

# SOLAR

## NEWSLETTER

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# The Greater Potential

"The mind soars by an effort to the grand and lofty: it is at home in the groveling, the disagreeable, and the little."

William Hazlitt, from the essay "On the Feeling of Immortality in Youth," 1827

**I**n this article I have decided to continue with another quote from "On the Feeling of Immortality in Youth" by William Hazlitt. The quote I chose is, "The mind soars by an effort to the grand and lofty: it is at home in the groveling, the disagreeable, and the little." This quote is basically a continuation of thought evolved from the quote used in the previous article which is, "We know our existence only from external objects, and we measure it by them."

Before I go any further, I would like to explore the parallels of these two quotes so that you will better understand the relationship. "We know our existence only from external objects, and we measure it by them." This quote deals basically with a present attitude based on materialism. "The mind soars by an effort to the grand and lofty: it is at home in the groveling, the disagreeable, and the little." In this quote, we see that there is a part of our nature that realizes there is something better, yet it is easier for us to be content with the status quo. Living the life of material

quest in a sense gives us a feeling of false security and false happiness, thus gives us the ability to rationalize in the continuation of a materialistically oriented life.

In the last article I explained that we have willfully allowed ourselves to become entrapped in a herd mentality that promotes finding self-identification and value in materialism. In the new quote I will talk about the strata or level of materialism that the herd mentality places us in and the possibility of elevating ourselves from that lifeless state of existence. Let us discuss the second part of the quote, "it is at home in the groveling, the disagreeable, and the little." Whenever we subscribe to materialism and the herd mentality, regardless of the number of objects we may possess and own, we find ourselves at home in a basic frame of mind and attitude towards life, as in the quote, "the groveling, the disagreeable, and the little." In the sense of true living and full enjoyment of life, the quest for materialism and identification leads us on a road that branches far away from

true happiness, leads us far away from the great, the grand, and the high.

Let us look at the word "groveling." Many people say, "I don't grovel in life." What does groveling mean? Debasing or begging. How does this apply to those individuals who subscribe to the herd mentality and materialism? I could give you a very quick and short explanation of this. I could simply say it is the total prosti-

*continued on next page*

*Comments on Spirituality*  
*William Allen LePar*



*The Greater Potential continued*

tution of self and higher values in life. In fact, that is exactly what it is. I am sure many people who live this lifestyle will argue with me. That is their prerogative. But they are too busy doing what is necessary for them to acquire things as objects of self-worth. They indulge themselves in all acts of debasing themselves and begging for these objects of self-identification.

How does one beg or debase oneself in our society today? It is hard to define begging or debasing oneself according to today's standard because the standard of today IS to debase oneself. But to debase oneself is to have no limits to which we will go to obtain objects that we feel give us a value or make us special.

How do we beg today? We beg today by kissing up to those that can do favors for us, whereby we can gain more prestige, more of the limelight, in other words, being in front and center stage. When we pay individuals false compliments so we gain their favor, we are begging, we are kissing up. When we deliberately manipulate a situation where someone must unjustly take the blame or the fall and we benefit from it, we are debasing ourselves. Does that mean

in a situation like this, that there is a grand conspiracy that we are a part of? It can be as simple as switching the blame to someone else by something as simple as keeping silent when the truth would point to us. This is debasing ourselves, this is prostituting ourselves, this is begging. It is the shallow life that society is engulfed in. Society is not held by external chains

*We must begin to change our attitudes toward the way we live every moment of our life, whether it is a small decision like buying a loaf of bread or a box of chocolates, or a major decision like telling the truth and accepting the consequences of our actions.*

in this strata or level or attitude towards life; it has willfully placed the chains on itself, locked them, and thrown away the key. These actions and attitudes place us at odds with each other. We are not openly fighting with one another, but we are silently disagreeable with each other and at war with one another. Who will triumph over the other? In the end, we have turned ourselves into very LITTLE and useless people. Regardless of how many things we own, how much money we may have, how big our house is, how big our car is, we are still a LITTLE person. We are so because we have chosen to prostitute our potential for the mundane, the commonplace, and the materialism that represents life today.

How can we change this? In the first part of the quote it states: "the mind soars by an effort ..." and I repeat, "... by an effort, to the grand and lofty." What is the "grand and lofty"? "The grand" is the acceptance of one's true self and realizing there is a far greater potential in us than what presently exists. There is a greater self-worth than we can imagine. And "the lofty" is reserved for the few who make the first realization of their potential and then work effortlessly

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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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towards that greater potential that lies within each. This all lies within the mind of the individual or the attitude of the individual. It sounds very simple to correct the problem. Change the mind, the attitude. Actually, it is just that simple. But there is always that fly in the ointment, that inescapable stumbling block, that barrier, that we must overcome, and that is the word "effort." What will it take to bring ourselves above self-prostitution, bring ourselves above debasing or begging, bring ourselves above materialism? What it will take depends on the individual and their willingness to be honest with themselves. How far down into the black pit they have allowed themselves to slide will determine the effort necessary to rise above into the grand and lofty. The answer is very simple and yet for society today it is very hard, it is almost impossible for most people because it requires a deliberate thinking and choice-making process in our day-to-day lives. No more blinders on following the herd but the willingness to stand erect and alone, making personal choices of what is right and wrong, what is proper and improper, what is moral and immoral. This means that we must begin to change our attitudes toward the way we live every moment of our life, every decision in our life, whether it is a small decision like buying a loaf of bread or a box of chocolates, or a major decision like telling the truth and accepting the consequences of our actions. I would venture to say that we would be hard pressed to find anyone to admit that they were part of the herd mentality that they find their existence and self-worth measured by the materialism or the materialistic possessions that they have. And yet in the 35 plus years that I have dealt with

individuals and their problems the ones that deny the loudest they are part of the herd mentality are the ones that are most deeply embedded in that mentality, so much so that they have totally forgotten what it was like to truly think as an individual and ahead of their peers. If we can accept the challenge of this effort to raise ourselves above to the grand and lofty, we have everything to gain and nothing to lose. The beauty of being at the bottom, if we may say this, is that there is only one way out and that is up. Unfortunately, too many at the bottom refuse to look up therefore are condemned to groveling and fighting amongst each other to maintain their own personal space and the materialistic elements that define that space. The more actively we pursue material identification, the less chance there is to rise above it. It occupies our full attention, therefore depriving us of the

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ability to see the signs that there is a way out of this struggle and up to a happier and more serenely satisfying life. In the quote it states, "it is at home in groveling, the disagreeable, and the little." "It is at home" means that it is the norm, the commonplace, the overall attitude of those who subscribe to the herd mentality and materialism. To put it in other words, it is what everybody does, so why shouldn't we?

How do we end this on an uplifting note? The simplest way would be to look at how happy are you truly as opposed to how truly happy you could be. Sometimes with some people the only way their eyes are opened and directed upwards is through some outside irritation or intervention. Sometimes hitting a person hard with the fact that they have given up their free will to become part of the herd mentality is the only way you can irritate them enough to get their attention so that you can get them to look for something better. Sometimes irritating some of these people enough is the only way to get them mad enough to look at themselves and then upwards. This may be the very best that can be done for some people. The point is, look at how happy you think you are and then wonder about how happy you could truly be and realize that true happiness begins with the mind, a thought in that mind brought forwards in an attitude towards life and then take it one step further, the way you act in your everyday life. Loving yourself is the first step to grandness and loftiness. Loving yourself means carrying yourself with dignity and self-respect. Start your day with the attitude of self-respect and dignity for the divine that lies within.

# Unwelcome Change



*Points to Ponder*  
Dr. James R. Ridzon

*I can recall listening to my parents describe how things had changed since they were children. Horses gave way to automobiles. Lanterns were replaced by light bulbs. Bathrooms were moved indoors. Mom used to tell how Grandpa would hitch the horses to a sleigh in the winter and the family would glide over hill and dale. Dad would talk about the ponies in the mines hauling carts of pick and shovel coal. Airplanes evolved from none to double wings, then single wings then jets all in their lifetime. I thought they were fortunate to have witnessed such amazing progress.*

In the fullness of time I have come to realize that I have lived long enough to have witnessed some rather startling and at times disturbing changes myself. I remember portable radios that weighed about 30 pounds and were driven by batteries that weighed 5 pounds. Early TV sets had incredibly small fuzzy screens with about a dozen knobs to more or less tune in exactly three stations of mostly test patterns. Telephones were one to a house and sometimes required both hands to operate. There were no turnpikes or interstates then. A trip to Florida was two lane roads all the way with all manner of roadside attractions from Alligator Farms to Stucky's House of Pecans. We gain time on the interstates at the high cost of local color. At the time no one felt cheated by the lack of modern conveniences. We were glad to have as much as we did.

On the bleaker side I have also witnessed many changes that in my opinion are not for the best. I have watched music decline from masters like Bing Crosby, Perry Como, Johnny Mathis, Glen Miller to new lows that can only be described as noise. TV has deteriorated from clever sitcom writing to gross double meaning cheap shots.

Corruption has infiltrated almost every institution from government, politics, business, labor, the church to you name it. Spin has become the operating principle—truth has become irrelevant. The most disturbing change has been the steep decline in any sense of shame. I used to think that all the young school girls at the mall pushing strollers were earning a couple of bucks babysitting. Then someone pointed out to me that these were mothers wheeling their own babies. In my youth an occasional girl would vanish from the neighborhood. They were said to be “staying with out-of-town relatives.” Then just as suddenly they would reappear a few months later. It was all hush hush and discrete. No more. Now the teenage mothers parade the little illegitimates as almost a badge of honor. There is no shame. I long for the return of a healthy sense of shame. The world worked so much better with it.



# Vitamin E Update



Health Hints  
Marilyn L. Ridzon

*Are you confused by all the alarming news regarding vitamin E? Well, don't be. I'll explain why.*

A widely publicized report linked vitamin E with an increased risk of death. Is this valid or merely “junk science”? I contend it's the latter. The report combined the results of nineteen clinical studies and found that those who took at least 400 I.U.'s of E a day were slightly more likely to die than those who did not. Most of the studies involved elderly people who had chronic illnesses and were at an already higher risk of dying. I question what form of E was used in these studies. Most clinical studies use the less expensive synthetic form which would skew the results. The Council warned us many years ago about using any type of synthetic vitamin. And in my opinion it's also important to choose a vitamin E with mixed tocopherols. The label should read: d- (not dl-) alpha tocopherol with other tocopherols. It's not clear whether the studies used these expensive natural products. But my guess is that the least expensive E was used.

On the other hand, large population-based studies have concluded that taking vitamin E can indeed lower heart disease by about 40 percent. Here's how it works: It reduces the oxidation of bad cholesterol, helps to prevent blood clots and inhibits inflammation, an underlying cause of atherosclerosis (hardening of the arteries). But let me caution you: Taking E along with blood-thinning

drugs may cause excessive bleeding. So if you're taking a blood thinner like Coumadin, consult your doctor before taking E.

What else does E protect against? Perhaps cancer. In a 1998 study, male smokers who took E had 32 percent fewer cases of prostate cancer and 44 percent fewer deaths from prostate cancer than those not taking it. Also, E may reduce the risk of bladder and colon cancer. Vitamin E supplements may boost immunity protecting older people from colds. Some research also suggests E may help prevent Alzheimer's disease or slow it's progression.

Can you get enough E from your diet? Not really. By eating foods like wheat germ, nuts, seeds, whole grains, fortified cereals, you can prevent a deficiency but adequate amounts are hard to achieve through diet alone.

How much E should you take? This is the tricky part. I think it's different for each individual depending on his or her health status. For instance, the average individual would be safe consuming 400-800 I.U.'s a day. However, someone who has a serious heart condition should probably take ten times that amount, which would be considered a therapeutic dose and should be monitored by a physician. Is it risky to take too much vitamin E? I once asked The Council that very question and they replied that

there is no need to worry as long as you take the natural and not the synthetic form. Your body will expel what is not needed.

Statistics are not medicine. They are not scientific. They can't be used as a method to determine cause-and-effect relationships. So it appears as though this news item about taking vitamin E in large doses is bad for your health and will shorten your life is merely unscientific “junk science”.

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# Who Do You Trust, Part Two

## Words are weapons.

Is that too aggressive a statement? We normally think of weapons as objects designed for the subjugation or elimination of an opponent. Weapons are for the violent taking of what we need, such as a wild animal for food, or what we think we need, such as another country's resources. And they are for self-defense, when we must protect our interests from others with weapons AND hostile intentions.

Words are tools. That's not so aggressive. The image we usually have of tools is that they are for the improvement of life. They are designed for the creation of new, or the maintenance of existing, elements that make our lives more blessed.

The truth is that words can be either. The deciding factor is the intention of the soul using the words. The Council once said that a gun is neither positive nor negative. What is positive or negative is the intent of the individual behind the sights. I remember that statement came as a shock to me. It was early in my association with the LePar/Council trance communications. I'm not really sure why, but I assumed The Council would speak against guns as inherently negative. I was wrong.

It is the same with words, with communications from one soul or group of souls to another. What is the intent? What is the goal? What is the purpose? The messages conveyed from one to another are meant for something, so they can be considered either tools or weapons. Aside from such exceptions as threatening outbursts or romantic suggestions, the intent of a communication is generally not so obvious. But there is always an intent.

The key to successfully dealing with messages directed at you is to be wondering, "why me?" In other words, one must be involved in protecting his (or her) own interests. If we want to be really accurate, one is ALWAYS involved. For, if we passively accept and are influenced by certain messages, we have made the decision to cast our fate to the wind, so to speak. We have decided to be less vigilant and more sheep-like, whether receiv-



by Denny Highben

ing messages from a used car salesman, a political commentator, or a spiritual advisor. And being less vigilant does not lessen our responsibility.

This essay is titled "Who Do You Trust?" In the first part, published in the last edition, we introduced these two quotations from The Council:

1) "What you understand as reality and life is only a shadow on the wall, nothing more. There is no reality to your present existence. It is an illusion; it is pure illusion... Yet, you have all chosen, in a time before, to re-establish your perfection through these means."

*We have no way of proving what we are being told by The Council or any other so-called paranormal source. Then, what are we to do? Ignore such sources completely, pretending that they don't exist?*

2) "... Just as all of you should be extremely careful of what we tell you. You have no way of knowing what is transpiring, nor do you have any way of proving what we say."

In the spring edition, we attempted to establish without any further Council material the possibility that this world, our conscious reality, could be an illusion. As The Council said in the second quote, we have no way of proving such a message. But extrapolating from the point that the human being is more than a temporary and purely physical life form, we concluded it is plausible that this existence is an illusion. And, it is an illusion of our own design.

So now we are left to deal with why The Council would advise us to be careful about what they tell us, and to tie the quotes together for a greater awareness. Let's begin by repeating what should be obvious: We have no way of proving what we are being told by The Council or any other so-called paranormal source. Then, what are we to do? Ignore such sources completely, pretending that they don't exist? That's an adequate strategy for defending our interests from words, messages, which are less than altruistic. If we don't hear them, we cannot be misled. But for those who seek more than what is offered along traditional paths of spiritual growth,

all alternative approaches are also then eliminated.

But if one moves away from traditional spiritual paths, one should have the common sense to realize they are entering uncharted territory, so to speak. No adventurer who plans on being around for another adventure sets off without the proper equipment. In this case, the proper equipment is not just an inquisitive mind, but a skeptical mind. Being skeptical or, as The Council put it, being "extremely careful," is protecting our own interests. Should someone be skeptical even as they approach something they willfully sought out? The answer hits you like a bolt from the blue when you use an analogy from our current illusion: the used car lot.

You want a different vehicle and, like everyone else, you are intent on getting a vehicle that is dependable. But how much will color, style, and all the technical trinkets play a part in your decision? As you approach several rows of attractive automobiles, the salesman approaches you. His expertise is needed to help you decide, but you are also skeptical of his motives. Is he looking to assist you in meeting your need for dependable transportation first, or is he really looking to unload the biggest lemon at the highest margin of profit? Either way, he's going to sound pretty good. If you're not skeptical, if you're not

extremely cautious, you could find yourself stranded on a very dark and threatening stretch of road in a very short time.

It would be helpful to achieve a level of confidence in the salesman and the quality of vehicles on the lot. That can be done by a little caution before you come under the spell of shiny hoods, sleek fenders, big engines, and the salesman's well-honed pitch. If you check around, do a little research, you can obtain enough insight to either approach the purchase with a measure of trust or to skip the lot completely and look elsewhere to fulfill your transportation needs.

The Council continued the second quote this way: "For those who are willing to accept the principles spoken of in the Bible, they can feel secure, but that does not mean that everyone in this room does, nor hopefully should this experience or these communications be kept only for a select group. Use good common sense with everything, including what we say to you, including what we say to you."

We're going to need one more segment to wrap this up. We'll be discussing who else is out there to help us with our "spiritual transportation needs" and whether they would sell us a lemon — and why.

*No adventurer who plans on being around for another adventure sets off without the proper equipment. In this case, the proper equipment is not just an inquisitive mind, but a skeptical mind.*

# Food for

One of The Councils' most insightful quotes came from a time before I was an active member of the Associates. It is a favorite of many of the members of SOL. I do not know if I can add anything to these words, perhaps not, but I can tell you what they mean to me and how these words influence my thinking as I read them.

“What you do not observe now, today, tomorrow, next year, does not mean that it does not exist now, today, tomorrow, next year. Remember how elusive your time is and even your very state of experience with the material manifestation as YOU observe it. There are some things that cannot be explained as clearly as we would like to explain them, simply because you have not the thoughts let alone the words. So in such areas we are extremely limited in an explanation that would be understandable. It is like building another road to heaven. Some roads are well-built; others are thrown together quite quickly, and thus deteriorate very fast, with the season they crumble and fall away and the brambles grow over that spot, so that those passers-by who come tomorrow are never aware that there was a road there the day before; and in this experience you are building a very firm and wide road that will not crumble in your lifetime or in any lifetime to come. This road will exist long after all of creation has been, shall we say, done away with. We can tell you this. Some may believe; some may not; it is not that important. For those who do believe, good; for those who do not believe, it is not important; use what you can use in what we are offering you; what you cannot use, do not be

foolish and toss it completely out of your grasp, for a day may come when it may be useful to you then. Remember much of the psychic information that man has gleaned over the time of his existence has very little sustenance to it; this on the other hand is food for life for those who are willing to partake of it, and that is the difference.”

96th Trance – 07/10/81

The first part of the quote tells me not to be too rigid in my thinking. What I understand as life, existence, my world, may not be anything close to true reality. It may at best be a very small portion of the whole picture; a concept that exists for the use of myself and a very small part of God's creation. The Council told us many times that our reality does not exist and that death is a mere changing of one garment for another more refined one. Each of us toils in this non-existent illusion of life so that we have the opportunity to change our attitudes for the better. The other point that I think is important is that this “illusion of life” is of our construction. It was purposefully created by us, for our use. Therefore, we should accept, respect and use it for what it was originally intended; a schoolhouse. This schoolhouse offers an opportunity for each of us to alter our attitudes to those that are more in accord with those of our Creator.

How we use this opportunity will determine whether we have built a firm and wide road that will serve us well as we progress along our individual spiritual paths. The road can be looked at as a foundation that can be used for our spiritual travels. Possibly our attention will be diverted and a poorly constructed road will be built. If for example, our focus is on building material wealth and fame, time that would have



*by David Ries*



# Life — No Preservatives Added

*“Some roads are well-built; others are thrown together quite quickly, and thus deteriorate very fast, with the season they crumble and fall away and the brambles grow over that spot, so that those passers-by who come tomorrow are never aware that there was a road there the day before; and in this experience you are building a very firm and wide road that will not crumble in your lifetime or in any lifetime to come.”*

been spent in contemplation and actions of a godly nature are wasted on frivolities. For a short period of time they may give internal satisfaction and be externally pleasant in appearance but down the road the time wasted will cost us dearly. The time wasted could be costly enough to force us to start our road again in another lifetime.

The Council says that the information and concepts that they are giving us, if utilized in our day-to-day lives will assure the construction of a very good road. They say also that these efforts will transcend our lifetimes. These efforts will become our legacy to the physical history of mankind.

They say that a person does not have to believe in them or in psychic phenomena. An individual can choose to believe that this information comes from beyond the veil, from the highest level of spirituality or not. This is not the point; this is not the purpose for the information, to create believers in psychic phenomenon. Where it comes from is not important. The substance of what they say is what is important. How The Council's words affect an individual is what is important. Will one or two or a million people be changed by these words? That is not important. If it helps one soul then it is a success.

The Council closes by saying that much of what mankind has received from the spiritual realms does not have the quality or character, does not represent the essence of Divine teaching, therefore it can be of little value. This information if applied will guarantee spiritual success. That is all we need to know.

# Smell

Fallen leaves  
Twittering across  
The white dew'd path

As I sat down to write this article, it was hard to be optimistic. Everywhere you look, negativity lurks. War, disasters, terrorism, greed, to name a few, are in the newspapers, tv, and entertainment. It is difficult to stay positive. Then I saw a butterfly going from flower to flower. A butterfly, so fragile and beautiful, but so absorbed with its job, which sounds like most of us today. At least the butterfly gets to "smell

the roses" as part of his job, looking for food/survival. The rest of us have to make a conscious effort to see the positive and the beauty around us, which encompasses so many things, from butterflies and the wonders of nature to a child's discoveries. We are so serious and intent on the day-to-day grind.

As an R.N., I take care of children that have many medical and physical problems. These kids are amazing how they look at the world. In many ways they are normal kids that are just in an extraordinary situation. They have been through a lot at a very young age yet they see the world more clearly than most of us. The Council has told us over and over again and in many ways, that we only need to love people to gain in spirituality. Back in July of 87'the Council talked about

some other very special people, Blessed Souls of Heaven, as they said in traditional terms, retarded or the apparently retarded.

The Council said, "Why do they exist or why do they come in? It is a very uncomfortable life for that particular entity because they have very little control over their future. All control and care is left in the hands of others, so they are truly subject to the wills and whims of those who are around them. It is their choice to undergo such a state of existence to give the rest of society an opportunity to grow and show their capabilities of love."

We on the other hand have control over the course of our lives. The souls they referred to that society misdiagnosed, are in reality true genius.

The Council said, "In other words, their minds, their thoughts,

are progressing at a supersonic speed while the rest of you people are crawling like snails, and their mind, the mental activity, goes at such a high rate of speed and is so creative that it does not deal properly with the physical body."

Naturally the difference is difficult to detect, but not necessary to the expression of love. We need to get our noses off the grind stone and look at what is around us. There are so many opportunities for us to improve, to grow spiritually, a smile, an act of acknowledgement of other people. We need to be aware of the many small opportunities to make a difference in the lives of others around us. Of course, our thoughts are part of this equation.

The Council: "Be thankful that these souls do come in. You forget what we have said in the past. Thoughts,



# the Roses

thoughts, thoughts. These souls think just like you. In fact, they think much more intensely and much more, so their positive, constructive thoughts are being pumped out and more or less overwhelming and subduing the normal's less than creative thoughts or less than perfect thoughts that they are generating into creation."

The Council has told us more than once that thoughts are things, in a sense alive, full of energy, and most of us say, "Oh, yes this is true," only words not real belief. These Blessed Souls of Heaven are doing their part to improve the world, so must we.

The Council: "The problem with the world today is that it is full of words and very little belief, and belief is verified by actions. What more can we say? Words constitute noth-

ing. Action is proof. It makes it so."

We all know that God loves us, but we need to show that love to ALL around us. Of course, everybody has a different sphere of influence in the world, and this is the part of God's orchard we need to cultivate. The spring season is a good time to start planting seeds of love, in thought, word and deeds, for your spiritual growth and the world's health.

Love and Peace be with you!



*poetry, text and  
art by Beth  
Paynter*



## Time

God's orchard shows time  
in colors of life,  
gold or lime,  
Charcoal or white,  
some frost-withered,  
others blossom shower'd  
On wind scent,  
color-up of flowers,  
Old tin-types bent.  
All waiting to be Heavenly  
Transferred.

# Calendar

June 4, 2005. Spiritual Dialogues (formerly One on One) at 7:30.  
July 2, 2005. Spiritual Dialogues at 7:30.  
August 6, 2005. Spiritual Dialogues at 7:30.  
September 3, 2005. Spiritual Dialogues at 7:30.  
October 1, 2005. Spiritual Dialogues at 7:30.  
October, 2005. SOL Conference. Speakers, place, and time to be announced.  
November 5, 2005. Spiritual Dialogues at 7:30.  
December 3, 2005. Spiritual Dialogues and Christmas celebration at 7:30.

*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](http://www.solarpress.com).*

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