

“This One”

The Council refers to William LePar

Trance Library File No. 24-166

[Although William LePar has passed away, he gave these suggestions on how to gain the most insights from these Library Files.]

SUGGESTIONS ON READING THE TRANCE LIBRARY FILES

by

WILLIAM ALLEN LePAR

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

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

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

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

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

Sincerely,

William Allen LePar

AN INTRODUCTION TO THE COUNCIL

by

William Allen LePar

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

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

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

THE COUNCIL SPEAKS OF THEMSELVES

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

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

THE TRANCE PHENOMENON

We believe The Trances of William Allen LePar were the rarest paranormal experiences known to modern man. The only example of a similar phenomenon ended with the death of [Edgar Cayce](#) in 1944. The Council's unparalleled revelations, through Mr. LePar's trances, have been made available to the public through the SOL Association for Research. His time and efforts were without compensation, and SOL is a non-profit, tax-exempt concern dependent on the commitment of volunteers.

The following is a brief explanation of a Trance, so those who did not have the opportunity to participate have a better understanding of the phenomenon. On the day of a Trance, Mr. LePar remained in a peaceful environment. He consumed little food and The Council recommended his diet include red shellfish. He engaged in considerable prayer and meditation throughout the day.

Those who participated in a Trance, to question The Council, gathered about a half hour before the session for socializing. Nancy LePar, his wife, was always the last to leave her husband before a Trance began. She sat with him in a separate room as he quieted himself with prayer and meditation. When she entered the room in which the trance was to be conducted, all talking and noise ceased. Soon he entered, silent and already in an altered state. With everyone seated and quiet, he entered, removed his slippers and positioned himself on the floor.

He wore, as instructed by The Council, loose clothing of all natural fabric. Also, Mr. LePar wore no metal other than a wedding ring and cross. As he rested his head and bare feet on pillows, he maneuvered his body into alignment with magnetic north. Those participating, following instructions from The Council, were to place themselves in a quiet, prayerful state until this remarkable source began to speak. There were two distinct time periods in the linking of LePar's spiritual vibrations with those of The Council. The first period concluded with LePar's extremely deep and rapid breathing, a form of [hyperventilation](#). His hands, folded across the abdomen, quivered; his left leg stiffened and his left foot extended. Then, suddenly, silence. It seemed almost as if he had stopped breathing. Finally, The Council would begin to speak -- slowly at first, repeating the name of the Trance moderator, until the link with the physical world was ready. It usually took about thirty minutes from the time Mr. LePar lay down until The Council spoke. But on some occasions, for a variety of reasons, it could be as long as forty-five minutes.

Once The Council began to communicate, a Trance usually lasted between ninety minutes and two hours. The Council was offered the opportunity to give the gathering an opening statement, which was always a segment of information useful for universal spiritual growth. Then, the trances followed a simple question-and-answer format, beginning with written questions and continuing with follow-up questions raised by The Council's comments. At some sessions, there were so many follow-up questions that only the first question asked would be from the list of written questions.

Afterwards, when Mr. LePar awakened, he remembered nothing. His memory was blank from the time his wife left him before each session until he awakened at the conclusion of the

Trance. He was always physically drained, cold and disoriented. He would be helped to a seat, wrapped in an afghan for warmth, and given a slice of bread and a glass of orange juice to help him recover.

We hope you profit from the information in these Trance Library Files. If reading a particular file gives rise to a question, we encourage you to contact us for more information. Thank you.

FOREWORD

The Council told us on many occasions that truth has always been available to mankind from the very beginning. As you read this Trance Library File, you may note similarities to information from other sources. You will also encounter new information. You may be surprised by some of the information revealed by The Council, to the point where it strains your credulity. The Council realizes this, and so they often begin a Research Group Trance with an opening statement such as this:

Again, a reminder as we have said before, we ask that you think about what we have said, the answers to your questions. It is not necessary to accept everything we say, but we do ask that you take the time to think on what we have said and hold it for possible use or acceptance at a later time. What is most important is that you do think, that you exercise your God-given mind. Use what you can use and store away that which is not serviceable at this time, for if you wish to see a dawn tomorrow with its clear blue skies, you must make ready for it now. If you cannot believe that tomorrow will be a better day than today, then it will not be so for you. If you do not carry the light of tomorrow, then where will it come from? If your tomorrow is not planned for today, then how can it exist? Forearmed with the knowledge of the path you are presently traveling, you are then in a position to create a better path for your travels tomorrow. The outlook for the children of the Divine is definitely a bright and sunny day. Only you can make the decision as to what your tomorrow will be. We have one distinct advantage over each of you, and that is we have gone through the process of life that you are presently experiencing and in those activities we have learned that one must never narrow their vision down to what they prefer to see, but it is great wisdom when one is willing to look at the total picture, even those segments that one wishes were not there.

Always keep this concept in mind: Use what information you can, and that which you cannot agree with, put it aside for now. Do not discard it, for you may find it very useful in the future.

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DISCLAIMER

These Trance Library Files are verbatim transcripts of psychically derived information. This information was given in response to questions posed by individuals in attendance at the Trances. These transcripts are presented for informational and educational purposes only. They should not necessarily be considered applicable to situations other than those of the person asking the original question. **SOL cautions that this information should always be considered in its original context.** SOL advises that the reader exercise judgment and common sense when considering this information. SOL cannot take responsibility for any abuse of the information contained in the Library Files.

From thousands of transcript pages, SOL has compiled the Trance Library Files, and will continue to do so in the future. Some of the information has come to us in concentrated form, while other Library Files are compilations of material given through the years.

As you experience more Library Files, you may occasionally notice the same or similar bits of information in different Library Files. This is done to maintain the integrity of The Council's message in each subject area. Please enjoy your encounters with the words of The Council. SOL heartily endorses the spiritual and educational value of these Library Files and firmly believes great benefit can be derived by those approaching this information with a sincere desire for greater understanding of themselves and their world. The material in this Library File is copyrighted and may not be reproduced without the written permission of SOL.

EXPLANATION OF TRANCE LIBRARY FILE FORMAT

Reincarnation⁽¹⁾

page 31⁽²⁾

Selection # 16⁽³⁾

Reincarnation⁽⁴⁾ was discussed on 80-06-28⁽⁵⁾, the 78th Trance⁽⁶⁾.

The word "reincarnation" was first found on page 1235, in line 387⁽⁷⁾.

386⁽⁸⁾

387 ***:⁽⁹⁾ Since we believe in reincarnation, and apparently have experienced death a number

388 of times, why do the majority of us fear death, and why do we not have a conscious

389 awareness of what it is like beyond the veil?

390

391 C:⁽¹⁰⁾ If you have reincarnated then evidently you have not fulfilled or let us say you

392 have not taken advantage of the opportunities available to you while in the material

393 manifestation, thus you have relegated yourselves to the man-made heavenly

realms. The

394 fear comes from a degree of awareness of the conditions in the man-made

heavenly realms.

NOTES

(1) **Title** - This is the topic of the Trance Library File.

(2) **Page** - This is the page number of the Trance Library File. Each Trance Library File begins with page one.

(3) **Selection** - This number indicates the chronological order of this block of information in the whole of the Trance material.

(4) **Key Word** - This is the search word used for this selection.

(5) **Date** - This is the date on which the Trance occurred. It is given as a year-month-day

(80-06-28).

(6) **Trance Number** - All of Mr. LePar's Trances have been numbered chronologically beginning with number one. This number indicates from which Trance this selection was drawn.

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

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

(9) **Questioner** - The symbol *** indicates an individual at the Trance asking a question

or responding to The Council's remarks. This is used to maintain confidentiality.
(10) Council - The symbol **C:** indicates that The Council is speaking.

Selection # 1

“This One”

This One was discussed on 74-12-29, the 1st Trance.

The words “This One” were first found on page 6, line 90.

90 As to a word on us that speaks through this one here. We
91 have spoken through him many times in the past. We have done this
92 for him and for others, as we will continue to speak through him
93 in the future for himself, for you, and for others.

94

95 This will not require absolute perfection of the physical body,
96 for this is not the time for such. We can say that again there
97 is a council of twelve who sit here plus one who is called the
98 master of the masters. He sits in that position whereby he governs
99 the council of twelve. This council was called forth by the spirit
100 whose vehicle we are using. A clarification of this and those
101 things that pertain to our position in this realm that is above
102 the physical manifestation can be explained to you in more detail
103 by asking that one whom we speak through. For this information

104 he is aware of not only on the physical level but also on the
105 spiritual level. The manner of which he speaks of these things
106 should not be taken by you or any to be that that is not. Do not
107 take the manner in which he accepts and speaks of these things as
108 a braggart or egotistical. It is simply that he accepts them on
109 the spiritual level and also on the physical level. He does not
110 make great of those things that come from him. He does not make
111 great of those things that come through him, but only states them
112 as they come through him and from him.

113 There are a few who too are in the same position. They
114 will as he will express themselves in the physical form as anyone
115 else would, so do not judge by those imperfections of the physical
116 manifestation, for the truth must be brought to those who need it
117 in a form that they can most readily accept, and use as they need
118 to use it. They cannot be swayed in their path by the glories
119 of the inner realm of the Light. This should also be accepted on
120 your part as a word of advice. Great things you can accomplish
121 for yourself as long as you are at the side of your teacher.

122 Hear these words and hear them clearly. They are not new but
123 have been written down many times in the past, so that you may
124 know that what we say is so.

Selection # 2

“This One”

The body was discussed on 74-12-29, the 1st Trance.

The words “The body” were first found on page 16, line 124.

123 C: You will have to accept a certain amount of weakness or frailness
124 in the body. No body can be created to hold such vibrations,
125 unfortunately for the physical. Problems do not necessarily
126 always entail a lot of pain, but most generally inconveniences.
127 A lot of the problems are also caused by the negative thought-forms
128 that constantly come at him. They use the emotions as their
129 point of attack. This is the very channel that the body is fed
130 for its existence, for its ability to hold a higher vibrating

131 spirit. The negativity that attacks is from all sources. It
132 cannot be totally eliminated.

Selection # 3

This One

*“This One” was discussed on No Date Recorded, the 3rd Trance.
The words “This One” were first found on page 25, line 312.*

311 ***: Yes, it does. Is there a reason why you always refer to
312 Bill as "this one"?
313
314 C: Yes.
315

316 ***: Bill was -- inclines -- appears to be, say, -- well, kind of
317 uneasy about your references to "this one here" and "the body."
318 Can you tell me what the reason is?

319

320 C: We would be happy to refer to him by the name that we know
321 him. But in doing this, before doing this it is necessary for
322 you and him to recognize at what point. In

323 other words what was his name at that particular time? This
324 is the name we know him as and would prefer to refer to him as.

325

326

327 ***: That awareness is within me?

328

329 C: It is within you and within him. He rejects this the same
330 as he makes light of our dealings with the two of you. You have
331 been given a great deal of evidence that points

332 if you are willing to go back and think of the things that we

333 have said and things that he has said.

Selection # 4

"This One"

This One was discussed on 75-03-09, the 4th Trance.

The words "This One" was first found on page 31, line 92.

9 ***: First, we had some questions about the trance. If anything

10 happens to the physical body, will you release immediately?

11

12 C: If there is any apparent danger to the physical we can release
13 immediately if it is necessary. We can to a certain degree control
14 any problems that may develop within the physical manifestation
15 itself.

16

17 ***: I see. If there is any danger would I be able to tell when
18 you have released.

19

20 C: The wisest course of action is to prevent the body from being
21 touched until you are sure that he is no longer in trance. You
22 should be sufficiently aware of the difference by now.

23

24 ***: Yes. Last time you gave a warning to stay away from the
25 head area. Why was this?

26

27 C: This is the area in which we are concentrating.

28

29 ***: How close to the head does this extend? How far away should
30 we stand from the head?

31

32 C: The safest distance would be approximately 18 inches to 2 feet.

33

34 ***: Would there still be -- it would be safer yet to give a
35 margin beyond that?

36

37 C: Particularly if any motion is to occur in that area for any
38 length of time.

39

40 ***: If there was any motion there, if it ended quickly would
41 that be a -- would that poison(?) his body?

42

43 C: Your question is not clear.

44

45 ***: Let's say somebody walked by quickly.

46 C: Within the 18 inches to 24 inches would cause possible problems
47 with the physical later on. Beyond that there is no problem.

48

49 ***: I see. What process do you use -- how do you move or
50 manipulate Bill's body to, for instance, when you change tapes? Can
51 you explain the process that you use?

52

53 C: We work through the normal body functions, the motor system.

54

55 ***: Bill was wondering, for instance, when you were changing
56 the tapes yourself was -- we wanted to know for example if he was
57 brought back momentarily to do so or whether you were the moving
58 force? Is that clear?

59

60 C: "Moving force," "brought back," are not clear terms.

61

62 ***: Do you move the body?

63

64 C: Yes.

65

66 ***: So it is your force that works through the motor systems?

67

68 C: Yes. We control the motor area of the brain in a similar
69 fashion as the originating spirit does.

70

71 ***: So in a sense then Bill leaves the body to your control?

72

73 C: By "Bill" we assume you mean the spirit?

74

75 ***: Yes.

76

77 C: To a certain degree the spirit does leave the physical
78 manifestation. Under this particular condition the spirit does not
79 totally leave the physical manifestation. In some trance states
80 the spirit completely leaves that particular manifestation. In
81 this particular trance state the spirit does not necessarily have
82 to leave the physical.

83

84 ***: But the originating spirit does leave to a certain degree
85 then?

86

87 C: It might be truer to explain it this way. The originating
88 spirit can raise its vibrations to a high enough degree to permit
89 those of lower vibrations to co-exist within this manifestation.
90 In this respect the spirit of the higher vibrations surrenders
91 control of the physical to those of the lower vibrating range.
92 This is some of the reasons for the expression of this one feeling
93 extreme warmth. This is a poor explanation of what occurs but
94 is the closest explanation possible that is within your
95 understanding. We feel that this would be sufficient. Possibly at
96 a later time we will be able to explain in somewhat of a clearer
97 manner. It is possible in some situations for one physical
98 expression or one physical manifestation to be occupied by
99 separate spirit entities. In this particular case we that sit in
100 council most generally manifest as one spirit energy, entity, or
101 vibration, in that we combine as a single unit to produce the
102 energy or vital forces necessary to work the motor system of
103 this particular body. There are occasions, however, when,
104 because of the necessary steps in development, an individual
105 spirit entity will speak directly on its own behalf through
106 this particular physical expression. In this case the information
107 is as accurate as that which comes from the twelve in unison.
108 It is really of no importance to you or at least should not be
109 as to whether the information comes from a single spirit entity
110 or the unison of all twelve. This is only permitted because

111 certain entities find it necessary to express of their own
112 to increase their development at that particular time. Is this
113 clear?

114

115 ***: Yes, it was clear to the -- you were speaking of the
116 inspirational things?

117

118 C: We are speaking of the trance. The inspirational speech is the
119 actual spirit of the one through which the physical manifestation
120 is being used. That in other words when this one speaks
121 to you in what is referred to as inspirational talk it is not
122 so much his physical but that spirit which actually has created
123 that physical. It is the direct expression of that spirit.