

SOLAR

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Getting Started Along the Path

We must accept Christ as soon as we can. The physical is only a temporary existence. It is subject to weakening as time goes by. Our own bodies we see are strong in their younger years, and as years come upon us, they become weakened with age, and our mental and moral aspects work in the same way. As we are young, we are flexible. In our youth we are very strong and can change easily. As we become older, we become ingrained in certain attitudes and certain moral concepts so that it takes a great deal more effort to change. As a man in his younger years becomes encrusted with an un-Christian attitude, as he becomes encased in this, he digs a trench in this; he begins to lose sight of what the true Christian principles are. He begins to lose sight of what true Christian actions are, so that when he matures or becomes older

it is much harder for him to see what is right and what is wrong, because he has become so engrossed in a way of life that may be contrary to the teachings of Christ. It becomes a habit, a very deep-seated habit that takes even greater strength to change. The longer we wait, the more we participate in this habit, the more difficult it becomes to correct it.

As we have the opportunity to become acquainted with Christ, we must take advantage of that opportunity. If we do not seek, we will not find. The time may come when we may desire to seek, but there will be nothing to seek. There will be no opportunities for us to meet Him. The longer we postpone our meeting with Christ, the harder it becomes. The more our ungodly ways become a part of us, the harder it is to change them. Man must

COMMENTS ON SPIRITUALITY



William LePar

Editor's Note—This article is an excerpt from a book based on William LePar's Bible study classes that discussed the Gospel of John. Titled *The Eagle Soars Volume 5; The Book of John Chapter Seven, Interpreted by William Allen LePar*, the book is the fifth in the series examining the Gospel of John. It has recently been published and is currently available from SOL.

never, never lose his sight or sense of the separation he has from his God. The longer we postpone our return or our at-one-ment with God through Christ, the greater the chance we take in realizing there is a separation of ourselves from our Divine Source. There is a greater chance that we may not be able to bridge that separation.

We can't be perfect. We can't do everything right, but once we take the first step, as we discussed earlier, we can't

stop there. We try to take a second step. Just like a child learning to walk; he may take one or two steps and then fall down. He gets back up and tries again. He can't just lie there and feel sorry for himself. If we are sincere, we will always pick ourselves back up and go on from there. I can't tell you the number of times that I personally became frustrated, lost my temper and did things that I should not at work. I regret it every time and try

continued on next page

to correct it for that time. For a while I am successful, but after a few days, I find myself back doing the same thing. That is bad. It is not the Christian way. My lack of control shows that I am not sincere in that effort. Sometimes I am, and I exercise good control over my temper; other times I don't. It is a step-by-step process. If you concentrate too much on the total goal that you are supposed to achieve, that is apt to discourage you from trying, but if you glance at it lightly once in a while and focus your attention on your step-by-step experiences, then it makes that task a little easier. As long as you keep in the back of your mind what you are supposed to do with yourself, that acts as a stimulus to continue to work in the "now."

One of the things that I have learned is that God

is now. That is an interesting statement, but if you think on it and meditate on it, you find that it is true; God is now. Every time we open ourselves up to the love of God, He is now. Whenever we do something for someone, that is God acting in the world. Whenever we allow God to use us, He is acting through us to touch someone else. This is something that we should always keep in mind. That thought helps us to control those things that we have to control in ourselves. If we realize that every time we do something we should do, we are actually doing something that God wants to do Himself. He is acting through us to touch someone else. The lady down the street may need a visit very badly. God may want to visit her VERY badly. He may be screaming to visit her, but if we

don't go visit her, He may never be able to see her. He may never be able to enter her house. Think about that. It is not that God isn't capable, but He may not be capable of doing it through us, and God loves to work through His children.

There is a lot of talk about the Christ Consciousness and all of this

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grand stuff, the secrets of life. There aren't any secrets in life. We like to say that there are secrets so that we have a good excuse for not doing what is necessary. The great secret is that God is present in this life providing we allow Him to be. God wants to touch you and everyone around you, but He can't do it unless you allow Him. You don't have to walk around "holier than thou." All you have to do is be a nice person. Do the little things that only take a minute or two. The big things aren't that much. It is the little things that count. God works in very natural ways through very natural means. If we are supposed to be the temple of the Holy Spirit, which is another facet of God, then we should see to it that we open the door to that temple once in a while and let Him out.

SOLAR is published quarterly by SOL, a non-profit 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 is 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.

Send letters to SOL, P.O. Box 8878, Canton, OH 44711.

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Barriers to Love

“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.”

Persian Poet - Jalal-ud-Din Rumi

While taking a class on Lovingkindness with Chris Luard who is a scheduled speaker for our 2022 Universal Being conference, he shared this quote by Rumi. It moved me profoundly.

The Council said many times over the years, “If you can realize that the most important concept that you can weave into your entire conscious framework is to love yourself and respect yourself so that you can love someone else, you will have the keys to success, for if you cannot love yourself, you cannot love anyone else.”

When I first heard The Council talk about learning to love yourself, I understood what they were saying, but I must admit that I struggled to figure out how to change into a more loving person. What does a person need to do to change how they view themselves? That was my initial thought.

In my case, I often find myself fixating on my mistakes and the criticism received. These have a far greater impact than compliments. This becomes a huge barrier to my ability to love myself and others. Neuroscience refers to this as the negative bias. It can have a powerful effect on our relationship with ourselves and our relationship with others. We are hard-wired to remember our mistakes and the criticisms of others much more than we are to remember praise.

I read of an experiment with children where one group was given an empty jar. Each time the

child got the answer to a question correct, they received a marble to put in their jar. They could keep all the marbles that they earned. Another group of children was given jars full of marbles but one was taken away for each incorrect answer. The children who had the marbles taken away learned quicker than the children who had marbles given to them.

It seems to me that the negative bias interferes with our breaking down barriers to loving ourselves. One of my efforts to break down those barriers is the study of mindfulness. This is the process of focusing strongly on the here and now. I am learning to focus on the good in my actions and the good that I receive from others. By committing to godly actions and consciously realizing that I have done that, those actions will motivate me to perform more godly actions. With success will come the desire to make more effort; then by continuing the process, my attitude towards myself will change.

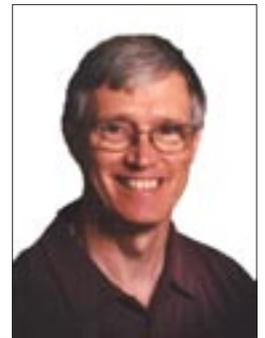
How does this bring about a new me? It seemed simple in practice, but will there be a change and how long will that take?

The Council: We can give it to you right now (the answer). Love yourself. You deserve to be loved. Just look in the mirror and say to yourself, “I love YOU.” Look directly into your eyes and say, “I love YOU. You’re alright. You’re not perfect, but you’re alright.”

We believe in the simple direct approach to all things when possible. Most people will find it very hard to look into a mirror, look into their own eyes and stare themselves right out and say, “I love YOU. You’re not perfect, but you’re OK.”

I have a note on my mirror reminding me each morning to look into the mirror and say, “David, I love you.” At first, it was difficult, embarrassing, and I felt a degree of resistance. The key is first to notice that there is a resistance. After a time, the resistance decreases and eventually disappears. Another tool in breaking down barriers to loving oneself is a gratitude journal. Writing in the journal helps to remind me that there is much to be thankful for and that many good things are coming my way. The journal reminds me to pass along those good things that come to me, to share them with others.

Meditation is a very valuable practice. Mr. LePar’s meditation, which The Council has spoken highly of on a number of occasions, stresses that we are love. He is not talking in symbolic terms. He is speaking of our true spiritual nature. At the very essence of our beings is pure love. In other words, our goal, during our physical existence is to train ourselves so that we become more loving people. By doing that, we naturally become more God-like. God is total love and we are His children.



David Ries

Simple Magnificence



I have fallen victim to the modern addiction of the so-called smart phone. However, I refuse to accept that a phone is smarter than I am, so I refer to it by its actual nature: a pocket computer. I mean, why belittle such an amazing advance in technology by dubbing it a mere “smart” phone? When I was already into adulthood, computers not nearly as powerful took up entire rooms that had to be air-conditioned and kept so very clean. And now we carry computers in our pockets, regardless of the temperature, along with the car keys, old gum wrappers and lint.

My PPC (Personal Pocket Computer) recently introduced me to a rock formation that reminded me of the magnificence of nature, some insight from The Council, and Occam’s Razor. Let’s start with Occam’s Razor, which ties the other two together. The basic idea is that the simplest solution to a problem is the best. For example, the simplest answer as to why my PPC sent me im-

ages and information about the Al Naslaa rock formation is this: Marvin (yes, I call my PPC Marvin) simply wants to enlighten me about the world around me, for my benefit.

That would seem the simplest of all. But we know the reality is that, somewhere out there, someone is combining the words and images we see during the many “fixes” we inject into our minds daily,

for one purpose – to eventually take money from our pockets (leaving the keys, lint, and gum wrappers.) That’s the truest Occam’s Razor of all in our particular society and time frame.

Incidentally, from what I’ve been able to ascertain in my quest to write a humorous article is that there was no Mr. Occam. This guy’s name was William and he was “OF” Ockham (or, apparently misspelled,

“Occam”) He was far from the first thinker to record the notion that the simplest solution to a problem is the best. Reminds me of who discovered the New World first – Columbus just had a better publicity campaign than the Vikings.

Back to the Al Naslaa rock in Saudi Arabia: It really is an astounding chunk of nature. It is a giant piece of stone, standing alone



Denny Highben

and some 20 feet high, and it is split perfectly in two as if someone sliced it with a laser. Adding to its allure is the fact that each half balances on a relatively tiny bit of rock. In the photographs it looks like either piece, or both, could topple at any moment.

Science would say that a variety of natural forces have contributed over time – LOTS of time – to create this wondrous piece of sandstone. That’s the simplest explanation; therefore, it aligns with Occam’s Razor.

I, however, posit another theory, even more simple and with the fewest ingredients: Somebody was either practicing his rock slicing skills or showing off – maybe to impress a girl. Pretty silly, huh?

But what if we eliminate the belief that humankind evolved through millions and millions of years to go from a slimy conglomeration of chemicals, to critters small and large, to animals that swung in the trees and could eat with their feet, to the ingenious conquerors of the planet that we are now – the inventors of Marvin, my PPC? If we were here from Day One, so to speak, with abilities to manipulate nature, would that not be a simpler solution to not just the split in the Al Naslaa rock but to so many other

mysteries?

Which brings me to comments from The Council, including the fact they gave a “thumbs up” to humor (figuratively, of course). From my perspective, this particular exchange provides something of a universal Occam’s Razor:

Questioner: A mystery that some archeologists run into is that Neanderthal man who was structurally different seemed to exist at the same time that we feel present day man was structured; now all of a sudden Neanderthal disappeared. Just what was the Neanderthal man?

The Council: All aberrations of what you understand as man in your present ability as far as documenting history, you will find ultimately are the spin-offs of previous efforts by nations or civilizations to create either animals of burden or servitude or to turn soul-existing entities into animal-type entities.

Questioner: You mean all the different names we have for different beasts or creature, such as Java man, Neanderthal man, Cro-Magnon man, this, that and the other are...

The Council: Well, first of all, let us back up a little bit and look at what you really have. You have many

names but what really do you have to prove there was such an existence?

Questioner: Bones.

The Council: Bones? And how many specimens do you have? How many full-fledged carcasses complete, you are only speaking of bones, do you have? Do you have a sufficient quantity to say, “Here is a quote ‘group’ of these beings?”

Questioner: No. Not that I can think of.

The Council: There have been animals, and we do mean animals, that have been on the face of the earth that none of you, none of your scientists are even aware of yet. Could it be possible that some of these “bones” may just have been stretched a little; placed to fit a concept that someone has already preconceived? Now, let us back up. We are not saying that these things that you have mentioned have not existed. What we are saying is that do not place quite so much importance on them, especially in relationship to the possibility that these are your forerunners or your ancestors. They are not, absolutely, are not. What some of these bones are are the castoffs, the runaways, and murdered creations of not only Atlantis but even Lemuria. These, in some areas of the land, were

sent en masse to mine, to do labors of such nature, to even start, shall we say, agricultural communities, especially those dealing with foodstuffs that could not be grown in other lands or in the motherland; so you will find remnants of this and that, here and there. God forbid, if it has taken you this long to come where you are now without having to start from some monkey form of body. Very well.

That’s the end of this little dialogue with The Council. Pretty simple, eh? William of Ockham would agree – or say maybe it was aliens.





The Mouse Nest

*In grasses intertwined,
Her babies clung,
She couldn't run,
Her eyes implored be kind.*

*She found them in the garden shed.
Her fingers reached
With gentle touch,
"Oh! They're so soft," she said.*

*Though cruel is nature's law,
She's safe from fall
Of springing steel,
Safe from tooth and claw.*

*In loving hands we hold
The ones we love
Or we let live,
Five days or five years old.*

*We are to cruelty inclined;
To mice in peril
And little girl,
I think oh world be kind.*

*For babies tame or wild,
Life is fragile,
So be gentle
To every mouse or child.*

© Don Weisgarber

Degrees of Cruelty and Kindness

Don Weisgarber

When she found the mouse nest, she didn't know quite what to make of it. She knew it was unusual and, I think, a little scary. So, she came running to me, not knowing for sure if what she found was good or bad.

I followed her to her discovery; there they were, a mother mouse and her five little babies nestled into a small nest of twigs and grass. She couldn't run since her babies were latched on tightly, having perhaps their first meal of mother's milk. It seemed as though she was well aware of the situation, that she and her family were completely at our mercy.

At any rate, her life was in our hands. I could have sent my granddaughter into the house and "gotten rid," to use a euphemism, of all of them. After all,

my son's home seems to have been the object of a mouse invasion, for which he has twice had to call in the mercenaries, the Pest Control infantry. But that is not what we did; we moved them to safety, and then we marveled at the new and delicate life before us. We admired, petted, and talked to a life form that seemed to hope for kindness over cruelty. Just as we do.

Kindness seems to be a diminishing thing in our world today. So many strew pain about their pilgrimage through this life; that is their pleasure. We see ourselves divided between "us" and "them" and take pride in the insults we throw, not accounting for the pain they cause. If we would only stop and ask ourselves, before we speak, is what I have to say true and kind? So much that is said is not

true, and we take no pains to be kind.

Well, anyway, getting back to mice. Way back when my sons were around my granddaughter's age, we had a bad mouse infestation in the barn. With my live traps I caught maybe two dozen mice over a few weeks' time, and we kept them in an aquarium on the front porch. (The cats were intensely interested.) One day, when the mouse harvest seemed about over, we took them to the railroad track nearby in the woods and set them free. It was an amusing sight, watching them scurry away on the rails.

I suppose there is not much correlation between cruelty to mice and cruelty to people. We all have that place where we draw the line, but the positioning of that line of demarcation is so variable. What is kind and what is cruel? The answer is different for everyone. One may draw the line at killing mice, but won't hesitate to rid the house of flies and ants. One may kill a deer, but only for meat. One may kill a human, but only in self defense. One may slaughter millions, but only to maintain power. We find excuses for our worst behavior; we see our morality as relative, painting our

lives in shades of gray to avoid recognizing the blackness of our deeds. But it also keeps us from knowing the lightness of our spiritual being.

Yet, I think that there is a line that cannot be crossed; God has set that line and it is inflexible. You must be kind, but if you cannot be as kind as God wants, then watch that you don't cross that line. Each of us has his own assumption of where that line sits between kindness and cruelty, but take care that your cruelty is within bounds. Perhaps it would be safest to be in all situations fully as kind as you can be.

Every Pregnancy Is a Gift from God

The controversy of abortion rages on. All of the excuses given for justifying abortion mean nothing when we pass over to the other side. Regardless of what the cause of pregnancy might be, whether it be incest, deformity, or rape, all pregnancies have been decided upon by both parties (parents) on the other side.

There have been many abortions recommended because of a defect detected in the womb. For example, there was a boy born in the 20th Century who was diagnosed in the womb with an incurable

eye condition that would render him blind. The doctor recommended the mother abort this child. She steadfastly refused the abortion. He was born with a serious eye condition which later ended in blindness. In spite of this, he went on to become one of the most famous tenors in the world! He is Andrea Bocelli, whose voice has been compared to angels singing. He is one of my favorite performers, and I, for one, am delighted his mother was wise enough not to abort him.

The Council: "Spiritual law does not deny you the

right to your own body, but spiritual law does deny you the right to take another person's body away from them, another soul's body away from them. And when you accept abortion, you are accepting murder as your right."

The right of giving and taking a life is God's alone.

The Council: "As we said before, the sexual act between a man and a woman should only occur in a commitment, and for a man and a woman that commitment is marriage. And their intention should be that if a child is conceived, it is brought into

HEALTH HINTS



Marilyn Ridzon

life with no interference whatsoever."

Every pregnancy is a gift from God regardless of any circumstance.

A NOTE FROM SOL

Happy Summer!

Hope this finds everyone healthy and enjoying warmer weather. Time to get out and enjoy the fresh air. I try to walk and say, "Hello" to neighbors that I didn't see all winter. By the time you receive this, I plan to have my flowers planted and try to get a tomato plant to grow in a pot. I'm praying that my brother plants a zucchini plant again for me this year. I don't have the space for a garden anymore, which I really miss. Gardens are work but homegrown vegetables are so good. Bill and I used to plant everything you could think of, but we were on the farm then and much younger.

SOL is starting to get back slowly. The Associates did not see each other for over two years except for Zoom meetings. That is a good way for us to keep in contact with each other but not the same. We have started Spiritual Dialogue for those who live in the area. What we discuss is often used in newsletters and library files. As a note to the members, if you would like to receive your library files through email, all you need to do is let me know and that can be arranged. SOL has found out that there are several members who prefer that.

Save October 15th!! That is the date for this year's annual conference. The speakers are all lined up and I personally pray that we will be safe to have it this year. It has been too long, and we miss seeing everyone. More about the conference will be in the early September newsletter.

Blessings to all of you. Enjoy your summer.

Nancy

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