

Chakras

Trance Library File No. 98-66

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

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DISCLAIMER

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

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

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

EXPLANATION OF TRANCE LIBRARY FILE FORMAT

Reincarnation⁽¹⁾

page 31⁽²⁾

Selection # 16⁽³⁾

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

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

386⁽⁸⁾

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

390

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

NOTES

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

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

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

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

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

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

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

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

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

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

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.

*Chakras were discussed on 76-04-09, the 19th Trance.
The word “chakras” was first found on page 253, line 262.*

261 ***: Is it possible for someone to raise the kundalini up through
262 the chakras and then back down. If so, how would this be?
263
264 C: This would depend on the individual. This is possible and
265 does happen but only in certain situations. This is an absolute
266 necessity when a very highly evolved spirit or entity re-enters
267 into the earth plane as a helper. In this particular instance
268 it is then necessary to bring what takes most individuals a
269 lifetime to accomplish, this must be done in a relatively short
270 period of time. Raising those spiritual forces from the most
271 base to the highest, then taking that higher consciousness and
272 bringing it back down into the lower chakras so that they then
273 are more refined. This must be done as we said only by certain
274 individuals. This one should take heed in that information which
275 was given to him along these lines. This can explain then certain
276 events that have happened that up till now have not been fully
277 explained. First, if this one will recall a photograph taken
278 quite some time ago of himself, counting the lights above the
279 head in the photograph one will come to the figure ten. Along
280 with the seven chakras in the body which are the major spiritual
281 forces there are also twelve minor chakras within the head area,
282 ten of which as the photograph indicates were open at that time.
283 Shortly after that photograph an eleventh one was opened. The
284 twelfth will be opened shortly before this one crosses over. If
285 the twelve were opened prior to that time, this would create
286 manifestations that would add more to the individual than to the
287 cause for which he is here. Thus it will be held shut until such
288 time that he is ready to cross over. In the meantime all seven
289 chakras will be raised to their higher consciousness. The
290 illumination that this one experienced some time ago in

291 which he described as complete ecstasy was the thousand petal
292 lotus opened. True illumination does not come as some of those
293 explain it in a burst of extreme glory, but comes as a very
294 subtle light that floods the body bringing to it the ultimate
295 ecstasy: the extension of the Hand of the Father. This should
296 explain some of the things that he has been questioning in his
297 soul.

Chakras were discussed on 78-01-05, the 36th Trance.

The word “chakras” was first found on page 548, line 534.

481 ***: Yes. You had stated in my transcript that I am musically
482 inclined, not talent, but it can be used as a tool. How should I use
483 music as a tool?

484

485 C: Music is said to pacify the soul. It also can quiet the base
486 desires of the physical. If you have an interest that you manifest
487 in the musical line, then use it for your own personal satisfaction.
488 Do you understand this?

489

490 ***: Yes.

491

492 C: But it should be the type of music that is spiritual and
493 inspirational, not that which is popular today. That which is
494 popular today will only cause more confusion within your conscious
495 mind and within your soul, because the beating and the rhythm and the
496 hypnotic noise that this creates sets the vibrations or the energy
497 fields of the physical off in the wrong direction. It excites the
498 lower chakras which without the proper control does nothing but draw
499 the individual down further. The present day music which is so
500 popular does nothing but tear the soul apart or tear the entity
501 apart. So if you have an interest in the musical and wish to express
502 it, then you should develop those things or those avenues of music
503 which would tend to be classical, to be uplifting or to be
504 religious-type of music. Even keeping away from such places that are
505 known to favor the heavy acid rock or rock music of today. Those
506 things, those places, and those people you should avoid.

507

508 ***: (***) had shown me an album by an artist named (***). Is this
509 favored music?

510

511 C: You would have to specify specific pieces of music.

512

513 ***: You mean different parts of his is not favored or albums?

514

515 C: As a general rule only in this particular case, in your
516 particular case. As a rule this particular entity is capable of
517 constructing music that is uplifting for the spirit, for the soul.

518 Now we are not saying that all music that would be done by this
519 entity would be beneficial, but as a general rule it would be an
520 uplifting type of music.

521

522 ***: The album which I purchased is (***), can I go on that as a
523 reference to what type?

524

525 C: We will give a guideline to you that we have given before and
526 that is this: Generally classical music is uplifting, is spiritually
527 inspiring. The structure of the music itself, the tones, and the
528 combination has a tendency to excite the higher chakras. It clears,
529 shall we say, the channels for the soul or the spirit to manifest
530 easier or enlighten the physical body, but there is an element in
531 some of the classical work that is very cleverly disguised, and that
532 is the element of negativity. There are classical pieces that have
533 heavy underbeatings, that use the percussion instruments to excite
534 the base chakra and not channel that upwards to even stimulate the
535 higher chakras, but with the true classical and religious or
536 inspirational music the higher chakras are first stimulated and then
537 the base chakras are excited so that they increase then as the forces
538 move up, increase even greater, to a greater degree the upper
539 chakras, that would be from the heart chakra up. Now one must be
540 somewhat careful in listening for those pieces of classical music or
541 religious music that only stimulate the lower chakras or first
542 stimulate the lower chakras. Those pieces of music that stimulate
543 first the higher chakras are the truly spiritual musics.

Chakras were discussed on 78-06-10, the 46th Trance.

The word "chakras" was first found on page 763, line 653.

585 ***: In Galatians 4: 4-7, it states that we are Sons of God. If
586 this is the case, how do we relate to Christ being The Son of God?
587 We hope for an explanation that will clarify this. There is more to
588 this question but I thought perhaps you would want to answer the
589 first part.

590

591 C: You would be wisest to try and have the full quote which you make
592 reference to.

593

594 ***: "Then God sent out His Son on a mission to us. He took birth
595 from a woman, took birth as a subject of the law, so as to ransom
596 those who were subject to the law, and make us sons by adoption. To
597 prove that you are sons, God has sent out the Spirit of His Son into
598 your hearts, crying out in us Abba, Father. No longer then, art thou
599 a slave, thou art a son; and because thou art a son, thou hast, by
600 Divine appointment, the son's right of inheritance."

601

602 C: And what is your question now?

603 ***: In Galatians 4:4-7,it states that we are Sons of God. If this
604 is the case, how do we relate to Christ being The Son of God?

605

606 C: Well, it should be quite obvious. There has never been any
607 argument that you are not Sons of God and as far as Jesus Christ
608 being The Son of God, He is The Son of God, simply because He is the
609 only one that has been begotten by God the Father Himself. Now, you
610 must understand that Jesus Christ is the physical aspect of an aspect
611 of the Divine Father. Now, if you will recall in what we have
612 already given you as far as the Virgin Birth, that is the first time
613 in man's history, that the Divine has touched personally, shall we
614 say, another physical form or, shall we say, a physical form, in that

615 the Divine Father is the Sire of Jesus of Nazareth. No earthly man
616 was involved in this so in this respect then Jesus Christ is the
617 Only-Begotten Son of the Father and thus not only is rightful heir to
618 all the heavenly realms but then automatically becomes rightful
619 heir to all of the physical realms, all the physical manifestations.
620 Do you understand?

621

622 ***: Yes.

623

624 C: Now this does not mean that you are not also a son for you were
625 also created by the Divine Father. The difference is it was your
626 choosing to become involved in the material because of your
627 self-satisfaction, your selfishness, and consequently you became
628 stuck, but in the sense of Jesus the Christ there was no reason for
629 His material expression other than to instill in the physical
630 manifestation an avenue of final escape for those who had tied
631 themselves to the wheel of reincarnation and karma. So as we have
632 said before then this Man and God, Jesus Christ, is that Bridge which
633 traverses this dark abyss that you have created. It is His Mystical
634 Consciousness or His Mystical Body that now permeates everything in
635 the material manifestation and as such you are able then to become
636 part of that, if you choose, drawing then into you that illumination
637 for the desire of returning home to your rightful place, to your
638 heavenly mansion, to your heavenly kingdom or domain or to your godly
639 state of consciousness. We will tell you something that possibly we
640 should refer to as a mystery or a secret, but really is not if you
641 have a true understanding of the whole purpose of the Christian
642 experience and that is this. That each of you who find yourselves in
643 the Christian Belief System has already, shall we say, opened all the
644 chakras in the physical form. You have started from the base and
645 gone to the top, but you have not been able to do it in perfection,
646 so consequently you have what it takes for perfection but you have
647 not been able to apply it, so you come into the Christian Belief
648 System where you have the perfect example for the proper application,
649 the perfected application of your spirituality, of your awareness.

650 Each Christian, if he is a true Christian, each Child of God, if he
651 is a true Child of God, each Son of God, if he is a true Son of God,
652 and each Son of Light, if he is a true Son of Light, will work
653 through the fourth chakra, the heart chakra. That all this
654 illumination from the thousand petal lotus or the crown chakra, from
655 the third eye or the brow chakra, from the throat chakra should work
656 through the heart chakra. All experiences must be generated from the
657 heart chakra. All the enlightenment, all the knowledge, all the
658 wisdom, all the illumination, is of no value if it cannot be applied
659 to the exterior and its application must come from that heart chakra.
660 It must emanate from the heart. It must emanate from the throat
661 chakra, the voice, the words. It must emanate from the mind, the
662 brow chakra.

663

664 ***: At different times? Different chakras at different times or
665 all of them working together?

666

667 C: Anyone born in the Christian Belief System has opened all the
668 chakras and has opened them properly, each chakra. None has been
669 bypassed or opened out of order or any of the old confusion that is
670 often put to the energy system. Do you understand this?

671

672 ***: Yes. I guess what had me confused is sometimes I am aware of
673 the throat chakra or the heart chakra.

674

675 C: You should not isolate your awareness of those chakras. In other
676 words you should not concentrate on just one.

677

678 ***: No, I wasn't.

679

680 C: Now, listen, listen, listen, Do you understand?

681

682 ***: Yes.

683

684 C: Now listen. The fact that you are aware of a particular chakra

685 shows that you are concentrating on that chakra and this can throw it
686 out of balance. Think of yourself as a total being and that
687 everything that you have accomplished must now be presented in the
688 physical form through love, through the heart chakra. That is the
689 power chakra now. The thousand petal lotus chakra or the crown
690 chakra is open and is receptive. That flows down directly to the
691 heart chakra; there it is stimulated; it is energized; and it is
692 pumped up then automatically either to be expressed from the heart
693 through the general attitude and actions or through the voice or
694 through the brow chakra or the mind and the thinking that brings
695 situations of benefit and care. Do you understand?

696

697 ***: Yes. Partly.

698 C: Hopefully you will understand completely. No one in the Western
699 belief system and particularly in Christianity has to worry about the
700 chakras and least of all, any of the chakras below the heart chakra.
701 Those are stabilized and will not be hampered with. The only way
702 those chakras can become out of condition is if you take those
703 feelings, those illuminations, those understandings from the heart
704 chakra and instead of moving them up and out you retain them and
705 they will move down and out which will throw them then out of
706 balance. And it is only through the brow chakra then, the mind, the
707 attitudes, increasing that by concentrating on attitudes that are
708 contrary to what is being produced from the lower chakras, the lower
709 three. So then the brow chakra must overpower then the out of
710 balance lower chakras so that they will resynchronize themselves, so
711 to put it. Once this attitude that manifests in the physical for the
712 correction of whatever it was that was not expressed properly then
713 the attitude makes the changes and makes the control.

714

715 ***: So then it doesn't do any good to go through a meditative
716 procedure where you would concentrate on all of the various chakras
717 one by one?

718

719 C. It would be an utter waste of time. If you wish to use that

720 avenue, then the best way to gain peace of mind, if you wish, as far
721 as the chakras go, is to concentrate on a cycling from the crown
722 chakra down directly to the heart chakra and then up to the throat
723 chakra and the brow chakra and it would work in one large unit, not
724 separate. In other words, instead of four separate energy fields,
725 you would have four fields working as one massive unit.

726

727 ***: Thank you.

728

729 C: You are most welcome.

Chakras were discussed on 78-07-08, the 47th Trance.

The word “chakras” was first found on page 780, line 330.

316 ***: Thank you. Since you were talking about rock music and its
317 adverse effects on the listeners, would you say that it changes the
318 molecular structure of the body cells perhaps?

319

320 C: Well, let us say it will get the body cells moving. The actual
321 change, no. First, you must look at music or sound and light all in
322 the same vein. That is simply another form of energy. Now, the
323 construction of the music itself, in other words, the actual
324 composition, the note-by-note construction, and the instruments used
325 create a force field or an energy. Now this energy is directly
326 connected or related to the base chakras, the lower chakras. Since
327 coming into a Western belief system these chakras are in proper
328 alignment, proper attunement, working properly, this form of music
329 then upsets the lower chakras. In doing so then that balance is
330 thrown off, and they, shall we say, overpower the heart chakra which
331 is now the working chakra for the Western belief system. Is that
332 explanation enough?

333

334 ***: Yes, do you mean to say that specific music then can be used to
335 bring these chakras back into alignment?

336

337 C: No and yes. The music, the rock music, or the acid music,
338 whatever term you wish to call it, can disrupt very easily the
339 chakras. Now the easiest way to bring those chakras back into
340 balance is not to afford yourself the opportunity to listen to that
341 sort of music. Those chakras then can be brought back into proper
342 flow or proper activity simply through prayer and meditation. A
343 simple meditation to get all the chakras in proper order or proper
344 balance is to meditate so that you visualize your body as one
345 complete unit. If you are into visualizing energy fields, then you

346 would see the body encompassed in one total energy field. Do not
347 visualize the body separated by isolated or individual energy fields.
348 What you are doing when you do that then is taking all the chakras out
349 of synchronization, you see, out of unison, and what you have now
350 under the Western belief system is a complete unison. You have
351 already accomplished all the things necessary to bring the chakras
352 in proper alignment; you all have undergone kundalini or whatever
353 you wish to call it. So that now you have achieved that, now you
354 must bring all that into useful practice, useful practice. The
355 experience of the kundalini and its highest, shall we say,
356 accomplishments are already yours, but that only is the opening of
357 the door, because once all the chakras are in tune with one another
358 or in balance and functioning as they should be, then what happens is
359 the crown chakra is then opened to receive divine guidance. Now what
360 happens here is that guidance goes directly to the heart chakra.
361 Since the Western belief system is based on a godly expression of
362 love then the first acting chakra then is the heart chakra. You have
363 an open channel from the crown chakra directly to the heart chakra.
364 From there then all guidance is directed upwards in an attitude of
365 love or unity, you see, expressing your godliness. We have basically
366 given that information already, just a short while ago. Now, what
367 this wretched music does is overpowers your being or your system by
368 throwing the lower chakras out of synchronization or stimulating them
369 so they are overpowering all the rest; so that any love then that is
370 expressed is generally a very selfish love, it is either directed to,
371 "The world exists around me," or the sexual aspects, you see. So it
372 is an extremely selfish situation which brings a disunity then to you
373 and to your immediate surroundings.

374

375 ***: If it is in balance then, of course, it would affect the
376 chemical balance existing in the body at the particular time, also,
377 wouldn't it?

378

379 C: The chemical balance. You are trying to relate two almost
380 abstract things. If the chakras are allowed to function properly,

381 then instead of, shall we say, a chemical situation you have a
382 molecular change more so than any chemical change in that the
383 structure of the body itself, going to the atom, shall we say, the
384 molecular structure is larger. Is this clear?

385

386 ***: Yes.

387

388 C: In other words, say, an atom, if you were to look at the atom of
389 a cell from your skin or what have you, it would be one size, the
390 distance from the nucleus to the circulating protons and neutrons,
391 that distance would be greater in a perfectly balanced chakra system
392 than in one that has been, shall we say, tampered with through the
393 drug or through the acid rock music or whatever you call it, you see.
394 So that as the chakras are all in proper attunement or in line, you
395 become more of a light "body." Do you understand?

396

397 ***: Yes, I understand. There would be a difference in the
398 polarization of the particular minute particles, or whatever, inside
399 of the atom, too?

400 C: No. It is just that there would be an expansion of the actual
401 molecular structure. Now, this is not to a degree where you would
402 appear taller. Do you understand?

403

404 ***: Yes.

405

406 C: Shall we say, the larger the area then on the molecular scale or,
407 shall we say, at a molecular level, the larger the area, the more
408 readily the gross influences pass through without affecting it, you
409 see. Now, the more refined influences then become, shall we say, a
410 tighter screening effect. So that in actuality as this finer
411 attunement comes, then there is a charge, an electromagnetic charge
412 set up within the atom itself and around it, so that those negative
413 influences or those gross influences will either pass directly
414 through without any effect or that those that may cause an adverse
415 effect will be blocked out completely.

*Chakras were discussed on 85-11-15, the 134th Trance.
The word “chakras” was first found on page 2194, line 628.*

604 ***: I would ask you to comment on three different areas. One is
605 Muzak which is everywhere, in every elevator, everywhere, and a lot
606 of the Muzak does have a strong rock beat but with no words.
607 Another thing is marching band music that has a very strong steady
608 beat, again no words, and instead of a droning it gives everybody
609 more of an up feeling. And the last thing is silence, just
610 beautiful, total silence.

611

612 C: Silence is a blessing, and it is a healthy state, and it is a
613 spiritual state. Now, let us ask you a question. How many people
614 today can stand silence? Not many.

615

616 ***: If you are asking me, I have yet to meet many of them because
617 everywhere you go there is noise.

618

619 C: That is right, so that gives you some idea as to, again, an
620 indication of the spiritual condition of the world. People who are
621 seeking something beyond the material will enjoy silence. Those who
622 are running away from spirituality must have noise, because in silence
623 one meets one's self and then one meets one's God.

624 Now, as to Muzak, if you must be bombarded with music, it is
625 something like between the fire and the kettle, the less or the
626 least damaging would be just the straight music. If it has a
627 strong underbeat or overbeat or whatever you wish to call it, it
628 will affect the base vibrations or the base chakras. This can
629 be dealt with simply by a general meditation; it can be brought
630 back into proper synchronization with the other chakras. It is
631 more dangerous to listen to that kind of music if it has words.

632 Does that answer your question?

633 ***: Yes, except for marching band-type music.

634

635 C: Marching band-type music. It has a tendency to, how shall we
636 put it, stimulate the physical body. Let us put it this way, in
637 most situations, a marching music will bring a sense of pride to
638 an individual. This is somewhat triggered off by the hormonal
639 system of the body which can for a short period of time act almost
640 as a cleansing process or a rejuvenation, but too much of that
641 music can be, to say damaging would be very strong, to say
642 disregard all worry about marching music would be too strong. With
643 the marching music a little will help; too much will be damaging.
644 Is that clear enough for you?

645

646 ***: Yes.

647

648 C: It is one of those situations or types of stimulation that a
649 little is good, too much is bad. Music is not just music, you
650 know. There is an influencing factor on music, we hate to bring
651 this in because it will definitely complicate the whole situation,
652 but there is an influencing factor when it comes to music. It is
653 the concept or the pre-established concept or idea that you have
654 that may be related to the music that can offer a beneficial factor
655 or it can be a detrimental factor. Does that make it a little
656 clearer or complicate things?

657

658 ***: No, that makes sense.

659

660 C: A simple example is with the marching music, if it establishes
661 a sense of pride, we are talking about not the egotistical pride
662 but the wholesome pride, if it gives you a sense of joy and uplifts
663 you, then by all means some marching music will be much to your
664 benefit or be much beneficial, but again exercise a little caution
665 with such music. There are many different beats or renditions of
666 the same march. If the beat is very quick and pacy, there is less
667 danger than something that would be slower and deliberate. Do you
668 understand?

669

670 ***: Yes, I do. I am thinking of John Philip Sousa. Yes.

671

672 C: So, those are some guidelines. Now, when it comes to this
673 modern noise-making, and we are sure that you are all aware that we
674 object to it with a passion, so we are apt to make very strong
675 blanket statements which, as a general rule, holds pretty clearly, but
676 you have other areas of music that are acceptable, and we would not
677 offer as strong a caution on those pieces of music or that type of
678 music.

679 Take, for instance, a waltz. Some waltzes have very strong
680 beats to them, but it is not geared to the base chakras. The
681 whole structure of a piece of music must really be analyzed or
682 taken into consideration, if you are to evaluate properly and it
683 has to be done on a piece by piece, but as a safeguard we make
684 blanket statements in certain areas. The modern music today, you
685 would look hard and we do mean very hard and long to find anything
686 that would be even remotely acceptable, so making a statement that
687 it is all garbage is pretty accurate. Now, again, that deals with
688 your acid rock type of music and the later rock and roll musics.
689 Your folksy music or cowboy musics, we cannot understand how
690 the ear of man can listen to that twangy sound, honky-tonks and
691 broken hearts, it seems to be extremely depressing and the newer
692 versions or the newer songs are running a close second to the stuff
693 that the young people call music, this junk. You all are aware of
694 junk food, well, you have another category, junk music, which is as
695 damaging to the consciousness as junk food is to the body. Very
696 well. Hopefully, we have answered your question.

697

698 ***: Yes, very well, thank you.

699

700 C: Nice little sermon we threw in, too.

*Chakras were discussed on 90-05-19, the 177th Trance.
The word “chakras” was first found on page 2928, line 46.*

20 ***: Do you have an opening statement for us?

21

22 C: This begins a new series or a new season wherein we can assist
23 you in your spiritual growth, in your awareness. We hope that this
24 season is as productive as those in the past. It is important to
25 realize that the answers you receive from us are of such a nature
26 that they can be applied to anyone's situation. Proper application
27 of this information will assure you in your spiritual growth, your
28 at-one-ment with the Divine Source. The degree and the sincerity
29 in which you apply the information to your life will be the
30 benefits reaped.

31 The purpose of each of you or your mission in life is to
32 achieve a greater awareness of your original divine state, to
33 become more fully aware of what you will inherit as you grow, as
34 you begin to become more god-like. The journey from birth to death
35 is the true mission of each of you because in that journey, in that
36 travel, you have the opportunities to exercise either your animal
37 nature or your spiritual nature. The mission, the goal, of each of
38 you is to exercise the spiritual nature far above those times that
39 you may exercise the animal nature. Each journey, each mission in
40 life ultimately can be reduced to a change of attitude toward
41 yourself and those around you.

42 Man seeks to find a greater understanding to himself. Many
43 times those who are of a Western belief system reach over into
44 the older systems for that deeper understanding. Some have become
45 aware of the chakra systems. But instead of seeking a truer

46 understanding of what the chakras are and what they can do for you,
47 they get lost along the way with the trivial aspects of the chakra
48 or the materialistic aspects of the chakra or the commercial
49 aspects of the chakra.

50 The truest way in understanding and utilizing the chakra
51 system is this: The base chakra which is located in the rectal
52 area is the seat of the coiled serpent, the base of the kundalini.
53 One can also realize this to be the area of self-preservation, that
54 in which one feeds oneself, consumes. The next chakra is that that
55 deals with the sexual, reproductive aspects. The base motivation
56 of this chakra is reproduction, the re-establishment of self in the
57 future. The next chakra up is that which deals with the solar
58 plexus or the area that is located in the upper abdominal section.
59 This deals with the achievements, the aggressiveness, the anger,
60 the fight, the accumulation of material possessions. These are the
61 three base chakras. The world today lives and deals with these
62 three chakras, but if it is to become a peaceful existence, if it
63 is to be the seat of the Christ Consciousness, if it is to be
64 established as a heaven on earth where all are living in peace and
65 tranquility, then these must be controlled, they must be
66 transformed, and the transformation comes in the heart chakra, the
67 chakra of the Christ Consciousness. The purpose of this chakra is
68 to bring compassion to the animal nature, thus bringing a spiritual
69 quality or an essence into the physical. This is the chakra of
70 compassion, of love, of concern, of humanity. This is the point of
71 transformation, this is the point of transcendence. Here the base
72 chakras are transformed into a higher form, into a more spiritual
73 form. This is where man becomes man and leaves his animal nature
74 below.

75 If you can remember to view life from the heart chakra, you

76 will have succeeded in reaching your greatest spiritual potential
77 in one lifetime, thereby eliminating the need for reincarnation,
78 eliminating all your karma, and moving on to greater spiritual
79 growth, never needing to return to the physical world again. So
80 the heart chakra is the transcended chakra; this changes man into a
81 spiritual being. This is the chakra of compassion, of love, of
82 reaching out to others in a spiritual sense, in an emotional sense,
83 in an extended hand of love, unconditional love. This is the
84 beginning point of the reawakening of the god in you.
85 Looking at the chakra system as it was originally intended,
86 these are attitudes towards life. Man says they are power centers,
87 but in actuality those centers represent different attitudes toward
88 life and toward self. These are psychological approaches to the
89 art of living, to the gifts that you have within your spiritual
90 being. Very well.

*Chakras were discussed on 90-10-20, the 178th Trance.
The word “chakras” was first found on page 2948, line 53.*

1 C: May the Peace and the Joy of the Infinite Father be upon you
2 all, and may His Light shine down upon you, around you, and within
3 you.
4 This is our blessing at the beginning of each communication.
5 We are twelve entities who have lived in the earth plane like you.
6 We have advanced in the God-Made Heavenly Realms and we speak from
7 the Celestial Level. One day, you too will be with us. How soon
8 is your choice.
9 Let us begin with a story. There was a mighty king who owned
10 great storehouses of gold and jewels. His land stretched in all
11 directions as far as the eye could see and beyond. In his home he
12 had many children. Some of these children became ill content with
13 what they had in their father's home. To their way of thinking
14 their position in the presence of their father was not as secure as
15 they felt it must be. In this father's wisdom, he knew the day
16 would come when these children he loved so dearly would choose to
17 leave the love, the peace, and the order of his home. In advance
18 of that day he called together his best gardeners and herdsmen and
19 sent them out to the mountaintops and the high grounds to fit those
20 places with the best that he had. In time the day did arrive. On
21 that day this loving father walked his children to the gate at the
22 end of the walled garden. He opened the gate wide and he said to
23 these children that he loved dearly, "All that you see and beyond I
24 own. Take what portion of that you wish, and make of that portion
25 what you will. But be wise, my children, keep only to the
26 mountaintops and the high ground where the sunlight of the day

27 shines the full day. Those of you who are wise will not enter into
28 the valleys where the sun never touches, for if you do you shall be
29 lost and your will not be able to find your way back. You will be
30 lost until I send my steward with lighted torch to fetch you back to
31 those mountaintops and high grounds." With this he gave his
32 children his love and his blessings and they left the peace and the
33 order of their father's home. In time all that the father had said
34 to them came to pass. These children of ill content became lost in
35 those darkened valleys. They had only one hope to cling to and
36 that was the departing words of their beloved father, "You will be
37 lost my children until I send my steward with lighted torch to
38 fetch you back." And the light returned to illuminate the darkened
39 consciousness of mankind. Mankind has entered into the valley of
40 darkness. It is time when he must resurrect himself into the
41 light. In the center you have the Divine Presence. God the Father
42 is in the center of the light of spirituality. To His right is The
43 Christ, the pouring out of love and the strength or the graces to
44 exercise that love in one's everyday life. To the other side is
45 the Spirit or the Holy Spirit that begins to raise you up back to
46 the Father and to the Light as you use this love toward others.
47 How may man begin this process back to the Light? You must
48 first begin to realize the relationship between the physical, the
49 emotional, and the spiritual. One such way of doing this is by
50 utilizing the chakra systems. Many of you have been taught that
51 the chakra systems are centers of energy located within the body.
52 But this is only a small portion of the true power and purposes of
53 the chakras. The real power, the real purpose, of the chakras lies
54 in this: They are seven psychological levels or planes of
55 consciousness, concern, and action.
56 The first center, located at the base of the spine, deals with

57 self-preservation, the preservation of life. This can be likened
58 to a devouring esophagus that takes in a lower form of energy,
59 converts it or changes it to a higher and purer form of energy for the
60 purpose of sustaining a higher life force. Some picture this as
61 the coiled serpent that is capable of shedding its skin and
62 becoming anew. This is the seat of the spiritual fire which can be
63 rekindled for purification. At this level of consciousness, man
64 has the desire and the will to live, to preserve life.

65 The second chakra lies in the area of the reproductive organs.
66 This is the urge to procreate. This is the reproductive aspects of
67 man. This is the reestablishment of self in the future, the living
68 memorial. This is also the area where a very vague and dim
69 remembrance of one's past ability exists, the ability to create
70 from self something living.

71 Now the third chakra located in the area of the naval or the
72 solar plexus, deals with the aggression or the aggressiveness of
73 man, the hate, the anger, the fight, the hunter, the warrior. This
74 is the center where man desires material possessions. This is
75 where man desires to possess and rule over others, to control
76 others, but this is also the level where man may, if he chooses,
77 begin to master self, begin to master self so that he can gain a
78 higher level of awareness.

79 These three chakras are often referred to as the animal
80 chakras or the instinctual chakras.

81 Now we move to the fourth chakra, the heart chakra, located in
82 the chest or the area of the heart. This is the level of
83 transformation and resurrection. Animal man moves from animal
84 activity into the realm of proper human and spiritual action. This
85 is when the heart opens up to manifest compassion, concern, and
86 caring for others. This is the seat of transcendence, the Christ

87 Consciousness, the Resurrected Christ, spiritual man resurrected
88 from the ashes of animal man. This is often symbolized by the
89 phoenix who is consumed by the spiritual fires and then begins to
90 resurrect himself into a more glorious and beautiful creation.

91 The next chakra is the chakra of the throat. This is the
92 power of the Christ Consciousness. This is the first power, the
93 first action, the power of the word. When the heart chakra opens
94 and compassion fills the individual, he begins to speak of this
95 love for others, the caring for others, the touching in with
96 others. This is where he begins to exist with man or his fellow
97 man in a cooperative venture of growth back to the Godhead. The
98 heart chakra is the chakra where one desires their original
99 godhood. The throat chakra is the first action of that desire.

100 There are two other chakras which we will not cover because
101 man must begin this process back to his Creator, and those chakras
102 that we have covered are those that can lead to greatest growth
103 when proper control or discipline of self is exercised. Regardless
104 of what level, each level has a god-producing power in it, if man
105 chooses to use that.

106 Your world is not the best place to live. Many of you who are
107 older remember a time when the countryside was green and lush,
108 where the air was sweet and the water was as clear as crystal. You
109 have a responsibility, not only to yourself, but to your children
110 and your children's children to provide that same beautiful garden
111 for their future. It is never too late for man to resurrect
112 himself from materialism into spiritualism, but there is only so
113 much time, we beg you, we plead with you, begin the quest for your
114 Godhead. Your world is in the condition it is today because of the
115 attitudes that its people hold. One cannot grow only with himself,
116 but man grows only when he shares and communicates and serves

