

# SOLAR

The Newsletter of the SOL  
Summer 2013



Association for Research  
Volume 30 No. 2

## Why Bad Things Happen



*William LePar*

COMMENTS ON SPIRITUALITY

Questioner: We were wondering: you look at all the suffering that's going on with some people in the world, and I read in the paper about these atrocious crimes committed against people and murders and stuff. I think if God really loves us so much, He can't want that to happen to people. So is this just man's doing. It has nothing to do with God?

LePar: Sure, it's man's rejection of God. If we would all learn, if we could all really understand that each one of us is a very intricate part of God, and God is a very intricate part of us, and we were to love ourselves because of the godliness that's in there and because of God Himself being in there, not one of us would raise a finger to hurt another person. But in the secular society that we live in which has no God, our world today absolutely does not believe in God. To the world today God is dead. Consequently, if God is dead, then life is the cheapest commodity. If it is a cheap commodity, our nature is to do away or abuse anything that we can get readily or easily. So life is unimportant. That's why you have

mass murders, that is why you have people suffering because of other peoples' misdeeds.

Questioner: I can understand the murderer being like that, but what about innocent victims? I can't understand how God can let that happen to someone who doesn't deserve it unless you, you know, you believe in karma and all that and that they did deserve it.

LePar: You have a very intricately woven piece of material. God does not let someone be killed. God has no part in that. That's the first thing. Why does it happen? First of all, because God has given us a free will. It is our choice to live the kind of life that we wish to live. Ok, you say, well, I know a person who was really a holy and saintly person who underwent some terrible things – maybe a murder, maybe this, maybe that. Sure that happens but that isn't God's will to see that person punished. That person may have put themselves at one level or another in that position to

*continued on next page*

*Editor's Note: It has long been tradition that William LePar write the cover article for the SOLAR Newsletter. Since his death, the editorial decision has been made to provide articles from transcripts of public dialogues, excerpts from his books, or reprints of early newsletter articles. This article comes from a Bible Study Session.*

allow the other person who inflicted the pain and the sorrow on them to give them an opportunity to either exercise their free will and say no, I will not hurt this person or yes, I will. You see? Now, we don't know. We can't see that. We can't know for sure that this is what happened, but taking into consideration reincarnation, you can look at it one of two ways. Either that's the person's karmic debt that they have to pay, or else you look at it from the point that I just made where the person is saying, here I am offering myself in this position for you to either make a step towards godliness or make a step away from godliness. In either case, if total love, total godly love for ourselves as individuals, if we respected ourselves as individuals, such situations would never come up, nor would there ever be a need for someone to say I am going to offer myself up as an opportunity for someone else to either take a step in a greater spiritual awareness or the opportunity to take a declining step.

Questioner: Like a person who say would be, say, a missionary or

*If we would all learn,  
if we could all really  
understand that each  
one of us is a very  
intricate part of God,  
and God is a very  
intricate part of us,  
and we were to love  
ourselves because of the  
godliness that's in there  
and because of God  
Himself being in there,  
not one of us would  
raise a finger to hurt  
another person.*

something, who would go to the places they knew were dangerous where they might be in danger, but yet to help people, wouldn't they sort of be offering themselves in a way by putting themselves into a position where they could be hurt? Or are you saying that if they have the right way of life, they would be protected from that?

LePar: No, not necessarily. There again you can't just look at the one side. You have to look at both sides. That person might go to the country where there are unfriendly people knowing full well that there is a danger to his life, but out of his love to bring a greater awareness to those people, he does this action and the people go against him and murder him or something like that, who do you blame? Who knows? The man or the woman may have been very sincere but just didn't go about it the right way, thus causing a misunderstanding between them and the people who murdered them. Or it could be that it was an opportunity offered to those people to either accept something new that would

SOLAR is published quarterly by SOL, a non-profit and tax-exempt organization dedicated to research and education on spiritual and metaphysical topics. We encourage you to share your comments and insights with us. All articles are based on the insights and guidance provided by The Council through William Allen LePar.

The Council. . . a gathering of twelve souls who once occupied physical bodies on earth but who have since forever left the physical world. In their final act of love for humanity, they teach us to regain control of our lives and reunite with our Divine Source.

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

To email SOL use the "Contact Us" button at [www.WilliamLePar.com](http://www.WilliamLePar.com)

Web site at [www.WilliamLePar.com](http://www.WilliamLePar.com)

Copyright ©2013 by SOL

### An invitation to be a member of SOL

Make your check payable to SOL and send to SOL P.O. Box 8878 Canton, OH 44711

\$15 Member  
 \$25 Sustaining Member  
 \$75 Supporting Patron

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

add to them or to reject it. There is always an opportunity offered. There is always a choice, a decision, that has to be made. Every second that we live we must make a choice.

You don't realize that you don't breathe automatically. There is a part of you that says inhale, exhale. There is a part of you that says this chamber in the heart must contract and push the blood into the next chamber and so on and so forth. We don't realize it. All these things are going on, but it's not really an involuntary thing. It's a very voluntary thing.

So our whole life consists of choices whether we are aware of them or not. You just don't live because it is a natural thing to do. You live because you desire to live. We live by breathing and what have you. So it is a desire for you to continue to breathe even though we think it is automatic. It's not. There is a part of the brain that controls that. Just as our bodies function in a very natural way, just as nature functions in a very natural way, every thing in material creation functions in a very natural way. All things must make a decision. So must all humans make a decision. In

*There is always an opportunity offered. There is always a choice, a decision, that has to be made. Every second that we live we must make a choice.*

all human situations there must be a decision to exist with an outcome one way or the other. In many of life's situations we can't say it's black and white because we are only seeing on the surface because of our humanness. We don't have enough sensitivity to realize that the part of us – of our true being that is godly and God himself that is in us - we're not sensitive enough to be aware of that. So consequently we can only see to the degree of our sensitivity which is practically nil, if there is any at all. I don't mean to sound pessimistic, but the more I see in life the more I begin to think that there is absolutely no sensitivity to the indwelling God that we have, because I can't comprehend the actions that each of us performs. In the actions that we perform where is the sensitivity, even a minute awareness of that sensitivity of an indwelling God? As I talk to people, and as I watch people act out their parts in life, I think more and more the only thing we really have to hang onto as far as our awareness and our sensitivity to the spiritual things is our communication with each other on the idea that it does exist and the constant conscious reminder that we get from each other. I think that is why there is a phenomenal thing going on if you read some of the religious material that is available now. I don't mean religious in the sense of explaining religious philosophy, but on what is happening in, particularly, the United States. As secular as it is, and as much as the world has abandoned God and attempted to kill Him, there are small groups popping up all over this United States who are really getting interested in the Bible. Some of them are very fundamental but some of them are very open-ended. They are not jumping at the

*I don't mean to sound pessimistic, but the more I see in life the more I begin to think that there is absolutely no sensitivity to the indwelling God that we have, because I can't comprehend the actions that each of us performs. In the actions that we perform where is the sensitivity, even a minute awareness of that sensitivity of an indwelling God?*

Bible with preconceived notions, but are actually attempting to understand what the Bible originally tried to convey to us. Maybe to some people that wouldn't be anything amazing, but it's a picture, it's a sign of the times to come in more ways than one. Because if you go to Revelation, you'll see where this kind of thing is predicted, if you understand what I am saying. The children of God will collect together, and their wise men will become silent. When we say that, we mean that the wise men will become silent to the world and will only speak to those who ask to hear, and that will be those small groups.

# Sowing Seeds of Dissention



*Dr. James Ridzon*

---

## POINTS TO PONDER

The popular media is full of stories reporting one group at odds with some other group. Lately we have the pro gun group opposed to the anti gun group. Before that the smokers were at war with the non-smokers, and for now the non-smokers appeared to have won the debate. Have you noticed how most restaurants have sprouted little semi outdoor annexes to accommodate smokers? I am not sure if this is good or bad. Presently we have the gay marriage debate. The newspaper is full of pros and cons and endless chatter from all sides.

Many of our best jobs are being lost to overseas competition. Our government seems powerless to protect our standard of living as things get worse and worse. Many American families require two wage earners and even some moonlighting to make ends meet. Meanwhile, in the newspaper I read about some feminist suing a fellow worker for sexual harassment on the job. The defendant responds by stating that the plaintiff sleeps with the boss who himself is being indicted for child molestation. Our jobs are disappearing, but while

they last, the workers are locked in a death struggle with each other.

There is no shortage of law pouring from Congress, but somehow they always seem to miss the mark, and nothing really gets better. Worse yet, these laws often divide the people into camps forever arguing with each other.

When will the American people stop their bickering with each other and become united in a single-minded demand for real solutions? Then and only then will the leaders fall in step. The power of an aroused public is awesome. The war in Vietnam ended not because of the politicians, not because of big business; the war ended because the people would have no more of it. Those in control understand the power of an aroused public and they rightly fear it. They go to great lengths to distract the public from the real issues. Sow the seeds of dissension, divide the people into warring camps, foster conflict and confusion; in short follow a strategy of divide and conquer.

I know this sounds like a lot of paranoid

cynicism, but consider the following exchange with Mr. LePar's psychic Source, The Council, which took place in October 1985.

Questioner: It has occurred to me that in our country we have the men fighting with the women, the minorities fighting with the majorities, management fighting with labor. We have gay rights and straight rights. All sorts of camps. Are some of these ideas planted to keep the populace fighting with each other so that they do not see the real problems?

The Council: Absolutely correct, absolutely correct. You see what is going on is not just the undermining of your country, but the undermining of all the world, of all the governments, and the quickest way to undermine the country and the government is to undermine the people. Distract them with all sorts of troubles, and then give them breathers with all sorts of pleasures. Hit them with the extremes, you see, and they become

confused. All this hate, this fighting, does not just happen. Much of it is instigated to keep the people from uniting.... Your world today is actually being divided right down the center. Those who are feeling that stirring, that unsettledness, that urge, when that solidifies, they are going to see the world in an entirely different way, and they are going to rise up in a peaceful manner and make one of the greatest efforts in the history of mankind to bring a settling peace to the world. There are those who have sensed this movement, and in order to keep this army from solidifying, to cause more dissension, distraction, and confusion, these little disagreements are being deliberately put into activity. (2nd. Government Morality Trance, p.22, ll.252-284)

As The Council likes to say: "Food for thought, food for thought..." Think about this the next time someone calls you a homophobe or a racist or a socialist or a gun grabber or one of more than a dozen other labels.

# The Carbohydrate Conundrum

*For decades we have been told to keep our diets low in fat. Even though fat consumption has decreased, obesity has escalated. Some obesity experts are finally taking a look at Dr. Atkins' high fat, low carbohydrate plan. After a few months on the Atkins' diet, people lose about twice as much as on the standard low-fat, high carb diet. But more importantly, their cholesterol, triglycerides, and glucose levels improve. This diet is especially beneficial for diabetics. When we eat carbohydrates (breads, starches, and simple sugars), our bodies convert them into glucose in our blood raising our blood sugar levels. The glucose builds up day after day in our arteries. However, a diet based on meat and animal fats stabilizes blood sugar levels and turns your body from a sluggish carbohydrate burner into a fat-burning machine. Researchers from Purdue and Penn State have found that fat in red meats, cheeses, poultry, and eggs actually prevents diabetes. They even claim that natural fatty acids found in these foods work as well as a new class of diabetes-fighting drugs.*

Did you know that a low-fat diet can actually endanger your heart? A recent study reported in the Journal of the American Medical Association concluded that aggressively restricting your fat intake may do more harm than good.

What about the USDA food pyramid recommendations? Are they all wrong? According the food pyramid, carbohydrates should be consumed in a much greater quantity than any other food group while fat and protein should be consumed in much smaller amounts. But there is concrete evidence that this pyramid needs to be reversed. The popular trend of stuffing yourself with bread, pasta, fruit, potatoes, etc. does not promote health and athletic performance as previously indicated. A South African study showed that cyclists on a 7% carb diet could pedal twice as long as those on a 74% carb diet!

Can you have your steak and eggs and lose weight as well? The truth is you can eat all the foods you

love, lose weight, have more energy, and actually be healthier. Humans need the nourishment and sustaining satisfaction of these high-protein, high-fat meals for good health. Contrary to popular belief, FAT DOES NOT MAKE YOU FAT!

The Council commented on this diet during a Research and Study Group Trance: "Your present ideal diet is far from being ideal because you are addicting yourself to foods that are not the best for you. Rarely do we ever approve of anything that is a fad. Rarely. But there are exceptions. That is, watching how much you take in as far as sugar and what kinds of sugar you take in. Now, we are being somewhat evasive in how we word this, but think, think in terms of protein, and you will find yourself a lot healthier. Now, we are not saying don't eat vegetables, don't eat this, don't eat that. We are simply saying be careful of how much of what you eat." They added: "The body needs a certain amount of



*Marilyn Ridzon*

## HEALTH HINTS

reserved energy and that means fat. That means fat. When you are sick, it is the fat on your body that helps you sustain yourself through that sickness." They cautioned: "Now, again, we are not saying eliminate everything else and indulge yourself in protein. That is not what we have said. You want a greater portion of protein because that is slow energy into the body, which is much more healthy than jolting the body with something, some nutrient that the body can only assimilate so much and the rest turns to fat."

It is my personal opinion that women have a more difficult time with this diet for several reasons. One of them is the fact that a woman's serotonin (a brain chemical) levels are lower than a man's. Carbohydrates raise serotonin which is why women crave sweets. Without a certain amount of serotonin, depression occurs. Also, women in general prefer vegetables more than men do and find it difficult to eat so much meat..

If you decide to try this high protein, low carbohydrate lifestyle, it is imperative that you increase your water intake and supplement with multivitamins and minerals.

# The Strong Are Saying Nothing

*Don Weisgarber*

There comes a time in life when one considers death. Not the death of others, of loved ones, though most of us have experienced that. And not our own approaching death, though most are keenly aware of its proximity. But death itself—what it is and where it leads. For most of us, again, the only thing about death that we can be sure of is that it is the end of the life we know. Beyond that, we can be sure of nothing. We may be told of things by those few who have almost died and returned. We may be told other things, often conflicting things, by those many who have faith in an existence after death. And we may be told of the futility of thinking there is anything to expect after the physical senses stop. But for most of us, in our own experience, we don't know and can't know. That is not to say we shouldn't believe in something. We must merely recognize it for a belief and not a knowing.

Since we can't know for certain until we die, and then it's too late for discussion, we must come up with ideas and theories. (Those of a scientific nature might prefer the term hypotheses.) Mankind does not lack for theories about death. The views most commonly held, perhaps, are these: death is a recurring thing that happens many times; death is a final thing that ends life totally; death is the initiation of a judgment that leads to endless reward or punishment.

What a grasp life has on us, that we are not willing to let it go! And yet we are willing, each night, to let go of our consciousness and become nothing. If dying is like lying down to eternal sleep, what is there to fear? Given a choice between eternal nothingness and an eternal something we know not what, isn't it sensible to at least consider the nothingness? If life exists beyond death, it may be a continuation of the trials of this life. Life here is not easy, in fact sometimes very difficult and tragic. Is it not reasonable to assume that what we have experienced is what we will continue to experience? As one grows older, one becomes reconciled to nothingness. Indeed, more than reconciled, attracted to a nothingness that ends sorrow.

Nothingness may not appeal to all, yet who would not prefer it to an eternity of punishment? We entertain this idea of eternal torture, no doubt, because we really can't conceive the abstract ideas of eternity and torture. During a certain unpopular war, college students,

because of the unrest and protest on campus that the war caused, were permitted to choose to be graded, not with letter grades, but just pass or fail. It was a way, no doubt, to account for those students so disturbed by the war that they couldn't study enough to protect their grade point average. There is a similarity here to the belief in the judgment of the dead. Those who have passed (let's say with a 70%) are rewarded in heaven for all eternity. Those with a 69% are punished in hell without end. The logic in this is not clear. Those who hold with this belief, it seems, are only willing to assign others to hell, not themselves. Surely, no one truly believes that he himself will spend eternity in torture. On the other hand, heaven we want on our own terms. With no direct knowledge of what awaits, we have filled our heaven with our own desires.

If a judgment day seems simple though drastic, then reincarnation is its opposite. To think that the soul must return again and again, thousands of times through many thousands of years, to the earth plane, to learn the lessons of life, can be discouraging. The idea is to work off your debt rather than be eternally punished for it. That is the essence of karma. We are unable, in one lifetime, to earn our way to heaven. We must be reborn in a new body, time after time, until our debt is resolved, until we have overcome the material world, and we have earned our place at God's side. By then, supposedly, we know what that position is like, or have at least at times experienced God's presence.

No doubt each one of us has his own personal expectation, based more or less on what has been taught to him. It is a personal thing, as, when all is said and done, is death. Robert Frost said:

*Wind goes from farm to farm in wave on wave,  
But carries no cry of what is hoped to be.  
There may be little or much beyond the grave,  
But the strong are saying nothing until they see.*

We haven't the strength to keep silent. We are like children prattling in our ignorance. For those of us who have faced death, who have wanted death, it is not an abstract thing. It comes to all, but to each it comes personally, and at that time it is all that matters.

# Mastering Life — The Cooperative Creation



*David Ries*

I will have the honor of presenting at this year's Universal Being Conference on October 19 at Dogwood Park. I will give some of The Council's thoughts on our involvement in this physical reality, both as individuals and as groups.

With all of the tragedies occurring recently, it is difficult to believe that there is any plan to any of these terrible events but, in fact, there is. We agree to cooperate in large and small events continuously. These agreements are normally made at higher levels of our being. That means that the conscious level is seldom aware of our choices until the event occurs. One factor that is important to understand is that generally speaking we reincarnate with those whom we have worked with in past expressions. We know what to expect from them. Not everyone we meet will be someone who was close to us in the past, but those who we are involved with over a long period of time will almost certainly be someone that we knew and trusted from past experiences. We may have karmic debts to work out with them, or we may be working on a project with them to accomplish something.

Individuals and groups in general choose of their own free will to be involved in these episodes. However, there are times when souls are trapped in situations because of events beyond their control, but in most cases we choose to participate. Our degree of involvement will vary greatly depending on what we need to experience from an event. Some

will choose to be bystanders, observing and learning. Others will choose to be intimately involved to the degree that they make great sacrifices for the benefit of other souls. If a major earthquake or a flood occurs, many people will be killed or injured. Certainly, most of these souls chose to be involved but not necessarily all. The life plans of some of those involved may have required that they live in those areas where the potential was very strong that a natural disaster could occur, but their portion of their original plan did not require them to be active in a particular situation. However, as their life proceeded, the choices they made moved them closer to an active involvement. As with most of the important decisions in life, there is always "give and take." These are examples where a soul's original life plan may not have included the experience of some horrific event. But, as with all free-will choices, they are not completely set until the moment of occurrence. Decisions, moment by moment, often change the plans that were originally made before we began the physical portion of a life. Sometimes after enough poor decisions, a soul can trap itself into a situation that it never would have chosen. Think of it in a manner similar to being sucked into the vortex of a whirlpool. The closer you get to the whirlpool, the more difficult it will be to avoid being pulled into the center.

A soul's involvement in a disaster may change from his origi-

nal choice to one that may require more participation. If his original plan was only to observe or take a minor part in an event, he may have made choices that brought him to a lifestyle that offers more opportunities to be of service. Suppose he changes his planned occupation to one of being a doctor, nurse or fireman. Because of this change, he is now in a position to be called upon to help. Our choices in life and the free will to make them demonstrate the flexibility that we have because of free will. We can grow spiritually or digress. It is always our choice.

The following is The Council's reply to a question working together in the past:

"Basically, souls find a need to reincarnate in groups because they have tied themselves together through karmic situations, and since those situations must be brought into balance through the means of those souls individually bringing themselves into balance, it is much easier to travel then with souls that you have traveled with before. So, yes, souls do reincarnate as groups and families. Many times they find development much easier or quicker through that process; yet again there are no strangers in the spiritual realms; all know each other. It is the likeness of the condition more so than anything else that will keep a group of souls together."

# CALENDAR

June 1, 2013. Spiritual Dialogues at 7:30 at St. Paul's Episcopal Church, 425 Cleveland Ave. SW, Canton, Ohio

No July meeting

August 3, 2013 Spiritual Dialogues

September 7, 2013 Spiritual Dialogues

October 5, 2013 Spiritual Dialogues

**October 19, 2013. The Universal Being Conference, 9:00 a.m. to 4:00 p.m. at Dogwood Park, North Canton, Ohio.**

November 2, 2013 Spiritual Dialogues

December 7, 2013 Spiritual Dialogues

*For additional information on calendar listings, SOL membership, or books for sale, write to SOL, P.O. Box 8878, Canton, Ohio 44711, or call 330.497.9645. Or you may visit our website at [www.WilliamLePar.com](http://www.WilliamLePar.com).*

---

Return Service Requested

A non-Profit Organization

Canton, OH 44711

P.O. Box 8878



Non-Profit  
Organization  
U.S. Postage Paid  
Canton, OH  
44711  
Permit No. 233