



SOLAR

The SOL Association for Research
NEWSLETTER

Comments On Spirituality

William Allen LePar

Baptism by Fire

September 11, 2001

“It is a characteristic of wisdom not to do desperate things.”

—Henry David Thoreau

September 11, 2001, is the day that the United States of America was baptized into the world community. It no longer strutted like a banty rooster on its pedestal. It was brought to face the realities of life, the realities that the rest of the world was well aware of. In a matter of minutes, thousands of lives were extinguished, and the most powerful nation on the face of the earth received a wound delivered by some isolated individual full of hate, an individual who took the religion of Islam, a religion full of love, compassion, honor, and dignity, took this most beautiful religion and interpreted it to suit his own twisted mind and his own twisted agenda. This man, Osama bin Laden, with his money and charisma, was able to twist the tenets of this beautiful religion of Islam into a religion of fanati-

cism, draped in hate and vengeance, a total disregard for innocence, and a total disregard for the respect of life.

Today America knows what it feels like to live in fear. It now can hopefully understand the way

much of the rest of the world has lived for many, many years. Will the people in America realize that this is a wake-up call, a wake-up call to awareness? The people of America and the government of America must realize that we can no longer just give based on what we will receive in return. If we are to be a loving country, guided by our God, then we must give according to the needs of those we are giving to.

On September 11 of 2001, America experienced its first real attack on its soil, an attack that took a significant number of lives and destroyed much property. Has this really been the first terrorist attack in our land? No. People of this country have been attacked by terrorists many, many times. It is sad to say that we have not looked upon these as attacks by terrorists. Can you imagine the fear and the terror

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The Council and Einstein on Time

David Ries

For more than three decades The Council has provided mankind with insight on every subject of consequence. They have taken facts from one major aspect of creation and tied it in very neatly with another aspect. Recently I read a selection from one of the early research group trances that demonstrated their ability to tie different points together as well as anything I have read. A questioner wanted to know if Einstein's theory of relativity related to The Council's definition of time and our involvement in the material manifestation, our earthly existence.

Please don't stop reading. Yes, relativity is a very complicated subject. I've read many articles about it, and at times I even thought that I understood some of what was being said. At other times I was confused to say the least. What surprised me about The Council's explanation was that I could picture in my mind exactly what they were saying and, more importantly, it made sense. There were some aspects of their explanation that I could even view in my daily life.

The following dialogue will also show how The Council gets us to think by helping us to present our question in the clearest possible manner. The second benefit gained from clarifying a question is that future generations when reading this information will gain greater insight because they will be able to follow the train of thought from the initial question to The Council's conclusion. I've noticed that The Council uses

this technique frequently with subjects that are complex or difficult for us to grasp. Notice how they explain the concept in little bits, yet when completed, the entire thought, which has many, many aspects is laid out in a form that will allow us the opportunity to pause, picture and then grasp what is being said. Even more importantly, this method offers the reader the opportunity for a realization of what is being given beyond the obvious.

To my way of thinking, the way that The Council presents this

piece of information is every bit as remarkable as what they say. I believe that more understanding can be gained by reading this quote a second or even third time. Here is the nature of relativity as explained by The Council:

Questioner: Einstein's theory of relativity, my understanding. He says that time is not absolute. That we experience time as a result of our velocity and specifically in relation to the speed of light. The faster we travel, the slower we experience time. You said that we experi-

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

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

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ence time in relation to our observation of activity. Do these two thoughts relate in anyway?

The Council: Don't you see a relationship?

Questioner: Sometimes I seem to, but as far as the relation that time is relative, but then specifically relating velocity and observation, I can't relate.

The Council: Repeat it again and think about what you are asking.

Questioner: Einstein's theory of relativity says that as your speed or velocity approaches the speed of light that your experience of time will be much slower than in comparison to someone who is traveling at a slower rate.

The Council: Now have you heard what you have said?



Questioner: The more activity that you are involved in...

The Council: You must use the speed of light first as the basis as opposed to the one who is not moving at the speed of light, only receiving the speed of light.

Questioner: Also, Einstein's theory says that if you are traveling at the speed of light that time will stop.

The Council: Isn't that interesting? What have we said about the world you exist in?

Question: That it is an illusion of our creation.

The Council: Yes, but what have we said about it being shadows played on light? The closer you move to light and this also can be understood as moving at the speed of light, since the activities of light or the molecules of light make up the light itself yet is part of the speed. Do you understand?

Questioner: Not very well.

The Council: How can we explain it? Light in itself is not just light, it is made up of components, basically an energy. The energy is light because those molecules, those atoms, whatever that constitute light vibrate at a particular rate. Do you understand that?

Questioner: Yes, I think.

The Council: Very well. As the vibration is increased then, it becomes closer to the components of light. Do you understand that?

Questioner: Yes.

The Council: Consequently, it becomes a closer part of that light. Do you understand that?

Questioner: Yes.

The Council: As it becomes a closer part of that light, then, the lack of attention to the

denser form of light constitutes a lack of involvement or observation thus a lack of an awareness of time or transition or activity. Do you understand that?

Questioner: I think to some degree.

The Council: So, then when you do become closer to the light or in your experience of growing toward the light you visualize it as a form or a speed or a travel experience or awareness. Do you understand?

Questioner: Yes.

The Council: As you become closer to that light, there is less observation of the lower form of light or the lower activity of light, consequently, less time. Can you follow that?

Questioner: I think so.

The Council: Really, if you look at it as simply as is humanly possible it becomes much clearer. When you attempt to make more out of it, it becomes extremely complicated. It is so simple that it is extremely hard to explain. If you understand that the material manifestation is an illusion, and it is created by the play of light on shadows, now shadows indicate a lack of light or a slower vibratory rate. Since there is less energy force there, the rate, the vibration of the shadow will not move as quickly. Do you understand?

Questioner: Yes.

The Council: Consequently, it becomes what appears more solidified. Keep in mind that the vibratory rate of the atoms or molecules have been reduced. As they are raised closer to that of light, less time exists because there is less material, less friction to the vibration of light.

If you've gotten this far without giving up you may as well go the final few lines. Now The Council gives us a practical application of this theoretical concept. They bring the spiritual side to this scientific principle.

Questioner: I had another question that may be similar. When we are totally involved or absorbed in something whether reading a book or doing some activity, frequently we seem to lose all track of time. Would this go along with what you are saying when you are not paying attention or not observing?

The Council: In regards to reading a book, the activity level is switched from a base or fundamental activity, manual activity or manual labor activity, to more of a mental activity, which has a tendency in most cases to speed time up, since you are not occupying your creative abilities with the manipulation of the material manifestation or the material form. Does that clear it up any better?

Questioner: Yes, I think so. One other question I had. When you are young, time seems to pass so slowly. A month is a long time; a year seems like a lifetime. The

older you seem to get, days and months and years seem to pass quicker and quicker and quicker. Why would this be?

The Council: It is the same as with the question concerning the book. In most cases, as you begin to age, your activities become more and more of the mind, and as that occurs then, one has less dealings with the physical or the point of concentration is not so centered on the physical, consequently, there is less friction to time, so it moves quicker. As one ages, it becomes aware slowly that time is passing by but not time in the sense of the passing of the hands on a clock, but time in the sense that the opportunity for growth is surely or slowly coming to an end. Do you understand?

Questioner: Yes.

The Council: So it begins to think much more about what it is doing, what it has done, and what it possibly will do. There is a greater degree of thinking before acting, consequently, there is less awareness of time in the sense that it is not concentrating, the soul is not concentrating so strongly on material activities, yet an individual may still be very active. Do you understand?

Questioner: Yes.

The Council: But it is where the focus of attention really is seated that determines that. It is not a good example but it is the simplest that can be given so

that there is some understanding. This change from the constant physical preoccupation to a more thinking preoccupation is a gradual growth process with most individuals, and it comes about in such a way so there is really not a conscious awareness. 11



is a matter of evolvment, wherein the entity or the individual still lives a full life, yet it is not fully centered on that living. It begins to prepare for a period of reflection. Does that answer the question?

Question: Yes. The only other question on that is that experience of the time speeding up becoming more involved in the thinking is not necessarily good or bad? It would still involve what you are involved with and what your intention is. Is that correct?

The Council: Your question is not clear, (***)

Questioner: If you are experiencing this apparent speed-up of time, that in itself does not indicate that you are doing right or is not ...

The Council: We said that it is a natural evolvment.

Questioner: Thank you.

The Council: You are most

welcome.

Questioner: One quick question. If reading a book will speed up time because it is a mental activity, is watching TV a waste of time?

The Council: Well, now, (***), what do you think?

Questioner: There is no mental activity there, right?

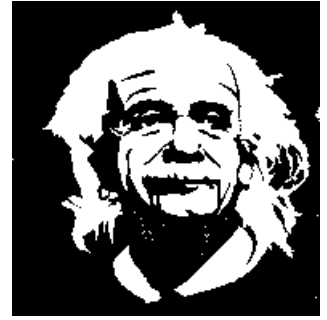
The Council: Is there any mental activity in an old rag sopping up some swill?

Question: All right. Thank you.

The Council: A bit hard on your

forms of entertainment, but.

We are spirit beings who are utilizing the material manifestation, our earthly existence, for the purpose of growing spiritually. This form really is alien to our true existence, which is a non-physical conscious state without any involvement in time or the physical. All of us agree to use this form of existence because in eons past we chose this “stage play” as a group. We felt it offered us the best opportunities to express our godliness. Has it worked? For many spirit beings, yes it has. For us, that is still to be determined.



The interesting point for me is that even in this very materialistic world the Divine still offers us glimpses into the Heavenly Realms.

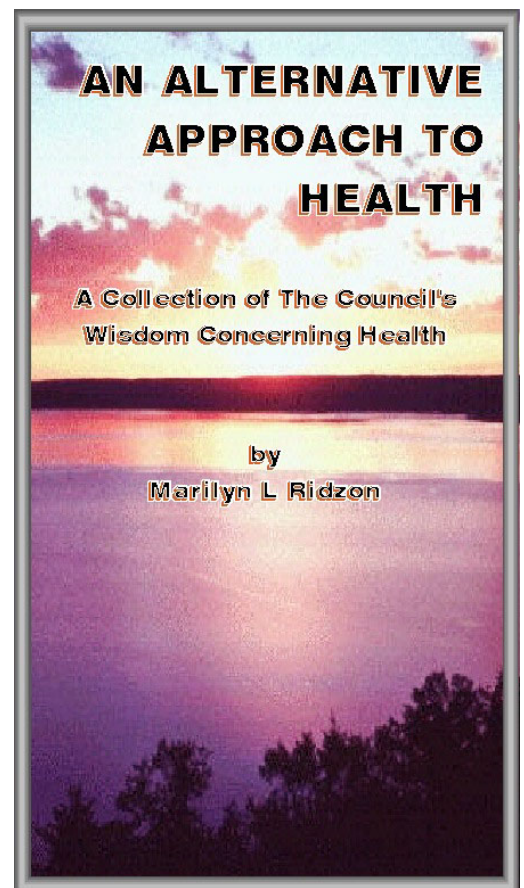


AN ALTERNATIVE APPROACH TO HEALTH

A Collection of The Council's Wisdom Concerning Health

by Marilyn L. Ridzon

A new book on health issues is now available. The book includes 25 different topics from Fluoride to Alzheimer's Disease. It is a distillation of the finest of the Council's wisdom on health issues collected from the LePar Trances over the past thirty years. Some of the information is revolutionary, some controversial, but all of it fascinating and interesting. Don't miss this fine book. Spiral bound, 148 pages, \$7.00. Write, or call 330-497-9645 for a catalog with this and many other books published by Solar Press.



Flu Shots

Health Hints

Marilyn Ridzon

As we approach the cold and flu season, is it wise to get a flu shot? According to Dr. Kristine Severyn of the Vaccine Policy Institute, there are no adequate studies which prove that the influenza vaccine reduces the incidence of the flu in the elderly and other high-risk groups. In 1993, Congress authorized 80 million dollars a year for Medicare to provide flu shots to the elderly, reasoning that vaccinations cost less than hospitalization as a result of complications from the flu.

Personally, I question the widespread inoculation of our society. In the past five years, the flu vaccine has been associated with hundreds of cases of neurological disorders such as Guillan-Barre syndrome. Also, several independent studies have demonstrated that is actually weakens the immune system. Providing flu shots for healthy workers is not economically beneficial at all when the costs of the vaccinations are compared to the costs of flu-related sick days.

Influenza vaccines have a very poor track record in warding off the flu. In fact, a lot of people who are vaccinated seem to get a mild reaction and sometimes a full-fledged case of the flu. The effectiveness of the flu shot appears to be questionable as there are so many different viruses. In the winter of 2000 we were hit hard with the flu. So, obviously, the vaccine wasn't very effective. Several years ago, the vaccine missed the most common strains altogether.

Not only are the vaccines relatively ineffective but they have been linked to an increase in Alzheimer's disease. The incidence of Alzheimer's has increased

epidemicly throughout the last decade and the rate is expected to quadruple in years to come. Have you ever wondered why there is such an increase in this dreadful disease? Some say it's because we are living longer and therefore is just inevitable. That may be partially true, but I recently read a better, but rather startling explanation. According to Hugh Fudenberg, MD, the world's leading immunogeneticist: "If a person has had five consecutive flu shots between 1970 and 1980 (the years that were studied) his chances of getting Alzheimer's disease is ten times higher than if he had just one, two or no shots." This seems far-fetched but Dr. Fudenberg explains: "It is due to the mercury and aluminum that is in every flu shot. The gradual mercury and aluminum buildup in the brain causes cognitive dysfunction."

When asked why there is such an increase in Alzheimer's disease, The Council replied: "You are taking in more aluminum into the body than you have ever in the past through cookware and body preparations [anti-perspirants, in particular]. You are spraying such things directly on the skin. It is being absorbed by the skin and taken into the system. It is collecting in the brain tissue itself." So if aluminum products are harmful, can you imagine what harm a

vaccine containing aluminum can do?

There are many other ways to boost your immune system other than getting a flu shot. Here are just a few: Eat 80% alkaline-forming foods such as fruits and vegetables and limit your intake of acid-forming foods to 20%. Acid-forming foods include coffee, alcohol, dairy products, meat, and refined carbohydrates such as white sugar and white flour. If your body is alkaline, you cannot get sick. At the very first sign of a cold, take one half teaspoon of baking soda dissolved in a glass of warm water. This will automatically make your system alkaline. Increase your vitamin C intake, up to 10 grams a day. Take immune-enhancing herbs, especially Echinacea, preferably in liquid form. Use common sense when it comes to hygiene. Wash your hands frequently especially after being in contact with someone who has a cold or flu. Drink plenty of water to rid your body of toxins. Get adequate sleep and take measures to reduce your stress level. Studies have shown that people who are consistently deprived of sleep have impaired immune systems. During sleep, potent immune-enhancing compounds are released.

Wishing you a healthy New Year!



The Quilt

As I faced my Maker at the last Judgement, I knelt before the Lord along with the other souls. Before each of us lay our lives, like the squares of a quilt, in many piles.

An Angel sat before each of us sewing our quilt squares together into a tapestry that is our life. But, as my Angel took each piece of cloth off the pile, I noticed how ragged and empty each of my squares was. They were filled with giant holes.

Each square was labeled with a part of my life that had been difficult, the challenges and temptations I was faced with in everyday life. I saw hardships that I had endured, which were the largest holes of all.

I glanced around me. Nobody else had such squares. Other than a tiny hole here and there, the other tapestries were filled with rich color and the bright hues of worldly fortune.

I gazed upon my own life and was disheartened. My Angel was sewing the ragged pieces of cloth together, threadbare and empty, like binding air. Finally the time came when each life was to be displayed, held up to the light, the scrutiny of truth. The others rose, each in turn, holding up their tapestries. So filled their lives had been.

My Angel looked upon me, and nodded for me to rise. My gaze dropped to the ground in shame. I hadn't had all the earthly fortunes. I had love in my life, and laughter. But there had also been trials of illness and death, and false accusations that took from me my world as I knew it.

I had to start over many times. I often struggled with the temptation to quit, only to somehow muster the strength to pick up and begin again. I had spent many nights on my knees in prayer, asking for help and guidance in my life.

I had often been held up to ridicule, which I endured painfully, each time offering it up to the Father in hopes that I would not melt within my skin beneath the judgmental gaze of those who unfairly judged me. And now, I had to face the truth. My life was what it was, and I had to accept it for what it had been.

I rose and slowly lifted the combined squares of my life to the light. An awe-filled gasp filled the air. I gazed around at the others who stared at me with eyes wide.

Then, I looked upon the tapestry before me. Light flooded the many holes, creating an image. *The face of Christ*. Then our Lord stood before me, with warmth and love in His eyes. He said, "Every time you gave over your life to Me, it became My life, My hardships, and My struggles. Each point of light in your life is when you stepped aside and let Me shine through, until there was more of Me than there was of you.

May all our quilts be threadbare and worn, allowing Christ to shine through.

—Author unknown

As the year comes to an end, we have a lot to reflect on. So much has happened and is happening in the world that it makes one stop and think of one's own life. It makes you realize that you might not have tomorrow to do that good deed for another. No one really knows what is in store for them. Why take the chance that you won't have the opportunity to do that good deed. We must always be prepared. We learned this in Girl Scouts and Boy Scouts but then we become adults and we don't think of being prepared. I have often thought what would have happened if that tragedy of Sept. 11th was closer to my home. Would I have had everything in order? Would things at home be left that someone could come in and take over for me? And would I really be ready spiritually? So many of us think of preparing for tomorrow but we don't prepare and in fact we barely get through today. Now that our world has changed and we will never have the security we had at one time, we must do those things we need to do and not put them off till tomorrow. Will there be a tomorrow? In my life, I'm trying to do those little things today while I know I have the opportunity to do them. I have printed "The Quilt" in the newsletter in hopes to give everyone something to reflect on. May God Bless Each and Everyone Of You and May His Light Always Shine On You and Your Loved Ones.

Nancy

The Abuse Excuse

Years ago, when I was growing up we believed in those little truisms that were common then. “Early to bed, early to rise makes one healthy, wealthy, and wise.” “Invention is 10% inspiration and 90% perspiration.” “Anyone can become president of the United States if they try hard enough.” “You can be anything you want to be.” Common wisdom held that success comes to those who work for it, and conversely, failure is caused by laziness and bad habits. We were convinced that those that failed did so through their own fault. People took responsibility for themselves in those days.

With the passage of decades I have noticed an erosion of this principle of personal responsibility. If you are fat it must be due to an “obesity gene.” Alcoholics have a “genetic predisposition” we are told, so they are not responsible. Nobody is personally responsible for their miserable condition. There is always some outside cause for their unfortunate failure.

An excuse for failure that is becoming popular these days is the notion that the parents are responsible for one’s shortcomings. The old “hard work” truisms are being replaced by ones that point the responsibility away from the individual. We often hear things such as: “If you want to find out what is wrong with

someone just look at the parents.” We are told that: “Verbal abuse can cripple a child for life!” We hear these laments with increasing frequency. The “abuse excuse” is very serviceable to the non-achiever because it has a certain ring of plausibility to it. It is easy to imagine that responsibility might be reduced in such cases. I suspect that the “obesity gene” and “alcoholic predisposition” are less serviceable because people tend to see through the ruse.

In no way do I wish to dismiss the evil of verbal abuse to children. I would, however, suggest, at the risk of political incorrectness, that the “abuse excuse” is more subterfuge than reality. It is used to cover flaws for which there is nobody to blame but oneself. History is

Points to Ponder

Dr. James Ridzon

“Failures in life are failures because that’s what they chose. To be successful in life, and we are not necessarily talking about life’s standard or your society’s standard of success, we are talking about success overall, requires a great deal of work.”

full of people rising above miserable childhoods to become famous. Consider this exchange from a LePar Trance from July 2001:

Question: If a person was told by an abusive parent all their childhood that they were worthless, is it ever possible to overcome that?

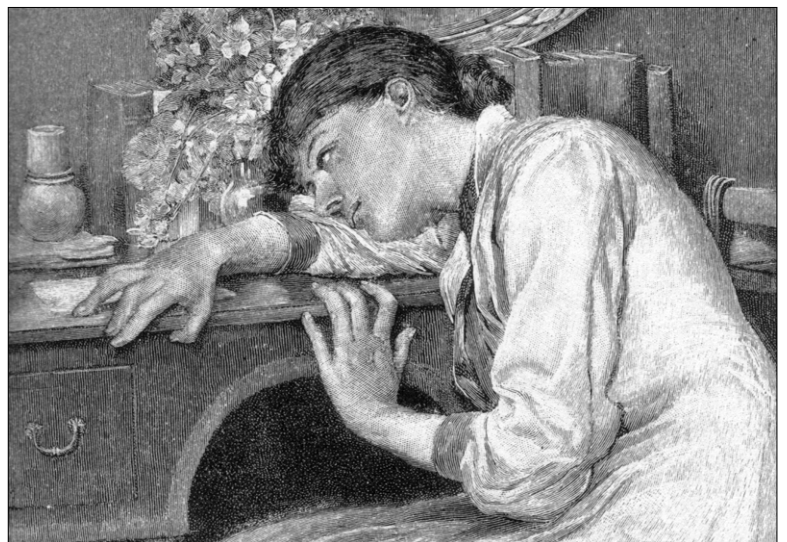
Council: Oh, yes. There is much ado made about such things. It can have an effect on the child until the child steps out into life. It may have some, how shall we say, ramifications, but as an individual steps out in life, they can pretty well sense whether they are worthless or useless or whatever, in relationship to how they deal with life, what kind of an individual are they. Are they honorable? Are they good workers, good thinkers? You can move away from such beginnings. Unfortunately, it is a lot easier for most people just to take the attitude that, "Well, I was told I was worthless and no good, so I guess that's what I am." That in many cases can be used as a stimulant to make the person really outstanding. Failures in life are failures because that's what they chose. To be successful in life, and we are not necessarily talking about life's standard or your society's standard of success, we are talking about success overall, requires a great deal of work. And most people in your society today are too lazy to do much more than get out of bed and stretch out their hand for

someone to give them what they want. History has many individuals that have been berated as children, and they have been totally successful, emotionally mature, and have found great happiness. Most individuals who hang onto childhood experiences are just using it as an escape so that they don't have to do anything or using it as a "pity party." They don't want to work and achieve in life so that they get attention; they want to steal it from other individuals by getting other people to feel sorry for them. It is just another way of manipulation, that's all, control. (7th. Research Group Trance, 01-07-07, ll.563-593)

For the most part failure and unhappiness are one's own fault.



"History has many individuals, that have been berated as children, and they have been totally successful, emotionally mature, and have found great happiness."



Baptism by Fire from page 1

that would go through a person's mind and heart if a group of men dressed in white sheets came to your house and dragged you out to the yard, beat you, burned your house to the ground, and then attempted to hang you. To this individual, they were assaulted by terrorists. What of the skinheads that

We cannot condemn a nation, we cannot condemn a religion, because within its people there are a number of radicals who take something beautiful and twist it into an instrument of hate.

jump an individual walking down the street, beat them up, break their bones, and then walk off laughing and ridiculing the person lying in the street? Are these not terrorists? These terrorists did not destroy the Twin Towers. They did not extinguish thousands of lives in one fell swoop. But over a given period of time, how many lives have been terrorized, how many lives have been lost, and how much property has been destroyed by the terrorists of our own country?

I personally know how it feels to be terrorized. It was at a time when I was very young, approximately six years old. My father owned a restaurant. My parents were Italian immigrants, and we were Catholic. One night

a group of men put a burning cross outside of my dad's restaurant, threw a rock through my dad's window with a note attached saying that if we were not out of town by dawn there would be no one left alive in our family. The breaking of the window and the burning of the cross in front of my dad's restaurant brought a number of neighbors over to see what the problem was. In less than an hour a dozen of the men from our neighborhood brought their guns and took positions at all the upper floor windows and the roof of the building. These were men of every race and color. They united together to protect a citizen of their neighborhood. Morning came and all of our family was still alive. The men in the neighborhood took turns for a number of days guarding our home. The word was out, our neighborhood would not tolerate hate. Those terrorists, those cowards, never returned.

This article opens with the statement "It is a characteristic of wisdom not to do desperate things." How does that apply to what I have said previous to this? It applies in this manner: We cannot condemn a nation, we cannot condemn a religion, because within its people there are a number of radicals who take something beautiful and twist it into an instrument of hate. Maybe now as a nation we will begin to understand the terror that many of the citizens of this country have endured from their fellow countrymen. We cannot become desperate and make decisions that all those individuals who are not exactly like us are terrorists. We

cannot judge a person by the color of his skin or the country of his origin. We cannot judge a person by the religion he chooses to worship his God by.

If we have wisdom as individuals and as a country, we will not pass judgment on an individual who may believe differently from us or who may look different than we do. Justice demands that those responsible for the atrocities and the holocaust of September 11, 2001, should be brought to justice, should be made to pay for their crimes, not only

We cannot become desperate. Desperation overrides wisdom, and at this time in America's history and at this time in our individual histories as members of this country and members of the world, we must possess wisdom, and we must possess a true compassion for the innocents of the world.

against our country but also against the other countries that they hate.

Whenever a religion or a country becomes too fundamentalistic or radical, they walk the path of destruction, in



one manner or another. If this is truly the land of the free and the brave and we are truly under one God indivisible, then we cannot condemn a whole nation of people or a whole religion for the deeds and actions of a few radicals. We cannot become desperate.

Desperation overrides wisdom, and at this time in America's history and at this time in our individual histories as members of this country and members of the world, we must possess wisdom, and we must possess a true compassion for the innocents of the world.

Is this the beginning of the fall of America? It will all depend on how brave we are and how much wisdom we maintain. We cannot blame the innocent people, we can only blame the radicals. If we move wisely into the future, America

will stand tall and proud. But if we allow fear and hate to govern us, we could very well be brought down to the same level as the terrorists that attacked this country, the same terrorists that have attacked many other countries in the world. America is no longer an island unto its own. It has been baptized into the world community.

Will we decide to stand tall with dignity and honor? Only you as an individual can make that decision for the future. You as an individual by the way that you conduct yourself, the wisdom that you exercise will determine the future of this great country. We must remember that this country is not made up of the government but it is made up of the people who elect the government. We have tasted the price of isolationism and

self-indulgence, the attitude of the untouchables. We must now stand alongside the other nations of the world who are against terrorism. If we are to take the leading steps in this world-wide effort, then we must do so with wisdom and dignity.

As individuals let wisdom govern our actions. Let us not hate but let us respect. This is the land for all people who wish freedom and the right to be represented by a government for the people and by the people. May wisdom control your heart and your actions in the days and years to come. Be the example of understanding and compassion. Be a true American citizen.



Let us take just a few moments to ask each of you to experience the significance of this holiday, the rebirth of Christ and the celebration of His Birth. Take into your conscious mind and into your heart the love that was involved in bringing this kind of experience into the world. Try to realize the tremendous effort that went before and look at what has come out of it. Take this love that the Baby represents. Take it into your hearts and allow that same love, that same giving, to be expressed through each of you, to yourselves first of all, and then to those that you love, those close to you. The Christ Child was a gift from the Divine because it signified the official entrance of the godly Consciousness in the creative realm, in the earth plane, in all of creation. You call it the Christ Consciousness, but it is God in Action. That is what the Christ Consciousness signifies, that is what it means, that is what it is. It is God in Giving, it is God in an outward manifestation of love. We ask each of you to accept this concept in your hearts and give to those around you, give love, give understanding, give compassion, give sympathy, but most of all give yourself to those around you. May each of you and your families enjoy a very prosperous coming year. May you enjoy a very Blessed and Holy Christmas.

The Council



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