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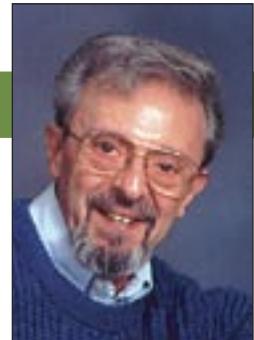
The Newsletter of the SOL Association for Research

Summer 2008

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Comments on Spirituality

*William Allen LePar*



## The Pleasure of Disaster

*The books I like to read most are books that I refer to as people books. They are more about the character than a central dramatic event that the characters revolve around. I enjoy books that allow you to revolve around the character, weave in and out of the character, look into the very heart of what makes him tick, what makes him respond. Not too awfully long ago, I ran across such a book. The central character was trying to find what he thought was happiness, and no matter what he sought out and got or acquired, it eventually paled and lost its effect. In the aftermath, unfortunately, he was able to see that it was an illusion. This path that he chose, choosing those things that he could touch, smell, taste, as sources of happiness, eventually, in his future, led to his disaster. To sum up this story, I came up with this thought that man seeking pleasures, those materialistic things that he feels will bring him happiness, often prove to be the precursors to his future disasters.*

I wonder how many of you out there feel that this is a truth, in this sense, when we seek happiness, fulfillment, in material things, those material objects come with a great cost to us. Too many people today rely on the things that they own, the things that they have, as a definition of who they are. How shallow these individuals

are! Is it any surprise to any of us that in the final analysis they are heading for a disastrous end? An end that encompasses all those things that they wished to avoid, the loneliness, the lack of recognition, the lack of respect, the lack of appreciation, and most important, the fear of not being accepted for who they are and what they are on

the inside, in essence, being left alone, all by themselves.

We see these disasters often in the newspapers and on television. The politician who gets caught breaking the very laws that he promoted. Those individuals who live two lives, one that everybody can see and the life that they hide from the outside world. These disasters that befall these types of people come to them because they have sought the pleasures in the beginning, in the now. They did not take time to think about the ramifications, the possible ramifications, of their choices, of their actions, of their attitudes.

Everything we do today, every action, every decision, is at some level the act of planting a seed, and over time those seeds will break ground, grow to maturity, and bear their fruit. And it is those fruits that we will be compelled to eat, for there will be nothing else to sustain us. Will those fruits be bitter, sour, deadly, or will they be as sweet as honey? Those decisions, those acts, that become the

*continued on next page*

seeds of our future can either bring us life with a quality to it or a life shrouded in darkness, despair, and loneliness. There isn't a man, woman, or a child that exists that can live and flourish and bloom in a state of loneliness.

Man by his very nature must have the companionship of others, and that companionship must be based on respect, honor, and caring. Anything less than this puts us into a situation where we cannot flourish, we cannot survive, but in order to have this trusted companionship, this trusted union with others, we must take care to plant those seeds that will bear the fruits of respect, honor, and caring.

*Too many people today rely on the things that they own, the things that they have, as a definition of who they are.  
How shallow these individuals are!*

Those who have concentrated on the acquisition and accumulation of materialistic things will find themselves on the downward road to personal disaster. Their actions, their choices, have separated them from those who realize that true happiness is an immaterial element. It is the knowing that every individual has something beautiful to give to others, and in so giving this beauty, they share themselves with others. And in this sharing then we find an honesty and a caring and an honoring of that individual.

Many people say that it is never too late to change your ways. I believe that there is a strong possibility in that, but I am also wise enough to realize that we can move away so far from what is right that we have forgotten what it is to make the choices that are right. We have forgotten what the right thing is, we have desensitized our self enough that that little voice within we can no longer hear because it has been buried deep under all the things we thought would bring us happiness.

Is there any hope for the future? Does this mean that we cannot seek out pleasurable things? No. There are a lot of wonderful things out there in the world that are pleasurable. But are they our gods? Or are they the things

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that bring us a moment of pleasure on the outside, yet leave us with the awareness that there is a greater pleasure that we must seek that satisfies the inner hunger? Must we do without all the nice things that everybody else has? No. What we must be careful of in choosing those things is what are we going to sacrifice for that object. No thing is worth the loss of our own self-respect, no thing is worth the loss of our dignity that we should carry ourselves with, no thing is worth the compassion we must have within our heart, and no thing is worth the kind word we should have said to someone in need of a kind word.

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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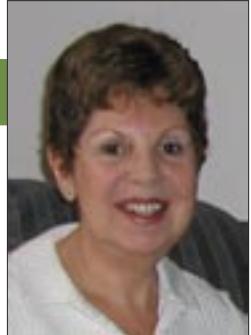
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# ANGER Management

*“We are what we repeatedly do.  
Excellence then is not an act, but  
a habit.”*

*Aristotle*

Do you have trouble controlling your temper? Everyone does from time to time. But if you find yourself becoming angry more often, it may be time to examine what's really behind it. Admittedly, there are times when anger is justified. Even Christ became angry from time to time. However, I believe that to be in total control all of the time can wreak havoc on your health. I think it's better to let off steam every once in a while, but you don't have to take out your anger on your family or friends. I have a good friend whose husband lashes out at her on a daily basis. She never fights back and as a result has compromised her health. She internalizes her anger and resentment. It's just not her nature to argue. When he has trouble at work, he takes it out on her.

I read about a man who has what he calls a “trouble tree.” If he's had a difficult day at work, before he goes

in the house, he rubs the branches of a little tree where he symbolically leaves his troubles. I suggested that my friend read this to him. However, her husband does not need an excuse such as work. He seems to be angry most days. He has at times brought her to tears. His reaction to her tears is, in my opinion, cruel. He either laughs, gets angrier or tells her to grow up.

This is something that has always puzzled me. Why do men react so negatively when women cry? I suspect it's a matter of ego. He feels he's lost control and is more embarrassed than anything. Now, that doesn't give women a license to cry at the drop of a hat. They must exercise control in this area. However, in their defense, women have more neurons in the part of the brain that deals with emotion which means emotion is a bigger part of their thought processes. Men just don't understand this. So when women

cry, men run.

Some people are way too moody. Even King David, the King of Israel, had to fight moodiness. He was wealthy and had everything the world had to offer, yet he still got depressed and discouraged. That should tell us having to rule over these negative feelings is something everyone has to deal with. One of the ways King David dealt with this was he talked to himself. He said: “Why are you cast down, oh my soul?” Sometimes the best thing we can do is talk to ourselves. We should all strive to be more stable and more consistent. We all experience trying times, but we should learn to shake off these negative emotions. If we don't, they will pull us down and the people around us down. Even in the midst of our troubles, we should learn to smile. I once heard Mr. LePar say: “Smile first, then think about it.” This is not always easy to do, but if we do it enough, it will become a habit. You never know what effect your smile might have on someone who is depressed or going through a difficult time. You'll never know how much joy your smile brings.

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# Talking to

## Part 2

There is a second aspect to this situation of desires and temptations. This is also information from The Council. It is surprisingly simple and yet I have not kept it in my conscious mind, available whenever the situation arises where I could utilize it to free me from my own ego. I believe that all of our desires are based on ego. The question is this: Is the desire based on the Godly ego or the self-serving ego? Yes, in many cases it should be obvious to the conscious mind which it is. However, as I stated in the first part of this article, knowing what is right and wrong or what is self-serving and what is not does not guarantee a successful result. The Council gave a piece of advice that I think is very appropriate to the discussion in this article. It is so simple that we might say duh!! Everyone knows that. I am sure that they do. What I want to suggest is that it become an active part of our thinking, that we train our minds to draw on this thought whenever we need it—automatically.

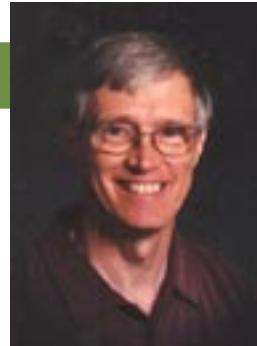
If you recall, in my previous article, I talked about my experience with a lovely new car. I had become fascinated with the idea of possessing that car. It all started very innocently with a commercial,

lay dormant for awhile and surfaced when I went to the dealership to have an oil change. Seeing a sleek, shiny new car with lovely Birdseye maple, I became tempted and then obsessed with the idea of possessing that very car.

Certainly, there was a process that occurred from first notice, to interest, to fascination and finally to obsession. Once it gets to the point of obsession, it becomes much more difficult to control. The Council says that we need to realize the process and take immediate control. They say that we need to realize what is happening, step back from our personal involvement in the situation and reexamine it from an abstract point of view. They say to discuss the particulars with oneself, have an open and frank discussion. Here is the key to the new piece of information that The Council gives us. Once you realize that the situation is not one that is in your best interests, take control. This means to think. If you find as I did in my example of the sleek new car, that seeing it was the point that made my desire go over the edge, then I simply cannot go to the dealership and ogle over it. I must not place myself in the way of temptation. I know from my

*David Ries*

# Myself



own personal experience that it is a constant battle with the emotions and desires. I must actively remind myself of what is best for me personally – no new car payments and no new insurance payments. I have a good running car. There is no need for another one.

The Council elaborates:

There are times when you must move with caution and tread lightly through a situation, always prepared to move away. Never allow yourself to be cornered in any sort of situation. At times when one finds themselves in uncomfortable or negative situations one cannot always gracefully or diplomatically move away from those situations, so one must then become very assertive and bypass the formalities of diplomacy and move to a safe area or a safe situation. Remember, it is your spirituality that you must be concerned with. Never tempt yourself. Never tempt yourself. Never try to prove to yourself just how spiritual you are. When one uses common sense, you will not deliberately walk into the valley of darkness. There are times when one will find them-

selves in a darkened valley, but then the individual can simply turn around and move directly away immediately.

The quote that I am giving here applies to situations that are much more significant than dealing with an obsession over a new car. If it can help me with this small problem and I can train myself to use these thoughts in this matter, then I can use them in much more serious issues. Remember what The Council always says, “It is the little things that prevent us from achieving our spirituality.” I want to add that those little things can grow and become much bigger issues. We need to arm ourselves with the most powerful weapons that we can so that we maintain our spiritual nature.

By the way, I never did buy that sleek new car with the Birdseye maple accents. I do think about it on rare occasions but I always think about the 5 years of car payments that would have come with it. Looking back at my obsession from the clearer view of today, I can see that it was emotion that could have been more usefully directed. Hopefully, remembering the past will fortify me in the future.

*“Remember, it is your spirituality that you must be concerned with. Never tempt yourself. Never tempt yourself. Never try to prove to yourself just how spiritual you are. When one uses common sense, you will not deliberately walk into the valley of darkness.”*

# *Small Regard*

As a boy he was a great one for climbing trees. There were two trees in the front yard, a pear and a silver maple. The pears were very good to eat, and they were so plentiful that most went to waste. Sometimes hobos from the nearby railroad tracks would stop and ask if they could have some of the pears. (Even hobos had manners then and wouldn't think to take without asking, if asking were convenient.) So autumn was a good season for eating pears, but not so much for climbing the trees. Over-ripe pears are messy, and they draw hornets. Perched twenty feet above the ground is not a good position to be in if the hornets object.

Typically, boys are not content to just do things, but must compete. The boy and his brother invented a game to go along with their climbing. It went like this; one of the boys would take an object (an old toy or household item) high up or far out on a limb while the other watched. It was then the watcher's turn to retrieve the item and re-place it in the tree. The object of this seemingly innocuous, but in reality quite dangerous, game was to put the object so far out of reach that the one retrieving it would be too scared to climb up or out to it. It's a frightening and discouraging experience indeed to be in a tree higher than the house roof, higher than the telephone wires, latched on to a branch no thicker than an axe handle, swaying in the rarefied air thirty feet from the ground, to look up and see the object yet another ten feet above you.

But such were the simple, if hazardous, games of anonymous boyhood. At some point, though, for one of the boys it wasn't challenge enough. A neighbor had a tree, an old oak that was twice as tall as the maple tree that towered over the boys' house. The boy's plan was to climb that tree to the top, and what is more, to carve his name and the date into the bark so that when, a century later, the tree came down as all trees must, people would wonder at the name and how it got to be sixty feet in the air. It was for adventure and a little vanity, and it would not be easy. Oaks do not grow like maples, with limbs everywhere. The boy needed ropes to climb from limb to limb, since branches are spaced so far apart in an oak that old. It

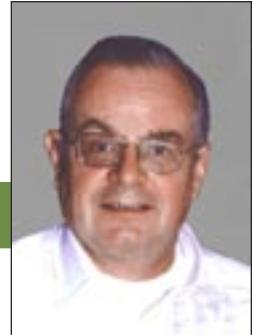
was a dangerous maneuver. He reached the top after much effort, time, and self-doubt. His task to carve his name began with clearing off the bark with his pocket knife. With a smooth surface before him, he began to carve his name, when his mother drove up and ordered him out of the tree and home. And so there is no name carved in the top of that oak tree, and the boy must remain unknown.

We have a need to be known. It is not so much a desire to be remembered after we are gone, though that is important to some, but a wish to be recognized while we are here. Not just recognition is vital, but approval. All our lives the ego asserts itself, and we must be known for what we do and what we have. Our professions, our homes, our riches, become our identity, and they are more a part of us than the spirit that gives us life. Even the good that we do we must be known for, and we feel cheated if we are not recognized for our good deeds. We fail to realize that we have our reward; recognition is itself our reward for a good deed revealed. Approval, recognition, gratitude are just more treasures that have been laid up on earth.

What are we to do then, if we are to do good, and our ego has a need to be known? If we truly believe that the spirit of God is within us and that God is with us always, then we can share the knowledge of our good works only with Him. When we feel a need to tell others of our kindness, helpfulness, or generosity, we can say, "No, God, this is our secret. No others need to know." The ego perhaps will object, but the reward perhaps will be spiritual and a closer bond with God.

The boy who climbed the tree to carve his name did it for boyish vanity. He did it in secret, though, hoping that a future generation would say, "Who?" Our deeds of kindness and giving should provide no answer to that question. If in doing for others, we are carving our name in a tree of life, when that tree falls (as all trees must), God will read out clearly the name long hidden among the branches.

*Editor's note: The author of this essay provided no byline.*



# Double-Edged Sword of Technology

“One small step for man, one giant leap for mankind.” These are the now famous words of Neil Armstrong as he stepped onto the moon. The world watched the historic event on a live television hookup including thousands who were alive when the Wright brothers flew their flimsy contraption in 1903. We are witnessing a time of dizzying progress in technology. The benefits have been undeniable. Things that would have astounded people a century ago are commonplace today. Organ transplants and television, satellites and supersonic

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planes, microwaves and miracle drugs, calculators and CAT scans, cell phones and stem cell research. The list is long and growing at an ever-increasing pace. The blessings of technology have been immense, if sometimes mixed blessings. We must remember that the pocket calculator is an outgrowth of ballistic missile guidance systems. Microwave ovens developed from wartime radar.

Already we have paid a high price for technology. Consider Hiroshima, Agent Orange, Three Mile Island, environmental pollution to name just a few disasters that science has visited upon the world. The sword of technology cuts both ways. It seems as if a step forward in one direction often includes a step back in another. On a material level, mankind has never had it better, but at the same time we have never been closer to the growing menace of nuclear extinction. Although technology holds limitless promise for the betterment of mankind, we seem to be

unable to avoid the perils of high-tech.

William LePar’s psychic source, The Council, gives us an insight into the dilemma posed by technology:

*All the advances in the medical profession and in the scientific fields are yours to make your existence a much better existence, and are given to you as opportunities to use in such ways so that they become acts of brotherly love. All your advances, all your technologies, are given to you for one thing and one thing only, as an opportunity to demonstrate your love for one another.*

Clearly, technology has its purpose. Used properly, it provides us with countless opportunities to do good for our fellow man. Granted, but what about the dark side of technology? The Council continues:

*You are free to do with technology what you choose. You can bring blessings on the earth and raise*

*its consciousness through acts of love or you can bring its destruction; the choice is yours. Will man use this knowledge for his spiritual development, or will he use it to satisfy his insatiable greed, his insatiable self-love? Man can perform miracles with his technology but because of his lack of love and concern for his fellow man, his technology will become his curse. The gift that the Divine has given man will be used by man, because of his selfishness, to cause much that is ungodly.*

So you see, it’s up to us. We had better learn to love our fellow man without delay. In times past when men threw rocks at their enemies the potential for catastrophic damage was limited, but high-tech means high stakes. Replace those rocks with nuclear bombs and we can no longer wait until tomorrow to love our neighbor for tomorrow may never come. The choice is clear; we will learn to love or we will perish as human beings.

# CALENDAR

June 7, 2008. Spiritual Dialogues at 7:30 at St. Paul's Episcopal Church,  
425 Cleveland Ave. SW, Canton, Ohio

July 5, 2008. Spiritual Dialogues.

August 2, 2008. Spiritual Dialogues.

September 6, 2008. Spiritual Dialogues.

## **October 11, 2008. Universal Being Conference**

November 1, 2008. Spiritual Dialogues.

December 6, 2008. Spiritual Dialogues.

*For additional information on calendar listings, SOL membership, or books for sale, write to SOL, P.O. Box 2276, North Canton, Ohio 44720, or call 330.497.9645. Or you may visit our website at [www.solarpress.com](http://www.solarpress.com).*

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