

# SOLAR

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Comments on Spirituality

*William Allen LePar*



*“Sin beyond any sin  
is the sin of blindness of souls to other souls.”*

*Edgar Lee Masters*

## Our Deliberate Blindness

In the mind of Edgar Lee Masters, he gives us food for thought. The one sin that is greater than any other sin is the sin of blindness of a soul to other souls. Beautiful thoughts, beautiful imagery. It gets us to stop and ponder a moment. The beauty of the word halts our attention.

What is he really saying here? When we translate this to reality, to life, as we live it every day, what is he saying? We could say it in these words that the primary sin, or the road away from spirituality, is our unwillingness to take into consideration those around us.

We blind ourselves to other souls out of the fear of possible responsibility or maybe some demands put on us. Could there be a need that we must fulfill? Is it possible that we may be asked to change our attention from ourselves and our self-serving way of life to the attention of someone else and their well-being? Many of us deliberately choose not to see others around us, not to see their needs, so that we can't have the opportunity to extend ourselves beyond our own self-

serving attitude towards life. How can this be a bigger sin for us who practice blindness or how can this be a pathway away from spirituality? Stop and think a moment. Is it possible that we are robbing ourselves of an opportunity to show what we really are, an opportunity to advance our spirituality by reaching out to others, an opportunity to be a channel for Divine love, Divine caring, Divine compassion? If we cheat ourselves of these opportunities, we simply walk deeper into the cave, into the darkness. We withdraw farther and farther from those opportunities that allow us to exercise our godliness, our spirituality. We deprive ourselves deliberately of growth. In essence what we are really doing is blinding ourselves to ourselves, and we do it through the process of refusing to see others' needs.

Life and spirituality are cooperative experiences. We cannot grow spiritually unless we have some way of acting on the potential of our spiri-

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*continued on next page*

tuality, that means we have to have a recipient of our spiritual state, that recipient becomes an opportunity to demonstrate what spirituality we have within ourselves. Regardless of how much good we may do for others, ultimately when all else is stripped away, it is the good we do for ourselves through the act of kindness, the act of love, the act of caring. Oh, it is true that although those spiritual activities may benefit us primarily, the ramifications of those deeds ultimately will benefit others.

So in Masters's concept the greatest sin above all other sins is to ignore our opportunities to grow spiritually, to become closer to our God, to that Divine Essence. Although Masters uses the word "sin," I think that most of all of us know that the word "sin" indicates our separation from the Divine Source. So the greatest act of separation beyond any other act of separation is that deliberate blindness of ourselves to others' needs. There are times when simplifying a concept with one word can be beneficial, but there are other times when that adds a cloudiness to the issue or a lack of understanding. Whenever we hear the word or see the word "sin," what that actually means is some act or deed

or thought that separates us from our Divine Source, our decision to be so self-absorbed that we are oblivious to the needs of others. This decision can be a tremendous step back from a degree of spirituality. When we are dealing with the everyday opportunities to show the quality of our spirituality, we are not talking about some tremendous act of sacrificing, we are talking about small, little things that require very little effort, very little time. You may say, then why bother if they are little things? It is the little things that we are able to see, to become aware of, that demonstrate our attitude towards life. Spirituality is an attitude, and

if we are focused on doing the little things of kindness for others, then our focus is on spirituality, our attitude is a spiritual attitude. It is easy to become aware of situations that may require a great deal of time and effort. It doesn't require much spirituality to be aware of these situations. They are very obvious. But it is necessary to observe the little opportunities that we have, and it is the little opportunities that will gain us a closer relationship to our Divine Maker. We must remember, whenever we miss an opportunity to show a caring or compassion for someone else, we miss the opportunity to grow closer to the Divine. We miss the opportunity to elevate ourselves to a higher degree of spirituality.

Life is a cooperative effort. It is the way we have chosen to demonstrate our godliness, interacting with each other, giving each other the opportunity to demonstrate the god within. What better way than being aware of the little things in life that we can do that show we are a caring person. Each day and each person we come in contact with during that day could be an adventure in spiritual growth. Don't deprive yourself of the great opportunities we have constantly to move your life towards your Divine Creator. Do not allow yourself to miss any chance of being able to demonstrate the god within you.

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SOLAR is published quarterly by SOL, a non-profit and tax-exempt organization dedicated to research and education on spiritual and metaphysical topics. We encourage you to share your comments and insights with us. All articles are based on the insights and guidance provided by The Council through William Allen LePar.

The Council. . . a gathering of twelve souls who once occupied physical bodies on earth but who have since forever left the physical world. In their final act of love for humanity they teach us to regain control of our lives and reunite with our Divine Source.

Send letters to SOL, P.O. Box 2276, North Canton, OH 44720.

Send email to SOL at: [sol\\_org@yahoo.com](mailto:sol_org@yahoo.com)

Send email to William LePar at: [walepar@yahoo.com](mailto:walepar@yahoo.com)

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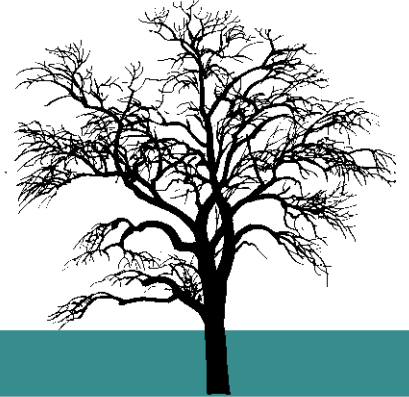
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# Windfall



*Don Weisgarber*

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When I found the fallen tree, I realized how long ago I had last been in the woods. It was a sixty foot wild cherry with three mammoth trunks and a mass of roots extending ten feet in the air, leaving a pit in the earth larger than a grave. I was surprised to see it there, so seemingly out of place, a horizontal thing in a vertical world.

When could it have fallen? I couldn't remember a windstorm of late. And usually, after a big wind, I like to get out in the woods, just to see what might have happened: what limbs have fallen, what trees are down, what paths are blocked. This tree must have lain there quite a while, alone, all unnoticed. The falling of such a tree is most often an event of importance. Loud cracks and crashes that can be heard above the roar of wind and rain. A "not going gentle," a "rage against the dying" in the night.

I examined the windfall, and then continued on with my walk. The three cats that were with me found the tree interesting as long as I did, and when I turned away, they climbed down with a willingness to find something else curious.

But I was no longer in an adventurous mood, but a contemplative mood. I cannot see a windfall without thinking of a story once told to me, a

story too tragic to remember without a change of heart.

It seems a father and his son three years of age had found a tree much like the one I had come across, though probably somewhat smaller. The father, in need of firewood, began the task of cutting up the tree with his chainsaw. One generally begins this work at what was the top of the tree, where the branches are smallest. The boy was playing at the other end of the tree, out of danger from the saw or dropping limbs. In fact, he was playing in the hole that was left when the tree's roots were ripped from the ground. Who could have foreseen what happened next? The father's progress had brought him near enough to the base of the tree that when he cut away some of the remaining limbs, the weight of the roots pulled the tree back upright, and into the hole where the child was playing, burying him.

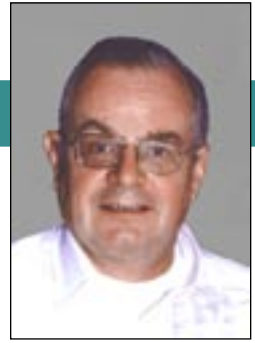
I can never see a downed tree, its roots pointing to the sky, without thinking of that unforgettable tragedy, that unknown child, and the father's anguish. I have been cutting trees for many years and have experience in the dangers of that work. But I would never have thought of that particular trap. Will the knowledge of the death of that little boy save others? Is his

death, as we grope to understand its meaning, a sacrifice?

I'm reminded of another little boy, perhaps watching his father at work in the carpenter shop, handing him nails and wood. A child surrounded by wood, a carpenter's son, destined one day to die on a cross of wood. What anguish did his father feel?

You might be thinking by now that this has become a rather depressing walk—a downed tree, a dead child, and a murder by crucifixion. But not so—the cats are keeping pace and every so often stop for a petting. And we have been joined by two dogs whose addition always brings in elements energetic and joyful. And the thought of that death on the cross always, eventually, brings me to joy.

Without that outrageous death, who would have known about God's earthly sojourn? Without a horrible crucifixion, a torn curtain, a darkened sky, and a promise of resurrection fulfilled, who would have noticed that God had set foot on earth? The most important life in the history of the world would have gone unnoticed, like that cherry tree that I passed on my way back home, but the hour being late, it was too dark to see.



# Antikythera Mechanism

*I watched a TV show on one of the educational channels a few weeks ago that made me rethink my conception of the modern world. We tend to think that our present world is the most advanced period in the entire history of the earth. Anything before the Industrial Revolution is viewed as almost stone age with peasants scratching the earth with sharp sticks. This TV program concerned what has come to be known as the Antikythera Mechanism, a device which casts a new light on our understanding of the ancients.*

The Antikythera Mechanism is an astronomical calculating device, measuring about 32 by 16 by 10 cm, which was discovered in 1900 in a sunken ship just off the coast of Antikythera, an island between Crete and the Greek mainland. Several kinds of evidence point incontrovertibly to around 80 B.C. for the date of the shipwreck. "The device, made of bronze gears fitted in a wooden case, was crushed in the wreck, and parts of the faces were lost, the rest then being coated with a hard calcareous deposit at the same time as the metal corroded away to a thin core coated with hard metallic salts preserving much of the former shape of the bronze during the almost 2000 years it lay submerged." [The quotation is from Derek de Solla Price's monograph "Gears from the Greeks" in the 1974 Transactions of the American Philosophical Society (Volume 64, part 7)]

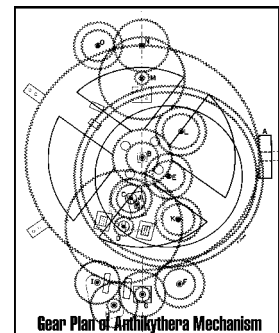


It is hard to exaggerate the importance of this discovery in forcing a complete re-evaluation of what had been believed about technology in the ancient world. This box contained some 32 gears, assembled into a mechanism that accurately reproduced the motion of the sun and the moon against the background of fixed stars, with a differential giving their relative position and hence the phases of the moon. It is enough to know that there is no trace of anything like it until around 1000 A.D. Before this discovery, experts always assumed that such

a level of technology did not exist 2000 years ago, but here we have incontrovertible proof to the contrary.

The TV show also made reference to the famed Library of Alexandria, a repository into which were collected hundreds of thousands of scrolls from the ancient world, a treasure trove of mankind's knowledge and accomplishments from time immemorial. What other records of wonderful ancient achievements must have been recorded there! We will never know because the great library and all its treasures were destroyed and the scrolls burned several times over by invading armies. The loss of the Library of Alexandria was one of the greatest calamities to befall the human race. So very much was lost. So little ancient knowledge survives that it is easy to underestimate the abilities of those peoples. Where would our technology be today if we could have built on this ancient knowledge?

So when we marvel at our modern cell phones and computers, let us not forget that we are not as smart as we think, and the ancients were much more advanced than we like to credit them with.





Hippocrates said:  
 “Let food be your  
 medicine and your  
 medicine be food.”  
 What he meant was  
 diet has a profound  
 effect on not only  
 preventing dis-  
 ease but treating it  
 as well. Recently, a  
 friend said: “I don’t  
 live to eat, I eat to  
 live.” This is pure  
 music to my ears!  
 That’s been my phi-  
 losophy my whole  
 life. As a child, I  
 considered eating a  
 waste of time, inter-  
 rupting my playtime.  
 When I go to a social  
 gathering, I’d rather  
 visit with the guests  
 than eat.

# The Healing Power<sup>of</sup> Nutrition

How can food prevent and treat disease? If you remove starches and sugars from your diet, you are lowering your blood sugar levels and promoting weight loss. Eating omega-3 fish or fish oil supplements protects you from sudden cardiac death and reduces pain and inflammation. Also, flaxseed and other fiber sources reduce constipation and lower cholesterol. Berries and pomegranates, broccoli and leafy greens, lean protein and olive oil, green tea and surprisingly, coffee, all have an abundance of medicinal benefits. “Let food be your medicine.” I rest my case.

Besides diet, the best way to enhance health and stave off disease is to increase your intake of vitamins and minerals. By the way, the government’s recommended daily allowances (RDA’s) are not designed to promote good health but rather to prevent deficiency diseases such as scurvy and rickets.

Other nutritional supplements are also powerful therapies for specific diseases. For instance, Coenzyme Q 10 can actually regenerate failing hearts and has allowed many heart patients to avoid heart surgery. Another important vitamin is B-complex which lowers homocysteine levels which is a very definite risk factor for heart disease, dementia, and osteoporosis. Also, glucosamine and fish oil relieve arthritis pain.

“The art of healing comes from nature and not from the physician. Therefore, the physician must start from nature with an open mind,” said Paracelsus, alchemist and physician, 1493-1541. Unfortunately, only a very few conventional physicians use these nutritional therapies or even make an effort to learn about them.

A 19th century physician, Oliver Wendell Holmes, summed up all of these very well when he said: “The whole material medica as used now could be sunk to the bottom of the sea; it would be all the better for mankind and all the worse for the fishes.” Sadly, this is even more true today than two centuries ago!

David Ries



# The Consequences of a Secondary Existence

*Many people wonder, I've heard it my whole life, why do good people suffer so much? Why is it that a person does so many bad things and never seems to suffer at all? Certainly, it would appear that this is the case. The good suffer with no reward and the bad seldom suffer. To begin, we must view this life for what it truly is. It is a secondary existence; it is a sideshow, an event that we participate in for 60 - 80 years more or less. After we complete this physical life, we then move back into our natural form of living, the spirit world. Our purpose for spending a few years here is to impress upon ourselves how good or not so good we can be. Our desire should be to improve our character and personality, to become more caring and considerate beings. These physical expressions will translate directly to a better spiritual being. That is it! Very simple and straightforward, in principle at least.*

The problem is this: Our free will allows us to choose and act in any manner that we desire. Yes, we can act in a loving manner, but we can perform acts in ways that are not so loving. In those situations when we do not act as we should, then we regress as human beings and more importantly as spiritual beings. No act of love and care goes unrewarded. The same rule applies to suffering that a person endures. It may APPEAR that it is not rewarded from the human or physical perspective of our existence, but from the spiritual the rewards are very fulfilling. However, if this is the

case, then it is necessary to point out that the lack of love and care, the overt hate and pain that we bring upon others by our actions will also have their spiritual consequences. They will be as spiritually painful as the glory we will receive because of our love and care.

I just completed proofreading Denny Highben's new book, *Who Put the Horn on the Unicorn*. This book contains a profound interview with William LePar. During the interview, Mr. LePar talks about his near death experience. During that he had the opportunity to view souls in the spirit realms who did not choose to be good

and loving human beings. Mr. LePar says that these souls suffer torment beyond anything that we can imagine and yet, the foundation of their suffering was the accumulation of all of the small inconsiderations and lack of loving acts from their spiritual lives. The searing pain that they suffer is a form of emotional and spiritual pain. That pain is much more intense than what we could experience here, and more profound. It will rock us to our core. Conversely, the rewards for sharing our love with others is a revelation to the soul. Mr. LePar described it as a gentle pat on the back directly from

God.

What seems to cause the most questioning is in regards to suffering that people endure when they are good people who have lived exemplary lives. How can this be fair? Why does it happen? I would like to relate a response from The Council to a question of this nature.

Questioner: I always think that Father Damien ended up with leprosy after twenty years with the lepers. I never liked that. I didn't think it should have happened.

C: Well, you only see the exterior. Do you know what kind of soul that was in previous existences?

Questioner: A karmic situation. Is that what you mean?

C: There could have been a great karmic situation or a great karmic debt involved in that particular experience. Although we will clarify it for the record, there was no karmic situation involved in that, it was a pure act of love. So, what is it, if a man suffers for a few years, twenty, thirty years of his lifetime? That is nothing compared to the state that we exist in.

Questioner: Yes, but it would have been a nicer example to anyone studying that. The "chump" element wouldn't have been there.

C: The "chump" element exists for those who think in those terms. We prefer to see the saintly element that exists and the model that exists for others to follow. What is physical pain, what is earthly pain, what is physical suffering, what is earthly suffering, compared to a spiritual state of

*The searing pain that they suffer is a form of emotional and spiritual pain. That pain is much more intense than what we could experience here and more profound. It will rock us to our core. Conversely, the rewards for sharing our love with others is a revelation to the soul.*

equal intensity? You will much prefer the physical suffering. You will much prefer the physical suffering. And those souls who are loving enough and godly enough to undergo physical pain, physical suffering, as a role model for others, have achieved great heights in the spiritual realms. Those are the bright shining stars in the heavens. Those are the bright shining stars in the heavens. They are not the mucky, cloudy, little glimmers.

Those are the leaders. Those

are the pioneers to greater frontiers of creation. They are the souls that are holding back a REAL purification, not these puny little experiences that your creation has. They are the ones that stir the hearts of thousands and millions of people into living a better life. Never make light of someone who suffers for the good of others. All of you should be so lucky to experience that. Very well. Does that answer the question?

Questioner: Yes, it does. It more than answers it.

C: You are most welcome.  
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When someone is suffering, we should first view it as a sacrifice, an example to others of a willingness to give of themselves, the ability of a soul to endure so that others will benefit. Many times this can also be a great learning experience for the sufferer. We should treat the individual with love, caring and compassion. Those situations offer all involved a great opportunity to grow into a more spiritual being. It prepares us for our entrance into the true reality of life.



## *Love Shines*

## Poetry

by Beth Paynter

*Son shine on us this day,  
Son beams the way,  
Hope is from you,  
Grace is our due,  
But only because of Love  
Not ours deserved. Above  
Comes our help and guide,  
If only we step ourselves aside.*

# CHRISTMAS MESSAGE

*At this time man wishes to express some form of that innate awareness of the giving God and the loving Christ by exchanging gifts on Jesus's birthday. Let this deep awareness become more active in your everyday lives. Do not hold it to a few short weeks at the end of each year. Start now with the beginning of a new year to promote this feeling of love, this feeling of giving, this outgoing love. Promote it so that it not only encompasses a few short weeks at the end of the old year, but engulfs the entire year. Let this become the New Birth for you. Think of that helpless little babe and the suffering that in a few short years it would have to endure. And for what reason: for its own at-one-ment with God? No. For your at-one-ment with God. So that your way could be made easier; so that you in one short existence in time could step from the physical into the glories of your Father. What greater love could any man have given him?*

*May that Divine Father and that Blessed Love which is His Son and Creator always be near you. May you always be open to that Presence. May you always reach out to that Hand that is already waiting for you and that patiently will always wait for you. Accept the personal Love He has for you and be glorified by bringing glories to your Father.*

## **The Council**

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