

SOLAR

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I Own Therefore I Am

“What a man had rather were true he more readily believes.” Francis Bacon

The moment I heard this quote for the first time, I thought how apropos to today's society. I was shocked to find out that this was a quote from Francis Bacon who lived in the 1600's. I can only assume that Francis Bacon made this remark in reference to either religious or political matters. As it profoundly applies to society today, it applies at a baser level than something as aesthetic as religion or politics.

How can this statement be applied to society today? The majority of our society lives in a conditioned illusion. We have been trained to find value on the surface. Most of our society cannot comprehend a depth to anything. The more something has glitter and shine to it, the more important and valuable we seem to find it. The more bells and whistles an object has, the greater our need for it is. The more shine, the more bells and whistles, the more valuable, therefore the greater our need for it is. Why? Well, it is because we have become infected with a very serious and deadly disease, and the name of this disease is, “What I have is what I am and how important I am.”

You may be asking yourself at this point what does this quote have to do

with what I have just said. Stop and think a moment. What a man had rather were true ..., now stop and think of this, could this be translated into “I hope this is so”? The quote goes on to finish “... he more readily believes.” We can understand this as “I want this to be so” or “I want this to be true.”

We live in a society today where materialistic things identify us and our self-worth. And people who subscribe to this way of living will find that this quote directly applies to them. Their life is a constant treadmill of self-identification via the avenue of materialism. This keeps them constantly on the edge of borderline panic and hunger. Panic in the sense “Who am I? What am I? What is my value?” And hunger in the sense of “What will represent who I am, what I am, and how important I am?” Self-discovery via this avenue is nothing more than an indulgence in vanity and ego. A person like this definitely comes under the blanket of the quote above. A person like this would love to have the truth be, that what they owned, what they have, is who they really are. It is so easy to acquire things. It is so easy

to be identified with those things that we have. The shinier it is, the more bells and whistles it has, the more valuable it is, therefore the more valuable we are, the more important we are.

Wouldn't it be wonderful if our focus of value could be changed to something that truly has value and value with some permanency to it, some reality to it, like, for instance, how honorable a person are you? Can you be trusted to uphold a confidence? Are you compassionate

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Comments on Spirituality
William Allen LePar



I Own Therefore I Am continued

enough to understand the other person's pain? Are you able to understand the needs of others? If a man had rather honor were the true foundations of happiness, he will more readily believe that, therefore he will more actively pursue that avenue. But, of course, honor is the icing on the cake. The cake must first be made, and the name of the cake is an individual of character. The ingredients of character are self-respect, compassion, caring, understanding, and a general concern for those around us. To put this cake together and cover it with the icing of honor takes a great deal of work under the surface. It takes a great deal of honesty and acceptance of one's self, both the good points that we have and our shortcomings or lackings that we must improve and correct.

In our society today it is so much easier to think the new suit or a new car will show how valuable and important we are. And we would truly find this easier to believe because for this type of person it should be so obvious that you must be someone special to have what they have. It is so easy to believe in things that make our life easier. It is so easy to believe in things that allow us to only look at

the surface. It is so much easier to believe that you are all right, it is just the rest of the world that is all messed up. It is the rest of the world that just doesn't appreciate how special you really are. So you have to let them know how great you are with all the bells and whistles that you can show them. How shallow and how superfi-

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cial a life and a person like this is! How expensive this life is to those people — the constant internal fear driving them to the edge of panic and hunger.

Wouldn't it be easier to look inside and begin to nurture the quality of self-respect and concern for others and begin to evolve a character of quality that becomes the solid rock foundation of our being shielding us from the fear of self-worth that will take away the panic and hunger that drives the materialistic identification. In turn this will give us a life of peace and happiness and an internal joy that makes life worth living, today, tomorrow, and into eternity. Let us become the brave voyager that ventures inwardly on a journey of self-discovery, a journey that will lead us to the greatest treasure that we have, and that is, the discovery of self-respect and a godly self-love.

From the SOL organization and myself, I wish you all a very fulfilling and peaceful Holiday, and a new year that will open the door to a self-discovery of that spark of God within, the discovery of the Christ within that guarantees you to be a true heir as a son or daughter of God.

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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Holiday Musings

I was going to write an article deep and profound, one that would compel its readers to ponder the meaning of life. But then I said to myself, “Self, it’s the Christmas season. Can you really be that somber (not to mention pompous)?”

In a word, no. Things have been pretty serious, even downright gloomy, on the national and world scene in recent months, but Christmas is the antithesis of all that burden. We can’t help but realize a wondrous inner joy and peace at this time of year, and feel an almost childlike glee with just a moment’s reflection on what we honor with this holiday. The burdens of the world— dare I say it?— fall into perspective.

The idea of “childlike” is custom made for Christmas, and for the call to action that echoes from the manger across every day of the year. Isn’t it glorious to realize that you can trust, that there is great contentment in simple faith, and that so many minor things you do can bring others so much joy? Of course, children don’t think about these things. They’re a natural part of being a child, of being too young to have been bumped and bruised by the world.

Children are uninitiated to the complexities of most facets of life. Lucky them. Since this is a holiday of great spiritual significance, let me share a couple “spiritual related” incidents involving kids and the grown-up world.

An acquaintance of mine was recently driving down the street, and his little girl was looking out the window from her federally approved child restraint device. As they passed a

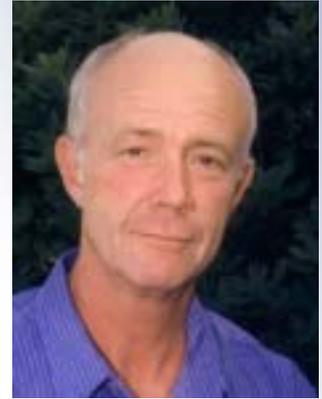
church, she noticed a letter carrier going inside.

“Daddy,” she asked, “Why does Jesus need mail?”

What does he say? That Jesus gets bills and junk mail like everybody else? The child had a good question, focused on the difference between the spiritual reality of God and the necessities of keeping His address active on mother earth.

My wife and I faced a similar quandary with our oldest son. Like many children of the 60s, we had drifted away from the religious traditions of our youth. And, like many of our contemporaries, we found a desire to return to the church once we were blessed with children. At times I’ve wondered if we did so to give the offspring a spiritual foundation or if we were seeking another disciplinary tool. After all, God can be the ultimate trump card between kids and grown-ups. Make the little rascals aware that you’re in good with the Big Guy, who knows all and sees all, and they’ll think twice about raiding the cookie jar. It’s a double whammy when you tell them God is Santa’s boss.

It was our first time in formal Sunday worship, and the boy was old enough to observe, think, and ask relatively complex questions. (He was as smart as a whip. Gets that from his old man.) We had explained to him beforehand about this new aspect to our life as a family, and he was behaving quite well as we sat in a rear pew and awaited the start of the service. The senior pastor and the assistant pastor appeared up front, both in white robes with the appropriate accoutrements.



Denny Highben

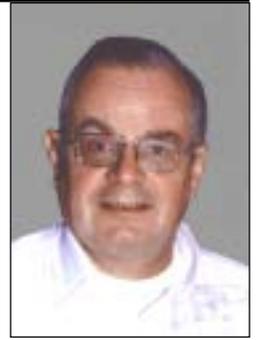
Suddenly, our son stood up on the pew, pointed and yelled at the top of his lungs, “DAD! LOOK! There are TWO Gods!!”

The kid grew up to be fairly normal in spite of that momentary misconception. But we must have said something that dampened his quest for future clarifications. Many years later he confessed to a misunderstanding which caused him to think Jesus had been bullied by a snobby flyboy in an aviator’s cap and white scarf. He had thought that, every Sunday when the congregation recited the Apostles’ Creed, we were saying Jesus suffered under a “pompous pilot.”

Have a Merry Christmas and beyond...



More Spiritual Rules of Thumb



Points to Ponder
Dr. James R. Ridzon

The Paid in Advance Principle

For more than twenty years I have attended the LePar Trances learning a wealth of inspiring spiritual information, but I must confess that I particularly relish what I have come to call, “The Spiritual Rules of Thumb.”

These are principles that provide us with a candid glimpse into the workings of spirituality. Occasionally Mr. LePar’s source, The Council, will provide us with these gems in clear and unambiguous terms. These are, for me, the principles I have come to cherish as the foundation of a spiritual life. I would like to share seven of my favorites over the next several Newsletter issues. Come with me on a fascinating journey through The Council’s Spiritual Rules of Thumb. I’m sure you’ll share my enthusiasm for these wonderful principles.

- 1. The Golden Rule**
- 2. The Vineyard Principle**
- 3. The Ignorance is Bliss Principle**
- 4. The Job Principle**
- 5. The Tenfold Principle**
- 6. The Paid in Advance Principle**
- 7. The Loophole of Love**

So far we have covered the first five principles in previous newsletters. Now let us consider The Paid in Advance Principle.

In my years of association with Mr. William Allen LePar, I have learned many spiritual principles and I have always been proud of my ability to grasp these principles quickly. Frankly, I tended to feel a little smug about being privy to information that many people don’t even know exists. Well, I quickly revised my thinking in 1984 when The Council spoke of The Paid in Advance Principle. Smug is not an attitude that we want to take in dealing with our talents and gifts and knowledge. Let us observe as The Council reveals this fascinating spiritual law:

“In the spiritual laws, and if you learn nothing, learn this, please: In the spiritual laws you will be given your day’s wages before you have put forth the labor for it. The labor for that day’s wages is the well-management of that wage or that profit. It is the godly management of that possession. Now, again, please pay attention to what we have said. Spiritual law is that you are paid in advance for your day’s wages. Now we are not talking about working eight hours a day. We are talking about spiritual things, but as you receive these spiritual wages and you manage them properly and distribute them properly, they will in

“When any of you find yourself in a position that is better today than it was yesterday, you are paid in advance for your labor, and once you accept that abundance, you are then indebted, and it would then be very wise if you would start working off the debt immediately.”

fact bring you material gains.” (124th. Trance, 84-09-07, 1.469ff.)

Paid in Advance— what does this most unusual concept mean? It seems to me The Council is talking about natural abilities and talents. The world is full of talented people. Everyone has areas of life where they have a certain inborn knack or ability such as music, wisdom, finance, science. You name it, certain individuals will rise to the top with an uncanny mastery of the situation. These abilities are not learned, although training can improve them, and they are not earned, in the common sense, since they seem to be inborn. We call such talents gifts which emphasizes their unearned, unlearned nature. A wise person will structure life around such talents because these are the areas where one can most readily achieve excellence.

Judging from The Council’s words, such *gifts* might be termed obligations. With these talents comes the responsibility to use them properly for the benefit of all. If we gain from the use of our talents, we must be certain that we have not done so at the expense of someone else. We must share the benefits with others if we intend to fulfill our spiritual goals. As The Council states:

“[Material prosperity] is not yours; it is there by Divine Providence or by the Love of your God for you to use; but as you use that, you must assume the responsibility of the sharing of your profits. When any of you find yourself in a position that is better today than it was yesterday, you are paid in advance for your labor, and once you accept that abundance, you are then indebted, and it would then be very wise if you would start working off the debt immediately.” (124th. Trance, 84-09-07, 1.460ff.)

Our talents and the material benefit that result from them are manifestations of the Divine Flow into us. We must be sure that the Flow does not stop with us but flows through us to others. This is the key to spiritual growth. Here is what The Council says:

“[Charity] indicates the continuous flow of the Divine Power and its Abundance. In any way that you promote that flow to continue its good, whether it is supporting an official organization or group or whether it is supporting an individual. The Divine Flow must be allowed to continue unrestricted.” (124th. Trance, 84-09-07, 1.350ff.)

We all come into this life with spiritual debts and with natural talents. Use your talents for the benefit of others and you will not only ensure your own abundance, but you will pay off your spiritual debts as well. Remember —You have been Paid in Advance.



Health Hints
Marilyn L. Ridzon

The Benefits of Yoga

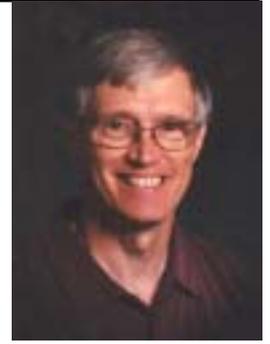
Contrary to popular belief, yoga is not a religion but a practical mind/body exercise which reduces stress and promotes flexibility. Perhaps it would be helpful to consider the differences between the word religion and another word often associated with yoga, spirituality. Spirituality has to do with one’s interior attitudes. Religion, on the other hand, can be defined as spirituality’s external counterpart— the rituals, doctrines, prayers, chants, and ceremonies. Yoga is not a religion and should not be affiliated with any religion. It has no single belief or any ritual by which practitioners profess their faith or allegiance such as baptism or confirmation. There are no religious obligations such as attending weekly worship services. So if it’s not a religion, what is it? Is it a hobby, a sport, a fitness regimen, a recreational activity? Or is it a discipline such as the study of law or medicine? Oddly enough, there are ways in which the practice of yoga resembles all of these pursuits.

The type of yoga I practice does not involve mantras or meditation. It is merely a series of stretches. You don’t have to join a class. I use an instructional video tape. Anyone can do yoga, regardless of age or fitness level. You don’t have to twist like a pretzel or stand on your head to reap the benefits. After my yoga practice, I feel totally relaxed and at the same time incredibly energized.

Proper breathing is an integral part of yoga. Breath should go in and out through the nose creating a hollow sound through the back of the throat. It’s not a sniffing sound. The length of the inhale should match the length of the exhale. Each pose connecting the body with the breath is what makes yoga different from other exercises.

While many people, like myself, come to yoga primarily for its health benefits, it is safe to say that most people who practice yoga will, in time, find the more subtle effects on the mind and emotions equally beneficial. They will come to see yoga as a union of mind, body, and spirit.

Two of the Many Facets of Love



by David Ries

When I hear someone say that they are in love or the term “lover” is used, generally it brings a certain type of thought to my mind. Certainly in our country with all of the “wonderful” sitcoms on TV, most of us have been conditioned or shall I say brainwashed into a certain mindset. Have you ever noticed how none of those people are ever involved in any of the mundane chores that the rest of us find necessary to complete our day? Yet it seems to me that these shows define much of what is taken as the “facts of everyday life.” To be in love or to be a lover from the TV perspective consists of one exciting event after another. We who live in the real world know that this is rarely the case.

However, I would like to present a thought or two on how we can be lovers and have a quality that the “sitcoms” could never have. To fulfill my definition of a lover will require thought and work to make it a success, but I believe it is worth the effort.

In my experience as a romantic, I do consider myself to be a romantic! Now, honestly, who of us would not consider ourselves to be of a romantic nature at some point in our lives? Certainly, if the proper situation existed, I think that all of us could reach that attitude or emotional state. The problem for us is to maintain a romantic attitude. Time, familiarity and complacency can erode that attitude. It is my desire here to give some alternatives to complacency.

There is a saying, “when the

honeymoon is over.” It is my contention that it is possible for the “honeymoon” to never be over. It is even possible to reinstate it after many years of absence. The problem is that the “honeymoon” today in this country is dominated by the physical aspects of a relationship. Whether it is appearance or the other physical aspects. I believe that interferes with the opportunity to really become acquainted with the other person. No matter how attractive a person is, that form of attraction will never hold a relationship permanently. Personality, character and intelligence will eventually become dominant. If those qualities are not present and do not mesh, then the rest of the relationship will fall apart. The physical aspects create a “rose colored” concept of reality. If that is the basis, then yes, it probably will be over shortly. This does not have to be the case and for some married couples that stay

Loving and caring people can discuss communication and set guidelines for dealing with the difficult situations before those situations occur.

together for a lifetime it isn't. How do some survive and even flourish?

For the purpose of this article, I would like to set aside the term “survive” and concentrate on making it flourish. To survive, to me, means that the couple is content, or found a common ground or found no compelling reason to change the status quo. That is simply not good enough for me. Life is too short and there are too many wonderful experiences to be enjoyed. We can do better than survive. So, let's flourish, let's find avenues of thought that bring new discoveries, new pleasures and new experiences in life. For this to work there must be a foundation. From my experience there are many factors in the success of any relationship, but I believe very strongly in two factors as the primary strengths that will hold any relationship together. These two will allow for a continual strengthening of a relationship. My key factors are communication and respect. Constant, completely open communication between husband and wife, the desire to understand, share and learn from each other. Having some common interests, I believe, is an essential helpmate to good communication. It allows for an interesting interaction. Without some common interests communication can be very difficult. But in most families there are at least a few points of commonality.

Communication it seems to me is the first area that decreases in a marriage. I always think of the scene in the movie “Citizen Kane” where the rich publisher and his new wife are

sitting at the breakfast table, each at opposite ends. In the first few months there is lively conversation. As time goes on, there is less and less until the last scene, each is reading their own newspaper, with no words spoken except an ordinary “good morning.”

The test of communication, of course, is not when everything is going well. It is tested when our world is not as full of love and tenderness as we would like. I have found that the key to open communication is this: How willing am I to accept situations that are not pleasant? Will I be able to step back and keep my emotions under control? Not an easy task I might add. I have been married for enough years to know that none of what I suggest is easy or can be accomplished without effort and cooperation by both parties. I believe in planning for tough times by discussing how they should be dealt with when everything is calm. Loving and caring people can discuss communication and set guidelines for dealing with the difficult situations before those situations occur. To be open to the idea of communication, the second of my two important factors must be present.

Just as important as communication is the factor of respect. This is something that I have thought about quite a bit lately. Whereas with communication we need the cooperation of both parties, for respect to exist, it only requires each to consider the other person and observe to build respect. I would like to add to the word respect, another word, admiration. For me at least, I think that this word offers more depth to it and can be utilized to bring many facets to the

love and care that we have for a person. I can, for example, admire my wife’s ability to laugh and maintain good spirits in difficult circumstances, for her ability to forgive and forget. It seems that many times the qualities worthy of admiration are overlooked and focus is placed on little items that may not be quite what we want them to be, little points of discontent. Perhaps we use the faults of others as a measuring stick for our own inadequacies. Some of us would rather not have to compare the good qualities of others to our perhaps less than excellent traits. I believe also, that a person who has admiration or admires another person has a tendency to act more in accordance with how he wants the other person to view him; therefore in situations of stress he is likely to take a more careful approach than he might otherwise.

All of this leads me to the reason behind the writing of this article. The Council says that, “Spirituality is an Attitude.” The question for me is: After almost 60 years of life how do I change my attitudes? This article is the result of my thoughts on that question in just one area of life. I hope this offers the reader an opportunity to present their own ideas on changing attitudes.

I like this quote from The Council. They are primarily discussing the husband in this statement. But in today’s world, the wife must be willing to respond and support a husband who is willing to make the effort to be kind, considerate and sharing with his wife.

“In relationship to a spouse, a husband should be willing to share

with the wife. He is not her king; he is her provider, and he is her caretaker. He also must share with her. If a husband can tend to the needs of his spouse, if he can be willing to support her and yet allow her to express herself, if he can back her and be faithful to her, then his relationship can do nothing but evolve to a much healthier and more productive relationship, one that is steeping in genuine happiness. But a husband must give to his wife what he would like to have returned. A husband is the seed planter in a family. The wife takes that seed and brings it full fruit. Just as a man and a woman unite to provide a ground or a foundation for another entity to experience a growth cycle, so must a husband and a wife unite to produce a period or situation of growth for both of them, so that their love will evolve to a more fulfilling expression for each. The problem with too many husbands who would normally fall in the realm of being a good husband is they are far too domineering, and it is because it is a sense of insecurity. No husband can hang on to his position or his wife if he is domineering, so it is a futile attitude. If he looks at his wife as a fully productive individual, equal to him, then he and she will bind themselves together much more deeply than if he attempts to hold her to him.”

I truly believe that most husbands and wives would have, at some time in their relationship preferred that, “he and she will bind themselves together much more deeply.” I know I would.

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SOL Notes

As the year comes to a close, we all reflect on where did it go. It seems that we just started the New Year and here we are at the end of the year again. Did we accomplish anything or did life just pass us by? We all must ask ourselves that question.

We at SOL had a good year. We are in the process of putting all the trance material on CD's. We are progressing well with that. Universal Conference went well and we had good speakers. It is always good to see all of you. It was nice to hear from those of you that come every year and couldn't make it this year. We always look forward to seeing everyone. Membership is building and more people took advantage of the lending library. So it was a good year.

Bill and I have had the pleasure of purchasing a new home. "DOWNSIZING" is the word for us the last couple of months. Not easy to do!!! Didn't know we had so many cubbyholes. It will be really nice when we get there completely and also when we sell our other house.

Hope everyone has a Blessed Holiday and Blessings for a wonderful New Year. God Bless All of You.

Nancy

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