

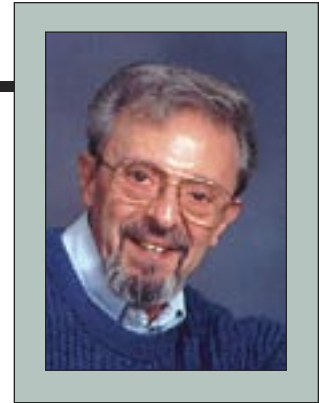
SOLAR

The Newsletter of the SOL Association for Research

Autumn 2009

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COMMENTS ON SPIRITUALITY



William LePar

The Enemy Without

They that thirst for the blood of their enemies have no taste for the well-spring of life. – Sir Walter Scott

The reason for living is getting ready to stay dead.

– William Faulkner

Over the course of doing one of these articles, Don brings a number of quotes to the table. As he reads them, I wait patiently for the internal sound that indicates the quote to be discussed or explained. Occasionally, as he is reading the quotes to me, two of the quotes in the list seem to be connected to each other, which means to me that they are to be combined in explanation, the reason being one is either an extension of the other, or one is the prelude to the other quote which is the conclusion of a complete thought.

What I find interesting is many times when we have done this, it has come from two separate authors. For this article this seems to be the case, one quote comes from Scott and the other one comes from Faulkner. Each of these men have a quote on life. Scott talks about an attitude or a consciousness towards life. Faulkner talks of a purpose of life and its rewards.

The first quote is from Scott, “They that thirst for the blood of their enemies have no taste for the well-spring of life.” Personally, I feel this is a very strong and large statement that Scott makes. He uses a very descriptive term “thirst for blood of their enemies” and states that these individuals “have no taste for the

well-spring of life.” These attitudes encompass much of our lifetime, and our experiences with others, our attitude towards others, and our lifestyle that we choose.

In the first part of the quote “thirst for the blood of their enemies,” let us take a better look at that statement, look at it as a symbolic comment. We can thirst for the blood of our enemies in many ways. What do we mean by “thirst for blood”? What do we mean by “enemies”? In a civilized society, we do not thirst for the blood of our enemies, but we may thirst for the revenge of one sort or another. Are our enemies those people who live in another land, or can our enemies be those who live side-by-side to us, the people we work with, the neighbors we have, the supposed friends we have? If we are going to take a quote like this and look at it in modern day understanding, we are not going to be talking about the letting of actual blood or an actual enemy, as the word indicates, but we are going to be talking about our reactions that are less than positive toward those individuals that we, for some reason or another, maybe don’t like or are outright what we would consider an

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enemy.

How can we hunger for the blood of our enemies in today's life? We can destroy their reputation at their places of employment. We can destroy their family ties. We can destroy their marriages. There are many ways we can go for the jugular vein of our enemy. Is our enemy someone who is really our enemy, or is it our perception of an individual as an enemy? It is interesting when you look at people. You begin to see that many times the individuals that we feel are our enemies are in fact not our enemies at all. We have deemed them enemies because we see something in them that subconsciously we desire and cannot achieve, so in the conscious mind it is translated into enemy for the majority of people in our society today. A side note on our society, so that you can see where these thoughts are coming from, it is a "gimme" society, give me, give me, give me, but don't expect anything in return. "I show up at work, therefore I deserve my pay, and don't expect me to produce anything. When my boss

says to me that I am not doing my job, he becomes my enemy. He is the one that I dislike, he is the one I wish to see destroyed. How dare the ungrateful imp ask more of me than to be present! It shows he does not appreciate the quality that I bring to this job. Therefore, how can I expect someone of his caliber or stature to appreciate the qualities that I have to offer. I feel that this is a direct insult or a direct attack upon me personally. If my boss were someone of a better character or a better quality, he would realize that my presence has a value to his company."

Now, the example I have just used may sound a bit over the top, but I have exaggerated this so that you can get the point. There are some people who feel so entitled that it doesn't require them to produce anything. Their presence is all that is required. One can say that the dislike that this individual has for his boss is in some manner or symbolically a thirst for blood, and the attitude that the individual has towards his boss indicates he is the enemy,

therefore worthy of the desire for the taste of his blood. The fact is, the boss is simply asking for what the job requires, but because of the arrogance of the individual, he feels his productivity is not included in his present wage.

It is interesting, if we just move our focus a slight bit and look at it from the perspective of the boss. It is his job to get a certain amount of production out of each individual or to insure that each individual does the job that they are being paid for, so part of his job is to call attention to the individual who is not producing what they are being paid for. Can we say he has a thirst for blood? Can we say that the individual who is not producing is his enemy? No. He is in a position where he has the right to expect a certain amount of work from an individual. And because he demands that, doesn't mean that he sees the individual as his enemy.

When we live a lifestyle that puts us in a position where we feel entitled to certain things in life, there will always be an enemy or a villain in our sights, in our opinion.

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

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

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This does not mean that those individuals who require us to put forth an effort are our enemies. It simply means that the individual is too involved with himself to be able to understand that there is someone who is doing their job, and their job is to demand the work agreed upon from them. This individual, who feels that his presence at his place of employment is all that is required for his pay, is the individual who has no taste for the well-spring of life.

What do we mean by “the well-spring of life”? We can look at the well-spring of life as the goodness and justice of a situation. So the well-spring of life would be the goodness and justice of a situation in the state of existence that is life. Those individuals who are self-centered, self-indulging live in a state where they feel entitled to everything in life they want. They have no respect for life, have no taste for life, have no respect for good, have no taste for good. To them, their enemies are anyone who prevents them from getting what they want, how they want it, and when they want it. These are the types of individuals that will do whatever pleases them and to hell with what it may cost you or others.

A classic example of this in recent news stories is the case of this Madoff, conning millions and millions of dollars from individuals, caring nothing for what it would cost the person who is losing their money. For what purpose did he do this? To gain more money so that he can have more power so that he can indulge himself even more so in his wants? What difference does it make to him how he may destroy lives of individuals? Even before him the junk bond king,

Milken, how he swindled millions of dollars from the old, and then all of a sudden after a short stay in a country club prison became saved and found Christ. My question is: Did he give any of the money back? Or when he found Christ, did he hear Christ say, “That’s okay, sonny, keep the money.” These kinds of individuals, now remember these are the people who have been caught, they have done their deeds on a grand scale, but what about the individual who does basically the same thing, swindles people out of something or another on a smaller scale? There are many more of those than people like Madoff and Milken. Have we ourselves been guilty of thirsting for the blood of our supposed enemies? And, if so, in what manner have we done this? How have we lost the taste for the good things in life, the good qualities of life, the respect of others, the respect that tells us we are a good individual?

Let us move now to Faulkner’s quote, “The reason for living is getting ready to stay dead.” I find this personally to be a very interesting quote. “The reason for living is to stay dead.” When you think about this in a moment of silence, it says so much more than what the words say. “To stay dead.” We live our life to stay dead. What does that mean? Look at it this way. It means to never have to live again, never have to be reborn into another life. It

Their enemies are anyone who prevents them from getting what they want, how they want it, and when they want it.

means that you have reached your greatest potential in this lifetime, so you have no need to relive your life. You have achieved a life of kindness, you have achieved a life where you have lived justly. You have become truly a just and righteous individual. You have been able to live a life wherein your conduct has been more godlike than not.

The individuals we have talked about in Scott’s quote have not reached that awareness, that state, yet. They have not realized that the purpose for living a life is to live a life that is giving and not taking. They are still in the little child state of immaturity where it is “give me, give me, give me.” Hopefully before these individuals do too much damage to themselves, they will mature enough to realize that the purpose of life is to give, give, give. Never take, take, take, but always give. And when you think that you have nothing more to give and yet you keep trying to give, you will find that you have a whole treasure chest of gifts that you never realized you had, and these are the gifts that you may give and give some more.

When we live our life in a manner so that we are getting ready to stay dead, to permanently reside in the spiritual realms that lie above, we must live a life of compassion, caring, love, and giving, a life that we give of ourselves totally with those who may need any part of us for their well-being. Live your life with the reason for staying dead, don’t live your life so that you will have to relive it again. Live your life so that you may enter into a spiritual state of consciousness. Welcome to a new state of consciousness and enjoy the presence of the Divine Spirit.

LAUGH

HEALTH HINTS

Marilyn Ridzon



My husband is more qualified to write on this subject than I, as he is the comedian in our family, but I'll give it my best. Living with someone who has a good sense of humor sure makes life a lot easier!

Have you ever noticed how good you feel after a hearty laugh? Researchers have concluded that laughter after a meal can actually aid digestion. A comedian recalled that as a child, members of his family were required to tell a joke each evening after dinner. He attributes his success to this daily activity.

Norman Cousins claims he actually won his battle with cancer by spending hours laughing at old films of his favorite comedians. Some hospitals are using laughter therapy for the chronically ill. Apparently,

laughter releases chemicals which promote healing.

The Council once verified this theory by saying:

“Laughing is an extremely good curative tonic for a body because what happens is the body is thrown into high gear as far as the production of hormones. If an individual could be kept in a positive frame of mind for short periods each day, while there is an illness, either through conversation, even touching has a very positive effect...; kind words increase the positive attitude. Interest shown to a sick individual creates a positive attitude. All these little things bring the body to its more normal balance, because something is stimulated at a spiritual, then emotional, then at the physical level.”

I've tried to analyze why some people are more light-hearted than others. I've concluded that in order to be jolly one has to be willing to give of himself.

The Be

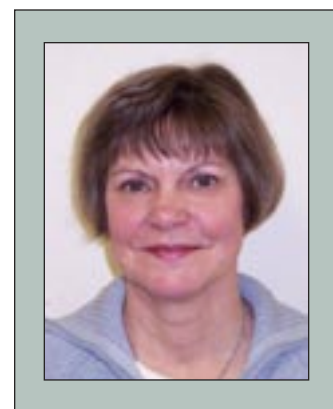
Serious people tend to be more introspective and inhibited. Then there are those that laugh indiscriminately at everything. These individuals are actually trying to gloss over their own insecurities or as The Council puts it, “Many people cover their embarrassment or guilt by laughing.”

It has been said that a good sense of humor indicates a fairly high intelligence level, but I believe anyone can cultivate a merry heart. Perhaps the best gift to cultivate is the ability to laugh at yourself. On several different occasions The Council has indicated that laughing at your own shortcomings is a sign of spiritual development.

We've all heard the old Irish adage, “Laugh and the world laughs with you, cry and you cry alone.” And in the words of Solomon, “A glad heart is excellent medicine, a spirit depressed wastes the bones away.” (Proverbs 17:22)

WINTER

Best Medicine?



Sherilyn Highben

One of the regular articles in the *Reader's Digest* that I always turn to each month is "Laughter is the Best Medicine." I always thought I sought this article first because I just enjoyed a good laugh. However, after doing some preliminary research on laughter and the effects of laughter for a seminar in October, I have discovered that maybe subconsciously it wasn't the enjoyment of laughter but the NEED for laughter that caused me to turn to that particular section of the magazine. Here are just a few interesting tidbits that my research uncovered.

A common misconception is that babies usually start to laugh at about four months of age. However, recent research has shown infants as early as 17 days old have a vocal laughing sound or spontaneous laughter.

Laughter can cause weight loss. Dr. William Fry Jr. found that laughter speeds up heart rate, expands circulation and enhances oxygen intake. He calculated that 100 to 200 belly laughs a day are equivalent to a high-impact workout that can help you burn off as many as 500 calories.

Laughter can be a pain killer. Norman Cousins, known as the Father of Laughter Therapy, revealed how he used laughter to heal himself of a painful spinal disease. He discovered that "10 minutes of genuine belly-laughter had an anesthetic effect and would give me at least two hours of pain-free sleep."

Laughter creates happy cells. Research experiments by Dr. Lee Berk at Loma Linda University School of Medicine shows that laughter, happiness and joy cause the immune system to create white "T" cells, commonly known as "happy cells." Laughter reduces the level of stress hormones like cortisol, epinephrine, dopamine and growth hormone and increases the level of health-enhancing hormones like endorphins and neurotransmitters.

Finally, I'm sure you have all heard the fact that it takes only 16 muscles to smile and 28 to frown. So it is a lot less work to smile and think of all the benefits that are created by that smile.

SOL's annual conference, Universal Being, this year will include Sherilyn's presentation, "A Funny Thing Happened on the Way to Nirvana," her discussion of the personal and spiritual benefits of laughter. Join her and other speakers on Saturday, October 10, 2009, for Universal Being 2009: Islands in the Stream. Contact SOL for more information.

We Can Do It All

David Ries



The following is a question and reply from The Council that I find very thought provoking. This is one piece of information that I think all of us can dwell on. The pattern of thought that can be evoked will, if we wish, lead us to the essence of our being. Actions or reactions that occur when one of the “faults” in our being comes into play can give us a very good view of areas that we need to focus on in our spiritual journey. Thought about these “faults” will allow us to reflect on why we are here.

Questioner: Most of us have certain areas where we will react and other areas where we don't seem to and it varies with individuals. Does that mean that there is some form of disorder in these particular trigger points or these areas that cause us to react?

Council: If you choose to put it in those terms, yes. The basic condition though is not enough control in certain areas. The psychology of the human nature is to do half the job, so that an individual may in some situations exercise control or order over his life and in other areas leave it, shall we say, less attended to. Therefore, this allows the opportunity to vent one's frustrations. Instead of developing a positive approach in that you force yourself to control in the weak areas, one prefers to let them slide by. So it is an attitude of, “Well, I can do this and this, so that makes up for what I can't do.” The fallacy in that is

that you can do it all. It is just a matter of your attitude toward the situation. Now this is not to say that there isn't certain weaknesses in each of you, there are. These are the areas you must work on, but after all is said and done an individual can do a much better job with their lives if they were to put a little more effort forth. But your society today has the attitude that quality in workmanship is not important, whether it is working on your spirituality or working at your means of employment.

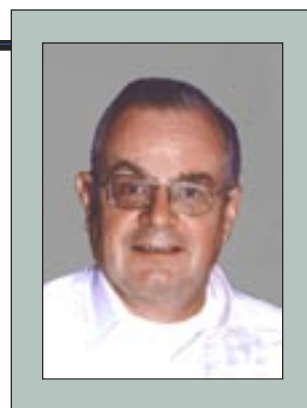
I know very well that when I yell, scream and carry on because someone or something has touched a nerve that I consistently act in a certain manner after I cool down a little. In my younger days, I used to get extremely upset when certain sensitive topics were touched, where my ego may have been bruised. After I settled down, I would feel the strong desire to sweep a floor, clean a room or even, heaven forbid, wash windows. I know what you are thinking, this guy is weird or I wish I had him around the house. You might even say, “I can put up with the yelling and screaming if he will do all of the housework!” This is an example of doing everything to make amends except facing the problem squarely. Instead of analyzing why the initial outburst occurred and more importantly how it can be prevented or at least controlled, I would run around

looking for other ways to boost my self-esteem.

Eventually, I did learn to recognize the symptoms of loss of control. We all have heard the term “hot under the collar.” I got to the point where generally I could sense that feeling as it grew within me. I tried to gain the ability to almost observe it from afar, if that makes sense. In other words, it was occurring within me, but at the same time on another level I was trying to observe it occurring without the encumbrance of emotion. Therefore, I could learn without having the emotions interfere with the process. I believe that this helped reduce the occurrences of outbursts and the severity.

I believe that being a person who is passionate about many varied topics of life will have many positive and negative aspects. I do not want to be a person without deep passions, but along with that gift comes the responsibility to control the emotions that build from those passions. All of us have tendencies about ourselves that we wish that we could improve or eliminate completely. Recognition and a desire to change them is the key. As The Council said above, “The fallacy in that is that you can do it all. It is just a matter of attitude toward the situation.”

Lead to Gold



Dr. James R. Ridzon

Every high school chemistry student learns about the Alchemists. They were ancient pseudo-scientist-magician-wizards who were bent on changing lead or stone into gold. They spent centuries mixing and brewing, distilling and decanting, boiling and chanting, all manner of hocus-pocus and mumbo-jumbo. As far as we know not one gram of gold was ever produced. We are indebted to the Alchemists for much of the chemical apparatus and procedure that they devised, but we tend to consider their quest for gold as rather bizarre and naive. We're much smarter now and no one would waste time trying to change lead into gold. The very notion is ridiculous. It simply can't be done, can it?

Well ... not so fast O' wise one. Let's see what William Allen LePar's psychic source The Council has to say about Alchemy. During a trance in 1981 The Council was explaining that the powers of the mind are fully capable of influencing physical matter. These powers were better known and utilized in earlier times, but they still exist if we only knew how to use them.

The Council said this about our scorned Alchemists:

"The Alchemists all wished to make changes with incantations and what have you, and it is nothing more than convincing yourself you can do it; so if you must go through chants, then you must go through chants. If you want to change a stone or lead to gold, just change it. There is no need to chant; there is no need to build fires and mix potions and spin lockets and what have you. There is no need for that; you just simply do it; it is that simple; but by going through these rituals you unleash the bounds that you have placed on yourself. You have finally convinced yourself that it can be done; and so you do it. It is simply a mental function, that is all, nothing more. You could mix potions, build fires, and all this from now



till who knows when and it will not accomplish a thing until you are ready mentally and then it will be accomplished; but you could have done it just as easily if you had sat in a chair, looked at the thing, and said, "I want it to be this," and really believe that you could do it. Now, we are not talking about how you are trying to say you believe, but what you believe deep within your heart and your soul. There are some who need to convince themselves of their capabilities and so they construct chants or mix potions and chemicals and things like that. Dissolve this and dissolve that, very boring, very boring, very time-consuming. It can be done much quicker and much easier just by willing it."

Score one for the Alchemists. They knew it could be done, so they used chants and potions to convince themselves that they could do it. We, of course, "know" that it is impossible so we don't even try. Sometimes I think that the more mankind learns, the less he knows.

It is said that over 90% of all the gold ever discovered by mankind is still in his possession. Gold never deteriorates, it is never thrown away, it is always guarded carefully. Gold just circulates from person to person, from age to age. It gets melted and recast, hammered and refashioned, shaped and polished but it is seldom discarded. So, look at that gold ring on your finger. It just might have some molecules from King Solomon's mine or from a pharaoh's tomb or yes—a few molecules from the bottom of some ancient Alchemist's crucible!

CALENDAR

September 5, 2009. Spiritual Dialogues at 7:30 at St. Paul's Episcopal Church, 425 Cleveland Ave. SW, Canton, Ohio

October 10, 2009. Universal Being Conference: Islands in the Stream. Saturday from 9 am to 4 pm at Dogwood Park, North Canton, Ohio. Featuring Rose M. Darling speaking on "Hypnosis and the New You," Sherilyn Highben on "A Funny Thing Happened on the Way to Nirvana," Michael Frank on "The Healing Mosaic," and David Ries Jr. and William Allen LePar on "The Power of the Family Unit."

November 7, 2009. Spiritual Dialogues.
December 5, 2009. Spiritual Dialogues.

For additional information on calendar listings, SOL membership, or books for sale, write to SOL, P.O. Box 2276, North Canton, Ohio 44720, or call 330.497.9645. Or you may visit our website at www.solarpress.com. SOL is on ebay at <http://stores.ebay.com/> Type Solarpress in the Find a Store box.

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