do
499 is say no again, then that means they have not reached your limit of

500 acceptance. They will test to see how far they can go, and their
501 judge or their yardstick or determination as to the actual limit is
502 when you act in a physical way. Not react out of anger but act out of
503 a sincere desire to protect them from jeopardizing their
504 spirituality. With some children it is necessary to paddle their
505 backsides. Others a simple stern no is sufficient. So, it is
506 according to the needs. Now, most generally the child who is
507 disobedient to the extreme has learned over a period of time in his
508 or her relationship with that entity that is its parent that there
509 are really no boundaries or limits in that particular area that
510 they have discovered as yet, so they continually go further and
511 further.

512 The problem lies in parents not wanting to individualize their
513 children. They want them to become part of the herd. Far too many
514 parents will let their children do what they want to do simply
515 because all their friends are doing it. That does not speak highly
516 of a parent. Individualize your child. Teach them that they are
517 unique, that they are to think for themselves and not to follow.
518 It is a tough job, but you chose it, and we might add it is an
519 honor. Does that answer the question?

520

521 ***: Yes, thank you.

Drugs, Alcohol, Tobacco and Pop

Alcohol was discussed on 86-07-25, the 140th Trance.

The word “alcohol” was first found on page 2265, line 47.

45 ***: You indicated in the past that smoking will be harmful to
46 your body if you believe it will be harmful. The way I worded the
47 question, is it possible that alcohol too would have harmful
48 effects on your body only if you believe it will be harmful? But
49 actually what I want to know is would that hold true with anything
50 or everything? That things can only affect us as much as we
51 believe they can?

52

53 C: In actuality or, shall we say, technically, that is true.
54 Nothing can harm you, unless you allow it to harm you. Now, we
55 will take it one step further and we have said this in the past.
56 One could technically drink the most toxic substance known to man
57 and walk away from it without the least bit of harm done to his
58 physical body. Now, technically, that is possible. In
59 actuality, it is possible, but there are other factors that come
60 into play and that is your personally preordained concept of how
61 your physical body should react under different conditions.

62 Now, we have said this about positive thinking. In most
63 cases, the ideas of positive thinking are more positive "hot air"
64 than anything else, as far as their abilities to accomplish, yet if
65 true positive thinking can be incorporated into any of you, then
66 you could literally drink the most deadly poison and have it not
67 affect you in the least. What this would take is a whole new
68 concept of your own self, your own being. We do not foresee that
69 taking place with any of you in this particular lifetime. So we
70 would have to say, although it is quite possible to drink a very
71 deadly poison, we could not advise such action. Does that answer
72 the question?

73

74 ***: Yes, but it leaves me with a question. If two people both

75 smoke two packs of cigarettes a day, one says and believes, "It
76 won't hurt me," and the other one really from maybe, like myself,
77 having worked with people who have done that and seeing the results
78 on their body, so I believe it is harmful. Would smoking then be
79 harmful to me but not to this other person who really is, more or
80 less, ignorant of the effects?

81

82 C: The more ignorant you are of the effects, the less likely you
83 are to have any effects from it, but you have to take into
84 consideration at what conscious level are you perceiving that
85 information or that data. Do you understand? Now, you can at a
86 very conscious level say that smoking would be harmful to you, but
87 yet deep down at a much more refined level know full well that
88 smoking will not harm you unless you choose to allow it to harm
89 you. Even though you may be fearful at a conscious level, you
90 could continue to smoke and have no ill effects from it. Now, that
91 is what could be, but how are you to know what your real beliefs
92 are on the subject? Do you understand what we are saying?

93

94 ***: Yes, and that leads into the next question. You are saying
95 that we do not know. My next question is: What would be the
96 results of this belief, if the belief of our conscious mind differs
97 from that of our unconscious mind? What I am saying is just what
98 you said. That maybe on a conscious level I think I believe
99 something but maybe I have been brainwashed otherwise since birth.
100 How do I know? So, is there a way to change that? If I really
101 want to believe that something will not harm me, is there some way
102 to change my unconscious thoughts or beliefs?

103

104 C: Well, yes, there is. The simple answer is: How strong is your
105 will? If you have an extremely strong will that has proven to be
106 very strong, then the simple willing of that as a fact to be will
107 be. But rarely do you find individuals with wills that strong.
108 Now, constant affirmation to yourself, constant repetition, even
109 such tools as hypnosis, can begin to bring that belief, let us say,

110 bring that true knowledge from deep within up into the more
111 conscious levels of your being, thereby making it more affirmed.
112 Do you understand?
113
114 ***: Yes, I do.
115
116 C: We would have to suggest, in all safety, and from the
117 standpoint of just good common sense, that one would not attempt to
118 experiment with anything that an individual would know outwardly or
119 outrightly or forthrightly that it is dangerous for you. If you
120 have that awareness or that concept or that belief that something
121 is dangerous for you, regardless of what it may be, whether it is
122 the drinking of alcohol or the smoking of a cigarette or the
123 drinking of an out-and-out poison, we would not advise you to test
124 yourself.
125 The only thing you can do is begin to develop a greater
126 strength within you that starts at the conscious level, a
127 knowing, and then through whatever technique or means you wish or
128 you may be aware of, to bring that knowledge from the soul level up
129 through the conscious levels and meet it at your conscious
130 awareness or your conscious level or the level that you are
131 constantly working with. Do you understand?
132
133 ***: Yes.
134
135 C: As to how to do it, there is no simple way other than to say
136 very strong determination and a very strong knowing, an absolute
137 knowing. Your physical bodies will do and undergo for you what you
138 at the soul level find it necessary to experience. Why is it that
139 some individuals can drink quite heavily and have no real effects,
140 yet others who very moderately drink will end up with terrible
141 liver conditions or even much worse things? Why is it? Because
142 one individual needs that particular experience where the other one
143 does not. Alcohol and particularly wines are quite healthy when
144 used in moderation.

145 Your cigarettes, which seem to be quite a controversy, are no
146 more harmful than the alcohol. Smoking a clean piece of tobacco
147 has very little ill effects. Although it may be considered a toxic
148 substance or toxin, it is one of those toxins that can be
149 beneficial in that it can act as a controlled stimulant.
150 Unfortunately, those who smoke today just do not smoke clean
151 tobacco. They are doctored up as all your other foods are, and
152 there is the avenue for harm to the physical body if there is to be
153 harm to the physical body.
154 So you see, in the whole karmic picture, all tests and
155 challenges come to an individual through the ways of life, through
156 what life provides, whether it be through the interchanges with
157 individuals or the taking in of exterior substances. The change in
158 the quality of tobacco came about because it was necessary to have
159 an avenue of fulfilling karmic situations or taking on karmic
160 situations. Does that make your question clearer?
161
162 ***: Yes.

Drugs, Alcohol, Tobacco and Pop

Cigarettes was discussed on 86-07-25, the 140th Trance.

The word “cigarettes” was first found on page 2273, line 453.

344 ***: When you were talking about substances that can harm the body
345 or not harm the body depending on how you truly believed and so
346 forth, what about substances that people are not aware of that they
347 take in their bodies? I am thinking about fluoride in the water
348 and some additives in foods and so forth that apparently are
349 harmful or do harm to them that they apparently do not know about.
350 Do they know about them at a soul level, like the fluoride in all
351 the water systems?

352

353 C: Well, there we go into a more complicated picture. We made the
354 statement that it is possible not knowing something to be harmful
355 could keep it from being harmful, we indicated that. That could
356 be, again, a very strong potential, but you must take into
357 consideration what is the karmic condition that exists. Is an
358 individual to experience a sickness or a terrible physical problem
359 in its lifetime? And, if so, how will this come about? Will it
360 come about through a chemical? Will it come about through a viral
361 infection? Will it come about through what have you? Now, if you
362 are not to suffer any ill effects from a chemical, then you will
363 not undergo any ill effects from that chemical, even though it may
364 be pumped into you through your food or through your water or what
365 have you. If you are to undergo a problem, then that would be one
366 of the natural ways that it would get into your system or into your
367 physical body to begin the process of growth. Do you understand?

368

369 ***: Yes.

370

371 C: Now, our advice would be to eliminate as much of that terrible
372 stuff as you can. Some people will get sick from preservatives,
373 from chemicals put in your water supply, because they have not

374 fought against it. They have not taken the initiative to find out
375 just what it will do, what are the real benefits, consequently,
376 because of their lack of interest, they will pay the price which
377 may mean a severe sickness. Others will not whimper a word about
378 such things and nothing will happen to them. Do you understand?

379

380 ***: Yes.

381

382 C: So, our advice would be, if you find out anything like that is
383 going to be put into any of your needs, such as food or water, we
384 would suggest mother nature has provided very good water for you.
385 Man cannot do much improving on it, if at all, except possibly in
386 the keeping of it, if that at all.

387

388 ***: That brings up another question. There are so many different
389 opinions or supposed facts from different experts on everything in
390 life, you really do not know who to believe anymore.

391

392 C: We will tell you. We will tell you exactly what to believe,
393 and all you have to do is use a little common sense, a little
394 common sense. Eat the cleanest food possible, drink the cleanest
395 water possible, and that is all you have to worry about.

396 Whenever you begin to tamper with your food to make it last
397 longer, which is not natural, then you begin to open the door for
398 problems. Once that door is opened, then there will be a second
399 door because you will need something to try to close that first
400 door with, and they will not close once they are opened. The only
401 way you close the door is eliminate it. And so it just keeps
402 multiplying, keeps multiplying.

403 Do you realize there are some people, in this room, mind you,
404 in this room, who eat and drink more chemicals than is good for
405 them? In fact, some of those people eat and drink more chemicals
406 than they do eat or drink real food. Now, that is a fact.

407 You are part of nature; your physical body is part of
408 nature; and if you allow nature to prevail, you will find a much

409 healthier body, a much stronger body. That is why quite some time
410 ago we had strongly suggested that the family pantry should not be
411 stored with boxed food. If you want an instant meal, can it. Take
412 it out of your garden, or purchase it from someplace where you know
413 you can get it in its raw state. Clean it up and preserve it
414 yourself. Then you know you are getting food. But far too many of
415 you, and when we say you we are not talking specifically of just
416 those in the room but you in terms of mankind, you just do not have
417 the time to take care of yourselves, so you run to your little
418 exchange posts or stores or whatever and buy a box of something and
419 then add a little water and wish and pray that it will look fit to
420 eat, and then you eat it, and you call it potatoes or you call it
421 whatever you wish to call it. Well, you are only asking for
422 problems. You are jeopardizing your own health and anyone else that
423 you feed it to.

424 Now, we realize that the world is more complex, and you think
425 that you do not have enough time. Well, remember, there are still 24
426 hours a day now as there was a hundred years ago. I mean, no one has
427 shaven off any time in your day, except yourself. Take time to eat
428 good food. Take time to drink good water. Then what you have succeeded
429 in doing is eliminating that much more opportunity for problems.

430 Your beverages that you drink: terrible, terrible stuff;
431 terrible, terrible stuff. Yet some of these fanatics who are so
432 worried about what food they are eating, then they will turn around
433 and drink this soda pop. Terrible, terrible stuff. Eliminate it
434 all from your diets. Drink teas, coffees, fruit juices, things
435 like that. Soda pops are no good for you. There are more
436 chemicals and sugars that are not good for you in that stuff than
437 your body cares to deal with.

438 So, eat clean food, drink the cleanest water possible. Do not
439 buy food that has the ability to sit around in your house for six
440 months and still find it edible. That is not food; that is what is
441 left of food after it has been embalmed with your chemicals.

442 Answer the question?

443

444 ***: Yes, it does.

445

446 C: We have not told you anything new. We have preached this
447 before.

448

449 ***: There was another question that came from that. If a lot of
450 people ...

451

452 C: In fact, there is a thought. Let us clear the thought up.
453 Excuse us. There is a thought, "Question cigarettes against soda
454 pop?" We would suggest smoke cigarettes and dump the soda pop.
455 That is the danger in soda pop. Now that that question has been
456 answered, let us go on.

Drugs, Alcohol, Tobacco and Pop

Alcohol was discussed on 86-07-25, the 140th Trance.

The word “alcohol” was first found on page 2286, line 1110.

1057 ***: Why is there such an intense conflict now growing between
1058 smokers and non-smokers? If nothing happens by accident, why does
1059 this happen now? We have enough problems without people screaming
1060 at each other because they smoke or do not smoke.

1061

1062 C: Well, tell us why and we will all know the answer. No, it is
1063 really a lot of foolishness. If the overall picture were to be
1064 seen, those people who are harping on smoking are only adding to
1065 the negative effects of smoking, so they are being utilized in the
1066 overall karmic condition of the world. They are bringing a
1067 stronger case against smoking to establish or, how shall we put it,
1068 to influence the consciousness of others more strongly. Do you
1069 understand?

1070

1071 ***: I think so.

1072

1073 C: Are you sure?

1074

1075 ***: What I understand you are saying is that the non-smokers that
1076 are complaining about the smoking are doing so to let everybody
1077 know that if they smoke this is the way they are going to create
1078 more karma?

1079

1080 C: No, it is not quite so benevolent. They are being utilized to
1081 cause more sickness in the world. In other words, by establishing
1082 in the consciousness of those that cigarette smoking is so
1083 terrible, it will only make those that smoke more susceptible to
1084 any possible problems from cigarette smoking. Do you understand?

1085

1086 ***: Is that a good thing they are doing or a not so good thing

1087 they are doing?

1088

1089 C: Well, it all depends on which way you wish to look at it. What
1090 we must ask is, those people who complain so much about smoking, is
1091 their diet so clean and so perfect? Basically, you will find they
1092 do not eat the cleanest food. They do not take the best care of
1093 their bodies that they could in their situation. It is just a way
1094 of gaining attention. If they really believed that smoking was not
1095 good for them, they simply would not smoke, and as far as someone
1096 else smoking harming them, if there is to be any danger in smoking,
1097 it will come because of the reactions within the body itself and
1098 not anything that would transpire from someone blowing smoke in your
1099 face. The air that they are breathing is far more polluted than
1100 that little bit of smoke that they may whiff. It is all
1101 foolishness.

1102 We have said that tobacco is a toxin or nicotine is a toxin,
1103 but there are toxins for the body that are beneficial. Most
1104 medications that are given to you as a cure are basically toxins to
1105 the body, so there.

1106 Now, we are not approving or we are not recommending that
1107 individuals should smoke. If you find a physical or an emotional
1108 need for smoking, then that is your choice, yet at the same time it
1109 is not as bad as some individuals attempt to make the picture.
1110 If you had a choice between drinking a grained alcohol and
1111 smoking a cigarette or a choice between taking a synthetic vitamin
1112 and smoking a cigarette, we would say smoke the cigarette. Now,
1113 that is the way things are.

1114 You take these artificial vitamins, although they may be
1115 identical in their construction, they are not. When truly viewed,
1116 you will soon realize that there is a degree of reversal to them at
1117 the base of construction. You will not find that with the
1118 cigarette; it has a natural form of construction to it.

1119 Grain alcohol is far more dangerous than what anyone would
1120 care to hear about, to the body that is. Not only is it dangerous
1121 to the body but what it does to the system that causes one to have

1122 less control over their own body.
1123 So, make your choice, and take your poison, as they say. Now,
1124 again, we are not condemning cigarette smoking nor are we saying
1125 that go ahead and turn yourself into pot-bellied stoves chugging
1126 away smoke or whatever it is. We are simply telling you what the
1127 story is. Very well.

1128

1129 ***: We had another question on that. Should we take that?

1130

1131 C: Is (***) going to leave it just sit like that?

1132

1133 ***: What is the problem with the reversal of the molecules of the
1134 synthetic vitamins?

1135

1136 C: You have answered your own question. It is unnatural. It is
1137 contrary to what is consistent in the physical body. If you try to
1138 mesh together a helical that runs in a clockwise direction, you try
1139 to mesh that with a helical that runs in a counterclockwise
1140 direction, what do you have?

1141

1142 ***: A mess.

1143

1144 C: Right. You have it grating against each other. Well, the
1145 synthetic construction is far more durable than the natural
1146 construction, consequently, it will grind away the natural
1147 construction. Now, if you can figure out what we are talking
1148 about, you will have a full understanding why we say natural
1149 vitamins are much more beneficial. Very well.

Drugs, Alcohol, Tobacco and Pop

Soda pop was discussed on 86-10-31, the 144th Trance.

The word “pop” was first found on page 2360, line 252.

246 C: If the people of your society would learn to relax totally,
247 you would eliminate most of the cancer because one of the main
248 triggering devices for cancer is stress and tension. Give yourself
249 a pill three times a day and let that pill be a few minutes of
250 complete relaxation through meditation and you will reduce your
251 potential for cancer by possibly 75%. Then those of you who must
252 drink this awful stuff that you call soda pop and those of you who
253 must smoke and you can turn yourselves into living chimneys and
254 fizzling bottles of sweet water all you care to and you will not
255 have to worry about ailments of cancer, let us put it that way.
256 Now, do not leave here thinking or missing the point we are trying
257 to make. We used an exaggerated example to show you the potentials of
258 meditation. We have not suggested that you should meditate five
259 minutes three times a day and then indulge yourselves in all kinds
260 of things that pleases your whims. So, be forewarned, we have not
261 said indulge yourself and meditation will be the cure-all. What we
262 have said that meditating three times a day could reduce potential
263 dangers by approximately 75% for each of you depending again on
264 your lifestyle, the karmic situation that you are dealing with. If
265 you were to combine meditation with the proper diet, again we are
266 not talking about faddish diets, we are talking about good,
267 wholesome diets, you would definitely be a much healthier
268 individual, and as a much healthier individual, you become a much
269 healthier community.

Drugs, Alcohol, Tobacco and Pop

Cigarettes was discussed on 87-06-27, the 146th Trance.

The word “cigarette” was first found on page 2400, line 503.

475 ***: Yes. The only other thing that I am curious about is when we
476 talked about smoking and the effects of smoking on you and a lot
477 has to do with your own mental attitude about smoking and your own
478 mental attitude about smoking or other things that would be harmful
479 to your body. That if you really believe it is going to be harmful
480 to you, you are more apt for it to be harmful. Would this go along
481 also with AIDS? I just have a feeling inside myself that I am
482 never going to have that. I may have contact with patients who
483 have it, but I just feel inside that I am never going to have it.
484 Is this in any way beneficial to me with this strong belief?

485

486 C: A positive or a really truly strong belief is always an
487 additional safeguard in all situations. But a Leveler does not
488 follow the traditional lines of other situations whether it is a
489 disease or universal disasters. A Leveler is just that. It
490 transcends the normal. Does that make any sense to you?

491

492 ***: Yes.

493

494 C: Again, though, one's true belief is what one is creating for
495 themselves. Now, we are talking about true beliefs. And belief
496 and awareness can be interchanged in this situation. So, if it is
497 true and strong then quite possibly you will never experience
498 anything such as that disease. Does that answer the question?

499

500 ***: Yes, thank you.

501

502 C: The attitudes of people simply at times overwhelm us with total
503 confusion. Such a furor is raised over cigarette smoking. Laws are
504 passed. Communities and businesses are divided over cigarette

505 smoking. How asinine, how stupid, when nothing is said about
506 humans cavorting as animals, infecting their bodies with diseases
507 that will scar them for much, much time to come. When
508 babies are permitted to indulge in the act of procreation without
509 the least concept of responsibility. Why don't we see the same
510 furor raised for something like that? In a sense we chuckle with
511 embarrassment. We chuckle with a sense of relief that we no longer
512 find a need to exist in such a state of existence as all of you.
513 We are quite happy to be in a position where the most we can do is
514 to pray for the material manifestation and the condition it is in.
515 We are quite happy and not in the sense of happy, ha ha, but
516 spiritually happy, fulfilled, that our contact with the material
517 world is out of a sense of deep love for our fellow brothers and
518 sisters or our fellow creations. Although we must admit that we
519 have the advantage of seeing it from this side which makes the view
520 much clearer and much more honest. Very well.

Drugs, Alcohol, Tobacco and Pop

Addiction was discussed on 88-11-12, the 160th Trance.

The word “addict” was first found on page 2637, line 142.

84 ***: The next question we have is on human rights, society's
85 rights. Evidence suggests that drugs, alcohol, and tobacco are
86 debilitating for us mentally and physically. If proven so to
87 society's satisfaction, does society have the right or obligation
88 to prevent persons from engaging in these practices, most
89 specifically when such practices invade the seeming natural rights
90 of others?

91

92 C: The use of any artificial stimulant, other than what might be
93 prescribed by a legitimate doctor, can only lead to destruction.
94 You have seen that in your history so far. One cannot use such
95 drugs, such stimulants, as a means of recreation because they take
96 away your freedom, they take away your God-given wisdom, and they
97 substitute it for the fantasies and the self-indulging aspects of
98 the human nature. Does that answer the question?

99

100 ***: There are some people who are saying, even though these
101 things may be harmful to you, it would still be your right to take
102 that. If you want to take something even if it is harmful to you,
103 you should have the right to do that.

104

105 C: But is it only harmful to you? Is it only harmful to you? If
106 you lock yourself in a cage and drug yourself so that you have no
107 sense and someone else has the key, it may not be harmful to anyone
108 else in a case like that. We emphasize "it may not be." But what
109 of those who love you and have knowledge or must watch this self-
110 destruction? Is it not harmful to them? Is it not painful to
111 them? Do you have the right to inflict pain, whether it is
112 physical or emotional, on another human being simply because you
113 must indulge in your self-gratification, your inability to cope

114 with life as it is, your escapism? No, you have no right.
115 Do you have the right to induce yourself with drugs and drive
116 an automobile and possibly take a life because you are not capable
117 of handling the situation? Do you have the right to take drugs and
118 possibly in that state introduce someone else to that activity? Do
119 you have the right with some drugs to play Russian Roulette? The
120 answer is no. You do not have the right to destroy others, to
121 cause pain on others, and you do not have a right to destroy
122 yourself.

123 Your attitude, your effort in life should be to establish a
124 quality of life, to protect your physical body so that you are to
125 live as long as you have predetermined your life to be. You do not
126 have the right to be stupid and destroy yourself simply because you
127 cannot face the realities of life.

128 Should you legislate law? In truth, you cannot legislate
129 morality, yet you must at some time or in some situations set a law
130 that says this is not acceptable because it is harmful not only to
131 yourself but to others. Unfortunately, too often laws are not made
132 for the well-being of mankind or society but they are made so that
133 a larger profit can be made.

134 In your society today, life is the cheapest commodity. Why
135 add to that cheapness by destroying yourself with such foolishness?
136 It is an attitude towards oneself that must be changed.
137 Does that answer the question sufficiently?

138
139 ***: Yes, it does.

140
141 ***: In a family situation, if there is a person that is an
142 alcoholic or a drug addict or something like that, is the other
143 spouse supposed to stay in that? Is there a karmic reason to stay
144 in that union?

145
146 C: If the proper measures have been taken in order to help the
147 spouse and the situation continues and the situation proves to be
148 dangerous not only physically but emotionally to the other partner

149 or other members of the family, then it would not be necessary to
150 stay in that situation, but you must exercise the available options
151 or the avenues of help. Now, there are in some situations with some
152 individuals who will not accept help ever. They become dangerous
153 not only to themselves but to other members of the family. You
154 have an obligation to yourself to see to it that you maintain your
155 physical life. You have an obligation to yourself to maintain an
156 emotional stability, and if a parent then you have the same
157 obligations to the children. If the condition becomes such that
158 all these are challenged beyond the point of safety, then the
159 spouse would be or would have the right then to leave the
160 situation. Does that answer the question?

161

162 ***: Yes, but it brings up another one. Are there some
163 individuals that are born predisposed to, say, alcoholism?

164

165 C: It depends on whether you are asking that from a spiritual
166 level or from a physical level.

167

168 ***: I think it would be interesting to hear both, from both
169 levels.

170

171 C: From a physical level there are certain individuals and this is
172 a hereditary situation where the system cannot handle alcohol or
173 drugs as well as other systems or other individuals may be able to
174 handle them. There is an allergic condition that exists. By
175 nature, the physical body considers alcohol and drugs as a toxin.
176 Some physical bodies have a greater sensitivity to these toxins,
177 consequently, where some individuals may be able to consume a
178 larger amount of alcohol and function properly while others would
179 be able to only consume a smaller portion to function equally as
180 well. This is a hereditary condition.

181 At a spiritual level, you are not predestined or predetermined
182 to take such things. When an individual finds themselves indulging
183 in such activities, it is a lack of confidence, it is the inability

184 to accept reality, it is the lack of love for themselves, the lack
185 of respect for themselves. Consequently, it is a bleed over
186 situation where they cannot love or respect others. Does that
187 answer the question sufficiently?

188

189 ***: Yes, thank you.

190

191 C: If a physician prescribes a medication that would be considered
192 a drug, it is the attitude, it is the mindset and the purpose that
193 determines whether that drug will be beneficial, if it has
194 beneficial properties to the body. Those who indulge in
195 prescription drugs beyond their proper use are in the same
196 situation as those who indulge in drugs that come from other
197 sources. If there is a need to take medication that is considered
198 a drug to assist the body in its repair or healing, then as long as
199 it is taken for that purpose and in the proper proportions and for
200 the proper length of time, its long-range effects on the body will
201 not be detrimental. The physical body and its ailments are the
202 reflection of the mind and the soul. Does that answer the
203 question?

204

205 ***: Yes.

206

207 ***: I want to see if I got this straight. I think I heard you
208 say something to the effect that the motivation behind drug laws is
209 not really to protect the citizens but to increase prices of drugs.
210 Did I hear that right?

211

212 C: That is part of the motivation. If your society wishes to stop
213 the distribution of drugs, it could overnight stop it, but you must
214 remember you are not talking about just drugs. You are talking
215 about a tremendous profit margin, and as we have said in the past,
216 life is the cheapest commodity in your society. Who cares if your
217 children die because they have overdosed on drugs? As long as the
218 dollar was made.

219 If all of you were to insist more strongly that this drug
220 situation be curtailed, it would be. But how many of you really
221 protest the situation? You accept it. How can such large
222 quantities of illegal drugs be brought into your country
223 undetected? Yet one individual can hardly cross the border without
224 someone knowing. Does it make any sense? Does that answer the
225 question sufficiently?

226

227 ***: Yes, it does.

228

229 ***: In this situation, what would be the most effective kind of
230 protest that we as common citizens could generate and to whom
231 should we direct it to get their attention to get something done?

232

233 C: First of all, you must start in your immediate families, in
234 your immediate families. Teach your children to have respect in
235 themselves. Teach them to be individuals, not to be sheep, not to
236 follow others, not to worry of peer pressure. Teach them to stand
237 on their own. Teach them to care about their own selves, to love
238 their own selves, to respect themselves. Then start with your
239 local law enforcement, your local politicians. Insist, INSIST that
240 the drug situation be stopped. Go from local to state and then to
241 federal. Demand that it be stopped. If you teach your children
242 not to use drugs, who will buy it? And if no one will buy it, who
243 will import it or grow it or manufacture it? Does that answer the
244 question?

245

246 ***: Yes, thank you.