

# Hypnosis

## Part 1-Sample

Trance Library File No. 22-161

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

## SUGGESTIONS ON READING THE TRANCE LIBRARY FILES

by

WILLIAM ALLEN LePAR

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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,

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## AN INTRODUCTION TO THE COUNCIL

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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 were the rarest paranormal experiences known to modern man. The only example of a similar phenomenon ended with the death of [Edgar Cayce](#) in 1944. The Council's unparalleled revelations, through Mr. LePar's trances, have been made available to the public through the SOL - Association for Research. His time and efforts were without compensation, and SOL is a non-profit, tax-exempt concern dependent on the commitment of volunteers.

The following is a brief explanation of a Trance, so those who did not have the opportunity to participate have a better understanding of the phenomenon. On the day of a Trance, Mr. LePar remained in a peaceful environment. He consumed little food and The Council recommended his diet include red shellfish. He engaged in considerable prayer and meditation throughout the day.

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

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

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

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

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

## FOREWORD

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

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

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

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## EXPLANATION OF TRANCE LIBRARY FILE FORMAT

### Reincarnation<sup>(1)</sup>

page 31<sup>(2)</sup>

Selection # 16<sup>(3)</sup>

Reincarnation<sup>(4)</sup> was discussed on 80-06-28<sup>(5)</sup>, the 78th Trance<sup>(6)</sup>.

The word "reincarnation was first found on page 1235, in line 387<sup>(7)</sup>.

386<sup>(8)</sup>

387 \*\*\*:<sup>(9)</sup> 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:<sup>(10)</sup> 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.

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*Hypnosis was discussed on 75-10-03, the 15th Trance.*

*The word "hypnosis" was first found on page 208, line 938.*

938 \*\*\*: In hypnosis, can you tap into erroneous information?

939

940 C: Most assuredly, there are many levels or personalities or

941 subconscious individuals within that individual so to speak.

942 There is an opportunity to become involved with that portion of

943 you that is not the most pleasant or the most honest. Therefore,

944 naturally, the information would not be correct. Man does not

945 fully understand himself physically, let alone emotionally.

946

947 \*\*\*: So then how much is correct information would depend on which

948 level that you were at?

949

950 C: Yes. In generally speaking an individual will return basically

951 to the same level for information depending of course on the

952 information requested.

953 \*\*\*: Do you mean by that that an individual will decide upon a

954 certain level and then will generally always return to that?

955

956 C: This depends then on the individual. Some can choose to

957 return to a specific level, others cannot. This goes beyond

958 your ability to understand, it goes beyond the ability of even

959 the most advanced of doctors to understand. An individual can

960 be directed to return to a specific level of hypnosis or

961 information if that individual is guided properly and in a consistent

962 manner or suggestion made that the individual return there.

*Hypnosis was discussed on 75-10-03, the 15th Trance.*

*The word "hypnotic" was first found on page 209, line 964.*

964 \*\*\*: What is the value or danger of hypnotic regression to get  
965 past lives?

966

967 C: Some common sense along this line would be all that you would  
968 need to answer the question. But let us look at it from this  
969 point. Through hypnotic regression you as an individual or the  
970 hypnotist does not actually have the control that should be there.  
971 You may journey through experiences in either the present life or  
972 in a past life that would cause such a trauma in the present  
973 existence that one would never fully overcome in the present. Is  
974 this understood?

975

976 \*\*\*: Yes.

977

978 C: The worst vainness of an individual is to undergo hypnotic  
979 regression. This is the epitome of vanity as far as we are  
980 concerned. You have no governing ability whatsoever. You do  
981 not know where you will go, nor can you actually rely on the  
982 information as far as whether it is legitimately a past life,  
983 for you may be recalling something that you have read when a  
984 child or have heard of when a child or in fact even read as a  
985 book in a past life. Is this understood?

986

987 \*\*\*: Yes.

988

989 C: This is not advised whatsoever. If one wishes to have past  
990 lives recalled, it would be safer and wiser to go to a past  
991 life reader. Those who use hypnosis are just asking for serious  
992 problems. Even at its best it proves nothing. Hypnosis can be  
993 beneficial to man when it is used for his benefit, but such things  
994 are useless. Past lives do not actually prove that the soul is  
995 continuous, when done with hypnosis. This is really more of a  
996 money-making situation than anything if the truth be known.

*Hypnosis was discussed on 77-09-24, the 32nd Trance.*

*The word "hypnosis" was first found on page 469, line 93.*

93     \*\*\*: In what way, what respect could hypnosis be beneficial to man?

94

95     C: Medically speaking it can be very beneficial. You can help to

96     eliminate unnecessary crutches. It can be used to help establish a

97     more positive thought pattern, a more positive attitude. It can give

98     inner strength. Hypnosis is a beautiful tool to use when used

99     properly and constructively, but it can be a very dangerous and

100    negative tool, also. Because there you are dealing with a much,

101    shall we say, basic part of the individual or the entity. You have

102    stripped away many of the automatic protections that you as

103    individuals and entities have established for yourself. But in the

104    hands of a responsible individual whose attitude and soul is in the

105    proper state, there is no harm in it, only benefit can come of it.

106    If we were to offer a suggestion in this line, the form of meditation

107    that this one has discovered, or whatever term you wish to use, he

108    has constructed out of his own experiences, can be a very beneficial

109    form of hypnosis because there is really no difference between the

110    state of consciousness in meditation and hypnosis whether it be

111    induced by an outsider or another entity or self-induced, you see.

112    They are all the same but the difference comes in whether you have

113    control or whether you have allowed that control to another

114    individual or whether you have placed that control in the hands of

115    even a higher, you see. Now the meditation that he has developed is

116    really a meditation, since it is a form of hypnosis that allows you

117 to tap into a greater source, or go below the, shall we say, surface  
118 area of the subconscious and in there you begin to visualize symbols  
119 and thoughts that would be a help to clearing out the, shall we say,  
120 rubble in the house, dusting it up, polishing it up, cleaning it up,  
121 you see. But meditation and hypnosis and self-hypnosis are all the  
122 same thing. The difference lies in, are you directing yourself?, is  
123 someone else directing you?, or have you placed your guidance in the  
124 higher source?

*Hypnosis was discussed on 83-10-05, the 117<sup>th</sup> Trance.*

*The word “hypnosis” was first found on page 1918, line 656.*

Editor’s note: This is a detailed explanation of the activities of the various levels of the mind concerning the activity of healing. See the Trance lending library *The Mind Part 1* and *The Mind Part 2* for more information or the book *Return to Eden; The Universal Being Lectures of William LePar*.

656 C: Now, the actual process is that through hypnosis then the  
657 healing or whatever the suggestion travels through the conscious  
658 mind, begins to ride upon the traveling mind through the  
659 subconscious area, then to the objective mind and then to the  
660 farther end of the objective mind it touches or it signals the  
661 entity, the true entity or soul or spirit. The soul or spirit  
662 then acknowledges this activity and then releases back the impulses  
663 necessary. Do you understand?

664

665 \*\*\*: Yes.

666

667 C: It is a very simple process described like that. When you get  
668 into all the different levels of the subconscious area and all the  
669 different levels of the objective mind to its furthest extent where  
670 it actually is then the pure entity itself, it would become so  
671 complicated and involved it is totally useless. You could not  
672 comprehend the inner relationship of these expanses of  
673 consciousness. When we talk of them, when we talk to you, we talk  
674 as if they are separate minds. In actuality, they are not, they  
675 are simply one mind that has a very dense end of it and a very

676 refined end of it. So one is then traveling from the dense end  
677 into the refined end, or you may look upon it as a sphere, the  
678 outer crust is very dense. It takes much more penetration or force  
679 and as you get closer to the nucleus then it is much more refined,  
680 much more delicate and needs a very mild stimulus for activation,  
681 and finally when you get to the very core of it itself to the true  
682 nucleus within the nucleus, it is the living being then.  
683 Of course, it actually is in complete control of all the  
684 extremities therein, either to accept the penetration or to reject  
685 it. It is somewhat of an involved process but a little  
686 contemplation on it it becomes quite simple.