

# Health and Healing - Part 3

Conquer Cancer and Control Cholesterol

Trance Library File No. 92-37

by

WILLIAM ALLEN LePAR

I appreciate your interest in the information we have been receiving from [The Council](#), the spiritual source which speaks through the Trances. In all the years that I have been manifesting the Deep Catatonic Trance, I have learned a great deal from The Council, and I earnestly wish that you also gain a greater understanding of our existence.

These Library Files present information from The Council over a vast range of topics. In some cases, the information presented comes from one or two Trances that were usually held consecutively, within a few weeks or months of each other. In other Library Files, the information is selected from Trances held over many years. In all cases, if you study these Library Files carefully, you will notice a common thread of awareness that runs through all the information that The Council presents.

You may also notice that by the manner in which The Council presents the information, it becomes evident that they are layering awarenesses and insights. The observant reader will realize this progression of awareness and the unfolding of these insights.

These Library Files will not reveal their deepest insights to you with a casual reading. You must study them and reflect upon them. I would advise you to read the Library File at least twice and reflect on the information that The Council gives.

Again, thank you for your interest. I sincerely hope that you benefit from the Council's wisdom.

Sincerely,

SOL

# AN INTRODUCTION TO THE COUNCIL

by

**William Allen LePar**

The Council has often referred to themselves as "spiritual beings." We must remember that this is a very elusive term and means something far greater than what we normally have been taught to understand as "spiritual beings."

In our finite minds we look upon spiritual beings as living beings confined in similar manners as we in the physical, and this is not the case with some levels beyond the physical. But in this expanded description from The Council, we begin to realize that there are levels that we can reach as spiritual beings that far surpass our present concepts.

Respectfully, I submit The Council's own personal description of themselves.

## THE COUNCIL SPEAKS OF THEMSELVES

After a soul or an entity has accomplished a certain level or degree of perfection, through whatever system that is the ruling belief system of that time, then the individual or the soul or the entity is elevated to a level wherein it is not necessary for reincarnation. Once entering the spiritual realms without the need to reincarnate, a growth period is undergone. Many steps of awareness or many levels of awareness are accomplished, many degrees of elevation, many degrees of perfection until finally the soul, the entity has evolved into a state where there are no levels, no degrees, but begins to expand in love and awareness to the point where there is a total mergence or merging with other beings; where all ideas of limitations, all awarenesses of false limitations, have been done away with; where the person or the soul or the entity begins to realize its true unlimitedness and in that begins to expand greater and greater and greater, interweaving more delicately and more closely with all others and all other things, and in so doing grows closer to the Divine Himself. Once a soul or entity has reached this level, then they are in union with others, total union, yet completely individual, and yet completely united. This soul, this entity has its own personality, yet delicately flows in and out and with other souls but yet maintains its own personality, its own being. The soul, the entity becomes more god-like in that it becomes part of all things, yet maintains its own personality, its own being. Once a soul has reached this level then there is no name, there is no body as you would recognize or understand, but a more complete and unlimited **Child of God**, one who is so developed that no name could ever describe him. That is the existence we live in, and if you wish to use confining and restricting terminologies as levels, then we souls have to say that is the level we exist in. In all of mankind's history this level has never before spoken in the **physical plane**.

Even though we refer to ourselves as "spiritual beings," we use such statements only to give all who come to us some idea to relate to or some concept that they can relate to.

## THE TRANCE PHENOMENON

We believe The Trances of William Allen LePar are the rarest paranormal experiences known to modern man. The only example of a similar phenomenon ended with the death of [Edgar Cayce](#) in 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.
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### 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 beginning with number one. This number indicates from which Trance this selection was drawn.

(7) **Master Volume Information** - All information from all Trances is transcribed in chronological order into the SOL Master Volume. This line indicates the page number and line number as found in the Master Volume.

(8) **Line Number** - The transcript of each Trance session is numbered from one. If a Trance Library File is made up of information from more than one Trance, then these numbers will change sequence.

(9) **Questioner** - The symbol \*\*\* indicates an individual at the Trance asking a question or responding to The Council's remarks. This is used to maintain confidentiality.

(10) **Council** - The symbol **C:** indicates that The Council is speaking.

## EXPLANATION OF TRANCE LIBRARY FILE FORMAT

79-12-01<sup>(1)</sup>

Life After Death - Part 1<sup>(2)</sup>  
Trance #2<sup>(4)</sup>

page 21<sup>(3)</sup>

This trance was the second trance in the Research and Study Group series. The Trance was attended by William LePar and (\*\*\*) (\*\*\*), (\*\*\*) (\*\*\*), (\*\*\*) (\*\*\*), (\*\*\*) (\*\*\*), (\*\*\*) (\*\*\*), (\*\*\*) (\*\*\*), (\*\*\*) (\*\*\*), (\*\*\*) (\*\*\*), (\*\*\*) (\*\*\*), (\*\*\*) (\*\*\*), and (\*\*\*) (\*\*\*).<sup>(5)</sup>

1<sup>(6)</sup>

2 C:<sup>(7)</sup> May the Peace and the Joy of the Infinite Father be upon you, and may His Light  
3 shine down upon you and around you and within you.<sup>(8)</sup>

4

5 \*\*\*:<sup>(9)</sup> Thank you. Are you ready?

6

7 C: Yes, we are ready.

8

9 \*\*\*: Would you agree with the statement that Jesus Christ came into the earth in human  
10 form and is both man and God?<sup>(10)</sup>

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.

*Healing was discussed on 82-08-27, the 107<sup>th</sup> Trance.*

*The word “health” was first found on page 1714, line 983.*

945 \*\*\*: I have been told not to use any drinks that have acid or  
946 caffeine in them because of my stomach, and I am using Postum. Do  
947 you have an opinion on that?

948

949 C: Postum is not coffee, and since it is made of grains, it would  
950 have a tendency to be less taxing on the lining of the stomach.  
951 Again, there are those who can drink such things, and there are  
952 those who cannot; as long as it does not cause a problem with you  
953 then drink it.

954

955 \*\*\*: Thank you.

956

957 C: You are most welcome.

958

959 \*\*\*: Would it be fair to say that generally the better physical  
960 condition we are, the easier it is to utilize the right side of the  
961 brain or to grow spiritually?

962

963 C: No.

964

965 \*\*\*: There is no relationship?

966

967 C: No. The same as there is no relationship to the spiritual  
968 condition of the soul of a left-handed person as opposed to a  
969 right-handed person. Do you see? There have been some very  
970 evolved souls that have had terrible, terrible containers to exist in,  
971 deformed and what have you; even deformed to the point where they were  
972 hideous to view. If you wish to go that route, then one could  
973 safely assume that as a general rule, the worse the physical

974 condition or health or condition of the body, the chances are the

975 higher the evolved soul. Now, that is speaking in certain areas.

976

977 \*\*\*: Then we should take good care of what we have, regardless of

978 what shape it was in to start with?

979

980 C: Naturally, you should try to maintain your physical container to

981 the best of your ability. That is your obligation, but even though

982 you try very hard and nothing succeeds or nothing changes, say your

983 health declines you are not to give up in despair but to

984 continue to do the best you can to protect it. Do you understand?

*Healing was discussed on 82-12-03, the 111th Trance.*

*The word “health” was first found on page 1817, line 864.*

851 C: You see, it is your free will choice to do with your physical  
852 body and your situation what you choose, but with animals, with  
853 nature, there is very little choice, if any. Their choice is what  
854 is most serviceable for the support of mankind.

855

856 \*\*\*: When you speak of support structure, you are talking about  
857 support of mankind. Then all other creatures fit into the support  
858 of mankind somehow?

859

860 C: Yes. If you did not have the evolvement of animals as you do  
861 have, and as you have had in the past, your world would not be the  
862 way it is today, so that you as a soul could come into this situation  
863 under these conditions and use it for your spiritual growth. If,  
864 say, two hundred thousand years ago, someone would have said, "I am  
865 going to do away with all primates," and they ceased that evolving  
866 species, what would you have today, if you would need that species  
867 today to experiment on for health reasons for the benefit of mankind?  
868 Do you follow?

869

870 \*\*\*: Yes, I follow, that thought occurred to me.

871

872 C: Now, think upon this, what will be the cost tomorrow to mankind  
873 for those animals that mankind has caused to become extinct? What  
874 will be the cost to mankind tomorrow for those animals that mankind  
875 has brought into extinction? Can you imagine what the cost would  
876 be to mankind today, if say a thousand years ago someone decided to  
877 take all the animals that man uses for his health and well-being, if  
878 someone were to have taken all those animals and brought them into  
879 extinction?

880

881 \*\*\*: If all of them, yes, but some of them, if we didn't have  
882 beef, we learn to like lamb, but then I am beginning to think that  
883 every animal has its specific purpose and mankind is going to be  
884 the loser in ways he will never know.

885

886 C: So true.

887

888 \*\*\*: If the situation evolves to the point where you need that  
889 specific animal and it is not there any more, the whole human race  
890 is poorer for that.

891

892 C: If it is taken away before its natural time to leave, mankind,  
893 the whole race, will suffer dearly. Why do you have so many different  
894 meats to eat? Because each meat that you are capable of eating  
895 services your physical container in one way or another. Why do you  
896 have so many fruits and vegetables to eat? Because each fruit and  
897 each vegetable offers your physical container certain elements that  
898 it needs. Eliminate the avenue of obtaining certain elements and see  
899 what will happen to that physical container of yours. It will  
900 deteriorate before its time.

901

902 \*\*\*: But it is not enough to have just the fruits and meats if you  
903 do not have the knowledge of which one does what?

904

905 C: Left to your own natural appetites, you will know what to eat  
906 and what not to eat and when to eat it. When you get a craving for  
907 something that is wholesome and you know that it is wholesome, it  
908 is because your body demands something in that food. Do you  
909 understand?

910

911 \*\*\*: I understand.

912

913 C: Of course, we are not referring to "junk" food. Do you follow?

914

915 \*\*\*: There are some situations where people have been known to eat  
916 dirt, wood, things like that. Does that come under the same category  
917 where the system needs something or some element? I can see in  
918 dirt maybe something like selenium or iron.

919

920 C: We could go so far as to say that there may be certain elements  
921 of a trace nature that a physical container may need where it would  
922 resort to such activities, but as a general rule, this is simply a  
923 faddish attitude or some mental quirk. Take, for instance, in this  
924 area here, in the land that you call home, this general area, there  
925 is a natural deficiency of zinc in the soil. When your body calls  
926 for a greater amount of zinc than what it can obtain from the local  
927 produce of this area, you may resort to some foods that you would  
928 not normally eat, simply because the foods from that particular  
929 area would contain a greater amount of zinc that your physical  
930 container would need. Once your physical container has assumed  
931 that nutrition then it would lose its appetite for that particular  
932 food. Do you follow what we are saying?

933

934 \*\*\*: Yes. I say that we need that knowledge, but I think the truth  
935 is we have the knowledge, our soul knows it, and it probably just  
936 prods us along with these urges.

937

938 C: Yes, very much so. You have a very good, how shall we put it,  
939 monitor on your own personal system. It is a matter of your  
940 willingness to actually work with that system and listen to it. Do  
941 you see?

942

943 \*\*\*: Yes.

*Healing was discussed on 82-12-03, the 111th Trance.*

*The word “healed” was first found on page 1821, line 1074.*

1073 C: We think that should suffice for this evening. What we would  
1074 like to add though before we leave. In dealing with healing, (\*\*\*)?  
1075  
1076 \*\*\*: Yes.  
1077  
1078 C: In order to learn to control the right side of the brain as a  
1079 healer or as one who is being healed, if one were to attempt it on  
1080 their own in order to help you sense the activities of the right side  
1081 of the brain, you may try this experiment. Sit very quietly and close  
1082 your eyes, and try to vision something very simple. You may choose  
1083 something like a number, 1, 2, or whatever. Keep it to a single  
1084 digit. Or you may choose the initial of your name. Close your  
1085 eyes and envision this letter or numeral, whichever you choose.  
1086 Take note how you are seeing it. Now, this will take a little effort  
1087 on your part. You must construct this vision. Then, with your  
1088 left hand, as you are envisioning this numeral or letter, with your  
1089 left hand place it on your left temple. Place your left hand on your  
1090 left temple, and then visually move this letter or number to the  
1091 left side of your viewing screen or however you are seeing this.  
1092 Concentrate on that. Hold that image clear and as sharp as you  
1093 can. Then take your left hand away from your left temple, place  
1094 your right hand on your right temple and move that figure, that  
1095 letter, or that number, to the right side of your screen of vision.  
1096 Do this a number of times until you can very readily move the  
1097 figure back and forth. Now, the desired objective is to actually  
1098 see this letter or number on one side or the other side of your  
1099 line of vision. Now, this is with your eyes closed. You should be  
1100 able to see this figure, this letter or number, on the left side of

1101 your inner viewing screen and on the right side and you should be  
1102 able to see it move from side to side as you will it. Practice  
1103 this so that you can do it without touching the temple or the head.  
1104 Now, we simply say, place the left hand on the left side of the  
1105 head simply to give you a means of motivation, not that it will  
1106 draw this figure over there, but it helps you to concentrate and  
1107 utilize the activity of the brain or the function of the brain. In  
1108 other words, it is simply a support system in helping you switching  
1109 from the right to the left side of the brain. As we said, be able  
1110 to do this with some ease. Then make the effort to be able to do  
1111 it without touching either side of the head. In the process of  
1112 this moving back and forth, you should also attempt other  
1113 activities. Make the letter grow bigger or smaller. Move it  
1114 closer to you or further away. If you are attuned to what you are  
1115 doing, you will feel a very definite change. It will be hard to  
1116 describe, but you will notice something different when you move  
1117 this figure over to the right side of your viewing screen. In this  
1118 process then what you are achieving is utilizing the ability to  
1119 function or activate one side of the brain over the other. Maybe we  
1120 will continue with some other instructions later on.

*Healing was discussed on 85-09-26, the 133rd Trance.*

*The word “healing” was first found on page 2175, line 848.*

847 \*\*\*: That is what we wanted to know. And then you had said, "The  
848 natural process is that through hypnosis the healing or whatever  
849 the suggestion travels through the Conscious Mind, begins to ride  
850 upon the Traveling Mind, through the subconscious area, then to the  
851 Objective Mind and then to the farther end of the Objective Mind  
852 where it touches or signals the entity or true entity. The soul or  
853 spirit then acknowledges this activity and then releases back the  
854 impulses necessary." Now, is that referring to normally or to  
855 everybody else?

856

857 C: If you were going to attempt to use hypnosis as a healing tool,  
858 then that would be the process that would transpire with most  
859 people, but there is much more involved in a healing being obtained  
860 through hypnosis. Hypnosis basically if you wanted really to get  
861 down to the actual nitty-gritty of it or the factual aspects of it,  
862 hypnosis would basically then only be a triggering mechanism, the soul  
863 itself would have already predetermined a healing would be in line  
864 and actually the hypnotic suggestion would be just a triggering  
865 mechanism but it would follow a natural pattern of events, and that  
866 would basically be it.

867

868 \*\*\*: Could that chain of events that you have described here,  
869 could ...

870

871 C: That could be used or that would be more realistic or more  
872 natural or more general if you wanted a healing from a bad habit or  
873 cigarette smoking or overweight, that would be more in line with  
874 that or more accurate in that area, along with those. If you wanted to  
875 implant a positive suggestion, that would be what would transpire.

876

877 \*\*\*: Could this general chain of events relate at all to normal  
878 experiences? Things not related to healing.

879

880 C: Yes. The Conscious Mind feeds the Subjective Mind, the  
881 Subjective Mind feeds the Subconscious Mind. Then if there is a  
882 need for a communication between the Subconscious Mind and the  
883 Objective Mind, then the Traveling Mind is brought into play.  
884 Under certain circumstances or certain conditions or certain  
885 activities, the Objective Mind can be fed directly through the  
886 Subjective Mind through the Traveling Mind. The subconscious area  
887 needs the Traveling Mind for proper filing. Do you understand?

888

889 \*\*\*: Yes, I think I start to.

890

891 C: So, the Traveling Mind is a very essential aspect of your  
892 overall consciousness. It keeps each activity from becoming  
893 clouded or intermeshed with other activities that are not related  
894 to that particular situation. So the Subjective Mind then which is  
895 the storehouse of the day's activities and also the parameters or  
896 limits of the consciousness, its response to life, it keeps  
897 everything clear, the Traveling Mind keeps everything clear and in  
898 its proper place. So, the example we gave you about the scar, the  
899 barrier for that is basically in the Subconscious Mind because that  
900 deals with a function of the physical body, so its barrier would  
901 definitely be in the Subconscious Mind and that then directly  
902 affects the brain, the organ of the brain, which does not permit a  
903 natural healing or proper or normal healing of skin replacement or  
904 cells. Do you understand?

905

906 \*\*\*: Yes.

907

908 C: So you see, there is a classic example of the Subconscious  
909 dealing directly or influencing directly the brain or its  
910 mechanical purposes, but this electrical chemical system of the

911 brain the bio-electrical-chemical system of the brain is also a  
912 receiver then of the soul. And of course we have explained then  
913 the process of right and left sides of the brain. Very well. Go on.

914

915 \*\*\*: That is the next question. When you were talking about the  
916 impulses of the soul coming into the brain through the right side,  
917 is there any relationship between, does that come through that  
918 chain of events or could you relate the Subconscious Mind to  
919 working with either hemisphere?

920

921 C: Well, the left brain, how can we put this without taking up  
922 hours of time, the left side of the brain deals basically with the,  
923 if we had to put a relationship between right and left, the left  
924 side of the brain basically deals with the natural responses of the  
925 present consciousness and the Subjective Mind. It also is somewhat  
926 related to the Subconscious area, the Subconscious Mind, but the  
927 right side of the brain is also related to the Subconscious Mind or  
928 there is strong influences then from the subconscious in both the  
929 right and left side. There is less of an influence on the right  
930 side from the Subjective Mind, although there can be a direct  
931 influence from the present consciousness on the right side. Do you  
932 understand? So it is kind of a jump-over or a skip. Do you  
933 understand?

934 \*\*\*: Maybe.

935

936 C: The Conscious Mind can directly influence the right side of the  
937 brain depending on the activities. The Subjective Mind deals basically  
938 with the left side of the brain although it can again on occasions  
939 and depending on situations have some influence from the right side.  
940 The Subconscious Mind deals both with the right and left side of the  
941 brain. The Subconscious Mind deals with the left side of the brain for  
942 the normal, rational chain of events. The Subconscious deals with the  
943 right side of the brain with the more aesthetic or spiritual  
944 qualities. The Objective Brain or the Objective Consciousness deals  
945 then basically with the right side of the brain. All this though,

946 believe it or not, must initially, since the Objective Mind and the  
947 spirituality governs the right side of the brain, all this must  
948 transpire initially through the right side of the brain. The left  
949 side is basically a doer and not a thinker. It works better when  
950 there are repetitious steps or predetermined steps or anything  
951 methodical or mechanical or very straitlaced. Believe it or not,  
952 people who are one-track minded or opinionated have very little  
953 right brain activity. They are basically left brain people. Oh,  
954 wouldn't some people like to know that? So those of you who are  
955 too strongly opinionated, remember you have just lopped off one  
956 side of your brain. Truncated the beauty of God's creation. How  
957 do you like that? Truncated the beauty of God's creation.

958

959 \*\*\*: We might use that.

960

961 C: You could safely use it; most people would not understand it.

962 Now, that is real citadel building. Strictly left side.

963

964 \*\*\*: Yes, we are using those too. The next question we have, you  
965 have given us information, "If healings have been achieved at the  
966 soul level and is to be achieved in the physical itself, then those  
967 steps, those occurrences will transpire according to the situation  
968 or the soul's plans, its association with others in the material  
969 manifestation, thus when the proper sequence of events transpires,  
970 the left hemisphere unlocks the healing forces." We are  
971 questioning, does the left hemisphere unlock the natural healing  
972 forces of the body or the healing forces of the soul?

973

974 C: It will unlock the natural healing forces of the body if the  
975 healing is to come through natural means or through a evolved or  
976 over a period of time. A miraculous healing will basically  
977 work, its primary force comes through the right side of the brain  
978 and will deal more with the, if you can understand this, the  
979 aesthetics of the physical body itself. Eventually, though, if it is  
980 to use the physical body as a vehicle of healing, now we are talking

981 other than of supernatural healing, there can be some instantaneous  
982 healings that are not strictly supernatural, but if it is a fast  
983 healing other than supernatural intervention, it basically still  
984 has to come through the left side of the brain. What happens in a  
985 case like that, the influences from the right side overstimulate  
986 the stubbornness of the left side of the brain and everything in  
987 the physical body then is processed much quicker and in some cases can  
988 appear to be almost an instantaneous healing.

*Healing was discussed on 85-11-15, the 134th Trance.*

*The word “heal” was first found on page 2192, line 494.*

487 \*\*\*: You put the classical music on, the good music, it inspires  
488 you when you are awake, at night or at any time, what is the good  
489 benefit of that as opposed to not listening to any music at all?  
490  
491 C: Good music has a tendency to soothe not only the physical body  
492 but the different minds. It should be obvious to you. If you are  
493 ever nervous and upset, if you listen to some good music, it will calm  
494 you down. It is a known fact that music will soothe the ills of  
495 mankind, if you wish to make it that broad. When the conscious  
496 levels are soothed, they work more efficiently. Remember, all your  
497 conscious levels are not magical levels that can perform miracles  
498 just because they are conscious levels. They are conscious levels  
499 and can perform according to you as the entity yourself. They are  
500 simply extensions of the true you, and if they are jangled up and  
501 confused and disheveled and all that, it is because you as an  
502 entity are that way. Now, if you can help soothe out those levels  
503 of consciousness by listening to some good music, why not, because  
504 if those levels are being soothed out or given a state of peace,  
505 then so are you.  
506 Your conscious levels are you; you are your conscious levels.  
507 That is why in the past we have said you are conscious state  
508 beings. Now you are getting a small picture of what we were trying  
509 to explain way back then, when we knew it would be hopeless to go  
510 beyond that. Over the period of time we have carefully tried to  
511 get you to think beyond that physical body that you all hold so  
512 dear and near to we do not understand what. No, in all seriousness  
513 now, you have a physical body for a particular purpose, and you  
514 have the obligation of tending to it properly, caring for it,  
515 protecting it. That is all.

*Healing was discussed on 85-11-15, the 134th Trance.*

*The word “healing” was first found on page 2198, line 794.*

765 C: Well, this has been a very interesting experience for us. We  
766 have contemplated and discussed such an evening, and now that it is  
767 over with, we are still scratching our head as to what the reaction  
768 is or what can be labels put on the reactions from all of you. It is  
769 amazing to see the surprise in some of you people as to some of our  
770 remarks. After all, you are just like us. We would say that we  
771 are just like you, but it is obvious that is not the case. You  
772 know, your sense of humor does not leave with the physical body. A  
773 sense of humor is the joy of the soul and the soul's ability to  
774 laugh at itself by utilizing different situations. It surprises us  
775 that some of you would be shocked that we do have a sense of humor,  
776 but we do, just as you, and tonight was one of those rare nights  
777 that we publicly decided to show it to you. We are not nasty  
778 villains that at times we have had the reputation. So, it is also  
779 interesting to see that some are thinking that this "letting our  
780 hair down" is not quite as spiritual as when we are stuffy. Well,  
781 we are sorry you have that feeling. You are wrong, and we are  
782 right. (Laughter) And we will explain to you why we say that and  
783 that is because joy is part of spirituality, and spirituality must  
784 be joyful. So, if you cannot laugh in your spirituality, then  
785 something is wrong someplace, you are not understanding what  
786 spirituality is.

787 It will be interesting to see the repercussions of this  
788 evening. When you are dealing with the real thing, sometimes the  
789 real thing is not always as stuffy as what you have been led to  
790 believe.

791 We hope that this evening will last in your memory. We hope  
792 that you will realize that in all your states of growth, the one  
793 thing that you can feel safe about is a sense of humor, and a sense

794 of humor can be a healing balm for many afflictions. Now, we will  
795 not clarify whether that is physical or spiritual, we will leave  
796 that in your lap. If you can laugh at yourself, if you can make  
797 fun at yourself, you are standing on good ground because you are  
798 willing then to point out your own weaknesses and use them as an  
799 example or at least show that you are aware of what lacking may be  
800 there.

801 We will say now that as a general rule we probably will not  
802 let our hair down again for quite some time, but, who knows, we may  
803 surprise you. We may turn these stuffy situations into something a  
804 little more lighthearted, and then again we may figure you do not  
805 appreciate our sense of humor so we will not demonstrate it. Well,  
806 that was a last ditch effort. (Laughter) We hope that you all  
807 realize that it is not very easy to try to offer some jocular  
808 and then having to explain that you did so. (Laughter)  
809 Well, enough is enough. Getting back to being serious. If  
810 you can laugh as you are now, believe us that joy of the heart only  
811 magnifies once you leave the body behind, and it is not unspiritual  
812 to laugh, because as you grow in spirituality, more joy fills your  
813 heart. It has been a poor effort on our part to try to bring that  
814 point across to you by using such a technique, but that is the way  
815 we chose to do it, and since all should maintain a joy in their  
816 heart, it seems that man finds it much easier to find that joy at  
817 this time of the year of the coming season of giving.

*Healing was discussed on 86-07-25, the 140th Trance.*

*The word “heal” was first found on page 2268, line 226.*

45 \*\*\*: You indicated in the past that smoking will be harmful to  
46 your body if you believe it will be harmful. The way I worded the  
47 question, is it possible that alcohol too would have harmful  
48 effects on your body only if you believe it will be harmful? But  
49 actually what I want to know is would that hold true with anything  
50 or everything? That things can only affect us as much as we  
51 believe they can?

52

53 C: In actuality or, shall we say, technically, that is true.  
54 Nothing can harm you, unless you allow it to harm you. Now, we  
55 will take it one step further and we have said this in the past.  
56 One could technically drink the most toxic substance known to man  
57 and walk away from it without the least bit of harm done to his  
58 physical body. Now, technically, that is possible. In  
59 actuality, it is possible, but there is other factors that come  
60 into play and that is your personally preordained concept of how  
61 your physical body should react under different conditions.  
62 Now, we have said this about positive thinking. In most  
63 cases, the ideas of positive thinking are more positive "hot air"  
64 than anything else, as far as their abilities to accomplish, yet if  
65 true positive thinking can be incorporated into any of you, then  
66 you could literally drink the most deadly poison and have it not  
67 affect you in the least. What this would take is a whole new  
68 concept of your own self, your own being. We do not foresee that  
69 taking place with any of you in this particular lifetime. So we  
70 would have to say, although it is quite possible to drink a very  
71 deadly poison, we could not advise such action. Does that answer  
72 the question?

73

74 \*\*\*: Yes, but it leaves me with a question. If two people both  
75 smoke two packs of cigarettes a day, one says and believes, "It  
76 won't hurt me," and the other one really from maybe, like myself,  
77 having worked with people who have done that and seeing the results  
78 on their body, so I believe it is harmful. Would smoking then be  
79 harmful to me but not to this other person who really is, more or  
80 less, ignorant of the effects?

81

82 C: The more ignorant you are of the effects, the less likely you  
83 are to have any effects from it, but you have to take into  
84 consideration at what conscious level are you perceiving that  
85 information or that data. Do you understand? Now, you can at a  
86 very conscious level say that smoking would be harmful to you, but  
87 yet deep down at a much more refined level know full well that  
88 smoking will not harm you unless you choose to allow it to harm  
89 you. Even though you may be fearful at a conscious level, you  
90 could continue to smoke and have no ill effects from it. Now, that  
91 is what could be, but how are you to know what your real beliefs  
92 are on the subject? Do you understand what we are saying?

93

94 \*\*\*: Yes, and that leads into the next question. You are saying  
95 that we do not know. My next question is: What would be the  
96 results of this belief, if the belief of our conscious mind differs  
97 from that of our unconscious mind? What I am saying is just what  
98 you said. That maybe on a conscious level I think I believe  
99 something but maybe I have been brainwashed otherwise since birth.  
100 How do I know? So, is there a way to change that? If I really  
101 want to believe that something will not harm me, is there some way  
102 to change my unconscious thoughts or beliefs?

103

104 C: Well, yes, there is. The simple answer is: How strong is your  
105 will? If you have an extremely strong will that has proven to be  
106 very strong, then the simple willing of that as a fact to be will  
107 be. But rarely do you find individuals with wills that strong.  
108 Now, constant affirmation to yourself, constant repetition, even

109 such tools as hypnosis, can begin to bring that belief, let us say,  
110 bring that true knowledge from deep within up into the more  
111 conscious levels of your being, thereby making it more affirmed.

112 Do you understand?

113

114 \*\*\*: Yes, I do.

115

116 C: We would have to suggest, in all safety, and from the  
117 standpoint of just good common sense, that one would not attempt to  
118 experiment with anything that an individual would know outwardly or  
119 outrightly or forthrightly that it is dangerous for you. If you  
120 have that awareness or that concept or that belief that something  
121 is dangerous for you, regardless of what it may be, whether it is  
122 the drinking of alcohol or the smoking of a cigarette or the  
123 drinking of an out-and-out poison, we would not advise you to test  
124 yourself.

125 The only thing you can do is begin to develop a greater  
126 strength within you that starts at the conscious level, a  
127 knowing, and then through whatever technique or means you wish or  
128 you may be aware of, to bring that knowledge from the soul level up  
129 through the conscious levels and meet it at your conscious  
130 awareness or your conscious level or the level that you are  
131 constantly working with. Do you understand?

132

133 \*\*\*: Yes.

134

135 C: As to how to do it, there is no simple way other than to say  
136 very strong determination and a very strong knowing, an absolute  
137 knowing. Your physical bodies will do and undergo for you what you  
138 at the soul level find it necessary to experience. Why is it that  
139 some individuals can drink quite heavily and have no real effects,  
140 yet others who very moderately drink will end up with terrible  
141 liver conditions or even much worse things? Why is it? Because  
142 one individual needs that particular experience where the other one  
143 does not. Alcohol and particularly wines are quite healthy when

144 used in moderation.

145 Your cigarettes, which seem to be quite a controversy, are no  
146 more harmful than the alcohol. Smoking a clean piece of tobacco  
147 has very little ill effects. Although it may be considered a toxic  
148 substance or toxin, it is one of those toxins that can be  
149 beneficial in that it can act as a controlled stimulant.

150 Unfortunately, those who smoke today just do not smoke clean  
151 tobacco. They are doctored up as all your other foods are, and  
152 there is the avenue for harm to the physical body if there is to be  
153 harm to the physical body.

154 So you see, in the whole karmic picture, all tests and  
155 challenges come to an individual through the ways of life, through  
156 what life provides, whether it be through the interchanges with  
157 individuals or the taking in of exterior substances. The change in  
158 the quality of tobacco came about because it was necessary to have  
159 an avenue of fulfilling karmic situations or taking on karmic  
160 situations. Does that make your question clearer?

161

162 \*\*\*: Yes. Can I go further?

163

164 C: Certainly.

165

166 \*\*\*: Would the same thing hold true with this idea of your inner  
167 belief, what you really truly believe is how your body will  
168 function. We hear of miracle cures. Would that work in the same  
169 way? It is totally dependent on whether or not that person's  
170 belief can be changed?

171

172 C: Yes. True miraculous healings, now we are speaking of the true  
173 miraculous healing, not some showmanship trickery that is often  
174 pulled or some temporary hysteria, but we are talking about the  
175 full-fledged healing that can be truly documented. It is simply  
176 that an individual has taken on an illness, for whatever reason,  
177 and has determined that at a particular time and in a particular  
178 way that illness will leave, even though it may not leave according

179 to what man thinks the natural laws of it leaving would be. Do you  
180 understand?

181

182 \*\*\*: Yes.

183

184 C: One can, and again, one can in mid-life, in mid-sickness,  
185 experience a true miraculous healing. Did this come unexpectedly?

186 Is this something that just happened at that time? No, no, no.

187 Life, your life, is not a matter of chance. It did not just

188 happen. It was to happen by your own personal design and choice.

189 Does that answer the question?

190

191 \*\*\*: Yes. I am sorry. Everything you say tonight makes more  
192 questions for me.

193

194 C: Very well. We have all the time in eternity. That is the

195 purpose of these get-togethers. To answer questions.

196

197 \*\*\*: If you are saying that miracle healings do happen and they  
198 are predetermined by our plan, more or less, that it is not an  
199 accident, would our plan ever be that we would have some terrible  
200 disease and go through a miraculous cure strictly to praise or  
201 glorify God, that would be our sole idea or to bring other people  
202 to God? Would that ever be a reason?

203

204 C: Yes, that could be one of many, many reasons. You can bring

205 glory to our Creator, to our God, in many ways, as a witness or a

206 testimony through a miracle or as a show of your inner potential.

207 Do you understand?

208

209 \*\*\*: I don't think so. "As a show of our inner potential." That  
210 phrase.

211

212 C: Yes, you are made in the likeness of God, and your ability to

213 demonstrate a true miraculous occurrence is in a way, or in another

214 sense, a glorification of God, a demonstration of God.

215 Now, what would be best is to recognize that there was an  
216 element of Divine Intervention. Now this Divine Intervention can  
217 come in a number of different ways, either through you, by reaching  
218 down deep inside of yourself and allowing that healing strength  
219 from your Creator to flow through you and create the healing in  
220 you, or through an exterior event, in other words, reaching  
221 outwardly through whatever means or facilities might be made  
222 available for a healing.

223 You must understand this and understand it completely: There  
224 are uncountable healings going on constantly, only you just do not  
225 recognize them as healings. A doctor can give you no medication  
226 whatsoever that will heal you. A doctor can cut, cut, cut until  
227 there is nothing left of you and that will not heal you. It is you  
228 and the relationship between you and your God that has brought a  
229 healing about. Now, someone could say that, well, those old boys  
230 are suggesting that you all do not need pills and doctors. We are  
231 not suggesting that in the least. What we are saying is that  
232 ultimately the healing comes from within you. The instruments or  
233 the triggers used may have been a doctor and his knife, may have  
234 been a doctor and his prescription that he has given you, or what  
235 have you.

236 The reason that these events or occurrences or happenings are  
237 necessary is because you must grow through inner changes or inner  
238 actions and activities with other individuals and in other  
239 situations, so it is necessary then to have points of contact or  
240 activity so that everyone has an equal opportunity to cancel out  
241 any karmic situation that they may have created for themselves,  
242 thus a need for doctors and what have you. Does that make the  
243 situation a little clearer or has it become more complicated?

244

245 \*\*\*: I think some of both.

246

247 C: Well?

248

249 \*\*\*: Thank you very much.

250

251 C: You are most welcome. If you care to take the situation

252 further, we would be happy to add more confusion.

253

254 \*\*\*: Well, when you made that last statement about, when you

255 talked about doctors and I would assume anyone who cares for the

256 ill, that you were talking about their karma, the doctors and

257 caregivers, that they would be fulfilling some karmic debt in their

258 care and concern for the sick? Is that what you are saying?

259

260 C: Well, we could state a general rule, and again, this is simply

261 a general rule, and it is an overall guideline, but each individual

262 that would fall under this general rule, or what would appear to

263 fall under it, would have to be looked at individually to see

264 how close to the general rule or how far away from the general rule

265 would apply to them and a myriad of other circumstances, or what

266 have you, that would reflect on the situation.

267 As a general rule, those individuals who become doctors do so

268 because of a very unsavory karmic situation that they have gotten

269 themselves into. Sometime in the past they have shown a total lack

270 of concern for someone in need, so consequently, in following

271 lifetimes then they have come to a realization that the only

272 karmic correction for them, in their situation again now, would be

273 to dedicate a life of healing service to others. So, sooner or

274 later then, once they reach that point, they come in as a doctor or

275 come into a particular lifetime and go through the necessary

276 channels to become a physician or a doctor. Sad to say, that as of

277 late those souls have not learned their lesson too well, but that is

278 something they will have to answer for. The truly concerned

279 doctor, caregiver, is a rare bird in your world today. Does that

280 answer the question?

281

282 \*\*\*: Yes.

283

284 C: You must remember that all of your lives, every moment of your  
285 life, every second of your life, is for a purpose. Every point of  
286 contact that you have with other individuals, whether they be your  
287 changelings or children or your mates or your relatives or friends  
288 or what have you, every point of contact with those individuals is  
289 for a purpose. Now, it does not mean that every point of contact,  
290 every word exchanged, has an immense effect on your life or a very  
291 important effect on your life. No, this is not the situation, but  
292 each exchange, each meeting, each relationship, builds towards  
293 something; it is there for a purpose, and that is to correct  
294 whatever karmic situation may exist, either with yourselves or with  
295 the other individual.

296 You come together to serve each other, to help each other  
297 ahead. Also, you come together to help each other in a positive  
298 way to enjoy the good karma that you have created together in other  
299 times or even in that particular lifetime, so you do not have  
300 contact with others just because you have nothing else to do.

301 Your conversations this day, this evening in this room with  
302 each other, just did not happen. You are too busy to waste time on  
303 something for nothing. Although in your conscious mind, many of  
304 you dally your time away or at least you think you do. Are you  
305 really? Are you really dallying your time away? Are you here  
306 because you have nothing better to do? Or are you here because you  
307 must be here? Did you do what you did this morning because you had  
308 nothing better to do? Or was your morning's activities because they  
309 had to be? Well, we will give you the direct answer to that, and,  
310 that is, your day was because it had to be.

311 Now, does that mean that we are saying you have been boxed in  
312 by some force beyond you into doing things? Have you been  
313 predetermined into this or into that? No, no, no, no, no.

314 Everything that happens, happens with your consent, at one level or  
315 another. No one has predetermined you to anything; in fact, you  
316 have not even predetermined yourself to anything. You may have  
317 made some spiritual contracts with individuals to complete  
318 something or to experience something in a lifetime, but you do not

319 even have to keep those, so you are not predetermined or  
320 predestined in any way, shape, or form. No predestination.  
321 Not even God, the Almighty Creator, has predestined anything  
322 for you. He has bounced you on His knee and has said, "Dear child,  
323 what is it you want to do?" and then has let you go your way and do  
324 it. Oh, it is true, He will tap you on the shoulder and either  
325 say, "No, no," or "Yes, yes," but ultimately it is your choice to  
326 say, "All right, I will listen," or "Sorry old man, I know better."  
327 And how many times have all of you done that very thing? And, in  
328 fact, we will say to you, how many times, when we were in your  
329 situation, we did that very thing? We can tell you right from the  
330 very bottoms of our heart, if we had a physical heart, that we had  
331 done it many times. If we had been wiser, it would not have taken  
332 us so long to get to the point that we are now, but that is the  
333 process of learning. Does that answer the question?

334

335 \*\*\*: Yes.

336

337 C: We would say, by all means, think positively, but before you  
338 take a serious step based on positive thinking or before you put  
339 all your hopes in positive thinking, make sure you are really  
340 thinking positively and not just giving yourself lip service as a  
341 means of false courage. There is the difference, the knowing and  
342 the false courage. Very well. Anything else?

343

*Healing was discussed on 86-07-25, the 140th Trance.*

*The word “healing” was first found on page 2273, line 481.*

344 \*\*\*: When you were talking about substances that can harm the body  
345 or not harm the body depending on how you truly believed and so  
346 forth, what about substances that people are not aware of that they  
347 take in their bodies? I am thinking about fluoride in the water  
348 and some additives in foods and so forth that apparently are  
349 harmful or do harm to them that they apparently do not know about.  
350 Do they know about them at a soul level, like the fluoride in all  
351 the water systems?

352

353 C: Well, there we go into a more complicated picture. We made the  
354 statement that it is possible not knowing something to be harmful  
355 could keep it from being harmful, we indicated that. That could  
356 be, again, a very strong potential, but you must take into  
357 consideration what is the karmic condition that exists. Is an  
358 individual to experience a sickness or a terrible physical problem  
359 in its lifetime? And, if so, how will this come about? Will it  
360 come about through a chemical? Will it come about through a viral  
361 infection? Will it come about through what have you? Now, if you  
362 are not to suffer any ill effects from a chemical, then you will  
363 not undergo any ill effects from that chemical, even though it may  
364 be pumped into you through your food or through your water or what  
365 have you. If you are to undergo a problem, then that would be one  
366 of the natural ways that it would get into your system or into your  
367 physical body to begin the process of growth. Do you understand?  
368

369 \*\*\*: Yes.

370

371 C: Now, our advice would be to eliminate as much of that terrible  
372 stuff as you can. Some people will get sick from preservatives,

373 from chemicals put in your water supply, because they have not  
374 fought against it. They have not taken the initiative to find out  
375 just what it will do, what are the real benefits, consequently,  
376 because of their lack of interest, they will pay the price which  
377 may mean a severe sickness. Others will not whimper a word about  
378 such things and nothing will happen to them. Do you understand?

379

380 \*\*\*: Yes.

381

382 C: So, our advice would be, if you find out anything like that is  
383 going to be put into any of your needs, such as food or water, we  
384 would suggest mother nature has provided very good water for you.  
385 Man cannot do much improving on it, if at all, except possibly in  
386 the keeping of it, if that at all.

387

388 \*\*\*: That brings up another question. There are so many different  
389 opinions or supposed facts from different experts on everything in  
390 life, you really do not know who to believe anymore.

391

392 C: We will tell you. We will tell you exactly what to believe,  
393 and all you have to do is use a little common sense, a little  
394 common sense. Eat the cleanest food possible, drink the cleanest  
395 water possible, and that is all you have to worry about.

396 Whenever you begin to tamper with your food to make it last  
397 longer, which is not natural, then you begin to open the door for  
398 problems. Once that door is opened, then there will be a second  
399 door because you will need something to try to close that first  
400 door with, and they will not close once they are opened. The only  
401 way you close the door is eliminate it. And so it just keeps  
402 multiplying, keeps multiplying.

403 Do you realize there are some people, in this room, mind you,  
404 in this room, who eat and drink more chemicals than is good for  
405 them? In fact, some of those people eat and drink more chemicals  
406 than they do eat or drink real food. Now, that is a fact.

407 You are part of nature; your physical body is part of

408 nature; and if you allow nature to prevail, you will find a much  
409 healthier body, a much stronger body. That is why quite some time  
410 ago we had strongly suggested that the family pantry should not be  
411 stored with boxed food. If you want an instant meal, can it. Take  
412 it out of your garden, or purchase it from someplace where you know  
413 you can get it in its raw state. Clean it up and preserve it  
414 yourself. Then you know you are getting food. But far too many of  
415 you, and when we say you we are not talking specifically of just  
416 those in the room but you in terms of mankind, you just do not have  
417 the time to take care of yourselves, so you run to your little  
418 exchange posts or stores or whatever and buy a box of something and  
419 then add a little water and wish and pray that it will look fit to  
420 eat, and then you eat it, and you call it potatoes or you call it  
421 whatever you wish to call it. Well, you are only asking for  
422 problems. You are jeopardizing your own health and anyone else that  
423 you feed it to.

424 Now, we realize that the world is more complex, and you think  
425 that you do not have enough time. Well, remember, there are still 24  
426 hours a day now as there was a hundred years ago. I mean, no one has  
427 shaven off any time in your day, except yourself. Take time to eat  
428 good food. Take time to drink good water. Then what you have succeeded  
429 in doing is eliminating that much more opportunity for problems.

430 Your beverages that you drink: terrible, terrible stuff;  
431 terrible, terrible stuff. Yet some of these fanatics who are so  
432 worried about what food they are eating, then they will turn around  
433 and drink this soda pop. Terrible, terrible stuff. Eliminate it  
434 all from your diets. Drink teas, coffees, fruit juices, things  
435 like that. Soda pops are no good for you. There are more  
436 chemicals and sugars that are not good for you in that stuff than  
437 your body cares to deal with.

438 So, eat clean food, drink the cleanest water possible. Do not  
439 buy food that has the ability to sit around in your house for six  
440 months and still find it edible. That is not food; that is what is  
441 left of food after it has been embalmed with your chemicals.

442 Answer the question?

443

444 \*\*\*: Yes, it does.

445

446 C: We have not told you anything new. We have preached this

447 before.

448

449 \*\*\*: There was another question that came from that. If a lot of

450 people ...

451

452 C: In fact, there is a thought. Let us clear the thought up.

453 Excuse us. There is a thought, "Question cigarettes against soda

454 pop?" We would suggest smoke cigarettes and dump the soda pop.

455 That is the danger in soda pop. Now that that question has been

456 answered, let us go on.

457

458 \*\*\*: You mentioned a lot of people needing to undergo an illness

459 like with a substance being put in the water in a great many areas.

460 If someone needs to go through an illness and they eliminate this

461 stuff, the illness will still crop up somewhere else? Or by

462 eliminating the stuff they achieve some sort of growth where they

463 do not need the illness anymore?

464

465 C: In some cases, the awareness of bringing about a means of

466 protection or respect for the physical body, that awareness or that

467 effort could very well cancel out the sickness. It could very

468 well, not necessarily, but it could. You see, from the moment that

469 you are physically born to the moment you decide to leave this

470 school, it is a process of growing in awareness, growing in

471 realization, growing in getting yourself to do something positive

472 or productive. Consequently, by making the effort to avoid a

473 particular substance that may be harmful to you may initiate a growth

474 or an awareness that could very well eliminate the possible sickness

475 that you had planned for yourself. Now, you realize we are

476 not saying it will, but it could.

477

478 \*\*\*: Yes.

479

480 C: Growth is what is expected out of your efforts in the physical

481 form. Growth is the healing factor in all things. Now, healing

482 factor, not necessarily healing a sickness, but healing you or a

483 soul. Do you understand?

*Healing was discussed on 86-07-25, the 140th Trance.*

*The word “healing” was first found on page 2284, line 1034.*

1032 \*\*\*: Getting back to the doctor situation. If an individual does not  
1033 trust doctors in general, he doesn't have confidence in doctors,  
1034 should that individual turn to some other means for healing such as  
1035 prayer? Or should he give the opportunity to a doctor to help him?  
1036

1037 C: Both. You must always utilize prayer, along with the doctor.  
1038 In case the doctor is not all that he should be, the prayer may be  
1039 the buffer or protection you might need. As you are fully aware or  
1040 realize, we have very little faith in your doctors. Does that  
1041 answer the question?

1042

1043 \*\*\*: Yes, thank you.

1044

1045 C: You must utilize, when it comes to a sickness, you must utilize  
1046 all the means that you can to bring about a healing. When it comes  
1047 to the physicians, it saddens us to see the condition that exists.  
1048 They are more mercenaries than they are physicians. The only thing  
1049 we could suggest is try to find one that is not quite so hungry  
1050 for the money and couple that with prayer and whatever other means  
1051 that you might wish to use.

1052

1053 \*\*\*: Thank you.

*Healing was discussed on 86-07-25, the 140th Trance.*

*The word “health” was first found on page 2289, line 1271.*

1151 \*\*\*: I would like to go back to the simple answer and the First  
1152 Commandment. I was going to bring up the subject of physicians and  
1153 instead I would like to say, could the reason that we have so many  
1154 less than quality physicians or less than quality leaders is  
1155 because we ourselves have empowered them and set them up as false  
1156 gods rather than as a channel for God's guidance? Does the fault  
1157 lie in us and the fact that we have given them that power and put  
1158 our faith directly in them as humans rather than as channels?

1159

1160 C: No, we would have to say that you have been more victimized by  
1161 their tyranny, than any of you putting them up on a pedestal. You  
1162 must remember, from the very beginning, physicians were always  
1163 acknowledged as more intelligent individuals, and it is true that  
1164 they were in the earlier days, in the beginning. They had to know  
1165 a little bit more; they had to be a little more specialized, their  
1166 interest had to be a little more specialized. They had to spend  
1167 much time studying.

1168 So, in a sense, they are a little bit, how shall we put it, a  
1169 little more consecrated or dedicated than possibly some other  
1170 professions. Now, we are not talking about people or individuals, but  
1171 we are talking about professions, and as time went on, they began to  
1172 take pride in the respect that people had for them, and, of course,  
1173 unbridled pride, you all know what that brings, and then tie that  
1174 together with their "brotherhood" that they sustain or support, it  
1175 has become a very sad picture, to say the least.

1176 We would suggest very strongly that doctors be put in a class  
1177 all by themselves, and that is cut their wages by three quarters

1178 and allow them only to practice medicine and not become so involved  
1179 in corporations and all this other stuff. If they want to be  
1180 physicians, let them do so through a life of dedication. They are  
1181 no more privileged than anyone else, and, in fact, the quality of  
1182 doctors you have today should really be questioned. They are  
1183 probably, well, yes, we will use a very strong term, quite possibly  
1184 they could be considered an abomination in the eyes of God because  
1185 of their attitude and their lack of commitment to their principles,  
1186 let us put it that way, the lack of commitment to their supposed  
1187 principles. It is very well known in the spiritual realms that  
1188 some of these physicians are out-and-out butchers and murderers,  
1189 literally, and yet they have made an oath to guard and protect  
1190 life, why what a laugh, what an insult that is. As you can all  
1191 see, we have very little respect for the physician as they exist  
1192 today. They steal from the old; charge outlandish fees. For what?  
1193 And they are in fact helping to destroy your own economy with their  
1194 greed. Well, now that we have painted such a terrible picture of  
1195 such an honored profession ...

1196

1197 \*\*\*: Take on lawyers, next.

1198

1199 C: Well, give us a herd of jackals, a herd of lawyers, and a herd  
1200 of physicians and we will take the jackals to turn our backs on.  
1201 (laughter) Laugh but you do not know just how bad the situation  
1202 is. You could have a cure right now for cancer, but unfortunately  
1203 there is so much profit in it that you are not going to get it.  
1204 And there are means right now to avoid much surgery concerning the  
1205 heart, but it would be far cheaper, those means, than surgery. You  
1206 will not reap those benefits because it will not bring them enough  
1207 money.  
1208 There are ways of cleaning out the system of cholesterol that  
1209 would save many heart conditions from getting worse or from even  
1210 occurring. You will not come by that because there is no profit in  
1211 it. If you do not get sick, how are they going to make any money?  
1212

1213 \*\*\*: Would you care to share some of those ways? Or is that  
1214 privileged information?

1215

1216 C: We would be more than happy to, unfortunately, it is not in  
1217 your future to experience. Although try eating an apple a day, try  
1218 eating two servings of oatmeal a day. And the snickers, God forbid  
1219 if you should ever have to rely on our suggestions, because they  
1220 will not work for you. Eat an apple a day or two. Eat two  
1221 portions of oatmeal a day. And this will help to eliminate the  
1222 cholesterol in your system. And if you think it is funny, if you  
1223 think it is a joke, then forget it. If you use this, these two  
1224 food items, and you also help yourself by cutting down on the known  
1225 foods that add cholesterol to your system, if you bring that under  
1226 control, those two food products will begin to eliminate the  
1227 excessive cholesterol that exists in the system. Continue it and  
1228 control the intake of cholesterol, and you will not have a  
1229 cholesterol problem. If you eliminate the cholesterol then, your  
1230 chances of a heart problem are diminished, greatly we might add.  
1231 Now, these two food products will not work at maximum efficiency in  
1232 your body if you insist on eating greasy food that you know is not  
1233 healthy for you. Do you understand?

1234

1235 \*\*\*: Yes.

1236

1237 C: If a doctor says to you, reduce your cholesterol intake in  
1238 order to save your heart, then fine, reduce it. But to your diet  
1239 add two portions of oatmeal and at least an apple a day, and you  
1240 will find that the cholesterol level will begin to decrease.

1241

1242 \*\*\*: Will this help triglyceride level as well?

1243

1244 C: Yes, because triglyceride and cholesterol level go hand in  
1245 hand, whether you know it or not. But you cannot eat two portions  
1246 of oats and an apple and then go out and eat food that would be  
1247 high in cholesterol. You could not eat greasy food, high in animal

1248 fat. By reducing the cholesterol level through dietary means or  
1249 what have you, you will be able to decrease the cholesterol intake,  
1250 but the actual cholesterol in the arteries cannot be decreased.  
1251 The oats and the apple will help to eliminate this plaque or what  
1252 have you on the linings of the arteries. Do you understand?  
1253  
1254 \*\*\*: Yes.  
1255  
1256 C: Now, take it lightly, snicker at our words, and it will not  
1257 work for you. At least it will not work as well, let us put it  
1258 that way, it will work. In fact, well, while we are in the mood  
1259 for giving such information, we might as well go all the way.  
1260 You want to eliminate cancer. If you choose to protect  
1261 yourself from cancer, now this is to protect yourself from cancer.  
1262 Eat all the foods that you can that come from what you understand  
1263 as the cabbage family. If you are wise, you will look up in your  
1264 botanical books what family the cabbage comes from. Anything from  
1265 that family will help to control the potentials of cancer in your  
1266 body. The average person eating three almonds a day will also  
1267 assist in preventing cancer or at least giving you a higher guard  
1268 against it. Such things as cabbage, broccoli, cauliflower, all  
1269 those products from the cabbage family, kohlrabi. Combine that  
1270 with natural vitamin Cs and Es, should be quite helpful in keeping  
1271 you in good health, as far as cancer goes. Now, it is not an  
1272 absolute guarantee that you will not have cancer, but if you are a  
1273 borderline case as far as what you have chosen as your destiny, it  
1274 will help to prevent that. If you should get it, it should be  
1275 easier to deal with. Now, this depends a lot on your own karmic  
1276 personal situation.  
1277 If you also would like to add an additional factor to the  
1278 cholesterol problem, dried beans cooked as a portion a day. Your  
1279 everyday soup bean or what have you, a portion of that, two  
1280 portions of oats, and an apple should help a great deal. Now, of  
1281 course, you must also reduce your cholesterol intake. If you  
1282 reduce your cholesterol intake, and we are talking about just not

1283 so-so, reduce it as much as is possible, eat these three foods that  
1284 we have told you about, it will help to begin to eliminate the  
1285 plaque that has built up on the interior of the veins or the  
1286 arteries and what have you. Do you understand?

1287

1288 \*\*\*: Yes.

1289

1290 C: So, two portions of oats, a portion of dried beans, and an  
1291 apple. Now, those should all be cooked of course. The apple can  
1292 be substituted for the equivalent amount in applesauce, if you  
1293 prefer that.

1294

1295 \*\*\*: Do you mean that the apples are to be cooked?

1296

1297 C: No, if you choose to eat applesauce in place of an apple.  
1298 There are some people with dentures who have problems eating  
1299 apples; they can eat applesauce in place of the apple.

1300

1301 \*\*\*: We have several other questions.

1302

1303 C: Well, after that bit of information, we would hope that  
1304 everybody is happy. We have given you helpmates to two of man's  
1305 very serious problems. Let us hope that that is sufficient for  
1306 this evening. Are there any minor questions to clear up any loose  
1307 ends. We will take them quickly.

1308

1309 \*\*\*: I just had another question. As much as we women read the  
1310 foods we should put on the table and yet some of the men insist on  
1311 having meat twice a day with a four pound roast for supper, and we  
1312 realize that we do not need all that red meat. How are we to convince  
1313 them that they do not need all that meat?

1314

1315 C: Well, women have great powers over men if they know how to  
1316 utilize them, and the normal average male will pretty well succumb  
1317 to the wishes of his wife if she approaches him properly.

1318

1319 \*\*\*: That is after the roast is gone.

1320

1321 C: That means that the wife is not thinking quick enough.

1322

1323 \*\*\*: Yes, but that is not answering for the men how much meat they

1324 need a day on the table.

1325

1326 C: The people in your country could do with at least half the

1327 amount of red meat that they eat. That is for starters. If one

1328 would like a suggestion for a balance of meat. In a full week's

1329 food supply, one third should be red meat, one third fish, one

1330 third poultry. That would be enough red meat. Individuals can eat

1331 more and it will not cause a problem. Actually, the red meat in

1332 itself does not cause as much problem in the diet as the junk that

1333 goes along with it. Eating a steak and then food that has been

1334 stuffed with preservatives only makes the steak that much more of a

1335 problem with the physical body. Again, eating clean food,

1336 wholesome food, the body can pretty well handle those periods of

1337 time when the taste or the appetite might want to indulge more than

1338 what it should, and most of the meat eating in your country today

1339 is really by habit. It is just a matter of retraining that man or

1340 that husband.

1341

1342 \*\*\*: Thank you.

1343

1344 C: Try to just put poultry on the table some day and if he raises

1345 too much of a stink, then maybe you could playfully threaten him

1346 with some more poultry the next day.

1347

1348 \*\*\*: Isn't it time to quit?

1349

1350 C: Well, the meat eaters have spoken. Yes, it is time. Remember

1351 those vegetables that come into the same family as the cabbage will

1352 do much to help protect you from cancer. The main or common ones

1353 would be cabbage itself, broccoli, cauliflower, brussels sprouts,

1354 what have you. Those are the common ones, but there are a number

1355 of others. Very well.