

Thoughts are Things

Trance Library File No. 04-90

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 1944. 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

1. PLEASE DO NOT RETAIN THESE LIBRARY FILES.
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6. PLEASE REQUEST ADDITIONAL FILES BY EMAIL SO THAT WE CAN REPLY QUICKLY.

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.

This selection was discussed on 76-06-11, the 23rd Trance.

586 ***: Do you have any suggestions for reaching Universal Mind?

587 C: What we have said before we think would be sufficient. It is

588 a process of extending the consciousness. This cannot be done

589 quickly. So in other words what it basically boils down to is

590 practice. Those personally involved in the situation can shorten

591 the time to seven to nine months by their attitudes. This reflects

592 their spiritual thoughts, and their spiritual thoughts being their

593 spirituality. We are not referring now to what is given verbally

594 but what is practiced in one's everyday life. One can do many

595 things for others and still do it selfishly. But one can do a few

596 things for a few people and do it with a total giving. This then

597 would be a higher spiritual development than that one which does

598 constantly for other people but for selfish motivations. Do you

599 understand this?

600

601 ***: Yes.

602

603 C: So then it is the attitude in which it is attempted that shortens

604 the time that minimizes the stumbling blocks.

This selection was discussed on 77-02-11, the 27th Trance.

193 ***: I am aware that my thoughts have been giving me difficulties.
194 There are many that I have not been happy with.
195 C: You must expect some thoughts that are contrary to the situation
196 or, shall we say, some thoughts which are prone to negativity.
197 But do not fear these thoughts because as they come, know full well
198 that you have the strength to overcome such thoughts. It's when
199 one ponders on these thoughts that the negativity infests the soul
200 or the spirit and becomes as a cancer and grows and gains strength
201 until eventually it eats away all the positiveness or all the light.
202
203 ***: I see. Thank you.
204
205 C: Such things are tests to prove an individual's strength to
206 himself. Do you understand this? In other words that thoughts
207 that are contrary or that go against the total unity of the
208 situation or those thoughts that well up from one's selfishness
209 are there for a specific reason, to give you the opportunity to
210 overcome, thus proving to yourself the strength that you do have
211 within and giving oneself more confidence.

This selection was discussed on 77-05-28, the 30th Trance.

38 C: Are you aware of the fact that thoughts are indeed things?

39

40 ***: Yes, I am becoming more aware of that.

41

42 C: Then common sense should dictate what you can do. If you think

43 energy or pray for energy or strength and you firmly believe it to

44 the point that you know it, most assuredly, it will be implanted or

45 transferred or shared or added to or created from. As to

46 our effects we will add what we can add also along with what you

47 or the others wish to do as your part. To clarify as to whether

48 we can impart energy, yes, if the situation permits. But for us

49 to do it on our own would be trespassing against your opportunities

50 in a service. So first you must instigate the desire and we would

51 be more than happy to comply. As to the spiritual aspects that is

52 to our discretion, since we are of the spiritual and you are of the

53 physical. It is our opportunity to serve and by all means we do

54 not pass by one opportunity to serve. Know this that each and

55 every one of you receives spiritual strength at these communications

56 but to a degree that very few would be aware of in the physical

57 aspects or in the physical consciousness. If you request that we

58 add what we can, most assuredly, we will.

59

60 ***: I think from at least from myself and for the others if you

61 could add energy to Bill we would like so.

62

63 C: We will add what we can although it will not be energy as you

64 understand it.

This selection was discussed on 77-07-09, the 31st Trance.

442 ***: You stated in Trance #12, "because we are entering not
443 in that we are coming, so to speak, through the building as much
444 as we are the building at that particular time." And (***) will
445 read a little bit more from the trance, but could you clarify what
446 you mean when you say that you are the building?

447

448 ***: And your statement was, "we feel that if you think what we
449 have just said a few minutes ago you will realize that this is
450 because we are entering, not in that we are coming, so to speak,
451 through the building as much as we are the building at that
452 particular time."

453

454 C: It would be wisest to leave the explanation as it is because
455 a further explanation might lend to the opportunity of, shall
456 we say, creating a fly in the ointment. Keeping what we said in mind
457 and also understanding that we are not referring to multi-dimensional
458 existences, especially, those that are referring to different facets
459 in co-existence with one another. Entering the building and being a
460 part of the building. The physical consciousness, the physical
461 reality is a three-dimensional awareness, a three-dimensional reality
462 in that it consists of solids. Now we are not solid as you are aware
463 of things being solid. So that being a part of, we are here in this
464 particular room just as well as we are in the very fiber of what the
465 house is constructed of and what consists in making up the
466 appointments of the house. Also we are a part of each of you. Our
467 closest link or connection with you is in the mind more than the
468 physical, because you are not an inanimate object as the house and
469 the appointments are. In that we are not of the physical dimension
470 since we are spirit, we are part of the very atom of which all is
471 made from. We are part of the very air that each of you are

472 breathing. We are communicating to you through the voice
473 box, but that does not mean that we are sitting on the forehead
474 of this one here or we are standing alongside this one here or
475 we are sitting beside either one of you. We are part of this
476 entire room, of this entire house. We are part of your mind even
477 now. That is why we request that positive attitudes be developed,
478 because the more positive you are in attitude, the more positive
479 your mind is, the more positive your soul is. Because you cannot
480 have a positive thought unless the soul originally wants the
481 positive thought. And as you become more positive or more godly
482 in your thoughts, then we can enter more closely with you. Now
483 this should not be understood that we possess any of your minds,
484 this we absolutely do not. But we sit beside you, shall we say,
485 mentally. Does this give a greater understanding?

486

487 ***: Yes.

488

489 C: If you were to think of it possibly as just a matter of flows
490 of energy and some energy so slow that it becomes solid and dense
491 then you would have probably another understanding. The spirit
492 is an energy, is, shall we say, a current that is basically
493 C: electromagnetic and that is what you are. You are basically
494 an electromagnetic force field, if you wish to use those terms,
495 that has many aspects to it from its finest and most delicate
496 vibration to the most gross or dense which is your physical, and
497 so when we come in or become part of it we simply are able to
498 maintain our fine vibration and encompass all that is in this
499 area. It is like, shall we say, if you would prefer a pictorial
500 description, we are gently cradling you all in our arms next to
501 our breasts. Is there any further questions on this?

This selection was discussed on 78-07-08, the 47th Trance.

1152 ***: Can our thoughts deter or quicken the Second Coming or the
1153 coming of the Antichrist?

1154

1155 C: "Thoughts." Clarify your "thoughts," what you mean by
1156 "thoughts."

1157

1158 ***: Well, it would be spiritual thoughts.

1159

1160 C: As opposed to negative thoughts.

1161

1162 ***: Yes.

1163

1164 C: Very well. As we have said before, thoughts are things. As the
1165 Lord Jesus said, thoughts are things. Although He said it in
1166 different words, basically it is the same thing, thoughts are things.
1167 The more that you keep yourself in positive thoughts the more armor,
1168 the more protection you put up for those who are thinking in positive
1169 thoughts. The stronger you build your protection, your inner
1170 strength, the more light you cast in the darkness and the
1171 further away the darkness must move. So your thoughts are extremely
1172 important because they are definite forms of energy and they do not
1173 sit by passively. Do they, (***)?

1174

1175 ***: No, sir.

1176

1177 C: Very well.

This selection was discussed on 78-07-18, the 48th Trance.

740 ***: Yes. You had told me in the New Year's message to be careful
741 of my thoughts this year and it seems I'm having trouble doing so.

742

743 C: Practice discipline. Discipline is the key. Keep your mind
744 active, and if you cannot discipline the mind enough to keep pasts
745 out of it, then the best stimulus is the Bible. Begin to read
746 segments at random whenever these times come upon you. Simply take
747 the Old or New Testament or a complete Bible and let the pages open
748 where they will and begin to read there. Do you understand?

749

750 ***: Yes.

751

752 C: A few minutes of reading the Bible and concentrating on it will
753 give you answers that you need, believe it or not. Have a problem and
754 let a Bible open where it will and you will have the answer on those
755 pages that open to you.

756

757 ***: Thank you.

758

759 ***: Does that go for anyone?

760

761 C: That goes for anyone. A very simple and quick guidance is that.
762 If you have a problem and you need an answer to it, simply request
763 guidance of the Father in the name of His Divine Son, Jesus Christ.
764 Take a Bible, it would be wise if you took all markers out of it,
765 hold it in front of you and let it flop open where it will. Then
766 just randomly stick your finger on a page or on a portion of that
767 page and begin to read, and read until you feel that you have
768 completed that segment that you have started, and you will have your
769 answer to your problem. If you should pick a segment that is, shall

770 we say, a number of columns long or as in some sections, the segment
771 is a complete chapter, if you should happen to pick something such as
772 that, then read the total segment, read the total chapter and within
773 that segment you will have your answer. Very simple and quick
774 guidance. Do it in an attitude of expectation and trust, and the
775 answer will come even clearer to you and much quicker.

776

777 ***: Thank you.

778

779 C: You are most welcome.

This selection was discussed on 78-12-12, the 52nd Trance.

416 ***: Are you speaking of the angels?

417

418 C: Yes, the angels are nothing more than fields of force,
419 vibrations, messengers, whatever, thoughts of the Divine that were
420 created for your use. They were like a comet for you to direct, to
421 explode into a new universe; they were your servants and you chose to
422 accept their feeble challenge. "Prove to us that you are our gods."
423 Silly, silly, silly. You chose, and you have been attempting to
424 prove it ever since. An example, God and all of His beings that He
425 has created in the very beginning before the Fall of man was like a
426 cosmic comet flying through many eternities, many universes, and as
427 it moved forward with the Godhead in the beginning, in the front, all
428 His other gods close by making a solid front, moving ahead, creating
429 new ways of travel, new ways of penetration, new ways of movement,
430 new forms, those that were created to serve as they fulfilled their
431 position, they became the tail, and they dropped off, and they grew
432 as beautiful gardens in the heavens, you see, now we are referring to
433 the angels: they were the tail of the heavenly comet. Unfortunately,
434 some of those chose to challenge. "Why should we be the heavenly
435 gardens? Why can't we travel ahead? Prove to us that you deserve to
436 move and seed the heavens and not us." Does that give you any better
437 understanding?

438

439 ***: Yes. Some, thank you.

440

441 C: You and all of the entities on the face of the earth were
442 intended to be heavenly seed bearers, heavenly planters of heavenly
443 gardens, gardens that consist of thousands and thousands of
444 universes, forming diamonds as gigantic as a universe, as perfect as
445 perfect can be. There are no terms in man's vocabulary to describe

446 what you are and what you could have been. There are no words to
447 describe the magnitude of even your fallen state, so we must resort
448 to such silly little things.

This selection was discussed on 78-12-12, the 52nd Trance.

1094 ***: Thank you. The next question, is there any other information
1095 available about the dove and the raven?

1096

1097 C: Those can be, shall we say, representative of the two aspects of
1098 yourself, the dove being the positive, the raven being the negative.
1099 You must through this desire to seek a more godly state, your desire
1100 to allow the Divine to speak to you, your desire for perfection, you
1101 must allow this to grow up within you so much so that it overpowers
1102 the negative thoughts, it overpowers the negativity and squeezes it
1103 out, releases it into nothing, so that it can touch nothing else; the
1104 positive must be increased so that it overpowers the negativity and
1105 dissolves it. If the effort is made to do this, the positive aspect
1106 will slowly but surely grow within you and will gradually force the
1107 negative out, and in this process then it will bring you peace of mind
1108 because once you start the process it is almost self-feeding. Do you
1109 understand that?

1110

1111 ***: No.

1112

1113 C: It is almost self-motivated, then. Do you understand that?

1114

1115 ***: I think, then the peace that comes instigates you to be more
1116 positive?

1117 C: Instigates you to desire more peace, you see; as this peace then
1118 comes, it gradually fills you more and more until the point it begins
1119 to overflow, thus the dove flies about and returns with the olive
1120 branch; as you begin to fill, then your peace, your love, spills out
1121 and touches others, and in turn brings more peace to you, so the
1122 motion then becomes self-perpetuating, if we could use that term and
1123 then through this then one raises the vibration not only of himself

1124 but those around him, those in his neighborhood, his city, his state,
1125 his country, his world. That is the ideal situation, but if you can
1126 affect just a few people in your immediate area you are doing much
1127 better than average. Very well.

This selection was discussed on 79-04-01, the 63rd Trance.

252 Then there are those who can alter the state of consciousness so
253 that it goes into what is sometimes referred as the collective
254 consciousness, cosmic consciousness, whatever term you wish to place;
255 this is an area then that is actually what could be referred to as
256 simple or pure knowledge, in that, all the knowledge of mankind then
257 is left; nothing is destroyed, and since it is birthed in thought or
258 since its originating factor is thought, then there is an area where
259 all these thoughts are. Again, this area can be plagued with
260 coloration or can be, shall we say, tempered with coloration in that
261 it is a total mergence of not only technical material but
262 philosophical material. The actual technical material is not
263 discolored always to a destructive degree. Do you understand that?

264

265 ***: Somewhat, do you mean ...

266

267 C: In other words, to make it relatively simple. In this area, if a
268 man were to invent a light switch, very well, it is a matter of
269 breaking electrical contact to shut the light off or to make
270 electrical contact to turn the light on. The mechanics of that
271 apparatus are less apt to be discolored or changed as opposed to
272 philosophical material or spiritual material. Do you understand?

273

274 ***: Yes.

275

276 C: So that if you have, shall we say, the Eastern belief system
277 drawing and putting out, and you have the Western belief system
278 drawing and putting out, and you have a number of other belief
279 systems drawing and putting out, then this is all collected in a
280 certain area, and it does blend and merge to a certain degree. There
281 is within those belief systems the opportunity to get to the core

282 truth or the core principle of that belief system, but as you move
283 away from that, then there is an overlapping of those other belief
284 systems adjacent to it. Now, we are giving you this material, this
285 information, so that it appears to be the specific areas with
286 definite limits and boundaries, but this is not the case. In order
287 for us to give you an idea we must present it to you in this manner.
288 Do you understand?

289

290 ***: Yes.

291

292 C: It is more likened to taking a bucket of water from one lake and
293 one part of the country, and taking a bucket of water from
294 another lake in another part of the country, and doing this with say
295 two or three dozen buckets of water. You have a large container
296 then, and you dump all the buckets in there. It is water from
297 separate areas, but yet when you mix it together it appears as though
298 it is one water. Do you understand?

299

300 ***: Yes.

301

302 C: But there are twelve separate buckets of water; two dozen
303 separate buckets of water.

304

305 ***: Okay.

This selection was discussed on 79-04-20, the 64th Trance.

527 ***: Then you say that is brought about by the thought, and what
528 would that thought be, just the desire to return to God or the true
529 desire?

530

531 C: It is brought by the desire; the desire; first, the desire must
532 be there. You can have all the thoughts you want; but if you do not
533 have the desire to instigate into action, it does no good; and then
534 again you must remember that you cannot do it on your own. To
535 bring this transfer over, this change to bring you into a true state
536 of spiritual illumination or spiritual existence, you eventually have
537 to rely on the Total Love of your Divine Father. Your desire, sincere
538 desire, and your efforts to live a good life automatically plugs you
539 in to God's gift and your "vibes" then, shall we say, are raised, and
540 you have no further need then for the material. Of course, we are
541 talking now once you have crossed over. That established desire you
542 have your lifetime to work with or you have the lifetime that you are
543 presently existing in to establish the sincere desire and the effort
544 or the attempts to manifest it.

This selection was discussed on 79-11-16, the 70th Trance.

332 C: We do not need side remarks. First, you must learn what the
333 Alpha Point is. The Alpha Point was at that moment in eternity
334 when the Divine Source brought you into existence; complete; whole;
335 beautiful; magnificent; power within yourself that would be
336 unbelievable; purity of heart that would be unsurpassed by
337 anything else; like a light that shines brighter than all the light
338 in the universe. In this beauty, in the total magnificence and
339 power, in the center of it, was you; busy in motion, busy at
340 creation, the motion, the activity, the sensing, the examining of a
341 world never seen by human hands, never seen by human eyes, a world
342 unlike anything you have ever conceived or are capable of
343 conceiving; not a world as you understand, limitations, but a
344 heavenly world of motion, action, expansion; such beauty, of
345 vibrant existence, a constant evolution of creation. That was each
346 of you. The power of one thought from you could create an entire
347 universe as fast as the thought could form, but the awe-inspiring
348 factor was the warmth of love, the power of love that emanated with
349 such strength that it elevated everything that would come in
350 contact with it; add to it so that it would grow and blossom, like a
351 beautiful rose, like a beautiful tree, yes, the Alpha Point.
352 All was perfect; all was perfect; until that love no longer
353 flowed out, but was turned inward, and then the Omega Point. Oh,
354 oh, what a Point to reach. It was like an entire world collapsing
355 in on itself, but the transmuting of that brought about a second
356 Alpha Point in the material, the second Alpha Point in the material
357 manifestation. This then was when you as spirit entities were
358 entrapped in the material manifestation. From there on each of you
359 as souls, as beings, as Children of God, have moved constantly in
360 one direction or the other, forwards or backwards, through many
361 times, through many changes, through many periods of darkness and

362 through many periods of light, and so now mankind arrives at this
363 time in the plan and each of you here are in this time. Our
364 purpose is to bring you again to the Omega Point which will be the
365 doorway to the original Alpha Point.

This selection was discussed on 80-08-08, the 80th Trance.

200 ***: Yeah, I think I do, but it is really quite radical though, it
201 seems to me that there is enough uniformity of experience with
202 people to reach a consensus of what is generally happening.

203

204 C: Yes, but as you participate at this time, you are observing
205 other individuals around you and their reaction; you are hearing
206 what we have to say to you, and it is your world. Do you
207 understand?

208

209 ***: Yes, I understand.

210

211 C: But the person next to you may not really be participating in
212 your world as totally as they are participating in their own. The
213 problem with attempting to convey reality to all of you is that it
214 may be confused with other philosophies or thoughts or concepts
215 that are far from accurate and far from productive, far from being
216 productive; so we must choose our words carefully so that they are
217 not compared with what else is available; yet even as each of you
218 are experiencing your own world, your own universe, you are all
219 very tightly joined together in a spiritual sense, where the true
220 reality lies and is. Each of you are accommodating one another so
221 that you may experience what is necessary to experience for your own
222 soul growth or destruction, depending on your choice; while at the
223 same time an identical situation exists with another, with each and
224 every entity that is now manifesting in the material. The concept
225 is not radical, by any means; the radical concept lies in not only
226 your concept of time and existence but the concept of time and
227 existence of each of you in this room. It is your observance of
228 time and the material that is radical, because you have isolated or
229 channeled your expressions in such a narrow avenue that it meets

230 restrictions, that it meets resistances; and in the meeting of the
231 restrictions and the resistances those energies solidify or slow
232 down and in the process of slowing down, solidify in their
233 individual elements according to the construction or composition of
234 the energy, thus creating the material; the material does not
235 really exist; only in the mind of your soul does it exist; only in
236 the thoughts of you as an entity does the material exist; and yet
237 it is through these thoughts that you will educate yourself, grow,
238 and liberate yourself from your own self so that you may be more
239 glorified in the eyes of your Lord, and in so doing then you
240 glorify Him. Does that make sense to you?

241

242 ***: Yes, I think it does. It almost sounds as if the material
243 and matter is sort of the end product of wrong thinking; then our
244 job is not really to escape reincarnation but actually change the
245 world back into energy. Am I on the right track at all?

246

247 C: No, far from the right track. You cannot escape anything; you
248 cannot escape reincarnation; you cannot take energy and turn it
249 into whatever. You are entrapped in your own makings, your own
250 tapestry, you have woven a picture that you must complete. It is
251 immaterial whether you exist or you are experiencing what you are
252 experiencing now because of a restriction or a resistance to the
253 Divine Flow, basically it is immaterial that you are aware of that.
254 Having that awareness does not make it easier in dealing with your
255 situation; what makes it easier in dealing with your situation,
256 what makes the correction so that it is not necessary for you to
257 limit yourself by the material manifestation is the character that
258 you build while you are entrapped in the material manifestation,
259 and the seed of that character which you must build must be the
260 love that you have for one another, the concern that you have for
261 one another, without any consideration for what you may gain from
262 your concern for each other. Do you understand now?

263

264 ***: Yes, I understand. It appears that we really shouldn't worry

265 too much about how things work, and just concentrate on love.
266
267 C: It is an old story. It is an old story, and it is worn, worn
268 by eons of time, and man has chosen not to accept the simple truth.
269 He has chosen not to accept the simple truth, yet the more he
270 avoids the only step forward, the more it will confront him, until
271 such time that he has made the absolute decision that he will not
272 accept that step, that attitude. When that decision is made, then
273 he has decided that he will cease to exist. It is that simple.
274 God can give you your birth in life, in spiritual life, but only
275 you can bring a death to that life, that spiritual life; you can
276 develop it and form it in any way you choose either in an area that
277 will be beneficial to you, in a way that will bring more life to
278 you or in a manner that will deplete you of that life. All the
279 great philosophies of mankind from the very beginning, from the
280 very beginning, have had at its seed the one truth that is
281 universal, and that is you must learn to live with one another in
282 brotherly love. If you refuse to accept that and put it into
283 action, you will find it necessary to be confronted with that time
284 and time again, until that point, until that experience, when you
285 say an absolute no to that. When you have made that final choice,
286 then it is over for you, you will have chosen yourself out of
287 complete existence. But you see, just as you find yourself in a
288 material form, there are millions and millions of souls that are
289 also in the material form, and they must meet that triggering
290 mechanism or triggering experience that will release the greater
291 manifestation of that soul in the material form and that mechanism,
292 that experience, that triggering device, IS what is going on here.
293 At times we find it somewhat entertaining as we communicate with
294 you all in words, to see the amazement within the soul, within the
295 conscious level of your beings, at such words: "How could I have
296 fallen into such a situation? It isn't possible! It isn't real!
297 Yes, it is possible; yes, it is real! No, it isn't; yes, it is;
298 no, it isn't; yes, it is." Back and forth; back and forth. The
299 tug of war, the personal Armageddon -- "Do I participate? Or don't

300 I? Can this be real or isn't it?" It is a question that will
301 never be answered in the material manifestation, but the answer
302 will come when you leave your physical body for the last time; for
303 on your path that you have laid, you will see armies of souls
304 following you to God's Heaven and not man's -- then and only then
305 will this question be truly answered for each of you.

This selection was discussed on 80-12-20, the 86th Trance.

690 ***: Yes. Thank you. I believe it was previously stated that our
691 thoughts, as we know them, are more real than our physical bodies.
692 Could I have an explanation of this theory as to how our thoughts
693 affect us spiritually?

694

695 C: "How your thoughts affect you spiritually." One action breeds
696 another action or gives birth to another action. The original
697 action came through a thought. Now put this in the level of your
698 mind and your physical body. If you have a thought that is
699 somewhat ungodly in your mind and it becomes an action in your
700 life, that action will breed another thought. Do you understand?

701

702 ***: Yes.

703

704 C: Does that explain your question?

705

706 ***: Yes, thank you.

707

708 ***: If we have ungodly thoughts, but we don't follow through
709 with them in our actions, is that our effort to become a better
710 person?

711

712 C: If you see to it that you do not nurture such thoughts. You
713 cannot control every thought that comes into your mind, but what
714 you can control is the time allowed for that thought in your mind
715 or the toying with that thought, you see. So if you find certain
716 thoughts that are not as, shall we say, beneficial as they
717 should be, you should not be too stern on yourself or too severe on
718 yourself; what you should do is attempt to move your thoughts to
719 more productive things, more beneficial things. When one ponders

720 on such things that are not beneficial, if they ponder long enough,
721 they will become actions.

This selection was discussed on 80-12-20, the 86th Trance.

1140 ***: The "Rebirth of Consciousness" theory is one in which a part
1141 of the consciousness of an individual is reborn in a soul together
1142 with portions also from other persons who have lived their earth
1143 lives. When age regression uncovers parts of these past lives it is
1144 assumed that a case of reincarnation has been discovered. Is this
1145 type of "rebirth" a concept closer to truth than our generally
1146 accepted idea of reincarnation?

1147

1148 C: No, it is not. One picks up facets or aspects of other
1149 consciousnesses as they enter into a physical container, but basically
1150 the soul that manifests that physical body or that container is its
1151 own entity and only assumes what it chooses to assume as far as
1152 portions of other consciousnesses. Does that answer your question?

1153

1154 ***: Only partially.

1155

1156 C: You can accept influences from, shall we say, other
1157 consciousnesses even if the consciousness you are referring to or
1158 the other consciousness is not, shall we say, in a sense the entity
1159 itself but a fragment of what it has left behind in the material.
1160 All that you do in the material form leaves its mark permanently
1161 and the effects of those actions or thoughts and the ultimate
1162 consequences of those thoughts and actions; now a soul or a
1163 consciousness may come into a physical container and assume some of
1164 that consciousness left by another soul only in that the attitude
1165 is left. Do you understand? The attitude is left and is there
1166 to either be pushed further or developed further or, shall we say,
1167 eliminated. Do you understand?

1168

1169 ***: You may be saying what I am about to ask, but to further

1170 expand on the nature of the question, there is the concept of the
1171 "group soul" where many who band together are doing the same work.
1172 If one soul were to incarnate and bring with it unsolved problems
1173 of others in the group, this is the kind of thing I am thinking of
1174 when I say "Rebirth of Consciousness"?

1175

1176 C: That soul may bring the problems of the group with it, but it
1177 can only, shall we say, do so much. It may, that soul who brings
1178 those problems from the other group, in its development and in its
1179 growth may find or develop, shall we say, answers or solutions to
1180 that problem and project those on further down the road so that
1181 those souls then may later reincarnate and promote the situation or
1182 develop it further. Do you understand?

1183

1184 ***: All right.

1185

1186 C: Groups of souls, such as yourselves, if you start an action or
1187 start a thought and it is to go to any degree or, shall we say, to
1188 continue for many, many years, you now are starting or building a
1189 foundation and you may have an attitude or an idea in mind that may
1190 never come to be in your lifetime. There may be souls that are in
1191 the spiritual now who are in, shall we say, relationship to your
1192 thinking, to your efforts who would come in then later and move the
1193 situation further or, shall we say, iron out some of the wrinkles.

1194 In this sense part of your consciousness would be left and in that
1195 sense that motion and those activities that, shall we say,
1196 contribute to that motion could be in a sense considered an entity
1197 and then as you come in again later on you are born into that
1198 consciousness or into that entity and move it further on or develop
1199 it further on or bring it into its own or into its full growth. Do
1200 you understand?

1201

1202 ***: Yes.

1203

1204 C: You must be very careful when you get into such things. As we

1205 had spoken to you earlier about the phantom and the entity that all
1206 of you are part of now, these terms are only vague shadows
1207 attempting to describe a natural relationship that souls have to
1208 one another and to certain, shall we say, interests or intentions
1209 or affections and these relationships, these intentions, these
1210 affections, can be strong enough to assume a body or an entity, now
1211 we are not speaking about a physical body or a physical entity as
1212 such, but as a unit or an action. Do you understand?

1213

1214 ***: Yes.

1215

1216 C: And many times man in his communication with others from the
1217 Spirit World does not sense the underlying thought that is being
1218 attempted or does not understand the efforts clearly of those souls
1219 or entities who are trying to communicate with the material,
1220 consequently, man looks at these thoughts from his point of view,
1221 and it is not always as clear as it should be because he relates
1222 them to material concepts instead of spiritual concepts. His
1223 symbolism, his terminology, is lacking the spiritual depth that is
1224 necessary in gaining a greater understanding of such motion, such
1225 activity. Does that explain the situation?

1226

1227 ***: Well, I will read all this over and if I don't get it at the
1228 time, I will come back.

1229

1230 C: It is, shall we say, good to have interest in such activities,
1231 because if one can approach such concepts with a truly open mind,
1232 now we say a truly open mind, one can receive great insights into
1233 the workings that are necessary for the spiritual and material
1234 relationship. In other words, how the spiritual utilizes the
1235 material experience, but it takes a definite open-mindedness; if
1236 not, then you develop an alien concept or a bastardized version of
1237 what is truly happening, and then that can lead one into, shall we
1238 say, thin ice. Each of you now are creating an entity in your
1239 daily lives. Your consciousness is leaving a trail of living

1240 existences behind it. As these trails merge together like trails
1241 will tie with one another, thus creating an even larger or fuller
1242 entity, and as more are drawn to their own, then it creates an
1243 even, shall we say, more rounded or fully developed entity. Again,
1244 an entity not in the sense of a living being or soul, but an action
1245 or a state of existence that later on you or others may have to
1246 deal with to one degree or another, even to the extent that that
1247 entity that is the accumulation of conscious thoughts of others,
1248 even growing to the extent that an entire world would have to deal
1249 with that entity. Does that explain any clearer?

1250

1251 ***: Yes, indeed.

1252

1253 C: In that sense, as it inhabits the material manifestation, and
1254 causes a need for certain actions, one could say very loosely
1255 that it is a living being but yet it is not truly a living being;
1256 it is only a living being in the sense that it must be fulfilled
1257 and dealt with by those who have created it originally and who have
1258 added to it as time has progressed. Very well.

This selection was discussed on 81-03-13, the 89th Trance.

102 Prayer is, shall we say, an activity of the soul. Prayer when
103 it has reached a quality becomes a tremendous force. The quality
104 of a prayer is not determined by the place in which it is made or
105 the conditions under which it is made, but it depends solely on the
106 heart or the intention of that soul or individual that is in the
107 act or state of prayer. To achieve true prayer, the true state of
108 prayer or the true action of prayer, the conscious mind must focus
109 entirely on what is being prayed for. The intention must come from
110 the heart or the emotion. The more loving the heart or the emotion
111 is, the more selfless the intention, the stronger the prayer or the
112 stronger the force. Now we will refer only to prayer in the sense
113 of positive prayer. Again, a true state of prayer can be achieved
114 when you are within a crowd and there is much activity going on.
115 It can be achieved as easily there as it can be in a silent place.
116 True prayer does not need to take great deals of time or great
117 segments of time. A moment in your sense or your understanding of
118 time is all that is needed, because prayer, the state of prayer, is
119 the achievement of a loving desire, a sincere desire, so that your
120 whole being is focused, your consciousness and your desire to
121 express an act of love are reached together into a higher plane.
122 So these two elements must merge and when you in a conscious state
123 or conscious level of awareness have one single thought in mind,
124 and it is moved by the loving emotions or the heart within you,
125 then you have achieved prayer, and you have achieved, shall we say,
126 a segment of energy or power that then can be utilized for the
127 request or the petition.
128 So now you have achieved this situation or this condition,
129 what transpires next? For it to manifest, the element of belief or
130 awareness must exist then. The divine essence within you must be
131 close enough, shall we say, to the surface of your being so that

132 prayer is then severed and that energy rises to do what it was
133 intended to accomplish. If the belief is not there, that force or
134 that energy travels very little, and in this then it does not
135 utilize its full potential. So then you have desire and the godly
136 knowing within that prayer, sincere prayer, will not go unanswered.
137 These two elements must exist.

138 You may say, "What relationship does this have with life after
139 death?" Here is the relationship that it has with life after
140 death. Your very existence, your everyday existence is a form of
141 prayer: it is either a godly prayer or it is a prayer that is
142 lacking in godliness. Your thoughts, your desires, are all forms
143 of prayer. In this respect then, it directly affects the situation
144 or the conditions that exist once you leave the material
145 manifestation.

This selection was discussed on 81-04-10, the 92nd Trance.

554 ***: You have stated before this level, referring to yourselves,
555 has never spoken to the material manifestation before. Why have
556 you chosen this particular time to speak to us?

557

558 C: Have you any idea of the condition of your world?

559

560 ***: Yes.

561

562 C: Then you have the answer. How long can man go on this way? Where
563 will it end? Why has man become so desensitized to his God? What must
564 he bring upon himself before he has an awakening? Look at your world;
565 look at your world. The hate, the violence: Is this what man offers in
566 return to his God? Heaven is saddened by the condition of the world.
567 Man talks of God, but he has lost almost all awareness of his God. He
568 has turned his back on his Source of Life. Man must awaken; he must
569 become aware of what is important and what is essential for his real
570 life. Man searches for himself only to find nothing but those things
571 that he can never claim as his. When the world returns to spiritual
572 thoughts and actions, then man will live again. Until that time he only
573 exists in his own self-indulgence; but even at his worst God the Father
574 does not abandon His children, for He is the example of true love. He
575 will not infringe on your free will; but He will wait patiently for
576 you to accept Him as your life. Why have we chosen to speak now?
577 Hopefully, to add some life in the hearts of some men. Does that answer
578 your question?

This selection was discussed on 81-07-10, the 96th Trance.

42 ***: All right, thank you. We shall proceed to the questions that
43 we have prepared. The first question is, What is the origin of
44 evil and negativity?

45

46 C: We would think that from all that we have said so far that the
47 question would be answered already. The origin of negativity is
48 one's separation from the Divine Source, the self-serving love, the
49 egotistical love, this is the origin of all negativity even to the
50 extent that such an attitude by those souls who were responsible
51 could even corrupt something, shall we say, that was Divinely set
52 for their own enlightenment, which is something that we shall
53 explain possibly in a little more detail at a later time; that is,
54 the corruption of that which was Divinely set for one's own
55 enlightenment or Divinely created for the soul's enlightenment.

56

57 ***: Anyone have any questions?

58

59 C: Well, there should be some questions on the statement. Since
60 there are not, let us add to it to a certain degree. Once, shall
61 we say, a state is corrupted, in your terms then, it would be
62 considered negative. If the correction is not made immediately,
63 this state has a tendency to feed down and corrupt even more. This
64 is why you are told that if you ponder on certain thoughts or
65 concepts that are contrary to the Divine Will, then you are
66 inviting those concepts, those negative attitudes, to infest you to
67 a greater degree. You cannot always control what comes into the
68 conscious mind, those fleeting thoughts that enter, but your
69 control is to see to it that such thoughts do not remain. Once you
70 cultivate such thoughts, even if it is purely from an intellectual
71 standpoint to, shall we say, observe such thoughts or consider the

72 thought, not necessarily considering bringing the thought into the
73 material manifestation, but simply intellectualizing the thought or
74 intellectually scrutinizing the thought, it becomes a part then of
75 you. It is like a fascination, and soon this fascination then
76 becomes stronger and stronger, and before you know it, it is a part
77 of your thinking process; maybe not the total thought that crept
78 into your mind, that flowed into your mind, but a degree or a
79 variation of that thought is bound to impress the total thinking of
80 your own being. It becomes a part of that even though, shall we
81 say, it was only intellectually scrutinized; in other words that as
82 opposed to seriously considering bringing the negative thought or
83 action into manifestation. Now, we are speaking on a conscious
84 level. Very well.

85

86 ***: So then, when you said before about the corruption, if there
87 is a corruption that has entered, then it should be corrected
88 immediately then.

89

90 C: What we said is that if leading thoughts that are of a negative
91 quality come into the conscious mind, disregard them as quickly as
92 possible. Do not ponder them; do not allow them to continue.
93 There are many times that all of you have experienced an instant
94 burst of, shall we say, dislike for a thing or an individual;
95 possibly the situation, the circumstances, brought this thought on.
96 Dispel it immediately for once you allow it to linger ever so
97 little in the conscious thought then it begins to possess you,
98 possess your actions. If you cultivate that even to the smallest
99 degree or allow it to linger even to the smallest degree, then you
100 become guilty of such action. That is why when such thoughts come
101 get your mind on something else, immediately. Very well.

102

103 ***: You had said that when the thought comes, if you let it
104 linger and you become guilty of such actions, the actions that you
105 would be guilty of that you are referring to, would that be playing
106 with the thought or ...

107

108 C: Come, come, (***) . Certainly, you understand what we are
109 saying. What we are saying is if you should have a strong dislike
110 for an individual and would like to see harm come to them. Do you
111 understand?

112

113 ***: Yes.

114

115 C: And you ponder on that; you are as guilty of committing that
116 harm as if you were to have actually done it. Now, what we have
117 said is that you cannot always control the thoughts that fleet into
118 your mind, but you can control how long they stay there and how
119 much attention you place on them. When such negative thoughts come
120 into the mind, dispel them as quickly as possible; do not ponder on
121 them, even if it is just to intellectualize them. Get your mind on
122 something else. Then you are not guilty of such actions.

This selection was discussed on 82-08-03, the 106th Trance.

379 ***: If a soul is stuck in that system, like you said, and can
380 progress only on their own or by themselves, then if someone here
381 prays for their progression out of there, that is not going to help
382 them?

383

384 C: Certainly, prayers always help. When you pray for a soul that
385 has left the material manifestation, what you are doing is opening
386 a channel of positive thoughts or positive influences or positive
387 vibrations, whatever terms you care to use, and those are sent up or
388 out so that that soul can accept them, if they choose. If the soul
389 deems that it does not need those prayers or positive thoughts,
390 then that effort goes to whoever may need it, so that no prayer is
391 wasted. Does that answer your question?

This selection was discussed on 82-10-14, the 109th Trance.

607 ***: Could you tell us please how the pyramids were built? That
608 is, any of the pyramids, Egypt or Mu, Lemuria, Atlantis?

609

610 C: Through the mental processes.

611

612 ***: The same powers that could also be turned to destruction?

613

614 C: Power is neither good nor bad. Power in itself is neither good
615 nor bad. Those that apply it determine whether it is good or bad.
616 Does that answer your question?

617

618 ***: Yes.

619

620 C: No, it does not.

621

622 ***: As far as power is concerned, but not the original question.

623

624 C: Pursue it.

625

626 ***: Did they simply will the construction, will the blocks to
627 move? I suppose that is the question.

628

629 C: Basically, it was a matter of willing, but they needed help.

630

631 ***: From crystals again?

632

633 C: No, only partially.

634

635 ***: Then from what?

636

637 C: Special appliances. Basically, metallic rods held in hands.
638 One was a barrel-shaped rod; the other was a staff rod. The high
639 priest then would carry these, and it was used as a tuning mechanism.
640 The assistant priests or the common priests then would concentrate,
641 and through a means of chanting which would have been strictly
642 cosmetic in actuality, the chanting served their conscious mind for
643 concentration, but the chanting in itself served no other purpose;
644 focusing these thoughts then and the high priests holding these
645 rods, touching the stone or the block that had to be moved,
646 created a field that negated the gravitational force, thus allowing
647 that stone or that rock to rise. Do you understand?

648

649 ***: Yes.

650

651 ***: Somewhat, are you talking of vibrations? Through some kind of
652 vibratory energy that the rock gained an anti-gravitational state?
653 Is that following you?

654

655 C: The mind emanates an electrical field. This electrical field can
656 be focused. Do you understand?

657

658 ***: All right.

659

660 C: The priests would concentrate on the rising of the rock or the
661 elevating of the rock. Do you understand?

662

663 ***: Yes.

664

665 C: They were of one mind then. The high priest which held
666 these appliances, with the use of the appliance would be able to be
667 what you could refer to as a power element or the priest with these
668 appliances then would accumulate these electrical impulses derived
669 from the extreme concentration and would trigger then, with the help
670 of these appliances, a force that would negate the magnetic field in
671 relationship to the object. Now the priests would lay hands on the

672 object or the stone. Do you understand?

673

674 ***: Yes.

675

676 C: The high priest would walk ahead or behind of the stone and one
677 could consider then, because of the appliances, the high priest would
678 be used as the power source to cancel out the gravitational force
679 on the rock itself. This would be done in a manner that is hard to
680 explain because the concept is not in line with man's normal
681 understanding but what constitutes material form but atoms. Again,
682 what are atoms but fields of energy or electricity, and so by
683 activating the molecular structure of the stone in such a way it
684 would eliminate the relationship with the magnetic field or with
685 the gravitational field, thus causing it to elevate or levitate.

686

687 ***: Is this the same process that would have been used in cutting,
688 perhaps I am using the term loosely, but cutting the stone from
689 the actual quarry and transporting it to the site where the pyramid
690 was to be built?

691

692 C: This would be a process used in moving the stone. In some
693 cases those stones that were too large to truly be supported on
694 barges and what have you would necessitate a constant activity as
695 we have described it. Do you understand this?

696

697 ***: Yes.

This selection was discussed on 83-11-19, the 119th Trance.

1095 C: There are so many ways to offer up good, powerful prayers that
1096 it would amaze you if you would just simply stop to think. There
1097 are so many ways of praying, but it is the attitude that you
1098 maintain during that process of prayer. Now, commonly people think
1099 of prayer as words or thoughts but activities are just as strong a
1100 prayer form as words are. Get up in the morning, each of you, and
1101 sit on the edge of your bed and say to yourselves, "I am going to
1102 do something good today." Give yourself a wide open pathway. Just
1103 say you are going to do something good today, and then see to
1104 it by the end of that day before you return to bed that you have
1105 done just one thing good, even a little thing good, then offer that
1106 day up as a form of prayer, a form of active prayer, for whomever
1107 may need it, whether it is someone you know or someone you do not
1108 know, it is every bit as strong and useful as someone saying
1109 prayers, verbal prayer. A good prayer, regardless of what form it
1110 takes, is not judged by the form that brings it into being. Very
1111 well.

This selection was discussed on 86-08-22, the 141st Trance.

53 ***: Thank you. This is the Fifth Trance we have had in the
54 Research Group Interpersonal Morality. And the first question we
55 have: Are negative thoughts as damaging to spiritual growth as
56 actually carrying thoughts into action?

57

58 C: You are referring to carrying the negative thoughts into
59 action?

60

61 ***: Yes.

62

63 C: If one lives only in the realms of negative thoughts, then the
64 greatest damage is done to the individual who is thinking those
65 thoughts. Once it begins to go beyond the thinking stage, then
66 naturally common sense would dictate that those destructive efforts
67 will expand or extend from the individual. If there were a choice
68 to be made, it would be wiser to keep it in a thought-form than to
69 allow it to bleed out into a physical activity. The only situation
70 or the only condition that would be, if we could use the term, more
71 desirable would be to have the individual keep it in the thought
72 form, then the responsibility is lessened as far as damage or harm
73 done to other individuals. Do you understand?

74

75 ***: No, I lost you.

76

77 C: What is it you do not understand?

78

79 ***: To be honest, I lost my concentration.

80

81 C: If the negativity is kept simply in a thought, in other words,
82 suppose you were to dislike an individual to the point that you

83 would wish them harm. The greatest damage done in such an action
84 or condition or state of being is to the individual who wishes the
85 harm or carries the negative thought. If it is allowed to go into
86 a physical activity, naturally then it is quite possible an
87 innocent person or another individual would be harmed. Do you
88 understand so far?

89

90 ***: Yes.

91

92 C: What we have said is that it would be wiser to keep it in the
93 thought stage instead of allowing it to develop into a physical
94 action or activity. There the greatest damage is done to the
95 individual who has the negative thought. The consequences,
96 extenuating consequences, to that negative thought is, how shall
97 we say, somewhat limited. Once it goes into a physical action,
98 then the individual not only is responsible for the negative
99 thought and the action but the extenuating consequences of that
100 action. Do you understand now?

101

102 ***: Yes.

103

104 C: So, if we had to choose between the two, the less damage is
105 done by keeping it in just the thought form.
106 Our advice would be to bring yourself above a negative
107 thought. It is part of human nature to find yourself in a
108 situation where emotions can bring about less than godly thoughts
109 in relationship to situations and other individuals. If the thought
110 flows into the consciousness, very little effort is needed to
111 replace that negative thought with something more positive. It is
112 only a fool who ponders on that thought and nurtures that thought.
113 Actually, the individual who does that is nurturing greater karma
114 for themselves. Why add such a burden to yourself with that?
115 There are spontaneous thoughts that are classified as negative
116 thoughts that come into the consciousness of all. The difference
117 between a negative person and a positive person is that the

118 positive person will introduce some other thought into the mind
119 instead of allowing the negative thought to stay there. The other
120 individual, the positive individual, will begin to force a more
121 positive thought or focus their attention to something more
122 positive. So it is natural or part of your nature to have what you
123 could call spontaneous thoughts that are less than godly. The
124 godly person will immediately control those thoughts and direct
125 them into something more positive.

126 If there is friction or confrontation with another individual,
127 which is part of your society, your world, to nurture that does
128 yourself more harm. These episodes are, according to the condition
129 of your world today, almost inevitable. Now, we are talking on a
130 one-to-one basis, trivial little ego trips that cause hard feelings
131 and what have you, this is what we are talking about now. These
132 are almost inevitable in each individual life. The wise man, the
133 wise person, will realize this and then push these thoughts out of
134 their minds and bring in something more positive.

135 If each of you were to be completely honest with yourselves
136 and you were to know yourselves a little better, it would not take
137 much effort to see something beneficial in each individual that you
138 meet or know. Regardless of what problems may arise between you
139 and another individual, a good person, a spiritual person can
140 always find something good in the other individual to love.

141 There is no need to put a noose around your neck with negative
142 thoughts. It may be somewhat of a challenge to completely control
143 your thoughts to the absolute. In other words, keep yourself in
144 such a frame of mind or a state where there is never anything
145 negative that enters into your consciousness or your thought, but
146 certainly each of you have enough growth, enough control, enough
147 respect for yourself, to be wise enough not to nurture such
148 thoughts.

149 For the individual, the thought is as bad as the deed, that
150 is, the individual who is having the thought, of course. To
151 nurture that thought, you tighten the noose. To allow that thought
152 to develop into an actual physical action, then you are tripping

153 the trap door to your own hanging. Is that clear?

154

155 ***: Yes, it is. Thank you.

156

157 ***: From what you are saying, I get the impression that a person
158 cannot then be harmed by another person's negative thought. Is
159 that true?

160

161 C: It depends on the individual who is harboring or fostering or
162 nursing the negative thought, and it depends on the individual
163 who is the center of such thoughts. There is always that
164 possibility of transferring influences, but it takes far more
165 energy to transfer a negative influence than it does to transfer a
166 positive influence. Do you understand?

167

168 ***: Well, I believe it if you say it, but ...

169

170 C: Well, no, you should not believe it just because we say it.

171

172 ***: Well, I have no idea that a positive thought takes more
173 energy than a negative thought. I don't know that in a way that I
174 have of knowing it.

175

176 C: Let us add something to what we have said. Positive
177 thoughts are a direct inflow from your Creator. Negative thoughts
178 are drawn simply from your own essence. So that means you must
179 generate that energy from your own being. Does that put it in a
180 framework that is a little easier to understand?

181

182 ***: Well, it makes sense to me that if I have a lot of negative
183 thoughts, I am very stressed and then I spend a lot of energy, and
184 positive thoughts don't have that effect on me. If that makes
185 sense.

186

187 C: Positive thoughts are a recharging, not only of the soul or

188 spiritual aspects of your being but also the physical aspects,
189 because you are directly linking yourself then with the Source of
190 all energy and life and that is God.

191

192 ***: Thank you.

193

194 ***: I wasn't quite clear on that, the relationship you made to
195 the physical, you mean positive thoughts and working on nurturing
196 positive thoughts are good for the physical world too and your own
197 physical body?

198

199 C: Certainly.

200

201 ***: Even if they are not about healing, if they are just about, I
202 am making a difference between mental and physical, maybe there is
203 no difference.

204

205 C: Well, if you have a positive attitude, then you are creating a
206 healthier situation. Do you understand?

207

208 ***: Yes.

209

210 C: You are speaking in terms of the physical body. If you have a
211 positive mental attitude, then the physical body, the tool that you
212 use, is in a more desirable condition to function properly. The
213 state of mind that you have, an example, depression, a dislike for
214 much of what you find yourself in, such as employment, family, or
215 friends, if there is a less than positive feeling there or less
216 than a positive attitude, it slows the physical body down, the
217 functioning of the physical body, all the chemical interactions,
218 the electrical impulses created by the combination of the chemicals
219 of the body, and eventually if this is allowed to continue over a
220 prolonged period, it begins to affect the chemical combinations and
221 their need to relate to each other and interact with each other,
222 thus the immune system goes down. Once the immune system goes

223 down, then you have fertile ground for sickness.

224 Now, with a more positive attitude, a more loving attitude, a
225 more joyful attitude, the ability to laugh at yourself first and
226 then laugh at others or others' situations, and when we say "laugh
227 at others" not in a demeaning way but in a sharing way, this
228 bolsters the entire system. It fortifies the physical body. It
229 adds a natural stimulant to the physical body, thereby putting it
230 into what we could loosely call a higher gear or a more efficient
231 state, thereby giving you the ability to ward off sicknesses of one
232 kind or another.

233 Now, let us make it very clear at this point: Individuals who
234 are suffering from ailments, sicknesses, should not indicate to you
235 that they are negative individuals, you should not assume that,
236 because you do not have the slightest idea what may be involved
237 in their situation. This is why we at times hedge away from
238 commenting on ailments or individuals who are sick because the
239 natural tendency of your world is to pass judgment, and when you do
240 this, then you are putting yourself into a position lower than what
241 you have passed judgment on. So, to be on the safe side, one should
242 always assume if there is an illness in a person, it is for
243 the benefit of others. Not that they have a karmic situation that
244 must be taken care of, but they are joyfully surrendering good
245 health to help the growth of those around them. Now, that is the
246 smartest way of looking at individuals who have health problems.

247 Do you understand?

248

249 ***: Yes, thank you.

This selection was discussed on 86-08-22, the 141st Trance.

433 ***: Returning to the subject of negative thoughts and actions,
434 what would be the best way to deal with an individual who was very
435 negative and contrary?
436
437 C: Well, the simplest way to deal with a person like that is, do
438 not allow that negativity to bleed over onto you, to influence you.
439 If you can always wear a smile, carry a happy attitude, minimize
440 whatever problems there may be, you will find that eventually the
441 positive outlook will bleed over into the individual who is
442 expressing a negative attitude. Sometimes it takes a great deal of
443 patience, but if you can look at an individual like that and see
444 one speck of something to love, it will make the effort that much
445 easier. Think of it whenever you run into a situation like that or
446 an individual like that, think of it as your personal mission to
447 make that situation better, think of it as a personal challenge,
448 something positive that you can do, something that you can help
449 create and leave for all others to share in.

This selection was discussed on 86-09-27, the 143rd Trance.

343 ***: Do I understand it right then in the understanding that
344 through your own thoughts and acts of love that you come to realize
345 in your Subconscious that you are a child of God? Is that the way
346 to understanding that?

347

348 C: Yes. Yes. A very simple answer to the problem, isn't it?
349 Start performing acts of love; start accepting people as they are;
350 and make that a lifestyle; make it a lifestyle. Oh, it is true,
351 there are times that you will have to force yourself to be loving,
352 to be accepting, to do things that are considered charitable or
353 loving. That is not what is important. What is important is that
354 you make it a practice, and as you practice it more and more, you
355 begin to develop that consciousness within the Subconscious, and
356 the more that consciousness is developed, the easier the higher you
357 can reach across that crevasse and touch the conscious you, and
358 once that point, that contact, is made you have come to the end of
359 your journey and your rewards are laid before you.

This selection was discussed on 86-09-27, the 143rd Trance.

408 ***: My formal question that is typed out here is: Why do
409 negative thoughts come into your mind in the first place?

410

411 C: Probably because you do not have enough ... Well, we really
412 should not get this on a personal level, should we, (***)?

413

414 ***: I am not commenting one way or another.

415

416 C: After such serious things, a little jest is good, and since
417 (***) can take it, isn't that right, (***)?

418

419 ***: Doggone right.

420

421 C: Why do negative thoughts come into an individual's mind?
422 Again, it is something that there really is not an answer for. It
423 is an accumulation of what you are, what you have done. It is
424 impossible to eliminate every negative thought from your conscious
425 mind, but one should attempt to do is once the negative thought
426 enters, replace it with a more positive or constructive thought.
427 You cannot constantly be active twenty-four hours a day; you cannot
428 constantly have your thoughts elevated to the heavens; and it is
429 not expected. There are some natural thoughts that will come and
430 go in your mind, but it is the way you deal with such things will
431 determine what responsibility you have for that condition or that
432 situation. Do you understand?

433

434 ***: Yes. You mean a lot of the stuff that we drag with us into
435 the plan that we are unfolding when we come down or are
436 reincarnated, even though we might lay out, well I would hope we have
437 all laid out positive plans for growth ...

438 C: Well, not all.

439

440 ***: Well, I mean all of us people here. At least in western Stark
441 County. Even those who do have good plans or start out with good
442 plans, they still drag some of that dirty laundry with them that
443 they created in a previous lifetime that sort of bugs them as they
444 are growing up?

445

446 C: We are not so sure the term "dragging it with you" is as
447 accurate as it could be. It is definitely a part of you. It is a
448 part of the Subconscious area. Do you understand?

449

450 ***: Yes.

451

452 C: And the Subconscious is not something that comes and goes or
453 that you leave behind like your physical body. The Subconscious
454 Mind is simply another facet of the soul's awareness or the spirit
455 that is you, the unique personality that is you, and it is this
456 area that holds all the debts that you have encountered. Do you
457 understand?

458

459 ***: Yes.

460

461 C: And you as a spirit entity, you as the unique creation,
462 pick and choose according to the condition that you are in as
463 to what you are going to deal with. Now, the means of evolvement
464 or growth back to your at-one-ment with your Creator has been
465 agreed upon as a cooperative effort. Do you understand?
466 Consequently, you have your interreaction with each other,
467 the lives, the friends, marriages, what have you. Do you
468 understand?

469

470 ***: Yes.

471

472 C: All this that you term drag from the past is set up to deal

473 with in your relationship with others. So, it is a common
474 agreement, that can be changed, it can be changed. You can go
475 along a chosen or agreed upon path and decide to check out of the
476 situation and do so, so you are not predestined, even though you
477 have preplanned your experiences, they are not so firmly set that
478 they cannot be changed. Do you understand?

479

480 ***: Yes.

481

482 C: And there are situations where you cannot rid yourself of these
483 problems as quickly as you may like to because it may be necessary
484 for you to experience certain experiences to come to a deeper
485 realization or understanding. Also, in some situations it may be
486 necessary for you to carry that burden a bit longer so that you
487 also assist others in ridding themselves of their burdens. Do you
488 understand?

489 ***: Yes, I do.

490

491 C: Now, in a situation like that, again, when we make remarks like
492 that we realize that there are some individuals who are going to
493 rationalize and say, "Well, that's great, I can continue to do this
494 thing here because even though I have a spiritual awareness that
495 this is wrong I must continue to do this so I can give my dear
496 friend here a longer time to evolve." We are aware of such
497 attitudes. Again, again, you fool only yourself. You fool only
498 yourself.

This selection was discussed on 86-10-31, the 144th Trance.

215 C: Actually, meditation is the best overall discipline for
216 spiritual growth, because there you not only learn to discipline
217 the body but you learn to discipline the thoughts and once you gain
218 greater control over your thoughts then you gain greater control
219 over your exterior being allowing the higher self then to work more
220 actively and more directly through its temple or its tool.
221 Everyone should meditate at least once a day. There should be no
222 exceptions. That is ideal. Now, if you do not, that does not mean
223 that you are going to fail in life. It simply means that in most
224 cases you will probably not have the ease that you could have, and
225 when one meditates, one does not necessarily always have to
226 meditate on spiritual concepts. Simply meditation for meditation's
227 sake can be helpful in that it is a practiced discipline. It is a
228 control of one's self. If nothing else, it releases the tension
229 that all of you live under, and in that sense alone is beneficial
230 to the physical body. So you cannot lose with meditation. There
231 is absolutely everything to gain and nothing to lose.
232 If we were to make a suggestion on meditation, we would
233 suggest that a novice learn to meditate for no less than twenty
234 minutes to thirty minutes in the beginning. Once they become
235 proficient or efficient at relaxing the body and entering
236 meditation and when they have gained enough control over the
237 exterior portion of meditation, that is the relaxation of the body
238 and focusing the mind then, that period of time can be reduced.
239 So, as you become more efficient or proficient in meditation, if it
240 is for just a general sense, let us put it this way, if there is no
241 particular goal, it is quite possible to meditate a few minutes in
242 the morning, a few minutes midday or during your day, and a few
243 minutes in the evening. That gives the body three periods of
244 relaxation a day and during those periods of relaxation, the body

245 can ward off minor possible physical problems.
246 If the people of your society would learn to relax totally,
247 you would eliminate most of the cancer because one of the main
248 triggering devices for cancer is stress and tension. Give yourself
249 a pill three times a day and let that pill be a few minutes of
250 complete relaxation through meditation and you will reduce your
251 potential for cancer by possibly 75%. Then those of you who must
252 drink this awful stuff that you call soda pop and those of you who
253 must smoke and you can turn yourselves into living chimneys and
254 fizzling bottles of sweet water all you care to and you will not
255 have to worry about ailments of cancer, let us put it that way.
256 Now, do not leave here thinking or missing the point we are trying
257 to make. We used an exaggerated example to show you the potentials of
258 meditation. We have not suggested that you should meditate five
259 minutes three times a day and then indulge yourselves in all kinds
260 of things that pleases your whims. So, be forewarned, we have not
261 said indulge yourself and meditation will be the cure-all. What we
262 have said that meditating three times a day could reduce potential
263 dangers by approximately 75% for each of you depending again on
264 your lifestyle, the karmic situation that you are dealing with. If
265 you were to combine meditation with the proper diet, again we are
266 not talking about faddish diets, we are talking about good,
267 wholesome diets, you would definitely be a much healthier
268 individual, and as a much healthier individual, you become a much
269 healthier community. Are there any other questions?

This selection was discussed on 87-07-25, the 147th Trance.

889 ***: When you first described that group of souls, you made an
890 exception of the world not being able to recognize a true genius.
891 What does that mean or why that differentiation?

892

893 C: Well, there are some entities who are pronounced retarded when
894 in fact they are not retarded; they are so far advanced mentally
895 that society cannot recognize a, how can we put it so that it will
896 be, they do not conform to the mold. Do you understand?

897

898 ***: Yes.

899

900 C: In other words, their mind, their thoughts, are progressing at
901 a supersonic speed while the rest of you people are crawling like
902 snails. Do you understand?

903

904 ***: Yes, and this ...

905

906 C: And their mind, the mental activity, goes at such a high rate
907 of speed and is so creative that it does not deal properly with the
908 physical body. Do you understand?

909

910 ***: Yes.

911

912 C: And if this state of existence comes into play at the moment of
913 conception, then the physical body itself may suffer as the fetus
914 develops, and, of course, certain conditions then are set up where the
915 metabolism may not be what it should be, body formation may not be as
916 what it should be, it may not develop the way it should normally
917 develop, consequently, those are repercussions that must be
918 accepted. Do you understand? Or, let us say, those activities

919 cause repercussions after the child is born and it would be
920 entirely possible then that they may be deformed in some manner or
921 another, the metabolism or body chemical functions may not be
922 proper, thereby causing other problems, physical problems. Do you
923 understand?

924

925 ***: Yes, pretty much, I think I do. If they are mentally so far
926 ahead of the rest of us but they have trouble dealing with the
927 physical, are they able to use their gift, their mental
928 advancement, for lack of a better word, in the physical?

929

930 C: If some means of communication could be set up between the slow
931 world and the high-speed world, yes. Now, we use the term "slow
932 world and high-speed world" not to stimulate your thoughts but does
933 something exist that you are not aware of. We use that as a
934 descriptive term based on our example just stated moments ago,
935 snails and supersonic, what have you. So, yes, if there were a
936 means of communication between the two levels, although any
937 malformation of the physical body that has already been created,
938 that would not be able to be changed, and more than likely unless
939 some, how can we put it, unless some avenue could be forged that
940 would allow the genius to pay more attention to the physical body
941 and its development, possibly or more than likely future
942 malformations of the physical body or physical condition would
943 still occur, unless, of course, as we said, some kind of avenue of
944 communication could be set up. But, then again, that is not a
945 guarantee. But some very creative and positive concepts could be
946 derived from these individuals. The best avenue of approach or,
947 let us say, really the only avenue of approach would be being able to
948 develop a computer link-up, because you certainly would not be able to
949 digest that speed of thought in any other way. The second avenue
950 that would be even less likely would be mental communication. Does
951 that answer the question?

952

953 ***: Yes, except one more thing. Why does this happen at all,

954 that they have this ability but it is more or less that they cannot
955 use it?

956

957 C: Oh, they do use it, they do use it very much. Be thankful that
958 these souls do come in. You forget what we have said in the past.
959 Thoughts, thoughts, thoughts. These souls think just like you. In
960 fact, they think much more intensely and much more, so their
961 positive, constructive thoughts are being pumped out and more or
962 less overwhelming and subduing the normal's less than creative
963 thoughts or less than perfect thoughts that they are generating
964 into creation. So, these so-called "retarded" people who are
965 actually mental giants are pumping out very positive and
966 constructive thoughts to the physical plane into the realm of
967 formation.

968

969 ***: So, we have those and then we have the really retarded who
970 devote themselves to being avenues of service or avenues of the
971 creation of brotherly love. They are two distinct, different
972 groups?

973

974 C: Yes. So these souls come in to help you people, and when your
975 little, shall we get very descriptive, your little "pea-sized"
976 minds are pondering over something not much more valuable than your
977 own personal desires, these advanced souls are pumping out energies
978 and mental thoughts that are making up for your lack. Now, of course,
979 we are not speaking personally to anyone.

980

981 ***: That is very amazing.

982

983 C: Well, it only stands to make common sense. How many times have
984 we said over the years, the many, many, many years, that thoughts
985 are things. Some of you people say, "Oh, yes, that is a fact," but
986 we can say that it is more verbiage to you than a real belief.
987 Because if you truly believe such things, if you truly could see,
988 then you would have figured something out along those lines long

989 before the question was asked or before it ever came up. The
990 problem with the world today is that it is full of words and very
991 little belief, and belief is verified by action. What more can we
992 say? Words constitute nothing. Action is proof. It makes it so.
993 So, for all the "pea-sized" minds around, you have got to have a few
994 geniuses and a few of the blessed souls to make up for the masses.
995 Anything else?
996
997 ***: Not from this "pea-sized" brain.

This selection was discussed on 87-10-31, the 150th Trance.

704 ***: All right. Now, when a woman is carrying the unborn child,
705 is her emotions, her thoughts and activities, do they affect that
706 unborn child? Will it predispose that child? Say she was suddenly
707 interested in classical music and this type of thing, would this
708 affect the child?
709
710 C: It will providing certain conditions exist. If the soul is
711 occupying that container, most assuredly, what the mother does and
712 what the father does will influence that child, even though it is
713 still in the mother's body, from the moment of conception, actual
714 conception, in other words, we are talking in terms of the life
715 force of a new entity making claims on that container or that physical
716 body, from that point on what both parents do can and in many, many
717 cases do influence that baby. In actuality, it always influences
718 but we are talking in terms of positive influence. Whatever good
719 that you do around that third person in those formative stages will
720 definitely have an influence. If you talk to your baby as it is in
721 your body, that child can hear and sense. If the father talks to
722 that baby in the mother's body, that child can sense. It will
723 recognize the two different voices. Now, the mother can also
724 influence the physical container prior to the occupation of the
725 soul by what she may ingest. In other words, if she is pregnant
726 two weeks and no soul has occupied that body or made claims to that
727 developing fetus, she can influence the physical condition of that
728 container by what she ingests into her system, what she may inhale
729 into her system because there is a direct physical link there
730 between the metabolism, the chemical compounds, whatever you wish
731 to call them, and its attachment to the fetus. Do you understand?

This selection was discussed on 88-05-14, the 155th Trance.

325 ***: My question has partially been answered. I call it self-mind
326 control or visualization is the same thing you are calling meditation
327 for relieving stress, that was one of the things but you answered
328 that. But after you get to that meditative state, is it possible to
329 program yourself to think of only positive things instead of negative
330 or every time you would think of a negative thought, try and push it
331 out with a positive one? If so, is there a way to do that?

332

333 C: You can reconstruct your whole being through meditation, but in
334 order to do that you are going to have to face the negative thoughts.
335 Simply pushing them out of your perception will not always do it
336 because if there is a negative thought you must understand why it is
337 there. Is it a part of you that is surfacing? Or is it just some
338 abstract thought that is floating in? If it is a part of you that
339 must be faced, then the simplest way of reconstructing yourself or
340 changing yourself into a more positive and growth-oriented person is
341 to face that negative image or whatever. Once you have faced it and
342 dealt with it, then that is one item out of the way or one stumbling
343 block out of the way that permits even greater growth.

344 Visualization is only a part of meditation, and true meditation,
345 a very profound meditation or deep meditation, is usually instigated
346 through visualization. And once one has reached that very quiet state
347 where there is a passivity of the body or a quietness of the body and
348 an openness of the mind, then meditation actually begins. But what
349 one visualizes prior to that point is what will set the stage for
350 meditation or what one might hope to receive in the actual meditative
351 state.

352 So the process of visualization is really a calming of the
353 physical body, eliminating the awareness of the physical body, the
354 stress of the physical body, and conditioning then the conscious mind

355 to higher thoughts. And once the conscious mind is conditioned to the
356 higher thoughts and the body has been put to rest, then the real
357 meditation or meditation for guidance purposes can take place. But
358 at best in most individuals or shall we put it this way, in all but
359 a few individuals there are only sporadic moments of true meditation
360 where one is open for real guidance from either outside sources or
361 one's higher self. Many people feel as though they receive a great
362 deal of guidance and what have you, but this is not generally the case
363 as their life more than adequately shows it. So those who are truly
364 proficient in meditating have a lifestyle that shows it, that shows
365 what they have accomplished and what they have received, but as we
366 said, the real high point or connecting point in meditation is
367 something that comes and goes during the overall meditation period.
368 Only the very advanced can sustain that open channel with some degree
369 of control. Does that answer the question?

This selection was discussed on 89-09-16, the 172nd Trance.

139 ***: Well, I will ask the second part of the question. Our
140 thoughts are a form of creating, is that how we create as spirit
141 beings and is that how God creates, simply by desiring that it be
142 created?

143

144 C: Well, you can only create so much of what you want. The
145 problem with society today or the world today or the spiritual
146 community today, they are told that simply by desiring something,
147 simply by thinking and concentrating on what they want, they can
148 create it. This is a half-truth. All creation must be within the
149 text or conditions that you exist in. In one's effort to
150 concentrate strongly on the desire or on the situation, if all the
151 surrounding circumstances are proper, yes, you can bring into the
152 material manifestation your creation. You can bring it into
153 reality. But how many people live in a condition where that is
154 totally possible. So it may come to you in reality in something
155 less than you had desired or hoped. Does that make any sense to
156 you?

157

158 ***: Yes.

159

160 C: Whenever you concentrate intently, meditate or pray upon
161 wanting something to materialize, you do not lose part of the
162 essence of yourself, but that essence is used in forming the
163 potential for that concept to become a reality. Do you understand
164 that?

165

166 ***: Yes.

167

168 C: The electromagnetic field that you really are is not contained

169 in just a small area or is not permanently contained in just a
170 small area. It can transcend or extend out beyond the normal
171 limits of your being in order to create certain elements or things
172 that you may want in your life or certain states of your being
173 that you may desire, certain qualities you may wish. Does it
174 dissipate into the etheric and leave you? No. It is always there
175 in that vicinity working. Again, the circumstances around you or
176 the circumstances you are in or the purity of thought that you
177 have, the strength of concentration, the determination, will
178 determine how perfect that creation will be when it reaches
179 reality. You cannot be spiritual just by desiring it and thinking
180 about it. You become spiritual or more evolved or more attuned or
181 develop a stronger at-one-ment with your Creator by meditating on
182 it, by praying on it, but also by doing those things that are
183 required of a spiritual person. If you use both ends of the
184 spectrum, the doing and the mental creation, the chances of it
185 coming into reality are far greater because the actual physical
186 doing gives a stronger foundation, builds greater avenues where the
187 spiritual can open up much wider and much clearer to you.

This selection was discussed on 90-05-19, the 177th Trance.

137 ***: If revealing dress causes someone to become excited, thereby
138 presenting a challenge to the viewer's ability to control his
139 thoughts, who is at fault? Is karma created? If revealing dress
140 caused another person to take improper actions, such as, a married
141 person makes advances to the person wearing the revealing dress,
142 are both individuals equally at fault?

143

144 C: Overall, the overall answer would be that both are eventually
145 equally at fault, but the first fault lies with the individual who
146 does the tempting. So the primary fault would then lie there.
147 That individual who would succumb to that temptation would be the
148 second primary fault or responsible person. The act of being
149 tempted or the thought of improper action is a natural outcome of
150 the suggestive dress or the provocative actions. Up to a certain
151 point, such thoughts, such desires would not deserve or create
152 karma, but if the individual continually ponders on those thoughts
153 and adds exaggerated activities to that thought, then the
154 individual becomes fully responsible for the continuation of the
155 initial thought or desire. Do you understand?

156

157 ***: Yes.

158

159 C: The individual who dresses provocatively or stimulates the
160 action or starts the action or the primary offender then becomes
161 not only responsible for the initial activity but also becomes
162 responsible for the repercussions that may or the extenuating
163 circumstances that may evolve from that situation. So the teaser
164 or the tempter would be responsible, karmically, for the initial
165 act and then the consequences that comes from the temptation or from
166 the activity. Do you understand?

167

168 ***: Yes.

169

170 C: That would be the primary fault-bearer or that karma would be
171 charged then to that individual, that would be the primary karma.

172 The secondary karma would come when the second individual who was
173 being tempted allowed the thoughts to go beyond a point. When the
174 thoughts go beyond a point and actually become a physical activity,
175 then that individual, the one that is being tempted, becomes
176 responsible for those activities and the additional
177 self-stimulation of thought that the second individual allowed or
178 cultivated. The first individual, the primary karma creator or
179 teaser, then becomes responsible for the whole situation. The
180 second individual who is being teased becomes responsible only
181 beyond a certain point. Does that answer the question?

182

183 ***: Yes.

184

185 C: So you are allowed a certain amount of imagination or mental
186 gymnastics or whatever you choose to call the fantasies that one
187 may have in dealing with the situation. But to allow them to go
188 beyond a certain point, then it becomes a situation where you begin
189 to create karma. When you no longer can control your actions, then
190 the karma starts, your physical actions, or the serious karma, at
191 least, will start at that point. And ultimately then both people
192 become fully responsible for any problems created to other
193 individuals because of such activities. Does that answer the
194 question?

195

196 ***: Yes.

197

198 C: Very well.

This selection was discussed on 90-10-20, the 178th Trance.

233 ***: The Council spoke once about music but it was mostly about
234 the harmful effects of certain kinds of music upon humans. My
235 question has to do with other comments about music and especially
236 its enhancement for life, for learning or personal and spiritual
237 growth?

238

239 C: Music can be very instrumental in raising the spirits of man.
240 It can be instrumental in raising the intellectual level of man.
241 It depends on the type of music. Anything with a heavy constant
242 beat that may have, how shall we put it, a hypnotic effect to it is
243 a dangerous type of music. The form of music that builds to a
244 crescendo and then subsides and then brings it up again is probably
245 more beneficial for the majority than something with a heavy
246 backbeat to it. The music raising to a crescendo can raise the
247 vibrations of the individual so that the thoughts are forced to
248 spiral upwards into something above the heaviness of the material
249 form. Using it as a means or a vehicle to assist in the
250 intellectual quest, we think it is very wise. We also think that
251 music is wise to be used as a soothing effect, as a healing effect,
252 as a means of assisting one in quieting the inner self so that one
253 can meditate.