

Health and Healing - Part 4

Laughter: The Best Medicine

Trance Library File No. 93-41

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,

SOL

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 mergence 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 are the rarest paranormal experiences known to modern man. The only example of a similar phenomenon ended with the death of [Edgar Cayce](#) in 1945. The Council's unparalleled revelations, through Mr. LePar's trances, are made available to the public through the SOL Association for Research. His time and efforts are 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 without the opportunity to participate have a better understanding of the phenomenon. On the day of a Trance, Mr. LePar remains in a peaceful environment. He consumes little food and The Council recommends his diet include red shellfish. He engages in considerable prayer and meditation throughout the day.

Those participating in a Trance, to question The Council, gather about a half hour before the session for socializing. Nancy LePar, his wife, is always the last to leave her husband before a Trance begins. She sits with him in a separate room as he quiets himself with prayer and meditation. When she enters the room in which the trance is to be conducted, all talking and noise cease. Soon he enters, silent and already in an altered state. With everyone seated and quiet, he enters, removes his slippers and positions himself on the floor.

He wears, as instructed by The Council, loose clothing of all natural fabric. Also, Mr. LePar wears no metal other than a wedding ring and cross. As he rests his head and bare feet on pillows, he maneuvers his body into alignment with magnetic north. Those participating, following instructions from The Council, are to place themselves in a quiet, prayerful state as until this remarkable source begins to speak. There are two distinct time periods in the linking of LePar's spiritual vibrations with those of The Council. The first period concludes with LePar's extremely deep and rapid breathing, a form of [hyperventilation](#). His hands, folded across the abdomen, quiver; his left leg stiffens and his left foot extends. Then, suddenly, silence. It seems almost as if he has stopped breathing. Finally, The Council begins to speak -- slowly at first, repeating the name of the Trance moderator, until the link with the physical world is ready. It usually takes about thirty minutes from the time Mr. LePar lies down until The Council speaks. But on some occasions, for a variety of reasons, it can be as long as 45 minutes.

Once The Council begins to communicate, a Trance usually lasts between ninety minutes and two hours. The Council is offered the opportunity to give the gathering an opening statement, which has always become a segment of information useful for universal spiritual growth. Then, the trances follow 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 are so many follow-up questions that only the first question asked will be from the list of written questions.

Afterwards, when Mr. LePar awakens, he remembers nothing. His memory is blank from the time his wife leaves him before each session until he awakens at the conclusion of the Trance. He is always physically drained, cold and disoriented. He is 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 has 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.

IMPORTANT

TERMS AND CONDITIONS FOR USE OF TRANCE LIBRARY FILES

1. PLEASE DO NOT RETAIN THESE LIBRARY FILES.
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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.

EXPLANATION OF TRANCE LIBRARY FILE FORMAT

79-12-01⁽¹⁾

Life After Death - Part 1⁽²⁾
Trance #2⁽⁴⁾

page 21⁽³⁾

This trance was the second trance in the Research and Study Group series. The Trance was attended by William LePar and (***) (***), (***) (***), (***) (***), (***) (***), (***) (***), (***) (***), (***) (***), (***) (***), (***) (***), (***) (***), and (***) (***).⁽⁵⁾

1⁽⁶⁾

2 C:⁽⁷⁾ May the Peace and the Joy of the Infinite Father be upon you, and may His Light
3 shine down upon you and around you and within you.⁽⁸⁾

4

5 ***:⁽⁹⁾ Thank you. Are you ready?

6

7 C: Yes, we are ready.

8

9 ***: Would you agree with the statement that Jesus Christ came into the earth in human
10 form and is both man and God?⁽¹⁰⁾

11

12 C: Yes, we acknowledge that Jesus Christ is both man and God and that He did come
13 into the material manifestation.

NOTES

- (1) **Date** - This is the date on which the Trance occurred. It is given as a year-month-day (79-12-01).
- (2) **Title** - This is the topic of the Trance Library File. If a subject requires more than one Trance Library File, then the file is divided into **Parts**.
- (3) **Page** - This is the page number of the Trance Library File. Each Trance Library File begins with page one.
- (4) **Trance Number** - This is the number of the Trance within the Research and Study Group Trance series.
- (5) **Identification** - This paragraph identifies the Trance and the persons in attendance. Individuals are identified by the symbol *** to maintain confidentiality.
- (6) **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.
- (7) **Council** - The symbol **C:** indicates that The Council is speaking.
- (8) **Greeting** - The Council always opens with a greeting.
- (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) **Test of the Spirits** - As outlined in the First Letter of John this test is given at the start of each Trance.

Healing was discussed on 86-08-22, the 141st Trance.

The word “healing” was first found on page 2297, line 201.

53 ***: Thank you. This is the Fifth Trance we have had in the
54 Research Group Interpersonal Morality. And the first question we
55 have: Are negative thoughts as damaging to spiritual growth as
56 actually carrying thoughts into action?

57

58 C: You are referring to carrying the negative thoughts into
59 action?

60

61 ***: Yes.

62

63 C: If one lives only in the realms of negative thoughts, then the
64 greatest damage is done to the individual who is thinking those
65 thoughts. Once it begins to go beyond the thinking stage, then
66 naturally common sense would dictate that those destructive efforts
67 will expand or extend from the individual. If there were a choice
68 to be made, it would be wiser to keep it in a thought-form than to
69 allow it to bleed out into a physical activity. The only situation
70 or the only condition that would be, if we could use the term, more
71 desirable would be to have the individual keep it in the thought
72 form, then the responsibility is lessened as far as damage or harm
73 done to other individuals. Do you understand?

74

75 ***: No, I lost you.

76

77 C: What is it you do not understand?

78

79 ***: To be honest, I lost my concentration.

80

81 C: If the negativity is kept simply in a thought, in other words,

82 suppose you were to dislike an individual to the point that you
83 would wish them harm. The greatest damage done in such an action
84 or condition or state of being is to the individual who wishes the
85 harm or carries the negative thought. If it is allowed to go into
86 a physical activity, naturally then it is quite possible an
87 innocent person or another individual would be harmed. Do you
88 understand so far?

89

90 ***: Yes.

91

92 C: What we have said is that it would be wiser to keep it in the
93 thought stage instead of allowing it to develop into a physical
94 action or activity. There the greatest damage is done to the
95 individual who has the negative thought. The consequences,
96 extenuating consequences, to that negative thought is, how shall
97 we say, somewhat limited. Once it goes into a physical action,
98 then the individual not only is responsible for the negative
99 thought and the action but the extenuating consequences of that
100 action. Do you understand now?

101

102 ***: Yes.

103

104 C: So, if we had to choose between the two, the less damage is
105 done by keeping it in just the thought form.
106 Our advice would be to bring yourself above a negative
107 thought. It is part of human nature to find yourself in a
108 situation where emotions can bring about less than godly thoughts
109 in relationship to situations and other individuals. If the thought
110 flows into the consciousness, very little effort is needed to
111 replace that negative thought with something more positive. It is
112 only a fool who ponders on that thought and nurtures that thought.
113 Actually, the individual who does that is nurturing greater karma
114 for themselves. Why add such a burden to yourself with that?
115 There are spontaneous thoughts that are classified as negative
116 thoughts that come into the consciousness of all. The difference

117 between a negative person and a positive person is that the
118 positive person will introduce some other thought into the mind
119 instead of allowing the negative thought to stay there. The other
120 individual, the positive individual, will begin to force a more
121 positive thought or focus their attention to something more
122 positive. So it is natural or part of your nature to have what you
123 could call spontaneous thoughts that are less than godly. The
124 godly person will immediately control those thoughts and direct
125 them into something more positive.

126 If there is friction or confrontation with another individual,
127 which is part of your society, your world, to nurture that does
128 yourself more harm. These episodes are, according to the condition
129 of your world today, almost inevitable. Now, we are talking on a
130 one-to-one basis, trivial little ego trips that cause hard feelings
131 and what have you, this is what we are talking about now. These
132 are almost inevitable in each individual life, the wise man, the
133 wise person, will realize this and then push these thoughts out of
134 their minds and bring in something more positive.

135 If each of you were to be completely honest with yourselves
136 and you were to know yourselves a little better, it would not take
137 much effort to see something beneficial in each individual that you
138 meet or know. Regardless of what problems may arise between you
139 and another individual, a good person, a spiritual person can
140 always find something good in the other individual to love.

141 There is no need to put a noose around your neck with negative
142 thoughts. It may be somewhat of a challenge to completely control
143 your thoughts to the absolute. In other words, keep yourself in
144 such a frame of mind or a state where there is never anything
145 negative that enters into your consciousness or your thought, but
146 certainly each of you have enough growth, enough control, enough
147 respect for yourself, to be wise enough not to nurture such
148 thoughts.

149 For the individual, the thought is as bad as the deed, that
150 is, the individual who is having the thought, of course. To
151 nurture that thought, you tighten the noose. To allow that thought

152 to develop into an actual physical action, then you are tripping
153 the trap door to your own hanging. Is that clear?

154

155 ***: Yes, it is. Thank you.

156

157 ***: From what you are saying, I get the impression that a person
158 cannot then be harmed by another person's negative thought. Is
159 that true?

160

161 C: It depends on the individual who is harboring or fostering or
162 nursing the negative thought, and it depends on the individual
163 who is the center of such thoughts. There is always that
164 possibility of transferring influences, but it takes far more
165 energy to transfer a negative influence than it does to transfer a
166 positive influence. Do you understand?

167

168 ***: Well, I believe it if you say it, but ...

169

170 C: Well, no, you should not believe it just because we say it.

171

172 ***: Well, I have no idea that a positive thought takes more
173 energy than a negative thought. I don't know that in a way that I
174 have of knowing it.

175

176 C: Let us add something to what we have said. Positive
177 thoughts are a direct inflow from your Creator. Negative thoughts
178 are drawn simply from your own essence. So that means you must
179 generate that energy from your own being. Does that put it in a
180 framework that is a little easier to understand?

181

182 ***: Well, it makes sense to me that if I have a lot of negative
183 thoughts, I am very stressed and then I spend a lot of energy, and
184 positive thoughts don't have that effect on me. If that makes
185 sense.

186

187 C: Positive thoughts are a recharging, not only of the soul or
188 spiritual aspects of your being but also the physical aspects,
189 because you are directly linking yourself then with the Source of
190 all energy and life and that is God.

191

192 ***: Thank you.

193

194 ***: I wasn't quite clear on that, the relationship you made to
195 the physical, you mean positive thoughts and working on nurturing
196 positive thoughts are good for the physical world too and your own
197 physical body?

198

199 C: Certainly.

200

201 ***: Even if they are not about healing, if they are just about, I
202 am making a difference between mental and physical, maybe there is
203 no difference.

204

205 C: Well, if you have a positive attitude, then you are creating a
206 healthier situation. Do you understand?

207

208 ***: Yes.

209

210 C: You are speaking in terms of the physical body. If you have a
211 positive mental attitude, then the physical body, the tool that you
212 use, is in a more desirable condition to function properly. The
213 state of mind that you have, an example, depression, a dislike for
214 much of what you find yourself in, such as employment, family, or
215 friends, if there is a less than positive feeling there or less
216 than a positive attitude, it slows the physical body down, the
217 functioning of the physical body, all the chemical interactions,
218 the electrical impulses created by the combination of the chemicals
219 of the body, and eventually if this is allowed to continue over a
220 prolonged period, it begins to affect the chemical combinations and
221 their need to relate to each other and interact with each other,

222 thus the immune system goes down. Once the immune system goes
223 down, then you have fertile ground for sickness.

224 Now, with a more positive attitude, a more loving attitude, a
225 more joyful attitude, the ability to laugh at yourself first and
226 then laugh at others or others' situations, and when we say "laugh
227 at others" not in a demeaning way but in a sharing way, this
228 bolsters the entire system. It fortifies the physical body. It
229 adds a natural stimulant to the physical body, thereby putting it
230 into what we could loosely call a higher gear or a more efficient
231 state, thereby giving you the ability to ward off sicknesses of one
232 kind or another.

233 Now, let us make it very clear at this point: Individuals who
234 are suffering from ailments, sicknesses, should not indicate to you
235 that they are negative individuals, you should not assume that,
236 because you do not have the slightest idea what may be involved
237 in their situation. This is why we at times hedge away from
238 commenting on ailments or individuals who are sick because the
239 natural tendency of your world is to pass judgment, and when you do
240 this, then you are putting yourself into a position lower than what
241 you have passed judgment on. So, to be on the safe side, one should
242 always assume if there is an illness in a person, it is for
243 the benefit of others. Not that they have a karmic situation that
244 must be taken care of, but they are joyfully surrendering good
245 health to help the growth of those around them. Now, that is the
246 smartest way of looking at individuals who have health problems.
247 Do you understand?

248

249 ***: Yes, thank you.

250

251 C: Healings come to an individual in a very natural way, although
252 your scientists, what have you, cannot seem to see that in their
253 gauges and test tubes. They are overwhelmed with their own
254 intellectualism and it blinds them totally. One of these days,
255 hopefully with enough prayer, these egomaniacs will be able to see
256 what is involved in the healing process. Once they are able to see

257 that then it will be a simple matter of finding a process of
258 healing for all your diseases. Whether that is in your future or
259 not has yet to be decided.

260 There is no great mystery involved in healing. All miraculous
261 healings work through these very natural laws that are quite
262 obvious, quite obvious, even though your scientists, your doctors,
263 cannot seem to pinpoint this activity, they are quite obvious.
264 Possibly you all might be better if you were to insist on blind
265 people doing your research work. They probably would be able to
266 find many cures to ailments much quicker. Does that answer the
267 question?

268

269 ***: Yes, it does. One other thing. A hypothetical situation
270 which I am sure exists in our world: You mentioned people unhappy
271 with their jobs and that affects their health and they may be
272 thankful that they have employment and have that gift and therefore
273 can provide for their family, and at the same time they feel
274 trapped in a situation they find extremely unpleasant. But it is
275 hard to deal with and affects their health. How can they work on
276 developing the proper frame of mind to deal successfully,
277 spiritually and physically, with the situation?

278

279 C: Well, there are times when the best you can do is grit your
280 teeth and bear it.

281 Your world today is not conducive to spiritual growth, as an
282 overall state or condition that it is in. The respect that the
283 common man deserves is not there. The direction that your world is
284 going in now is to reduce the common man to slaves. With this
285 attitude of big business and profit it will take a great deal to
286 maintain a healthy balance.

287 Human effort, human work, at one time was appreciated. Today,
288 human effort and human work are only a means to greater profit, and
289 greater profit eventually ends up meaning greater power, greater
290 control. Until your society forces a different state of thinking,
291 the situation can only worsen. What is in process now in your

292 country is a very sharp divided society, that is, the powerful and
293 the poor. And the division is becoming worse day by day.
294 Now, when the common man opens his eyes and begins to realize
295 that he is entitled to respect, that he is entitled to a proper
296 state of living, and until he is willing to take the situation in
297 his hands and change it, then it will simply become worse and worse
298 and worse. Now, we are not advocating any violence, but there are
299 still enough avenues left where the common man can say very loudly,
300 very clearly, enough of this.

301 You, as individuals, as creations of God, as part of your
302 world, are entitled to what the world has to offer, the luxuries,
303 the pleasures, the joys. Now, of course, we are speaking only in
304 terms of those things that are godly and beneficial. You are
305 entitled to spiritual happiness, emotional happiness, and physical
306 happiness. We are not saying that a society or a country should be
307 divided equally, that everybody should have an equal portion. That
308 would be ideal, but that will never be the case. What society
309 should have is those who have and those who have a portion more.
310 Society should not have those who have nothing.

311 The joys and the comforts of the world are yours to have.
312 There is no reason why there should be some who have so much that
313 they are absolutely bored with all, so they focus their activities,
314 their attentions, towards power and control, while at the same time
315 in your country you have those that are starving to death, that have
316 nothing. Is it of their own making? No. Now, there are those who
317 disagree with us, but you are entitled to your beliefs. We are
318 telling you what is.

319 The poor are there for a reason. They are there to help those
320 who need help in growth. Do not lose a great opportunity to grow.
321 Whatever you give will most assuredly be returned to you. That is
322 a fact of creation because by giving you are creating, and what you
323 create you will have to face and it will become a part of you. So,
324 when you reach down to help someone in need, you are creating
325 something positive, and that is what will be in your future to deal
326 with, to have, to become a part of.

327 If you do not judge others, you cannot be judged. If you love
328 others, then the only thing that can be returned to you is love.
329 Whenever you see an individual who has poor health, think of it as
330 an opportunity to grow quickly and easily and simply, think of that
331 individual as one who is sacrificing the good that you have so that
332 you may have even better. When you see someone who is poor, be
333 thankful that that individual is sacrificing what you have so that
334 you will have an opportunity to have even more. Now, that is a
335 positive attitude towards life, that is a positive outlook toward
336 life, that is the godly way of viewing life, and if you can get
337 yourself into a frame of mind, a state of mind, where you look at
338 each individual just that way, you have won the hardest battle of
339 all. And if you can maintain that attitude till the moment you
340 leave this world, you will rejoice in the fact that you will never
341 have to return here, because what you would have accomplished is
342 the simplest way of achieving perfection, of opening yourself
343 totally to that Divine Source, that God.

344 The last time we spoke to you, we mentioned of a simple way of
345 ending all this trial that each of you undergo and it was not until
346 later on in the experience that someone was brave enough to ask
347 what that simple way was, but the time had passed and the
348 simplicity could not be given that directly. Well, the time has
349 arrived again, and we shall not wait for the bravery of one soul
350 but we will give it to you very simply. When you can raise your
351 will to the Will of God, to your Creator, you will have succeeded
352 and overcome and accomplished. When you start to look at yourself
353 as the personal ambassador of that Divine God, that you personally
354 have been chosen by Him to administer His Love to each person that
355 you come into contact with, you will have achieved perfection. It
356 is that simple. When your will is the Will of God. And the Will
357 of God, is it something complicated? Is it something hidden? Is
358 it something mysterious? No, no. It is this: That you should be
359 your brother's keeper. The same old thing repeated over and over
360 and over and over from the beginning of time. Love someone
361 unconditionally, and you are doing the Will of God. Accept someone

362 just as they are. Pass no judgment and you are fulfilling the Will
363 of God. Does that answer the question?

364

365 ***: Yes, very much so.

366

367 C: There are some people who have a life that is not easy. It can
368 be filled with much stress, much sickness, much disappointment,
369 much abuse, but that is no indication as to whether they are a
370 godly soul or something less. There are many souls who have a life
371 that is far less than desirable, but they have that life, that
372 style, that situation, because it is their way of loving each of
373 you. So, pass no judgment, and no judgment shall be passed on you.
374 And remember, when it comes to judgment, you are your own judge,
375 because within you, in your higher self, all that is honest and
376 good, all that is right, and all that is wrong, lies within you,
377 and you will judge yourself, and you will be a far more severe
378 judge on your activities than any outside judge could ever be. In
379 fact, as we have said before, there are times when those who have
380 evolved beyond your state, whatever state that may be at the time
381 when you pass judgment on yourself, must at times moderate your own
382 judgment. Does that answer the question?

Healing was discussed on 86-08-22, the 141th Trance.

The word “heal” was first found on page 2304, line 569.

491 ***: I hate to keep jumping around like this but I would like to
492 go back to the question and the answer that you gave concerning
493 healing. If it is a simple process, is there some way that you
494 could explain how the body process works so that we might
495 experiment on ourselves?

496

497 C: We can do it in a simplified manner, but to go into all the
498 details of the chemical breakdowns or the chemical balances necessary
499 for a perfectly healthy body would be impossible. Not impossible,
500 but not appropriate. The individual or the body has a natural
501 balance. Now, we are speaking in terms of the acidity of the
502 overall body, the relationship of the different chemical compounds
503 to each other. Negative attitudes or attitudes that cause stress
504 in the body prevent the combination of the elements or chemicals
505 from producing the proper, how shall we put it, chemicals to
506 maintain the necessary balance in the body. Do you understand that
507 part?

508

509 ***: Yes, so far.

510

511 C: Very well. Now, these balances are critical. In other words,
512 if there is the slightest imbalance, this sets the stage for
513 anything. Depression, for instance, is brought about by the
514 chemical produced in the brain in an insufficient quantity thereby
515 bringing a portion of that organ into improper activity. This then
516 begins to affect other parts of the physical body which can either
517 lead more into the emotional problems or areas involving emotional
518 problems or into areas involving the actual physical body itself,
519 creating ground that is fertile for physical diseases. They

520 may not be related in any way, shape, or form to the emotional
521 problem but are directly related because of the imbalance caused.
522 Now, by concentrating on positive thoughts, whatever is
523 positive to an individual. This can be prayer, this can be
524 laughing. Laughing is an extremely good curative tonic for a body
525 because what happens is the body is thrown into high gear as far as
526 production of hormones and what have you, the whole system is
527 jarred into high gear. Adrenalin goes up and the whole body itself
528 goes into a high gear, if we may use that term. This can help then
529 to stimulate those chemical compounds that are lacking or not being
530 produced properly, so that they, for a moment, short periods of
531 time, are increased to their proper level, even though other
532 portions or other parts of the system may be putting out more than
533 what is necessary. Do you understand so far?

534

535 ***: Yes.

536

537 C: This then can be enough time to allow a healing to start or at
538 least minimize some of the sickness. If one could, how shall we
539 put this so it will make sense. If an individual could be kept in
540 a positive frame of mind for short periods each day, while there is
541 an illness, either through conversation or what have you, even
542 touching has a very positive effect on individuals who are sick,
543 kind words increase the positive attitude, interest shown to an
544 individual who is sick creates a positive attitude, all these
545 little things bring the body to its more normal balance, because
546 something is stimulated at a spiritual, then emotional, then
547 physical level. When the emotion affects the physical level or the
548 physical body to increase something, whatever may be related and
549 that is according to whatever the sickness is, when that particular
550 situation is stimulated, even though other portions may be
551 overstimulated, it gives a respite. Do you understand that?

552

553 ***: Yes.

554

555 C: Thus allowing, even though it may be a momentary situation, the
556 body to produce normally thereby then producing the necessary curative
557 factors in the body. If it deals with viruses, what have you, that
558 type of thing, then, of course, it would be the actual immunization
559 system of the body. But even this controls many other sicknesses
560 in the body itself. So, if this is brought up to normal or at
561 times overstimulated when there are other problems, this is
562 beneficial, this helps to bring about healing.

563 Each individual will have its own balance as far as the
564 relationship to the chemical compounds in the body. Each
565 individual will be uniquely different, but they can be divided into
566 groups, if you wish to use some terminology like that, so that
567 mechanical healings can be applied or healings of a mechanical
568 nature, such as, medications. Again, these medications do not
569 actually heal or cure. They cover over some of the symptoms, which
570 in some cases can allow then the sick person to focus on a more
571 positive outlook, thereby curing themselves.

572 So, in actuality, doctors are simply individuals who provide
573 the opportunity for a more positive state of mind for the
574 individual who is ailing. Sometimes this is done through surgery,
575 what have you, whatever means your physicians use. Unfortunately,
576 there are times when physicians because of their lack of concern
577 will not do what is necessary to be done or will not be as careful
578 as they should be, such as, in cases of surgery where a physician
579 may do damage as opposed to doing some repair. It is not as simple
580 as just providing an opportunity for a positive concept or a
581 positive outlook to come to the patient. The doctor and the patient
582 work together. It could be in a situation that involves karma.

583 The doctor, because of his lack of commitment, can do harm, and, of
584 course, then he is responsible. So, it is not a question of a
585 physician being completely out of the picture in actuality. There
586 is a set pattern that he must fulfill according to whatever they
587 have deemed these patterns to be, and if he does not fulfill them
588 completely, then this will affect the situation. Have we made it
589 clear enough to begin to understand?

590

591 ***: Yes. I have one other question. In a situation, say you
592 have a person who has an ailment, something physically wrong, and
593 it is very difficult to get them out of the negative thoughts that
594 are in their mind, is it all right to use hypnosis or do you not
595 recommend that?

596

597 C: That would depend entirely on the individual who is doing the
598 hypnosis. Hypnosis is a marvelous tool for many things, but the
599 administrator of such a technique is asking for a great deal of
600 responsibility. We approve of hypnosis. It is a good and
601 wholesome tool. The question is: Who is going to apply it? That
602 is the weak link. To assume that anyone can apply hypnosis in a
603 proper manner, now establishing a "hypnotic" state or leading an
604 individual into a "hypnotic" state is a very simple thing, anyone
605 can do it, anyone. What the conductor does, after the state has
606 been achieved, is the critical factor. It is not a wise position
607 to put yourself into unless you really know what you are doing,
608 unless you, a simple way of putting it, unless you have been
609 especially blessed, because there is a great deal of damage that can
610 be done with hypnosis, but there is a great deal of wonderful
611 things that can be done with it. So if you attempt something like
612 that you best know exactly what you are doing, because you may end
613 up curing one problem, but you may be creating something far worse,
614 and you then must assume that responsibility totally. So, it is
615 not something that we consider individuals take lightly. It is a
616 marvelous tool because it is an opportunity of dealing directly
617 with some of the deeper or, let us say, the more powerful aspects
618 of an individual, getting more directly in communication with an
619 individual, but it also brings about a greater responsibility on
620 the individual who is leading or going into that situation, in
621 other words, the hypnotist. Does that answer the question
622 sufficiently?

623

624 ***: Yes. Would that go along with, if you could teach them to

625 use self-hypnosis, would that still affect them possibly in a
626 negative way?

627

628 C: That would be much safer all the way around. Allowing an
629 individual to apply self-hypnosis is safer for all those concerned.
630 Constructing the proper suggestion, positive suggestion, would be
631 then the weak link or the problem area. In order to create a
632 proper suggestion, you would have to be sure that you knew the
633 person and how they would interpret the suggestion. So,
634 suggestions that are kept very simple, nothing complicated. The
635 more complicated a suggestion becomes, the more danger of doing
636 harm there is. But the simpler the suggestion, and the use of
637 self-hypnosis and a simple suggestion would be the safest avenue.
638 Does that answer the question?

639

640 ***: Yes, thank you. We have a lot to learn.

641

642 C: Hypnosis is one of those miraculous tools. Now, we hesitate in
643 using such a term and we use it with caution and we caution you in
644 our use of it. In the eyes of most individuals, it could be
645 considered a miraculous tool. It is not, in fact, a miraculous
646 tool. It is a very simple natural state of everyone. Again,
647 something very simple, very natural. It is no cure-all; it is not
648 magic hocus-pocus. It is simply opening your mind to an activity,
649 or to a state that you are not generally accustomed to. In that
650 particular state you can exercise a greater influence over yourself
651 from your higher self or with the help of the hypnotist, which
652 would be an outside source, you can help to exercise a little more
653 control over your physical body. The physical body is a reflection
654 of your higher or your more true nature or your more true being. So,
655 if you exercise a control over the physical body, then you have
656 already exercised that control at a higher level. What is above is
657 below. That is a fact of creation, also. So, you cannot have a
658 healing in the physical body unless there has been a healing at the
659 soul level or a higher level. By using hypnosis, at times, you are

660 able to reach a deep enough state where you have a more immediate
661 response or more changes that look more instantaneous or
662 miraculous, if you want to use those terms. It is purely an
663 illusion; we hate to say this, it is purely an illusion; the
664 cure has already taken place; you have just tripped the right
665 trigger to make it manifest. That is all. Yet, even though we are
666 playing down that aspect, it is not to be disregarded and taken
667 lightly. It is a marvelous avenue for many things, but again as
668 wonderful and as helpful as it can be, you have the other side to
669 contend with, too. It can be very destructive and very harmful.
670 So, whenever you use a situation like that, proceed with extreme,
671 extreme, extreme caution because the applicator or the hypnotist
672 begins to assume the full responsibility of the consequences.

673 Does that answer the question?

674

675 ***: Yes, thank you very much.

676

677 C: You are most welcome.

*Healing was discussed on 86-08-22, the 141th Trance.
The word “heal” was first found on page 2308, line 778.*

751 ***: The other question, I do not know how to say this exactly,
752 but do some people have the ability to hypnotize without any
753 training? What I am getting at is people who have some healing
754 ability or they have healing services, they pray over other people,
755 and the individuals prayed over sometimes feel that it is not
756 unlike having been hypnotized. Is there any connection?

757

758 C: Well, your world is filled with such claptrap right now. How
759 far would you like us to go on this question?

760

761 ***: Well, you set the time limit at 10:00 but if you want to pick
762 it up next time?

763

764 C: Would you like us to be completely blunt?

765

766 ***: Yes, please.

767

768 C: Most of your healers or what is recognized as evangelistic
769 healers are very proficient at mass hypnosis. That is the extent
770 of their healing. It is hysterical healing that only lasts at the
771 very best a short period of time. Once the hysteria that is
772 triggered by general mass hypnosis goes, the ailment remains.
773 There have been some who have been lucky enough to have been fooled
774 into thinking they have been healed for a few weeks. All they have
775 managed to do is worsen the condition. Many times healers
776 unconsciously establish what you could call a state of hypnosis,
777 blended with a rapport between an ailing person and a person who is
778 attempting to heal. This rapport, this communal hypnosis, is
779 likened to a bridge where a communication or a conversation can

780 transpire that goes deep within the soul. Do you understand?

781

782 ***: I think so.

783

784 C: It is an extremely unusual achievement. It is usually a
785 spontaneous condition that is created, although it for certain
786 individuals can be cultivated and certain individuals can be trained
787 or they can exercise themselves into that, but the mode of
788 achieving that is not near what you would think. In other words,
789 you cannot hypnotize yourself into being able to do it and hoping
790 that there is a connecting link with another person who is ailing;
791 it is not done that way. But yet, an individual could condition or
792 train themselves into willfully achieving a state or condition
793 within themselves that can be accepted by someone who is sick.
794 Does that make any sense to you at all?

795

796 ***: Yes, it does.

797

798 C: As we said, there are legitimate, spontaneous healings, and
799 healers who are healers, as you would generally accept a healer.
800 But the showman type of stuff that is invading the world today is
801 pure flim-flam. It is a well constructed situation,
802 well-orchestrated. Those individuals know exactly how to stir up
803 the emotions and manipulate large audiences or crowds. Does that
804 answer the question?

805

806 ***: Yes, thank you.

807

808 ***: This mass hysteria healing stuff. The person goes up on
809 stage with the healer and the rigmarole is done and wham the guy
810 looks healed to everybody that is there. Now, I understand that if
811 they are in this mass hysteria and the individual is who is
812 earnestly seeking a healing and then could cause more harm than
813 good. First of all, if it seems to go away to him and to people
814 who would run into him twenty minutes later outside of the theater

815 who was not part of that hysteria, and if it would last a couple of
816 weeks, is that not a real healing even if it is temporary? And how
817 could it do more harm if the guy was sincerely looking for a
818 healing?

819

820 C: Suppose you have discs in your back that are deteriorating and
821 a physician has told you to wear your brace and not to put all your
822 weight on your back. In other words, keep seated or keep lying,
823 and because of mass hysteria and emotionalism you are whipped into
824 a frenzy where you are not able to feel pain and you throw your
825 brace away and you walk out of your wheelchair and you start
826 grinding that deteriorating disc; you may sever a spinal cord or
827 part of it and create permanent paralysis where maybe it may not
828 have been. Wouldn't you say that that would cause harm?

829

830 ***: Yes. I didn't look at it that way. Yes, I understand
831 that.

832

833 C: Even with a simple broken bone. If a physician sets it, it is
834 not healed hard, even though you may be able to remove the cast and
835 use it. It takes time to heal that bone hard. It may be healed
836 sufficiently to hold together but use of that where it may put
837 pressure or stress on that bone could very well dislodge that or
838 since the healing, the new bone that is secreted, that knits or
839 what you call the knitting process, is not hard, unnecessary use or
840 wrong use of that or elimination of proper support too early, could
841 cause that bone to move ever so slightly, thereby not healing in
842 its normal or proper position which could then cause severe
843 problems later on in life.

844 We are in favor of the alleviation of pain in any way that you
845 can, if it is done in a godly manner, in a just and honest manner.
846 But flim-flamming and jeopardizing the further health condition of
847 an individual by getting them to believe that they are healed,
848 thereby abusing the ailment or abusing their body more and causing
849 greater or more permanent harm, we cannot condone this, we cannot

850 condone this, you see.

851 Health and healing is a very touchy situation. And we have
852 always hesitated speaking on it. In fact we have done more
853 speaking on it with the large groups than we have when we were
854 addressing smaller groups. An example, of what we said the last
855 time we spoke to you, why some people have run awry with what we
856 have said. Is there no moderation in the world? Do you see?
857 We gave some very simple suggestions or simple things that
858 would help you as individuals and potential health hazards that you
859 have in your world, and it has not been used as well as it could
860 have been used, you see. We cannot give you a cure-all because such
861 a thing does not exist.

862 We had suggested to you something that would help eliminate
863 the deposits in the arteries and in the blood. It will help clear
864 out those deposits, but we also said you would have to watch the
865 rest of your diet. You cannot funnel in oatmeal and apples and
866 beans and then eat whatever you choose. You must eliminate all
867 fats from your diet. That means that when you go to your supply
868 places, you must read the label. If there is any animal fat in it,
869 you cannot use it. You cannot introduce any animal fat in your
870 system. You have to eliminate as much as is humanly possible.

871 Then using what we have suggested will eliminate and help clean out
872 the bloodstream, will help clean out the arteries. But you can
873 take a hundred times over what we suggested per day, and it will
874 not help if you continue to add the animal fats to your system.

875 What we have given you is a natural cleanser for the blood and for
876 the arteries, but since it is a natural cleanser, it is a not a
877 heavy-duty, super-duper wipe-and-clean-in-one-swath cure. It will
878 take time, and it will take effort, and it will take cooperation.

879 There are times when we would love to offer you other items of
880 help, but we cringe at that, because your natures are to run awry
881 with it, and you end up, if you are not careful, doing yourself
882 more harm. So, if we suggest anything like that in the future,
883 don't think it is going to be a quick cure-all. It is not going to
884 be a simple pop a pill in your mouth and all is right. Those

885 things demand of you an awareness, an effort, and although you may
886 not be able to see that, it takes a definite change in your being.
887 It takes a definite avenue of discipline, and the key to growth is
888 discipline. So, you think it is a healer for the body; we think of it
889 as a new discipline that you can exercise on yourself, and in so
890 doing then you bring about your own healing. We are not healers, nor
891 do we claim to be. We are helpers. We will help you to learn more
892 disciplines, and in accepting those disciplines, you will help
893 yourself, you will grow yourself. We cannot force you to grow; we
894 cannot give you a magic formula that will make everything
895 instantaneous. Go to your supply place and purchase a box, dump it
896 out, mix it with a little water, and everything is heavenly roses.
897 No, no, no. We cannot give you anything like that because nothing
898 exists like that. All we can give you is disciplines that you can
899 accept and exercise, attitudes that will make your life better.
900 But before they make your life better, they will make YOU better,
901 and then YOU will make your life better, not us. It is a way of
902 helping you to rely more strongly on your relationship between you
903 and God. Very well. One more question.

Healing was discussed on 86-08-22, the 141st Trance.

The word “heal” was first found on page 2311, line 906.

905 ***: Yes, you had stated before that the body cannot be healed
906 until the spiritual is healed. How does one heal the spiritual?
907

908 C: By the correction of the attitudes. Most, well again, we will
909 use the term, most sicknesses are a reflection of an improper
910 attitude and with the changing of that improper attitude, this is
911 the fertile ground then for the physical healing to occur. But it
912 may not occur because the situation may be for that entity to
913 maintain that sickness for whatever reason, whether it be a karmic
914 situation or a sickness that will answer a karmic situation or
915 whether it may be there to help those around that person
916 demonstrate love. Does that answer the question?

917

918 ***: Well, does that go in to heal the spiritual, is what I didn't
919 understand.

920

921 C: Healing the spiritual would be tending to some attitude or
922 emotion that is not classified as godly or would not add to your
923 relationship with the Divine Source.

924

925 ***: I see, thank you.

926

927 C: One more question and that will be all.

928

929 ***: Yes, we have a situation in a place called Fostoria, Ohio,
930 now ...

931

932 C: That is not important.

933

934 ***: In speaking about depression and the center of the brain that
935 did not release enough serotonin or whatever, what foods or
936 vitamins or minerals can help alleviate that condition?

937

938 C: Would you like something that would act quicker than food?

939

940 ***: Oh, yes.

941

942 C: With an individual who undergoes depression, the basic, how
943 shall we put it, the basic motivator for depression is a loss of
944 self-esteem. Now, because of the mechanism involved in the body
945 itself, its relationship to the chemicals, in relationship to the
946 brain, it is very hard to break that cycle. Do you understand so
947 far?

948

949 ***: Yes.

950

951 C: In other words, the depression comes because there has been a
952 breakdown in the production of chemicals or elements. To stimulate
953 that production again and to have it continue on its own,
954 regardless of what medication is taken, regardless of what food is
955 eaten, will not do it. Other things more important than medication
956 and food that may replace medication is the surrounding atmosphere
957 of the individual. Depression is, in most cases, the direct effect
958 of a destroyed self-esteem, the feeling of unloved. Now, this can
959 come through a traumatic experience or it can come from a
960 gradual condition that will grow and in most cases it is truly
961 unnoticed. By the time the system is thrown out of its normal
962 balance, the individual is too depressed to realize what started
963 the cycle. Do you understand?

964

965 ***: Yes.

966

967 C: Now, the safest and best way, how shall we put it, the way
968 that would be most beneficial for the individual suffering

969 depression is to establish that self-esteem, assist him in
970 establishing that self-esteem. This is a major task in most cases
971 because it is not a simple situation or a simple act that brought
972 this on, but it has been a gradual deterioration from many
973 extenuating conditions or circumstances. Do you understand so far?

974

975 ***: Yes.

976

977 C: With enough love, and again a simple thing like a show of
978 affection, the respect shown to an individual, the encouragement
979 given to that individual, will be far more beneficial in the
980 overall picture than medication. Medication that is used for
981 depression today will have some ill effects that will show up much
982 later on. An overall suggestion would be a well-balanced diet for
983 a person who is depressed, keeping away particularly from sugars,
984 sweets, pastries, dealing more with vegetables, fruits, red meats
985 in proper amounts, fish and poultry, a normal good healthy diet.
986 Plus the fortification of loved ones around that individual can
987 bring them back more permanently than medication and the future
988 side effects will not be there to contend with. Does that answer
989 the question?

990

991 ***: Yes.

992

993 C: Depression is a terrible thing for an individual to go through
994 because all the suffering is inside and hidden until it goes beyond
995 a tolerable point. From there the individual has lost a great deal
996 of self-control, and that individual then is in very dangerous
997 straits, in most cases. These individuals need a great deal of
998 fortification. Much attention to build up the self-esteem, to
999 build up the ego even. Now, we are not talking about the
1000 self-centered ego but the godly ego, but yet it must be done in
1001 such a way so it is sincere. If it is done in such a way so there
1002 is a hollowness in the effort or a shallowness of the effort, then
1003 it will do no good. Does that answer the question?

1004

1005 ***: Yes.

Healing was discussed on 86-09-14, the 142nd Trance.

The word “healing” was first found on page 2317, line 55.

32 ***: That anticipates my next question and that is, whether there
33 is indeed value to possessing a crystal?

34

35 C: All gemstones or stones have a value to the human body; they
36 emanate certain magnetic fields or electronic fields or
37 electromagnetic fields that are beneficial to a physical body.

38

39 ***: I don't want you, Council, to repeat yourself. I am
40 wondering if you have not spoken of quartz crystals before if you
41 could give us a few thoughts, a few sentences at this time. Would
42 that be appropriate?

43

44 C: We will limit what we have to say about them. We would prefer
45 not to, how shall we put it, if we are conservative in what we say,
46 then there is less opportunity for fanaticism to crop up. Do you
47 understand?

48

49 ***: Yes.

50

51 C: Quartz crystals, now quartz crystals, the clear type, the true
52 quartz crystal, which is similar to the appearance of a diamond,
53 not nearly as clear, but it does have a glass appearance to it;
54 these will emanate a vibration that can help to, as a general
55 healing aid, in this way or in this manner, it emanates an energy
56 that is attuned to the body so that by using such a gemstone, it
57 can add a little more vitality or energy to the body. When one is
58 particularly tired, possession of such a stone, rubbed in the hands
59 or held in the hands or rubbed across the forehead, can add a
60 degree of energy or vitality. With an individual who has been

61 ailing and is somewhat weakened, the stone can also add energy as
62 far as that goes so that the body has a little more vitality to it
63 than it would in its normal state. In some individuals, if they
64 are of right mind, it can also influence higher thought or more,
65 shall we say, etheric thought or thought that has less to do with
66 the material desires of man's nature.

67 With an individual who would be hyperactive, we would not
68 recommend the constant carrying of such a stone. For that type of
69 individual such a stone should only be used if the physical body is
70 ailing. Is that sufficient?

71

72 ***: That is very helpful, thank you.

73

74 ***: Just to clarify, you said "hyperactive." Do you mean that
75 word literally and that does not take in hypertensive?

76

77 C: Hyperactive children in particular are what we were referring
78 to. That tendency goes into adulthood. An individual who may be
79 under a great deal of strain or stress, we would not suggest the
80 use of that stone.

81

82 ***: May I ask if there would be another stone that would be
83 beneficial for the high-strung individual who would be under
84 stress?

85

86 C: Do you see what this leads to?

87

88 ***: Yes.

89

90 C: For a person under a great deal of stress or tension, what is
91 normally referred to as a moonstone or a white quartz. It often
92 resembles, when polished, a translucent egg shell color or in some
93 cases it can be a much whiter or pearl color. The common moonstone
94 that children find in general quarries would be this particular
95 type of stone we are referring to. In its unpolished state, it is

96 a dull chalky white. In its polished state, it can have what
97 appears to be fractures in it that would give a certain degree of
98 translucent or opalescent color to it. Maintaining that on the
99 body will bring some soothing effects to an individual. Playing
100 with it or rubbing it in the hands, toying with it, will also
101 increase that effect. Rubbed across the forehead and in the back
102 of the head at the base of the skull at the top of the neck, the
103 stone rubbed across that area, from left to right or right to left
104 as opposed to up and down, will also add some soothing effects.
105 In regards to what we refer to as the common moonstone or cloudy
106 quartz or white quartz, they go by a number of different names, it
107 should, when used as a tension reliever or a calmer of stress, it
108 should be in its polished state, as opposed to its natural state.
109 Very well.
110
111 ***: Thank you.

Healing was discussed on 86-09-14, the 142nd Trance.

The word “healing” was first found on page 2326, line 518

495 ***: Two big servings of oatmeal a day. If one were to put a
496 little cinnamon in there, some apples, sweeten it up a little bit,
497 would that hurt anything or perhaps the amount of cure is directly
498 proportional to the amount of discipline involved?

499

500 C: Well, discipline does not necessarily have to taste bland, now
501 does it?

502

503 ***: No.

504

505 C: Discipline can be in many ways the discipline of restraint.
506 That is, using a substance that replaces some other substance, such
507 as greasy fried foods replaced with oatmeal.

508

509 ***: Yes, I understand that.

510

511 C: The fact that one is willing to settle for that substitution,
512 the fact that one is willing to prepare that substitution is part
513 of a discipline and it is part of a curing factor. Do you understand
514 that?

515

516 ***: I understand.

517

518 C: Now, we are speaking in seriousness, now. Part of the healing
519 factor is the willingness to even prepare something like that. The
520 willingness to replace the normal food with the oatmeal is part of
521 the curative factor. The conscious factor that it does have a
522 cleansing effect in the bloodstream is part of the curative factor.
523 The belief that it will is part of the curative factor. That is

524 just a few of the points. Do you understand?

525

526 ***: Yes. That is clear.

527

528 C: So, there are many factors involved in a discipline, and there
529 are many disciplines involved in a healing. All those that we have
530 stated are disciplines in one manner or another. Discipline does
531 not necessarily mean some activity that is hard to accomplish. It
532 may be a very normal factor in a situation, but yet it still is a
533 unique or discipline of its own. Do you understand?

534

535 ***: Yes.

536

537 C: Now, if you do not like your healings quite so bland, a little
538 seasoning here or there would be acceptable. We would suggest
539 forgetting the pat of butter and forgetting maybe the salt, but
540 something else to make it more palatable would be acceptable.

541

542 ***: Thank you.

543

544 C: Very well.

545

546 ***: What about the insecticides used on apples? Are we safe in
547 eating apples?

548

549 C: Well, it is not as good as if you could get something that
550 would not be sprayed.

551

552 ***: Does making them into applesauce help any or doesn't that
553 affect the insecticide at all?

554

555 C: It depends actually on what insecticide is used. In some
556 cases, certain chemicals like that will break down and deteriorate
557 with the cooking process; others, it has no effect on it other than
558 maybe to concentrate it even more.

559

560 ***: What about taking the skin off?

561

562 C: The cycle of spraying is such that that will not really be that
563 helpful. It will help to a certain degree, but there are
564 insecticides right in the very fiber of the apple itself. If you
565 can receive apples that are not sprayed during the blossoming time,
566 then that would be your safest apple, as far as a clean apple.

567

568 ***: Thank you.

569

570 ***: Speaking of substitutes, ...

571

572 C: While we are on apples, there are certain insecticides that if
573 the apple were washed with soap first. Now, we are talking about
574 soap, not detergents, soap, real soap. If the skin were washed
575 first with real soap and warm water, that is to remove oils and
576 waxes, then after that, the apple rinsed in a mild solution of soda
577 water, this will neutralize many of the insecticides. Very well,
578 now let us go on.

579

580 ***: I wanted to ask one quick question about substitutes. We
581 have this substitute sweetener that exploded onto the market about
582 two years ago called brand-name "NutraSweet." I was wondering if
583 it is any good or if it is harmful?

584

585 C: Just keep wondering and do not take it. Why must you all have such
586 sweet teeth? After all, a little discipline in such areas would
587 prove much wiser and much healthier. If you must have something
588 sweet, then use something that is not scraped out of the bottom of
589 an embalming can.

590

591 ***: Is honey acceptable?

592

593 C: Yes, honey would be acceptable. Raw sugar, if you could get real

594 raw sugar, would be acceptable. Even refined sugar would be better
595 than these poisons that you use for sweeteners.

596

597 ***: What should your diabetics use that cannot use sugars at all?

598

599 C: Possibly they can learn to live without that sweetness. If
600 they were to find an absolute need, a little on rare occasions to
601 add a little spice to their life would be all right or acceptable,
602 but that is part of the ailment. You cannot tolerate sugar, you
603 cannot tolerate sugar, you learn to do without. (pause) My such
604 silence. How many are guilty in this room of using such things?
605 Onward.

606

607 ***: NutraSweet exploded onto the scene so quickly and so
608 all-encompassing in all the foods that use sweeteners that it just
609 gave me the impression that it was all a plot, sort of like the
610 idea that I got that fluoride was a plot to poison our minds.
611 Whamo, all of a sudden, there is NutraSweet. Did somebody higher up
612 in this web of conspiracy know that NutraSweet was not good for us
613 in some fashion?

614

615 C: Well, let us not go so far as to say that it was with such evil
616 intent but it is not healthy. It is not a healthy product as time
617 will prove itself out. And just because something can be made from
618 the by-product of natural things does not necessarily mean that it
619 is good. So, do not be fooled with concepts like that. Even your,
620 well, that should suffice.

621

622 ***: Is this NutraSweet especially harmful to children?

623

624 C: It is harmful to all of you. If you must have something sweet,
625 use honey. If you cannot use honey, use raw sugar, and, now, we
626 are not talking about this flim-flam stuff that is coarse white
627 sugar that has been colored with a molasses or something; we are
628 talking about the real raw sugar. And if that is not even available,

629 we would sooner see you use the white sugar as opposed to these
630 artificial creations. We find it mind-boggling to see some
631 individuals think that refined sugar is so deadly and yet they will
632 turn right around and use true toxins to replace something that is
633 superrefined. Now, it just does not make sense to us. But, of
634 course, we do have recall of times when we probably did not make
635 sense to ourselves either. Just to show we are ...

636

637 ***: Human?

638

639 C: Oh, yes, we are quite human. In fact, we are far more human
640 than any of you, yet. Now, when you shed yourself of those alien
641 trappings, then you will be as human as we are.

642

643 ***: Council, where does brown sugar, light and dark, fall in this
644 scale?

645

646 C: Well, there truly is no such thing as a brown sugar. It simply
647 is a refined sugar that has been dressed up or caramelized in some
648 manner or another. Now, let us get back to something far more
649 serious. Many of you, at times, have thought of aliens. Such
650 things do exist. We have a room full of them right now. (Laughter)
651 Getting back to the fact that there are some souls that have to
652 disguise themselves in things that you call bodies definitely are
653 alien to our eyes. After all, you all do live in a different universe
654 and time frame than we do, so from our perspective you are from outer
655 space. (Laughter)

656

657 ***: I never thought of it like that.

658

659 C: Ah ha, someone gets the point of our little joke. Well,
660 sometimes we enjoy joking with a little ulterior motivation behind it.
661 Something to think about. Who really is the alien? Who really is
662 the spirit? Who really is alive and who really is dead? It just
663 depends on your point of perspective. Ah, if we say so ourselves,

664 words of wisdom. (Laughter) One more question and that should be it
665 for this evening.

Healing was discussed on 86-10-31, the 144th Trance.

The word “heal” was first found on page 2357, line 129.

89 ***: Is there an overall best exercise for the body? And if not,
90 what exercises or activities are best for the body or do the least
91 amount of harm? Is there any spiritual value to such exercises?

92 C: In what sense are you considering the well-being of the body?
93 Physically or in the spiritual sense?

94

95 ***: Initially in the question, I meant physical well-being and
96 was wondering then if there was any additional value or spiritual
97 value, both physical and spiritual.

98

99 C: The best possible exercise for the physical body other than
100 good old-fashioned hard labor would be walking, your average
101 everyday walking. Now, one does not have to trot as a horse would
102 nor does one have to mosey along like a sheep grazing, but an
103 average pace of walking is of great benefit. It causes the least
104 amount of stress on the overall physical condition. Unfortunately,
105 for your society it gets carried away with fads in everything from
106 eating to how you choose to decorate your house. Instead of using
107 good common sense, most individuals run amok or awry with faddish
108 concepts. Other than good old-fashioned labor, walking is the best
109 for the body. As you take an average walk, let us put it this way,
110 you will at times, by the nature of your interest in what is
111 surrounding you or where you are walking to, walk slower in some
112 instances and walk faster in other instances. According to the
113 terrain you may be walking uphill or downhill. All this is a
114 variation in the exercise of the body. Do you understand?

115

116 ***: Yes.

117

118 C: If one looks upon this as an exercise and as a discipline, then
119 what you do is you begin to develop a spiritual quality and that is
120 the quality of discipline or control. The actual physical
121 condition of a spirit's or soul's container does not necessarily
122 reflect the spiritual quality of that soul. There are some very
123 saintly individuals, if you choose to use that term, or some very
124 highly evolved individuals whose physical containers are truly in a
125 wretched condition. Yet there are some who are very spiritual
126 whose physical containers are in excellent condition. The same can
127 be said with those who, how shall we put it politely, are in great
128 need of a spiritual awakening. Some of their containers are in the
129 best of health and others are in very poor condition. The actual
130 condition of the physical body that a soul uses or a spirit uses is
131 geared to many situations or conditions concerning the overall
132 activity of the life. Does that answer the question?

133

134 ***: Yes, it does.

135

136 C: If you truly wanted to take the best care of the physical body,
137 some additional labors other than what you would consider labors
138 for earnings or maintaining your finances, additional labors would
139 be helpful, and this does not have to be ditch-digging or something
140 of that nature. Simple labors, where there is a possibility of
141 flexibility or a situation that permits flexibility in how long or
142 how strenuous those labors may be and utilize that need or that
143 labor according to how the physical body feels. One should not
144 overtire themselves if they are not accustomed to physical labor
145 but gradually work up to a point where one feels satisfied with the
146 amount of work accomplished.

147 The other very important item is what you eat. You have an
148 increase in many ailments today. You have a great emphasis put on
149 cholesterol, on cancer, and many, many other things. Why? Well, a
150 simple answer to the question is the quality of food that you are
151 presently eating. Fifty years ago, a hundred years ago, when you
152 fed your body decent food, it was in a much better condition to

153 fend off many sicknesses, many ailments, but today you are slowly
154 but surely embalming yourselves with all the chemicals and what
155 have you in your foods, the preservatives.

156 So, you must make a choice. Do you want to continue to build
157 the body up by exercising and then tear it down by the food you
158 eat? Or do you want to take a common sense attitude towards the
159 whole situation and be more selective in the foods you eat and then
160 add to that walking?

161 For those who do not particularly care to walk but would like
162 to be carried along with a little less effort, then we would
163 suggest pedaling with a powerless bicycle. Again, there seems to
164 be a fad in everything. A good old-fashioned bicycle of twenty or
165 thirty years ago is the best vehicle to use for exercising. Your
166 present day bicycles will eventually prove to be somewhat of a
167 danger or cause a potential danger to some individuals. So, if you
168 can acquire a bicycle of the style of thirty years ago, if you
169 choose not to walk but to move along in some other way, then we
170 would suggest pedaling or walking. Does that answer the question
171 sufficiently?

172

173 ***: Yes, thank you.

174

175 ***: When you questioned about whether it was physical or
176 spiritual, is there an exercise particularly just for spiritual
177 benefit?

178

179 C: Something that you would do at a physical level?

180

181 ***: Either. Something that you would do, like maybe doing good
182 works to improve spiritually?

183

184 C: Well, certainly.

185

186 ***: Are there things like breathing exercises, meditation, or
187 anything else?

188 C: Well, we would have to say out of what you mentioned,
189 meditation because it is a universal exercise for control and
190 control in the spiritual sense.
191 Attempting to control breathing was simply a discipline that
192 evolved not so much in what it would do for you spiritually per se,
193 but that it is a form of physical discipline that can be
194 interpreted as some sort of spiritual activity. We hesitate in
195 shattering too many concepts that some have, but the only
196 productive exercise for spiritual growth is discipline of whatever
197 form possible. Every time you discipline yourself, you gain
198 greater control over yourself, which means you begin to utilize a
199 greater part of your true being, and in so doing you gain a degree
200 of spiritual awareness or enlightenment. Breathing out of one
201 nostril or the other, controlling this, has nothing whatsoever to do
202 with spirituality. The most that we could say for this would be
203 that it controls the oxygen which enters the bloodstream. Now, not
204 to belittle such exercises, in their proper place, they have proven
205 very productive but not as they appear productive. Productivity
206 comes in the act of disciplining, but in times gone by in those of
207 a different belief system, this evolved as a simple exercise of
208 discipline. Of course, as time goes by then, man has added a
209 religious and a spiritual tag or connotation to that activity. In
210 actuality, stripping it of all the illusions, it is just another
211 form of discipline. Does that answer the question sufficiently?

212

213 ***: Yes. More than I expected. Thank you.

214

215 C: Actually, meditation is the best overall discipline for
216 spiritual growth, because there you not only learn to discipline
217 the body but you learn to discipline the thoughts and once you gain
218 greater control over your thoughts then you gain greater control
219 over your exterior being allowing the higher self then to work more
220 actively and more directly through its temple or its tool.
221 Everyone should meditate at least once a day. There should be no
222 exceptions. That is ideal. Now, if you do not, that does not mean

223 that you are going to fail in life. It simply means that in most
224 cases you will probably not have the ease that you could have, and
225 when one meditates, one does not necessarily always have to
226 meditate on spiritual concepts. Simply meditation for meditation's
227 sake can be helpful in that it is a practiced discipline. It is a
228 control of one's self. If nothing else, it releases the tension
229 that all of you live under, and in that sense alone is beneficial
230 to the physical body. So you cannot lose with meditation. There
231 is absolutely everything to gain and nothing to lose.

232 If we were to make a suggestion on meditation, we would
233 suggest that a novice learn to meditate for no less than twenty
234 minutes to thirty minutes in the beginning. Once they become
235 proficient or efficient at relaxing the body and entering
236 meditation and when they have gained enough control over the
237 exterior portion of meditation, that is the relaxation of the body
238 and focusing the mind then, that period of time can be reduced.
239 So, as you become more efficient or proficient in meditation, if it
240 is for just a general sense, let us put it this way, if there is no
241 particular goal, it is quite possible to meditate a few minutes in
242 the morning, a few minutes midday or during your day, and a few
243 minutes in the evening. That gives the body three periods of
244 relaxation a day and during those periods of relaxation, the body
245 can ward off minor possible physical problems.

246 If the people of your society would learn to relax totally,
247 you would eliminate most of the cancer because one of the main
248 triggering devices for cancer is stress and tension. Give yourself
249 a pill three times a day and let that pill be a few minutes of
250 complete relaxation through meditation and you will reduce your
251 potential for cancer by possibly 75%. Then those of you who must
252 drink this awful stuff that you call soda pop and those of you who
253 must smoke and you can turn yourselves into living chimneys and
254 fizzling bottles of sweet water all you care to and you will not
255 have to worry about ailments of cancer, let us put it that way.

256 Now, do not leave here thinking or missing the point we are trying
257 to make. We used an exaggerated example to show you the potentials of

258 meditation. We have not suggested that you should meditate five
259 minutes three times a day and then indulge yourselves in all kinds
260 of things that pleases your whims. So, be forewarned, we have not
261 said indulge yourself and meditation will be the cure-all. What we
262 have said that meditating three times a day could reduce potential
263 dangers by approximately 75% for each of you depending again on
264 your lifestyle, the karmic situation that you are dealing with. If
265 you were to combine meditation with the proper diet, again we are
266 not talking about faddish diets, we are talking about good,
267 wholesome diets, you would definitely be a much healthier
268 individual, and as a much healthier individual, you become a much
269 healthier community. Are there any other questions?

270

271 ***: Returning to physical exercise, is an exercise bike used
272 indoors beneficial? And how often should one use it and for how
273 long each time you use it?

274

275 C: It has its benefits but wouldn't it be much more enjoyable if
276 you were riding in the open where you could see some of the
277 beautiful creation of your Maker, where you can see human beings,
278 where you can observe life, where you can smell air and flowers,
279 where you are breathing in and exhaling a constantly changing
280 atmosphere?

281

282 ***: Not when it is twenty below.

283

284 C: Well, of course, we would not suggest something like that, but
285 those apparatuses have their benefits. It would be our personal
286 recommendation to use the best of both worlds. If the weather
287 conditions permit cycling in the open, then why not? Does that
288 answer the question?

289 ***: Yes, but I have another question. What about jogging on a
290 mini-trampoline?

291

292 C: That depends a lot on each individual. We cannot suggest

293 something like that for an older individual. A younger child or a
294 younger person this would be all right, but as one becomes older
295 such jarring of the entire system, unless the system itself is in
296 good, firm condition, but even at that after a certain point, it is
297 not advisable.

298

299 ***: After what certain point? What age?

300

301 C: Well, it depends on the actual body itself. A body can appear
302 to be in good physical condition, but as one ages, regardless of
303 the exercise that you are capable of or the exercise that you have
304 done to keep the body in a good physical condition, it still begins
305 to deteriorate. The nature of the body itself does not have the
306 elasticity that it once had nor does it have the flexible or
307 malleable strength that it once had. As one becomes older then,
308 such jarring exercises are not safe in the sense that the muscle
309 tone may not be as good as it would appear to be, so it is
310 something that each individual would have to judge for themselves.
311 Do you understand?

312

313 ***: Yes, thank you.

314

315 C: If one feels comfortable at doing such things, then by all
316 means continue, but again the walking is the safest overall and the
317 best overall. How much of the body is exercised in this type of
318 exercise? Is it an overall exercise of the body or are you
319 concentrating on one or two particular areas of the body? You may
320 be building up, say, for instance, the legs or the thighs but what
321 about the rest of the body? Is it being strengthened equally or is
322 that part deteriorating while another part is being built up? If that
323 be the case then, one must be careful about the parts that are
324 deteriorating. Do you follow what we are trying to explain?

325

326 ***: Yes. Yes.

327

328 C: These are situations that you as an individual, each person
329 must look at these things as an individual. What we have said
330 about the walking and the cycling are general exercises that would
331 be beneficial for all. There is no exceptional stress or strain
332 placed on the body through these activities, and those activities
333 are what we would call an overall building of the physical body,
334 not only the muscle but the tone of the overall body. Add to that
335 the breathing, increased lung capacity through such activities
336 without any dramatic shock to the body. Does that answer the
337 question sufficiently?

338 ***: Yes, except that, so if you want to use the exercise bike
339 indoors, you miss all the beauty of the outdoors, I understand that
340 ...

341
342 C: It will be as beneficial in most instances as if you were
343 cycling on the outside, but you add a greater dimension to the
344 situation by cycling outside. In exercising or building up the
345 body or toning up the body, why settle for just part of it, why not
346 have it all if it does not make much more demands on you? Another
347 example, something so simple as the change in light. Say, for
348 instance, you are walking or cycling on a sunny day and you come
349 across a tree-lined avenue. The eyes change focus or allow for the
350 different intensity in the light, that is an exercise to the eyes,
351 the muscles of the eyes, so overall you gain many, how shall we put
352 it, many benefits that under a sterile environment you are only
353 getting part of it. Is that sufficient?

354
355 ***: Yes, thank you very much.

356
357 ***: I was puzzled by your negative references to the modern day
358 bicycle. Could you expand on that a little bit? I think you said
359 it might be bad for some people.

360
361 C: How shall we put it, the modern bicycle where an individual is
362 hunched over is not truly a natural position for exercising. It

363 puts unnecessary strain on the back, first of all. If the back
364 muscles of an individual are not as strong as they should be, it
365 can cause back problems. Now, these problems will only show up as
366 minor irritations at first, but they can cause serious problems
367 later on. Too much weight on the upper part of the body in a
368 forward position adds, again, unnecessary stress or strain in an
369 unnatural manner. If you were to pick up a hundred pounds of
370 weight, dead weight, would you bend over at the hips with your legs
371 or knees straight and attempt to pick it up with your two hands?
372 Or would you bend your knees down in a stooped position and grab
373 the weight and raise it with the leg muscles? The proper way would
374 be to raise it with the leg muscles. In your newer form of
375 machines you are putting undue stress on the upper part of the body
376 in an unnatural position. There is a greater effort required by
377 the lower part of the body to motivate or move the instrument. In
378 the older style, where the individual sat more erect, there was
379 less strain to the back, less strain or unnatural strain to the
380 shoulder and arm and upper part of the body. The distribution of
381 weight was more even which allowed a more natural use of the lower
382 part of the body for motion. Actually, again, you have been sold a
383 bill of goods that just did not come up to par. Does it make any
384 sense to you what we have said?

385

386 ***: Thank you. I liked it.

387 C: Well, what we find so hard to comprehend, if we may use that
388 term, is with the good sense that you have, can't you see by
389 watching an individual using these new contraptions something
390 unnatural about their position? Some day, take a good look at a
391 cyclist, hunched over as if he were a streamlined bullet, a bubble on
392 his head, his torso, upper torso practically between his knees, and
393 he is trying to move himself in a safe and comfortable way. We
394 would strongly suggest that if those who wish to cycle, find
395 yourself an old cycle of twenty or thirty years ago and use that,
396 that style, where you sit upright and there is less strain and
397 stress on the body. If you wish to speed across the country, then

398 possibly the aerodynamics that were taken into consideration to
399 evolve your newer cycles, well, then fine, ride that style but you
400 will pay the price later on as you get older. If you wish to cycle for
401 overall physical fitness, then be wise and go to an older style.

402 Is that sufficient?

403

404 ***: It is for me.

405

406 ***: Karate has long been considered a means of physical and
407 spiritual development. In what ways is karate valuable or
408 detrimental to personal development?

409

410 C: Well, again, it is concentration, discipline. If you look at
411 all these forms of, to use your terms, spiritual development, it is
412 exercises geared to learning discipline. At times in societies,
413 regardless of what society you wish to choose, at times society
414 will more readily accept an exterior activity that is a discipline
415 than they would an interior activity as a discipline for spiritual
416 growth. Whether it be a sad thing to say or a positive thing to
417 say, whenever you can get a society to exercise discipline upon
418 itself as individuals, you are doing that society and that
419 individual a good deed. So much of this type of activity, in
420 itself, is not spiritual or beneficial, but the attitude from which
421 it is approached and that is discipline, the disciplining self, the
422 concentrating of one's thoughts, that proves then eventually to be
423 beneficial. Does that answer the question?

424

425 ***: Yes, thank you.

426

427 C: If you truly understand such activities, and again you must
428 take into consideration the commercial aspects that have been
429 introduced in such things, if you look at its originating source
430 or society or time, there was a greater demand of discipline
431 overall than what the commercial product is today. So what has
432 happened to make it more appealing and appetizing to the Westerner

433 which has a natural lack of interest in disciplining itself, you
434 will see that it has been watered down and made more palatable, but
435 those disciplines were far more severe than what is offered to the
436 Westerner today. Is that sufficient?

437 ***: Yes, thank you.

438

439 C: Again, there is nothing wrong with it as long as you are not
440 out to do harm to someone with such things. As a disciplining of
441 one's thoughts and bodies, yes, it would be acceptable, it would be
442 beneficial, but know it for what it really is, know it for what it
443 really is, then you can make a more honest decision as to whether
444 you wish to become involved in that. Again, if you wish to learn
445 discipline, why not take the easy road and meditate. The
446 equivalent of such activities would be meditation and riding a
447 bicycle or walking, believe it or not. So, you have two ways of
448 becoming a little healthier physically and growing a little
449 spiritually. You can either use those martial arts activities or
450 meditate and ride a bike or walk. They equal each other. If you
451 begin to adopt the philosophy, then, of course, that is an entirely
452 different thing. Does that answer the question sufficiently?

453

454 ***: Yes, except for the last statement you made about accepting
455 the philosophy would be an entirely different thing?

456

457 C: Well, those activities are all based on a philosophy, a
458 religion, if you wish to use that term. If you wish to involve or
459 immerse yourself in that, then to gain what you are supposed to
460 gain from it, you would have to immerse yourself totally, and again
461 what is offered to the Westerner is far from what it really is. Do
462 you understand now?

463

464 ***: Yes.

465

466 C: Very well.

467

468 ***: I would like to ask, why is discipline so important? Why
469 should we learn so much?

470

471 C: Why should you learn discipline so much?

472

473 ***: Yes.

474

475 C: Actually, discipline is needed because it is the response to
476 the soul, to the real you. The real you, the higher you, knows
477 what is right and what is wrong. It has great potential to create,
478 and the more discipline it can exercise over its physical
479 container, the more it can accomplish, and it accomplishes by
480 manifesting. It manifests the godliness in a material sense. It
481 is just like a vehicle at the summit of a great slope. Allow the
482 vehicle to move down the side of this great, great slope. Without
483 someone guiding it, it can go in any direction. With someone in it,
484 guiding it, and applying the proper braking to it, the vehicle will
485 move in a specific direction; it will move to the end of the slope
486 or to the end of the runway safely. But allow it to just run wild
487 over the slope, who is to say what damage it will do or whether it
488 will be in any condition to reach the finish line? Do you
489 understand?

490

491 ***: Yes.

492

493 C: So, with discipline then it is actually giving muscle to the real
494 you. Now, you as a true entity cannot just say, "Well, I am going
495 to infuse my full awareness into this physical container." If you
496 were in creation all by yourself, yes, you could, but since you
497 have made spiritual agreements and contracts to work within a
498 specific condition or set of conditions, then you must work with
499 all others in a communal or mutual benefit. So, you must work then
500 within those conditions or situations. You must grow or learn to
501 express the true you in those situations. So, it is a matter of
502 discipline. Discipline is not a dirty word; it is not a negative

503 word; it is not a word that indicates holding back or withdrawing
504 from. Discipline is the extension of yourself, the real you. It
505 is the outward movement of the real you. It is the full possible
506 manifestation of the real you according to that situation. It is
507 the utilization of the great power that lies within you. It is
508 controlled. It is not allowed to fly helter-skelter. Do you
509 understand?

510

511 ***: Yes.

512

513 C: Discipline is a beautiful word. It is a very spiritual word.
514 It is a very productive word. Unfortunately, it rates very low as
515 far as acceptability in your world today. Discipline is the
516 expressing of the godly you. Your Creator, your God, your Heavenly
517 Father, is not lacking in discipline whatsoever. He is in total
518 control of Himself. He totally, absolutely, disciplines Himself.
519 Every action is a specific controlled action. That is why He is
520 capable of creating perfectly. Nothing is done haphazardly.
521 Nothing is left to chance. Why? Because it is discipline; it is a
522 willful design. And that is what you must learn to do, willfully
523 design, willfully create, and not have your attention distracted by
524 things that are less important than the task at hand. Once you
525 learn discipline, you begin to experience a joy and pleasure that
526 is truly inexpressible in human terms. So when your society begins
527 to look upon discipline as the great joy of expression, of
528 controlled expression, then the world will definitely improve much
529 quicker, definitely improve much quicker. You are completely
530 mindful of your own rights, and you are completely mindful of your
531 brother's rights. We, where we are at, exercise complete and total
532 discipline, and we are in a perfect state of joy, of ecstasy. We
533 have no limitations. We have nothing to hinder us. The control,
534 the discipline, that we have learned in the material form is
535 applied to us, or to ourselves now, by ourselves, and you learn the
536 great joy and beauty and growth that is experienced because you
537 eliminate all the extraneous activities that are not necessary, that

538 are counterproductive, so all your efforts are concentrated on those
539 things that bring great growth and great joy. Does that answer the
540 question?

541

542 ***: Yes, and I know there are many more, I just can't put it all
543 together right now. I will have more questions later.

544

545 C: Your world looks upon discipline as a very negative word, as a
546 word that indicates denial or deprivation of pleasures. It does not. It
547 does not. True discipline opens the door for greater pleasures and
548 greater prosperity in all manners and forms. Very well.