

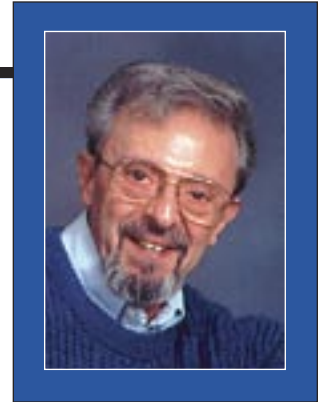
SOLAR

The Newsletter of the SOL Association for Research
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COMMENTS ON SPIRITUALITY

In Emptiness Evil Resides



William LePar

*“Everything I
think is mocked by
everything I do.”
— George Bernard
Shaw*

*“Where the heart
is prepared for
evil, opportunity
is seldom long
wanting.” — Sir
Walter Scott*

In this article we are combining two quotes, one from Sir Walter Scott and one from George Bernard Shaw, but we are going to do them in reverse order. Sir Walter Scott’s quote came first, and George Bernard Shaw’s came after, but we will discuss Shaw’s quote first. The two quotes are this:

Everything I think is mocked by everything I do (Shaw).

Where the heart is prepared for evil, opportunity is seldom long wanting (Scott).

It is entirely possible that in looking at these two quotes there is no relationship to them. Yet a little closer scrutiny, one sees that there is a definite relationship to these two quotes. Let us keep in mind that there is approximately a hundred years that separates these two quotes, which kind of tells us that things do not change as much as we think they do, the attitudes and desires of human nature.

“Everything I think is mocked by everything I do.” Does that relate to each one of us, in one way or another? I would have to say yes, based on my experience with human beings over the seventy years I have walked this earth. I have met many, many individuals who have wonderful thoughts, wonderful ideas, wonderful concepts, and yet the life they live mocks what they think. When it comes to living a full and good life, most all of us have wonderful ideas, wonderful concepts. They are full of caring and compassion, loving, giving. Unfortunately, in our day-to-day lives, oftentimes it is

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quite the opposite. Our daily lives mock the grand concepts that lie within our minds. Man finds it very hard to take the goodness of the mind, the goodness of their thoughts and translate that into action because they want to intellectualize goodness which demeans that goodness. They must realize that the great ideas of compassion, of love, of caring, must travel from the mind to the heart and then flow out into our lives from our heart. If we attempt to take grand thoughts, loving thoughts, and move them directly into action, nothing happens, nothing of any endurance, nothing of any long-standing. Yes, we may have a flourish of these ideas manifesting in our daily lives, but it will be short-lived because they have not been empowered by the love of the heart, that love that gives strength to our daily lives, that heart that gives purpose to our daily lives, that heart that gives value to our existence and to our relationship with others.

Shaw says that everything I

think is mocked by everything I do. We can put that in modern day terms that would go something like this, "I have got some wonderful thoughts of kindness, of compassion, of spirituality, but it is too hard to live them. It is too hard to practice it. It is good enough if I just think about those good things, those good actions, those good attitudes, and maybe sooner or later I will be able to make them really a part of my life. I don't want you to think that my actions are a contradiction to my thoughts, it is just that my actions have not caught up with my thoughts, but it will happen someday, I just know it."

I have met many people who think that way, and I have lived long enough to see what happens to those individuals who wait for a magic wand to bring their actions in line with their thoughts. It just doesn't happen.

In our society today, much as I dislike seeing what I see, denying it does not eliminate the negativity

Evil is a master of searching out opportunities. And there are many opportunities in one's day to exercise the evil of selfishness.

of our world and our lifestyle that exists today. Our hearts are empty of true love and compassion. Our hearts are like a void when it comes to filling that space with someone else. In our hearts there is space for only one, and that is "I," not the "we."

Which brings us to Scott's quote, "Where the heart is prepared for evil, opportunity is seldom long wanting." An individual might say, "Well, I don't have any evil in my heart!" We can all say

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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

Send email to William LePar at: walepar@yahoo.com

Web site at www.solarpress.com

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that, but is that, in fact, a fact. If our heart is void of anything and everything except “I,” then the heart is definitely prepared for evil. You may say, “Well, how is this? How could that be?” Think a little. If our heart is filled with “me” and not “we,” then the “me” will take because there is only one. If the heart is filled with “we,” there are two, so it is the opportunity to give. “I” is one, it can only take. “We” is more than one, “we” is two, therefore the opportunity to give. Look at those people who are always using the term “I.” I did this, I like that, I went there. They seem to relish pointing out what they think are their finer attributes. They want to make sure that their circle of acquaintances or friends recognizes only them. And as long as they are in that mode of self-centeredness, of taking, they will be inundated with opportunities to exercise their selfish and evil ego. You might say, “Well, if you have an ego problem it doesn’t mean you are evil.” Well, maybe not now but sooner or later the ego uncontrolled will go to any means to seek out its satisfaction, and therein stands the doorway to evil, to the use and abuse of others without mercy or consideration. If we concentrate on “we,” we put ourselves into a position where it is a sharing, it is a communion between two individuals. It is a path that both walk, hand in hand. It is a condition of sharing, of caring, and when your mind and your heart are occupied with giving and caring for someone else, there is little opportunity to think about taking. One realizes the sheer joy of sharing a life with someone that we are close to. A truly loving person would do nothing to

jeopardize that situation, would do nothing to cause the loss of the “we.”

Too many times in our world today we see where our friends get married this year and divorced next year. Why is that? It is because there was nothing involving the heart in their decision, in the relationship that they thought they had. It was nothing more than a situation of one using the other for their own satisfaction, no intent in giving, in caring for. Oh, the words were there, the superficial thoughts were there, but their actions showed that everything was opposite to what the lips spoke, to what the mind instructed the body to do, so in essence they were immersed in the “I,” therefore the heart was empty and void of love, so, in that emptiness, evil resides. And evil is a master of searching out opportunities. And there are many opportunities in one’s day to exercise the evil of selfishness. Some may say, “Well, being selfish isn’t evil.” Well, that depends on how you want to look at life. The same people may say, “Evil is where you kill someone or you

Sooner or later the ego uncontrolled will go to any means to seek out its satisfaction, and therein stands the doorway to evil, to the use and abuse of others without mercy or consideration.

harm someone.” I say this, evil can harm and kill in many ways. Evil can develop a tongue of silk that says “I love and cherish you,” only to use these words as a cloak of “I only want to use you for my own satisfaction.”

In years gone by, Christmas was always a time of giving. People gave with love, they gave from the heart. I remember a time when things were not as prosperous as they are today when people would make little things, knit a scarf, sew up a little dress or a shirt, crochet some doilies and give them as gifts. They were gifts that were made out of love. They were gifts made with hands that were filled with love. It wasn’t just at Christmastime that you would get gifts like that, it was for birthdays, for anniversaries, for weddings.

Today, how many gifts are given with love? Most gifts are given with a credit card, void of love and punctuated with a bill hard to pay at the end of the month and a regret; “Why did I spend so much?” We live in a society that intellectualizes its existence.

When I was a young man, I lived in a society that expressed itself from its heart. I can only wish that those of you who are younger could have experienced those wonderful days, those days of such sweet bliss that they almost seem like a dream. A dream that future man will never be privileged to experience, unfortunately, unless he returns to the heart, unless he allows the thoughts of the mind to be mixed with the love of the heart and then released to those around us.

Nostalgia



Dr. James R. Ridzon

Getting older certainly has its downside; on the other hand, it does give one a sense of perspective not available to the young. I am in the latter part of my seventh decade of life and have witnessed an unbelievable procession of progress and also considerable deterioration in the world around me.

When I was a child, a portable radio weighed about twenty pounds. Tuning in a station involved a series of squeals and whistles as the heterodyne circuits zeroed in on the signal. The expensive sets had a neat electric eye device displaying a dot that enlarged as the frequency was approached. Inside the case were 4 or 5 vacuum tubes and large low voltage A and high voltage B batteries and sometimes a C battery as well. These batteries were heavy and had a habit of going dead in the middle of a broadcast. Today a portable radio can be hung on your ear, and the button battery lasts weeks or months. That's progress.

I fondly remember petting the horse that pulled the bread wagon in my neighborhood. The ice man had a horse-drawn cart too, but we had a Frigidaire so I never got to know that horse as well. World War II tire shortages forced the bakeries to keep the horses long after trucks were common. Actually the drivers preferred the wagons even after the shortages because they could deliver

to several houses in a row as the horse ambled along behind without the driver. Now if you want bread, you use 2 dollars' worth of gasoline to go to the market for a dollar fifty loaf of bread. In those days we thought the cloud-soft wonder bread was, well, wonderful, whereas now we probably choose some sort of macrobiotic 9 grain loaf with the texture of roofing shingles - all very healthy, you know. That's progress.

Our family took a car trip to Florida back in the fifties. No interstates then, the whole trip was on good and not so good state roads. It took longer but it was a lot more interesting. My brother and I would play what we called roadside poker. Each player took opposite sides of the car. The game was won with a score of 500. Four legged farm animals counted 10 points each, a dog was 50 points, birds were zero, and a cat in the window was the game winner at 500 points. We played four or five games in a row till we tired of it. Don't forget the wonderful Burma Shave

signs along the roadside with their humorous rhyming lyrics. I miss them so. And if that wasn't enough, there were the Stuckey's pecan houses, the alligator farms, the moonshiners' museums and all you can drink orange juice stands along the way. Take the freeways today and about all you can do is sleep. That's progress?

As an aside I remember my father called the police before the trip to request that they keep an eye on our house since we would be away for a few weeks. I don't think that would be wise today since there is a chance they might tip off the crooks. It takes a lot of faith these days to trust the police, the politicians, the clergy, the government, the banks; you name it. Integrity has taken a terrible hit. That's progress??

I'm trying hard not to slip into the category of curmudgeon that people my age fall victim to, but I can only state my firm conviction, "Nostalgia is not what it used to be!"

An opportunity to give at no cost!

Those of you who use the internet as a gigantic department store have a wonderful opportunity to donate to your favorite charity at no cost to yourself. There is a website that SOL Association for Research joined recently as an organization that can receive contributions from internet shoppers. It is called IGive.com. First you go to IGive.com's website and then select the website of the vendor that you want to purchase from. When you make a purchase from that vendor, they automatically give a percentage to the charity that you selected. IGive.com then makes a contribution in your name to that charity that you chose.

These contributions are tax deductible. They do not add one penny to the purchase price of the items you buy. The contributions are made to IGive.com because the website that you purchased from appreciates your business. Every imaginable company is part of their program. Big chain stores such as Target, Home Depot and Borders Books support IGive.com. Also all major websites such as Amazon.com, eBay and L. L. Bean are members.

An example: I wanted to buy a 32 inch HD TV. The website Tiger Direct.com had just what I was looking for at a great price. First I went to www.

IGive.com. I searched their listings for Tiger Direct. I found the website in their listing. Then I selected Tiger Direct from the list. Making that selection took me directly to www.tigerdirect.com. I purchased the TV from their website. The cost of the TV was \$500. In a few days \$10, which was 2% of the purchase price that I paid, was credited to SOL Association for Research by IGive.com.

Once you set up your account on IGive.com and select your charity, the rest of the procedure is very simple; whenever you want to purchase something on the internet, you go to IGive.com first. That is important! By going to IGive.com first, you tell the company that you are purchasing from that you want part of the sale price to be given to your favorite charity. The percentage that is given by the vendors varies but normally you can expect at least 2% to be given. Also, IGive.com allows you to see how much you have contributed to your charity and how much has been contributed in total by all IGive.com members. There are many very well-known charities who use IGive.com to help them with their projects so you can join with confidence. You may find helpful the sidebar below giving a step-by-step procedure to follow so that you can join IGive.com.

How to create and use a www.igive.com account

1. On your computer go to www.igive.com
 2. There are 2 steps that you must complete so that donations will be made to SOL Association for Research.
 3. First you will see in the center of IGive's home page two yellow tabs.
 4. The first tab is to select your charity. You can search by putting SOL in the box KEYWORD SEARCH and press the "Find causes" button.
 5. Select SOL Association for Research.
 6. On the right press the "Select this cause!" button.
 7. This will bring you to the second tab where you will fill in information about yourself.
 8. Please fill in the boxes on the left with the orange "*"
 9. You do not have to fill out anything on the right side.
 10. Press the "Register" button at the bottom middle, and you have completed your entries.
 11. The only remaining task is to remember every time that you wish to make purchases on the internet that you go to www.igive.com before going to the online stores where you purchase products.
 12. Example: If you are going to shop for books or other merchandise on www.amazon.com you would go to www.igive.com first.
 13. On the upper left side of the screen you will see a box. If you enter part of the name, such as – Amazon and press "Search." IGive will find the internet address and display it in the middle of the screen.
 14. You can then click on the address and go to www.amazon.com. By doing this it tells Amazon to send a percent of your purchase to IGive and designates it for SOL Association for Research.
 15. Please note that this method of purchasing on the internet will not cost you anything. It is the online store who makes the contribution to IGive.
- This may all seem a bit complicated at first, but with a little practice it will be very easy.

Music, Art and Literature – Energy for the Soul

In my lecture for Universal Being 2008, I discussed the influence that good music can have on our emotional well being. I am sure that if I asked 100 people to select their favorite types of music and their favorite performers, I would receive 100 different answers. Since so many differing forms of music are sold, then obviously there is a market for all of it.

Do sales translate to quality? I think not. My opinion is that it points to current tastes, fads and what we have been exposed to by the media and those around us. Younger people especially are influenced by those around them. I am convinced that if someone who is respected expresses an opinion, then others will view that thought more highly than they might if left to their own choice. That “someone” can be family, friends or the media.

Obviously, what sells is going to be promoted. Modern advertising techniques are extremely sophisticated so that targeting the group most likely to purchase a product is essential. For example: An advertiser would not put a full page ad in *Arts and Antiques* magazine for the latest musical release by the rap group Bone Thugs and Harmony. They will place their ad where it will be most beneficial to sales.

As I mentioned in my talk, it is very important for parents to consider what they allow their

children to be influenced by. Parents are the biggest advertisers, especially early in a child’s life, when the child is most easily influenced and when future patterns are set. If the parents think rap is “cool” and play it around their children, then what can the child be expected to like? Some may say that they want their child to be well-rounded and know all of the good and bad of the world. I say, expose them to the good during the formative years and the bad much later when the reasons why can be explained and understood. If a solid foundation based on common sense can be given to a child, then that child will be well-prepared for the not so good of the world.

Most of us would agree that music, art and literature constitute the foundation of the intellectual character of a human being. If we believe that past generations have, in general, given us the best of what they have created, then that is where we should go to seek the best for us and our children. Yes, I would be the first to admit that not all gifts from the past are worthy, but the vast majority offer us beauty and grace.

I was exposed to many of the classics early in life, especially literature, but it was not until adulthood that the seeds of youth grew and blossomed. I never visited an art museum until my 30’s or created a classical music library until

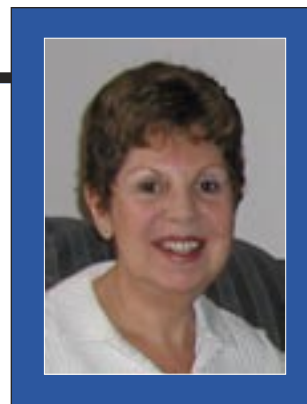


David Ries

the compact disk was invented, but the foundation for the eventual growth, what made that growth a natural occurrence, was formed in my childhood.

Even though we were poor and at times extremely poor, we always had the library. My mother was a voracious reader. Throughout her life she read constantly. The *New York Times* arrived every Sunday. As a young child I found it very boring, but as I grew a little older, I found more and more of interest. As our finances improved a little, there were more opportunities to widen our horizons. More varied avenues of knowledge came my way. Because my parents thought it was important to visit a historical site or attend a concert, I naturally assumed that this was the correct way of life.

Every person in the world today is what they are based primarily on their surroundings, attitudes and emotions of the formative years of their lives. The good things of the world are here for us to utilize for our spiritual growth. It is up to us to recognize the difference between those that will bring growth and those that will not.



Marilyn Ridzon

Healthy Options

“He who has health has hope; and he who has hope has everything.” (Arabian Proverb)

Years ago I remember my father-in-law making a statement similar to the quote above. He was a wealthy man, but he said health superceded all the money he had. He had a heart condition, and I wish I had known then what the Council had recommended for his condition.

One of the things they recommended was eating an apple a day which can actually remove arterial plaque. Someone attending this Trance snickered about the “apple a day” remark. The Council quipped that it just may not work if you make light of it.

I have been eating an apple a day ever since they made that statement. My favorite variety is Gala, and I try to find organic. However, I’m not sure I can always trust the organic labels. To determine if produce is organic, the organic PLU (Product Look-Up) codes have five digits and begin with a 9.

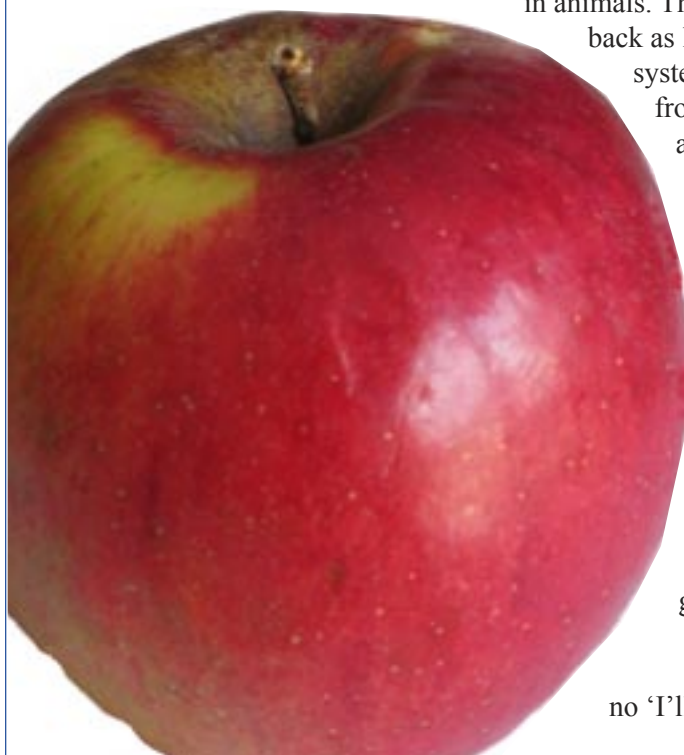
Not surprisingly, recent research is calling apples the “new power fruit.” Why is that? Apples have compounds loaded with antioxidants. They are five times more prevalent in the skin than in the flesh. A Cornell University study revealed that there are a dozen compounds in the peel which inhibit the growth of liver, colon, and breast cancer cells. The Council said that people with dentures who have trouble eating apples could substitute applesauce for an apple. Of course, you would be missing out on the fiber, but applesauce would be better than no apples at all.

French scientists are currently reporting that consuming apples helps prevent the buildup of arterial plaque in animals. The Council told us about apples removing plaque as far back as 1986. They said: “There are ways of cleaning out the system of cholesterol that would save many heart conditions from getting worse or from even occurring. Eat an apple a day or two and two portions of oatmeal a day and this will help to eliminate cholesterol in your system.”

As far as oatmeal is concerned, I’ll be the first to admit that eating two servings of oatmeal can be challenging. I dutifully prepared two servings of oatmeal a day for my husband, and it did reduce his cholesterol and triglyceride levels. He went along with this for about two years until he just couldn’t look at another bowl of oatmeal. I can’t say I blame him!

Here are some dieting quotes I obtained from a Cardiac Care nurse: Those who think they have no time for healthy eating will sooner or later have to find time for illness. To eat is a necessity, but to eat intelligently is an art.

The cardiologist diet says if it tastes good, spit it out. “When it comes to eating right and exercising, there is no ‘I’ll start tomorrow.’ Tomorrow is disease.” (V.L. Allineare)



CALENDAR

March 7, 2009. Spiritual Dialogues at 7:30 at St. Paul's Episcopal Church,
425 Cleveland Ave. SW, Canton, Ohio

April 4, 2009. Spiritual Dialogues.

May 2, 2009. Spiritual Dialogues.

June 6, 2009. Spiritual Dialogues.

No meeting in July

August 1, 2009. Spiritual Dialogues.

September 5, 2009. Spiritual Dialogues.

October 2009. Universal Being Conference

November 7, 2009. Spiritual Dialogues.

December 5, 2009. Spiritual Dialogues.

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