

SOLAR

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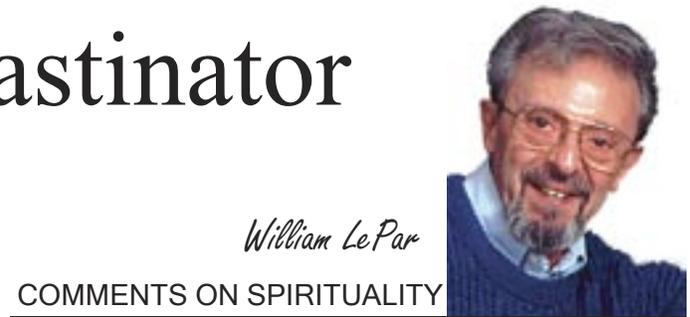
The Great Procrastinator

If we refuse the opportunity to make changes as they come to us, we should always keep in mind that the opportunity may not come again. Man, in a natural sense, is a great procrastinator. He loves to put off important things. He always feels that there will be a tomorrow. If we look at ourselves, how many of us really think about our own death? Death may be occurring all around us, but we rarely think about our own death really. It is always happening to somebody else. We never know when that death may come to us. I could finish this talk, sit down and have a heart attack. It could be that I will not even get another sentence out of my mouth. So, it is for us to constantly make an effort to accept what we know we should accept now.

Chances are we are all going to live many more years, but eventually we will make that change called "death." It's in-

evitable. While we are still flexible, why shouldn't we start changing whatever we need to change? Why wait until tomorrow? You know very well, with our nature, we are going to say, "I'll try it the next day," and that keeps going on, the next and the next day. Nothing ever gets done. We have all had the experience of having something that we really did not want to do, but when we completed it, we realized that it wasn't as difficult as we thought it was going to be. We should have done it earlier. That is the way it is with accepting your God. It is not really as hard as it may seem. In fact, it is relatively easy. Unlike other things, once you take the first step, it begins to make you feel as though the second step is worth the effort, too.

Life in general is like drinking a cup of vinegar, very sour, acidic and burning, but when you attempt to change your earthly life into a more



COMMENTS ON SPIRITUALITY

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.

spiritual context, then that cup that we are so customarily drinking out of, after the bite of vinegar is gone, after we have attempted to strive for a more spiritual life, there is a sweet taste of honey left in the mouth. It's like a transformation. The tongue tastes the sharpness, but once it is swallowed, the aftertaste is sweet as honey. This is the encouragement to take another sip out of that cup of vinegar.

Living a good Christian life does not mean that

you have to go through a great deal of sacrifice. I've said this a thousand times, and I will continue to say it; just being a nice person to someone else is a Christian life. A Christian life is a life of action, of doing and of enjoying what we have, of sharing what we have.

Our world today has become secular. It has no God. Our country started going downhill once it lost its God. Until the people return to their God, we are

continued on next page

all going to go downhill with the country and with the world. In this day of the rip-off artists and the greedy who take while the taking is good, don't be discouraged. Let people take, let people take advantage of you, because they are not harming you. They are destroying themselves. Let people steal from you; let them malign you; let the world go against you, but don't participate in it. The reason that they are going against you is that they see something that they can't have. They are so filled with their own self-love that they can't give of themselves. They want to destroy anyone who does want to give. There is something about people who love and want to give. They can never be destroyed because they are moving in the flow of God's world and not in man's world. Since God

can never be destroyed, those people who are trying to open themselves up to God through Christ will never be destroyed. You may be tested, but that is a different thing, that is not being destroyed. You are building strength and through those tests showing how much strength you do have. If you ever fail a test, it is a sign to you that you are not as strong as your words were saying. The important point about tests is that they never come to you unless you are strong enough to accept and overcome them. It does not mean that you have to overcome some severe or nasty trial. Just everyday challenges, such as, "Do I want to call Jenny and see how she is today? I know that she hasn't been feeling well. Maybe I'll do it tomorrow." Little things like that. Those are tests. Those are acts of love, and those

are the actions that prove what we want out of life. If we want a spiritual life, if we want to be a spiritual person, to be a Christian, those are the things that prove that we are. If you call Jenny to find out how she is doing, it might not do a thing for her physical condition, but it certainly is going to do something for her as far as her mental and emotional condition goes. She is going to think to herself that someone was thinking of me. That will give her a few minutes of cheering up. These are the little ways that we open ourselves up to Christ.

Christ went through the extreme example by giving up His life for us. We are not asked to do this in our modern day. The little things that we are asked to do, such as show concern for some individuals isn't that much to ask of us. There is much in life

that happens that we cannot understand. What was the purpose for that event to have occurred? All we can say is, "There must be a reason." All things happen for a reason, but since we have a limited ability to see, we can't see the reason for some things that occur in life. But it does happen for a reason, and we should always have feelings for those who suffer from unforeseen events.

There is something about people who love and want to give. They can never be destroyed because they are moving in the flow of God's world and not in man's world.

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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Our Latest Deadly Mistake

Can we be so muddle-headed, really, so muddle-headed that we are destroying everything around us that supports our very existence? That's been the warning for a very long time about mankind's abuse of the physical environment.

The battle, so to speak, rages on. Some victories for the environment, after so many defeats – yet the powers that be continue the assault against common sense and sanity, so the environment that sustains us is still at grave risk.

Actually, there is really only one power that threatens our very existence: Greed. To get geekish about it, we could compare greed to the “One ring to rule them all, one ring to find them. One ring to bring them all and in the darkness bind them.” (Kudos to JRR Tolkein.)

The Council, the union of souls who conversed with physical man through the catatonic trance states of William Allen LePar, boiled down mankind's woes to that one cause. Greed. Without much reflection, anyone with an ounce of sense can see that it is true. No matter the symptom, the disease is greed. However, it is critical to remember that, just like the old saying about charity, greed begins at home. We do not just have a physical environment to care for, to nurture, so that we may live. We have a spiritual environment as well, and it is the damage to that environment, due to the disease in that environment, that manifests across the board, in all aspects of our lives.

The spiritual environment for all begins with the spiritual en-



vironment of the self. The more effectively that we care for, nurture, the environment of self, the better off the world. The less selfish, the less greedy, we make ourselves, the better off the world. And there is no such thing as a small improvement, a small contribution, to the spiritual health of the self and of the world. Every bit of improvement is another spiritual candle lit against the darkness.

All this may seem like ponderous pontification to get to one precise point. But here is that one point, illuminated by comments from The Council: Mankind's legalization of recreational marijuana is a deadly mistake.

While The Council provided much insight to benefit the physical aspects of life, their target was and is the spiritual growth and survival of all. The physical is brief; it will end. The spiritual is forever, and how the soul experiences forever is determined by how the soul utilizes the physical.

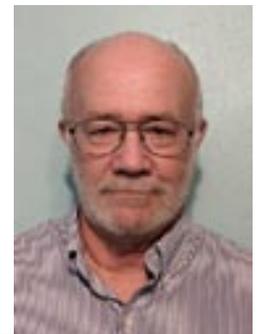
At a LePar/Council trance session, a questioner asked if the recreational use of drugs in moder-

ation was acceptable. The Council's response:

“As we have said before, it is totally unacceptable. Any drug used for anything other than medical purposes is out of the question, *and to change your laws to accept such an activity is causing a karmic situation that will backfire in all of your faces in the future, as it is beginning to do so now.* So, although some of you may approve of such activities, at a spiritual level they are completely out of the question. If the truth were known about many of your problems or drugs today, none of you would take them in any way, shape, or form.”

That question and response was from 1985!

The emphasis was added, although no emphasis of anything said by The Council should be necessary. As previously mentioned, their goal was and is to help us comprehend our spiritual reality so that we may escape the clutches of that “One Ring” – greed.



Denny Highben

RESISTANCE TO

David Ries

The Council explained on several occasions how we moved away from the heavenly realms. They said that it was our resistance to the will of the Divine that caused us to lose our heavenly position. Each choice that we made that was not a godly choice became a resistance to our nature or our natural way of existence in the heavenly realms. I would like to give you a direct quote from The Council to explain this phenomenon.

The Council: “You, yourselves, are basically constructed from the spiritual electricity; you are but a mere spark, shall we say, a mere syllable of the word; and you are what you are now [in your material existence] because of the resistance to the essence of that sound, that syllable. All things are energy, and as it moves away from the original Source—not in the sense of moving away, as you normally understand, but in the sense of resistance to, as opposed to actual movement away—as it moves away or the resistance to, it forms more dense versions of this spiritual electricity that eventually manifest in what you can recognize is electromagnetic force fields. So then basically what all of you are is nothing more than a condensed field of energy,

but not something that is inanimate or unthinking; it is a very controlled field of energy; it is a thinking field of energy; it moves and conducts itself at will. This is the essence then of what you refer to as soul or spirit.”

What The Council is saying is that we were originally a very refined form of what we are currently. It is our task in this lifetime to refine our thinking and our attitudes so that they conform as much as we can to those of our Divine Source. For us, the easiest way to become more like our Divine Source is through our interactions with others. The commandment that Jesus gave us is to love our neighbors as we love ourselves. This commandment, of course, applies to our loved ones, friends and associates. By practicing care, kindness and concern for everyone we come into contact with, we are practicing the will of the Divine Source.

In this article, I will focus on observing within myself the “resistance to.” Working on my meditation with this year’s conference speaker, Chris Luard, enhanced my observation of my “resistance to.” During meditation, when I was attempting to focus on an object or condition, I found it difficult to concentrate. Chris explained that this

was a common situation. He said that even experienced meditators have this problem on occasion. The most enlightening aspect of his discussion for me was that I should observe my “resistance to” my ability to concentrate. To start, I should look for my resistances that interfere with my thinking in my day-to-day activities. He advised me that I would learn a great deal about my personality, my likes and my dislikes. I might even learn to modify them based on what I learn.

Each day, I would attempt to observe my reactions to situations and conditions that caused me to feel resistant to certain tasks, ideas or even thoughts that I have. I found that during a conversation, I could feel a dislike or an aversion to something. I had to catch that feeling quickly if I was to analyze it and ask myself why I felt the way that I did at that moment. Sometimes the answer was simple, but many times the true answer was more involved. Some resistances were based on upbringing while others were based on learned experiences as an adult. A couple of examples: One that I find most prevalent for me is a resistance to advice from others. Some advice is easy to accept, but when I find

an area of disagreement, I discover a strong resistance to the other person’s thoughts or opinions. Another is when I am shown something new, such as a game or sport. I immediately want to attempt it without taking the time to learn correctly. You can term that as impatience. I would say yes, and I would also say that is a form of resistance. It is a resistance to the effort and patience required to master a task.

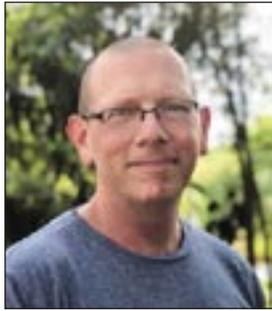
Let me explain the term “resistance to.” What we are resisting, by our actions, is the In-Flow from our Divine Father. My actions restrict some of the life-giving energy that our Father provides for me. I am not living in perfect harmony with Him. If our vibrations are not in perfect sync with His, then we cannot function as a perfect spiritual being, and that is our ultimate destiny.

The Council: “So in proper understanding then, all things are as an In-Flow of this spiritual electricity, an In-Flow of this spiritual electricity; so that as you allow it to move more readily through your being, then you have less resistance to it and begin to approach then a greater reality, a truer self; and in this process then you raise your true being to a higher state of existence or a higher rate of vibration.”

Editor's Note: The September issue of the SOLAR newsletter in 2021 included stories by Chris Luard and Jane Biehl because they were scheduled to be speakers at the Universal Being Conference that year. The conference, of course, was canceled because of the pandemic. It is SOL's plan to reschedule that conference, along with the original speakers, for 2022. Consequently, we present here excerpts from the articles that Mr. Luard and Dr. Biehl provided to us a year ago.

SOL Associate Sherilyn Highben was also scheduled to speak at the 2021 conference. She has something to say about her topic of laughter on the next page.

Lovingkindness



Chris Luard

There are so many strangers in the world. There are so many people we don't know, especially if you live in a city. For example, when you walk down a busy street, there are so many faces in the crowd. Each one, each face is an opportunity to touch with the softness of our heart, with the warmth of lovingkindness. It is amazing, when we start to take this up as a practice, you begin to realize all of the opportunities you have missed to feel good. I can now feel good every time I look at a stranger because I really, genuinely want this person's happiness, and in that wanting for them my heart opens.

That is how this practice works. Each stage of this practice is so profound. We start with lovingkindness for ourself because it starts that loving juice to get in the heart. It marinates our heart in lovingkindness. So, when we get to the stage of lovingkindness for the stranger, it is already there. There is already a resonance happening. The seeds have already been planted, so when we extend lovingkindness to the stranger, the seeds start to bear more and more fruit. What more could we want than to spread lovingkindness to everyone?

In Meditation we reach a point of stillness. A stillness which is always there, but our mind is typically too loud to notice it. When we rest in that stillness, we actually recognize this stillness as the very birthplace of creativity. It is the same stillness where the universe goes to create a star, a thought, a song, or a human being.

Lessons of a Service Dog



Jane Biehl

Touch is so important. We often do not think about it. We are wired to show compassion through touch. Hugs, a hand over ours, or the brush of a child's kiss on a cheek are just a few examples of showing our love. . . .

The Bible contains story after story about Christ healing the blind, the sick, the maimed, and the ill with a simple touch. He knew the importance of our hands to connect with the miracle of healing and spiritual connection.

The touch of a pet can also be comforting when we are sad. Sita (Editor's note: Jane's service dog) was born with the understanding of how important touch is. When someone is crying, she comes and lays her head on the person's lap. When I don't feel well, she will come and place her cold nose on my leg. If a child or adult is upset, she will lower her head to be petted. There are several scientific studies about the importance of animals in healing, and it is proven that people who have pets do live longer. This doesn't surprise anyone who has a pet.

I've watched her with the hurting children in my counseling practice. She would go to them and allow them to pet her. Somehow, she knew they were in pain. And she has comforted me so many times.

No one taught her this. Dogs have an innate sense of how important touch really is. Sometimes humans need to be taught this. Instead of talking when a friend or relative is upset, you may just need to pat them on the shoulder.

LAUGHTER

Editor's Note: This story first appeared in the June 2021 edition of this newsletter. It has been revised and included here. It is a timely inclusion; Sherilyn is scheduled to speak on laughter at next month's conference.

This has been a tough couple of years, and for many of us there has not been much to smile about, but every time we smile, we are spreading good vibes. I'm sure you have heard that it takes more muscles to frown than it does to smile; however, that has not been scientifically proven. But what has been proven is that smiling is contagious. Think of how many times you have smiled at a stranger and they have smiled back. So, we definitely need to smile more often. And although it is difficult to smile during times of strife or disillusionment, as we have faced the last two years with Covid and the many backlashes from Covid, it is even more important to share laughter when we can. As a matter of fact, smiling/laughter is a very complicated subject which affects not only our physical and mental well-being but also our spiritual well-being.

The Council discussed the importance of laughter to our overall well-being many years ago before the topic became fashionable. More recently there have been various studies on the effects of laughter by such prestigious institutions as the University of Maryland Medical Center, the University of North Carolina at Chapel Hill, Western Kentucky University, etc. These studies, as well as The Council information, indicate that laughter is a complicated activity.

Laughter is a form of communication with others. When we laugh, we are telling the people around us something about ourselves, we are sharing a moment (Kennedy p. 5). So, the context of laughter is important. For example, one of my favorite stories is about a fishing trip my family took with some friends, Jim and his family. We had been fishing all day and no one had caught anything, not even a minnow. Finally, Jim's dad had a bite and reeled in a snapping turtle. He and his wife decided they would make turtle soup with the "catch," so he told Jim to cut off the turtle's head and throw it back in. Jim promptly cut off the turtle's head and threw the turtle back into

the river. His father yelled, "Not the turtle, the head. Throw the head back in!" But it was too late, the turtle was gone. Now usually when I tell this story it creates a lot of laughter, but as a reader, you might not find it funny because part of humor is in the timing. Every good comedian knows that timing is everything. Comedians found it difficult to perform without an audience because they received no feedback, so the comedians could not determine if they had their timing right. That is why a small audience is present when sitcoms are taped. During the pandemic, that audience was missing so comedians like Jimmy Fallon, Jimmy Kimmel, and Stephen Colbert had to rely on their production crews' laughter to establish their timing. Therefore, context and timing are important components of laughter.

Laughter is contagious. Just listening to recorded laughter can evoke giggles. That's why canned laughter was invented in sitcoms. But the canned laughter didn't provide the feedback the comedians really needed to establish their timing. We are 30 times more likely to laugh when we are with someone than if we are alone (Wadyka 15). Think of how many times you have walked into a room where people are laughing and smiling or chuckling; your first question is "What's so funny?"

Laughter IS a form of exercise. Laughing for 10 to 15 minutes daily burns 10 to 40 calories (Wadyka p. 10). When we laugh, we use 15 muscles, not only facial muscles but also the epiglottis. A good belly laugh affects our respiratory system causing the diaphragm to release air and pump lymphatic fluid through our system where lymph nodes filter out waste triggering the production of white



Sherilyn Highben

blood cells which then kill infected cells, thus, strengthening our immune system (Mifsud 17).

Laughter also reduces stress. The Council made this statement on the effect of laughter on the body: "Laughing is an extremely good curative tonic for a body because what happens is the body is thrown into high gear as far as production of hormones and what have you, the whole system is jarred into high gear. Adrenalin goes up and the whole body itself goes into a high gear, if we may use that term. This can help then to stimulate those chemical compounds that are lacking or not being produced properly, so that they, for a moment, short periods of time, are increased to their proper level . . ." (Trance 141 lines 524-532). Another source explains how laughter helps reduce stress by helping to shut down the production of cortisol, the stress hormone, and producing endorphins, the brain chemicals that are known for their feel-good effects (Mifsud 17). A good example of this in action would be when two people are arguing and one of the combatants says something that strikes the other as humorous, and the argument suddenly dissolves into

spontaneous laughter. The two opponents have been disarmed, and as a result, can discuss the argumentative topic in a more rational manner.

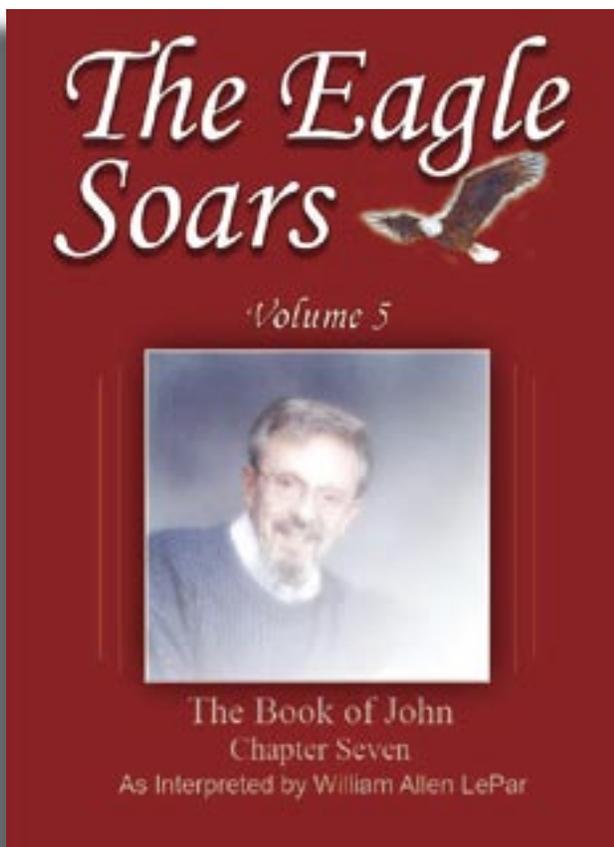
If you would like to learn more about how complicated and beneficial laughter can be not only to our personal physical, mental and spiritual well-being, but also to the world in general, be sure to attend the Universal Being Conference on October 15, 2022.

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The Eagle Soars, Volume 5: The Book of John, Chapter 7 is the fifth book in the series based on William LePar's Bible study lessons on the Gospel of John. This series offers a new perspective for all who are interested in spiritual growth.

Spiral bound, 8 1/2 x 11, 97 pages. \$12.00. You may purchase this book by making a check for \$12 payable to SOL and sending along with your address to SOL, P.O. Box 8878, Canton, OH 44711. SOL will pay shipping. Or you may purchase books through our website: WilliamLePar.com or through amazon.com or smashwords.com

And, of course, it will be available at Universal Being 2022

A NOTE FROM SOL

Summer is going by too fast. I don't want to say it is over, but children are back in school by the time you receive this newsletter. I will be back teaching nursing students fundamental procedures and health assessments. I enjoy teaching and pray they learn from me. Who knows but they could be taking care of me someday.

We are looking forward to the conference this year. Our speakers have continued to provide us feedback that they are ready. I ask you to get your registration in by October 1st if you can, so we have a count for lunch. You can read more about the conference in this newsletter.

Spiritual Dialogues has been started. David Ries will have the program for October 1st. He will be talking about Jesus and His family. November 5th will be presented by Tom LePar. Meetings begin at 7:00 pm at St. Paul's Episcopal Church in downtown Canton.

Blessings to you,

Nancy

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