

# Study Group Trance No. 4

Trance Library File No. 21-156  
Sample - Excerpts

## 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 merge 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 1945. 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.
2. THIS MATERIAL IS COPYRIGHTED. KEEPING A COPY IS PROHIBITED.
3. TAKE NOTES IF YOU WISH, BUT FOR ACHIEVING THE GREATEST POTENTIAL TAKE CARE THAT THE NOTES ACCURATELY REFLECT THE INFORMATION IN ITS ORIGINAL CONTEXT.
4. WHEN FINISHED WITH THE LIBRARY FILE, PLEASE NOTIFY SOL BY EMAIL.
5. NO FURTHER LIBRARY FILES WILL BE FORWARDED UNTIL PREVIOUSLY LOANED FILES HAVE BEEN REMOVED.
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<sup>(1)</sup>

page 31<sup>(2)</sup>

Selection # 16<sup>(3)</sup>

Reincarnation<sup>(4)</sup> was discussed on 80-06-28<sup>(5)</sup>, the 78th Trance<sup>(6)</sup>.

The word "reincarnation was first found on page 1235, in line 387<sup>(7)</sup>.

386<sup>(8)</sup>

387 \*\*\*:<sup>(9)</sup> 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:<sup>(10)</sup> 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



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.

*99-05-08*

*4th Spirituality*

This Trance was the Fourth Trance in the Spirituality Research and Study Group series. The Trance was attended by William Allen

LePar and (\*\*\*), (\*\*\*), (\*\*\*), (\*\*\*), (\*\*\*), (\*\*\*), (\*\*\*), (\*\*\*),  
(\*\*\*) (\*\*\*), (\*\*\*), (\*\*\*), (\*\*\*), (\*\*\*), (\*\*\*), (\*\*\*), (\*\*\*),  
(\*\*\*) (\*\*\*), (\*\*\*), (\*\*\*), (\*\*\*), (\*\*\*), (\*\*\*), (\*\*\*), (\*\*\*), (\*\*\*) and  
(\*\*\*)

1 C: May the Peace and the Joy of the Infinite Father be upon you

2 all, and may His Light shine down upon you and around you and  
3 within you.

4

5 \*\*\*: Are you ready, Council?

6

7 C: Yes, we are ready.

8

9 \*\*\*: Do you agree that Jesus Christ came to the earth in human  
10 form and is both man and God?

11

12 C: Yes, we acknowledge the Divinity of Jesus Christ as both man  
13 and God.

14

15 \*\*\*: Would a time limit of one hour be acceptable?

16

17 C: Yes, this would be acceptable.

18

19 \*\*\*: Do you have an opening statement for us this evening?

20

21 C: Those of you who quest for spirituality must understand what  
22 real spirituality is. It is not the act of kindness or loving or  
23 caring. It is the thought that instigates the act. If one can train  
24 his thoughts, if one can control his thoughts along the line of  
25 what is good, what is kind, what is loving, the natural outcome  
26 will be an action. Look into yourselves, and examine just how much  
27 love is there, how much kindness, how much caring. If there is even  
28 just the thought of possibly becoming serious about spirituality,  
29 then you have all that is necessary for success. All you must do is  
30 cultivate it. All you must do is begin to think about kindness,  
31 about compassion, about caring. In time, those thoughts will become  
32 actions.

33 Do not misunderstand when we say thought is important. One  
34 cannot just think spiritual thoughts or thoughts of loving, or  
35 kindness. One must allow those thoughts to manifest in an action.  
36 If the thoughts are sincere, if they truly are from your heart,  
37 then they will become action, they will become a doing. Those who  
38 only think thoughts of spirituality must question their own  
39 sincerity. Are they more interested in the search or in the

40 discovery? There are many who want the search but not the  
41 discovery. The search poses no responsibility. The discovery  
42 engulfs one in responsibility, in commitment, in the doing. Allow  
43 the thoughts and nurture them, and perfection or spirituality is  
44 yours. Very well.

45

78 \*\*\*: Can a bipolar manic depressive mental condition be overcome  
79 in a lifetime without drugs? If so, how can it be done and through  
80 what methods?

81

82 C: One must understand that most mental conditions, and again, we  
83 use the term, most mental conditions, when you are dealing with  
84 problems you must understand that there is a soul situation  
85 involved. Do you understand this?

86

87 \*\*\*: Yes.

88

89 C: Depending on the individual will determine the variation in  
90 what we say. Most mental problems, their original physical source  
91 or the origin of their source lies within the chemistry of the  
92 physical body, its effects or lack of effects dealing with the  
93 brain itself. If one can understand the delicacy of the chemical  
94 balances which are necessary for proper brain function, most  
95 conditions could be corrected with a minimal amount of medication.  
96 Medication will be necessary because medication is the triggering  
97 for the soul to accept or make a change in the mental or physical  
98 condition. Do you understand?

99

100 \*\*\*: I am not sure of the last part.

101

102 C: In other words, medication will be the release or the signal or  
103 the triggering mechanism which allows the soul to make correction  
104 in the physical. Now do you understand?

105

106 \*\*\*: Somewhat more. In other words, the medication allows the  
107 person to make decisions that will lead them to God.

108

109 C : If you wish to put it in those terms. We are not talking about

110 a person's spirituality dealing with certain conditions such as you  
111 indicated. It is immaterial what the mental condition is of an  
112 individual in respects to their spiritual accomplishments. The soul  
113 can be quite advanced and maintain a physical body that is  
114 emotionally not according to man's standards. Do you understand  
115 this?

116

117 \*\*\*: Yes.

118

119 C: Many times sicknesses are not indications of a lack in the  
120 individual soul but an indication of an accomplished soul in that  
121 it takes on unfavorable physical conditions to allow others to  
122 actively become involved in their own spiritual quest in respects to  
123 helping or being a caregiver. Do you understand?

124

125 \*\*\*: Yes.

126

127 C: Many times, by watching a diet, a lot of emotional problems can  
128 be minimized. With the addition of some medication an individual  
129 could for at times reach what you may consider a normal standard of  
130 attitude or action or presence. To say that such conditions can be  
131 corrected without any medication, in the present situation the way  
132 society is, this would be a very rare occurrence. Medications are,  
133 in themselves, not a negative application. Medications have come into  
134 man's awareness to be used for his good. If he chooses to use them  
135 for his lack of good or for his detriment, that is his choice. So  
136 to avoid or wish not to take medications, for whatever reason, is  
137 not always wise and not always a sign of someone who really wants

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138 to be healed. Many times the desire not to take a medication, to  
139 use some other therapy, regardless of what it may be, can be a sign  
140 of ego. In that case the ego then can work against the healing. Do  
141 you understand?

142

143 \*\*\*: Yes. You said watch diets? What types of foods would you  
144 recommend?

145

146 C: We are not going to give you a list of foods. What we would

147 suggest more than the food, the types of food, is how clean the  
148 food is. One of the major problems in your world today is unclean  
149 food. Too many chemicals, too many preservatives. If you have  
150 better control over the quality of food that you eat, you will find  
151 that there will be less sickness. Now, we are not suggesting to  
152 become fanatical. That is of no benefit to anyone. But being more  
153 careful of the quality of food can help a great deal. Do you  
154 understand?

155

156 \*\*\*: Yes.

157

158 C: Are there any other questions?

159

160 \*\*\*: One more. Would herbal remedies or vitamins, that type of  
161 thing, help?

162

163 C: These all can be of benefit, but ultimately will the soul be  
164 willing to accept those as a healing or a triggering mechanism? One  
165 cannot say because each soul who suffers such conditions whether it be  
166 mental, emotional, or physical has a purpose or a reason for  
167 experiencing that. Whether that has been accomplished through the  
168 given time that this condition has been present can only be  
169 determined by the soul itself or the entity itself. At that point  
170 in time when the proper trigger is applied, then a partial or  
171 complete healing will occur. Many times healings will not occur  
172 regardless of what steps or measures are taken because the  
173 condition is needed to exist, again, not necessarily for the soul  
174 or the entity who is suffering it but more for those around and  
175 about that individual. Do you understand?

176

177 \*\*\*: Yes, thank you.

178

179 C: Natural vitamins and minerals, herbal supplements, yes. But  
180 don't be fooled when it comes to such things, don't be fooled. Go  
181 to the old references when it comes to herbs or potions of such  
182 kinds. In your society today there is too much commercialism and so  
183 you are being sold a bill of goods that is for naught. Do you  
184 understand?

185

186 \*\*\*: Yes, thank you.

187

188 C: Go to the old understandings, the old knowledge. That would be

189 far more accurate than the, how shall we put it, hype of today.

190 Very well. Is there anything else?

191

192 \*\*\*: No, thank you.

193

194 \*\*\*: When a person suffering from a major mental illness like

195 schizophrenia crosses over, will they recognize the false beliefs

196 that they have held?

197

198 C: It depends on how severe the schizophrenic is, in other words

199 what way did it manifest and why did this occur, so there is a

200 number of factors involved as to what the effect of the experience

201 is going to be once the individual crosses over. If this condition

202 exists because of a negative karmic debt and the individual has not

203 been successful in correcting that debt, and again, correcting the

204 debt does not necessarily mean eliminating the condition

205 physically, so that you must understand. The correcting of the debt

206 is solely dealing with the entity itself, regardless of how it may

207 manifest physically after the debt has been corrected. If the debt

208 is corrected, then there is the normal progression in the hereafter

209 or life after death. If the condition or the karmic debt has not

210 been corrected or minimized, then there is going to be a condition

211 that would exist that would only cause more confusion for the

212 entity. Do you understand?

213

214 \*\*\*: Yes.

215

216 C: No, you don't, but try harder.

217

218 \*\*\*: Yes, you are saying basically that I may not get the sense of

219 a change in the person that crosses over, they may still hold those

220 false beliefs?

221

222 C: No, they won't hold the false beliefs. They will not hold the

223 false beliefs. Once you cross over you are entirely conscious of  
224 what is the right belief or the true belief because that is the  
225 standard you measure your own judgment by. What is not quite  
226 understood is the additional karma that can be incurred through any  
227 kind of illness if the karmic debt is not corrected. Do you  
228 understand?

229

230 \*\*\*: Yes.

231

232 C: So that is the area that would be wise to consider as far as a  
233 better understanding. Very well.