

Selection # 1

Information and Inspirations Part 3

*Biorhythms and the Physical Body was discussed on 85-05-27,
the 129th Trance.*

In this interchange between a questioner from our Research and Study Group and William LePar's spiritual source, The Council, we receive information concerning biorhythms and their usefulness to us. The three major cycles that are referenced here are the physical, emotional and mental cycles.

Questioner: In reference to biorhythms, they really don't have a whole lot of validity, do they?

The Council: Oh yes they do. Much of your, how shall we say, acceptance of everyday life and the digestion of those experiences are governed by the rhythms or cycles that are natural to your physical body. These cycles control to some degree the chemical compounds in the physical container. These chemical compounds then in relationship to the brain, the organ of the brain, can make the reception or the attitude the spiritual attitude, or reception of that spirituality a little more conducive to the physical container. Do you understand?

Questioner: Yes.

The Council: So in that sense they are very important. Now, it is not a question of whether you grow spiritually or not. In other words, it is not a question of saving your soul, if you want to use those terms, but it does help the situation and these rhythms do affect the outward reaction that you have to the world.

Questioner: Well, let me rephrase the question. I firmly believe there are rhythms but I am questioning, like the physical cycle is supposed to be 28 days from the day of birth. But does it progress like that throughout your whole life? Or if you are sick, does it get out of sync?

C: No, those all are related to the natural cycles of the material manifestation. You have far more than three cycles in your make-up. In total you could have well over one hundred different cycles that all intermix or interchange or interrelate to each other.

Questioner: But the 3 cycles we are thinking about, the way they figure them is a valid way to do it.

The Council: Yes, they are based on the physical cycles of the material manifestation which are quite constant. Absolute in fact. Do you understand?

Questioner: I understand.

The Council: If you were to look at the natural cycles of the material manifestation, take for instance, the cycles of the moon, they are quite accurate. Over a long period of time, there are adjustments necessary but not in a single lifetime. Do you understand what we are saying?

Questioner: I understand what you are saying.

The Council: The adjustments are so minimal that it would take many, many lifetimes to even give it a second thought, so these are cycles that are constant with the material manifestation, with the very elements that you are composed of or the physical body of your soul is composed of. They all must work in relationship to each other. This is part of the holding process of the soul or the entity in the material manifestation. If you want to look at the situation in relationship to the overall picture, these cycles that are represented by man's vocabulary or man's intellect are very essential in you maintaining a material form for your growth. Now, we would not say that you should say everyone must have a picture of their rhythms. You could live, for the most part, quite well without any knowledge of such things, but for those who wish to pay attention to these, what shall we say, helpmates, well, naturally, why not use them if they interest you. Now, what you should know along with this is that they are very subtle cycles or they influence the overall picture of you very subtly. So, if you were to say that these cycles have drastic manifestations in your every day, no, this is not the case, this is not the case. Yet they do exist, and they do have a direct influence on you. It is your ability to control yourself through your spirituality, through your wisdom, through your good judgment that keeps these cycles from radically affecting your exterior activities. Do you understand that?

Questioner: Yes.

The Council: So, you can go as, shall we put it, "crazy" with those cycles as you care to go. But common courtesy, education, wisdom, conditions, help to maintain the exterior, plus past experiences in your lifetime. If a person were to observe their inner feelings very closely and become attuned to their moods, to their energy levels, to their outlook, and to their mental activity, would without too much trouble be able to sense these cycles. So, they do exist and they do have an important part to play in your overall make-up, but the soul quality, the soul-saving quality of these things, no, you are looking at them then from the wrong point of view. Is that understood?

Questioner: Yes.

The Council: So disregarding your cycles does not determine whether you are going to grow spiritually or not. They will or can help in understanding yourself in your everyday relationships or activities. So, in that sense then, in an indirect sense, it is possible to help you in a spiritual way if you choose to look at it that way. But only as a once-removed, shall we say, helpmate.

Questioner: Suppose you had a big decision to make or some kind of action. Would it be a good idea to check your chart and maybe time things for when you have what they call

for a triple high or perhaps on triple low days put off some decisions until you are thinking better. Would that be a valid use for a chart like that?

The Council: If you choose to use a chart like that, yes, but you must use a little, how shall we say, common sense or a little discernment. You cannot rely on a cycle or a chart to make every decision or to avoid making decisions all the time. Do you understand?

Questioner: Yes.

The Council: The chart or the cycles represent the overall keenness. Do you understand that?

Questioner: Yes.

The Council: How sharp you are or how keen you are? Do you understand?

Questioner: Yes.

The Council: And this, of course, incorporates the three major aspects of you. Now, how strongly you are influenced by those cycles is mostly determined by you, this is in reference to exterior activities. Do you understand?

Questioner: Yes, I understand.

The Council: So, we are not saying that they are an essential thing that everybody should have. Yet we are saying that they do exist; they do influence you, and they can be used to help you, if nothing else, understand the way you are feeling at a particular time. They are important in this respect. They are part of the natural cycles of the material manifestation which you are a part of. They do influence, to a degree, the chemical reactions within the body, the intensity of those reactions and the lack of that intensity. Now, this again is another relationship to maintaining the material manifestation for the soul or maintaining the tool for the soul. When you come into the material manifestation, the soul must create a body that is compatible with the natural cycles of the material world or the material manifestation, and it just so happens that those are three cycles that most directly influence the exterior you, in other words, your relationship to your immediate world at that particular time or your immediate family or your immediate activities. Have we confused the situation or cleared it up?

Questioner: You have cleared it up.

The Council: Again, they can be useful but we would never say that spiritual growth depends on such a thing. Before you ever heard of such things, you were living a life. If you feel that after you have heard of such things it would help you to have a better day, understand your day a little better, then by all means use it. But you must realize that there are well over a hundred more cycles involved.

Questioner: I assume that these three are the more or less major cycles.

The Council: Well, it depends on what you want to consider as major. They would have the most outward effect on your day-to-day experiences.

Questioner: Would there be any other cycle of equal or greater benefit to include in a biorhythm chart?

The Council: No, because they go down in graduated physical outward effects, so they become more subtle than what the three major rhythms or what is considered the major rhythms. Those can be used the most easily in understanding your day or your attitude for that day.

Questioner: Would this be a beneficial use of biorhythms, if you are looking for whatever spiritual benefits there are in fasting, if you are looking for these benefits, would it be a good use of biorhythms to begin a fast on a triple high? Would that help any in the fasting effort?

The Council: No. Listen to what we have said. It does not directly influence your spiritual state whatsoever. It does give you an understanding of your attitude toward a particular event at a particular time in your life. In other words, how did you receive today? How did you react to today?

Questioner: I reacted pretty good today.

The Council: Well, whatever. We are trying to point out how it could be used.

Questioner: Would it be all right to use the information you just gave us then as somewhat of an introduction to the charts that we make?

The Council: As long as you understand that you are not to confuse the biorhythm idea or concept with spirituality. You can be very spiritual on a very bad day. In fact, now that we think about it, maybe on an indication of a bad day you might practice a little charity towards your fellow human being. A good way to build up points. (Laughter) All joking aside now. As long as you do not attempt to sell spirituality through such devices, they can be beneficial to those who have an interest in them, but they cannot guarantee any spiritual growth at all. They are more aligned with the natural rhythms of the material manifestation.