

The Paul Solomon Story

Please Note: This is not a reading or a lecture. It is a biography, taken from Paul's own writing, rewritten and edited by Sharon Solomon.

The hypnotized man, speaking in sleepy, mumbling and incoherent tones, suddenly jerked violently as if some unseen force had struck him in the solar plexus.

The anxiety of the young amateur hypnotist, Harry, startled and shaken by this unexpected, convulsive movement, was hardly relieved by the powerful, stern voice which immediately began to speak through the now rigid body of the hypnotized man.

"You have not attained sufficient growth or spiritual awareness to understand contact with these records! That which you perform is a foolish experiment. You attempt to harness powers you do not understand and to contact sources, records and intelligences you are not familiar with. And how will you try the spirits should you attain that which you seek? Would you recognize Him whom you do not know and have not been familiar with?"

Harry forced his mind to focus just enough to ask a question so he could get some clue about the nature and origin of the awesome voice that had spoken through the still unconscious body of Paul Solomon.

"Are you a familiar spirit, or a guide? Can you give us your name?" Harry asked hesitantly.

The voice boomed again in response:

"Neither familiar spirit nor guide is needed for the reading of these records. It is rather from within yourselves, in your own development, that understanding will come. The guidance from these records will not come from a lesser spirit, but from the Throne of Grace itself, from God Himself. Then come before these records, read them, and take from them the instruction and lessons for your own growth and development and for the growth and development of others on your plane. Information and teachings are available to those who seek to know more of the Divine, to know more of God. Then go, study, pray and meditate. Develop the self, gain greater spiritual understanding, become familiar with these teachings and these planes. Then return and read these records. You will be welcomed with great rejoicing in your growth."

As suddenly as the voice had begun its unexpected discourse, it ceased. Paul Solomon's unconscious body again jerked violently. Awakened by the jolt, he bolted upward to a sitting position, then doubled over as if hit in the abdomen. Only seconds later, he fell backward, lapsing into an apparently normal deep sleep.

Harry tried hard to contain his excitement. He forced himself to be patient and count Paul out of his hypnotic sleep as slowly as the procedure required. It took only a few minutes, but the time seemed endless to Harry. He knew what had just taken place was tremendously important, and he could hardly wait to talk with Paul about it.

Harry again tried to organize his thoughts, but this time he wasn't as concerned because he thought that Paul would know what was creating his excitement and would be equally thrilled, perhaps even more thrilled. By the time Paul woke up, Harry couldn't contain himself any longer and he wasn't even trying to do so.

When Paul opened his eyes, he saw Harry jumping up and down and heard him mumbling something quite incoherent. Besides being annoyed with the spectacle he thought Harry was making of himself, Paul wasn't at all interested in what had just taken place. Dazed and confused, he thought something had gone terribly wrong. He clutched his stomach in pain and looked to Harry for help to stand. Harry didn't notice; he droned on. Although the pain was short lived, Paul remained irritable. To Harry's chagrin, the only thing Paul remembered about the experience was a boring hypnosis routine and a sudden eruption of excruciating cramps in his abdomen.

Harry continued to bubble over. "A spirit spoke through you," Harry said. "It was awesome. It was incredible..." he continued, on and on and on.

Finally, and rather nastily, Paul exclaimed, "What do you expect when you hypnotize a Baptist preacher? You got my subconscious mind, and I hear too much from that already. I don't want to know about it."

Paul threw Harry out, determined he would never go through that again.

Thus ended the very first channeled spiritual communication of Paul Solomon, leaving him not even a clue of the impact this day would have on his life and on the lives of thousands of other people all over the world.

Paul's Early Years

It was much later, looking backward through his transcendent experience, his young adult years and into his childhood, that Paul realized how well and how specifically everything that had occurred in his life prior to that fateful day of his 33rd year had prepared him for what would become his life work. So profound was his realization, that from it he derived the understanding as well of *The Planetary Mystery School* (See Chapter 2), a corner-stone to all of his teachings thereafter.

Paul Solomon grew up in a strict Southern Baptist home, the son of a Baptist minister, who also was the son of a Baptist minister. Most of his uncles were Baptist ministers as well. He never went to a dance, never smoked a cigarette, never took an alcoholic drink, and didn't go to his first movie until he was in high school. He was an exceptionally well-

behaved, typical Southern Baptist boy - with a number of exceptions that both puzzled and disturbed his parents.

He could see strange lights around people (or what he called lights and later discovered that this was the human aura). He thought this was perfectly normal and that everyone saw them, so he made the mistake of frequently telling his parents that he was seeing "good or bad lights" around a person. He told his parents things that he had no way of knowing but that usually turned out to be true.

As unbelievable as it may sound, Paul also discovered that if he carried his school books against his stomach long enough, he could absorb their contents sufficiently to get passing grades. Sometimes he had to sleep on his books as well, but he never had to study, much to the incredulity of his parents and the envy of his friends.

One day, when he was about thirteen years old, Paul was bragging about this ability to his classmates. They tested him by writing messages in their notebooks and asking him to tell them what the messages said. He was successful with many of them and word of this unique talent became the big topic of the school and eventually reached the principal's office. Paul's mother was called to the school and told, "We don't know exactly what he's doing, but we do know it's disturbing the other children and it has to stop."

When she returned home, Paul's mother sat him down and with a serious look on her face that scared him even before the words came out, explained, "We have known for a long time that you could do things that other children can't do. We know that there have been people who could do things like that all through history, but there is one thing about it that worries us. There are only two powers in the world that can produce this kind of ability. There is God and the Devil. If you were doing these things to help people, we could believe that it is of God." She just stopped there and let him figure out the rest.

What he figured out was that his abilities came from the Devil, and he was terrified. He was afraid that he would be used to do harm, and that the people he loved most would suffer because of it. He felt so guilty that he managed to turn off his psychic abilities for many years, but he didn't forget. Awakening to the natural sexual thoughts and feelings of adolescence compounded the guilt. This didn't turn off as easily as his psychic powers and he spent a lot of time apologizing to God.

During a critical time of questioning and doubt, Paul had a personal experience of the Presence of God in his life, not the fearsome punishing God of his troubled youth, but a God of Love who appeared as if out of nowhere to embrace and comfort him. Following that experience, which reaffirmed and enhanced his faith, he decided to enter the ministry. At the age of fifteen, Paul was ordained as a Southern Baptist Minister.

From Preacher to Rebel

Soon after high school, Paul enlisted in the army, was married and they had a child. Fulfilling his calling to the ministry, he enrolled in a Baptist Seminary. He preached in churches throughout Texas, began a prison ministry and was well on his way to a successful career, when suddenly all of his dreams fell apart.

Paul's wife fell in love with another man and left with their daughter. This meant not only the end of Paul's family, but the end of his aspirations as a minister, since divorced Southern Baptist ministers were a species that did not exist in those days. He agonized trying to understand why God would call him to preach, lead him into the ministry, into the seminary and then take it all away. Then he became angry, very angry. God again was the focus of his torment. It wasn't that he stopped believing in God, he just wanted Him out of his life. He was angry with God and he rejected everything religious.

As his first act of rebellion, he bought a pack of cigarettes and smoked the whole pack. He made himself very sick, but he felt a kind of perverse comfort in knowing that God knew he was angry. Then he bought a beer, and another and another. Soon smoking and drinking were only the mildest expressions of the alienation and rage Paul felt. For five years he rebelled, and, as he described it, "If there was anything I didn't do during those five years, it was just because I didn't think of it."

One day while sitting in his apartment, Paul made a simple observation that would begin the dramatic transformation of his life. He had in his apartment several hamsters in a cage. A treadmill in the cage provided the hamsters with the only exercise they received. Paul watched as they ran with an intense energy, causing the treadmill to spin furiously, but never arriving anywhere. He saw that he himself was caught in the same type of futile activity. He also was on a treadmill, intensely heading no place. He realized that for the past five years he had run faster and faster and still was getting nowhere. It was a futile exercise in escaping and it tore at him from within.

At that point, Paul, employed as a restaurant manager and very unhappy about his dead-end job - which he also described from time to time as being "a grill cook in a greasy food joint" - pulled down the window shades, locked the doors to his apartment, and retreated into a profound state of depression.

He refused to see anyone. When he went to work he closed himself off in his office and refused to communicate. Paul's depression did not let up. The restaurant he managed began faltering. He realized he was in a dangerous situation, sinking further and further into depression, but he could not pull himself out. And he had no one to turn to. He had spent five years accumulating superficial relationships with people who were also searching for escape. He had no real friends, no one to reach out to. Paul knew that his parents cared, but he would not turn to them because he knew what their solution would be, "Go to church, pray and read your Bible." He wanted nothing to do with God, but he knew that it would take something strong and immediate to pull him out of his depression.

At last Paul struck upon an idea. Several years earlier, while stationed at Brooke Army Medical Center in San Antonio, Texas, he had been trained as a hypno-therapist. He had used hypnosis to help soldiers with a variety of personal problems, some not unlike his own. Paul thought that with the help of a good hypno-therapist, he might be able to end his depression and find direction and purpose that would make him feel better about himself. He found a hypnosis clinic in the yellow pages, called and made an appointment. Learning that Paul came from a religious background and perceiving his entrenched guilt complex, the hypnotists were confident they could help him if he would be willing to see them for a period of several weeks. Then they told him the price for this extensive work. There was no way he could afford it, and his depression reached a point of crisis.

Paul was 33-years old. He had done nothing with his life. He was going nowhere. One thing he had learned during those five years of rebellion was how to drink. He went to his favorite bar and started complaining to his friend Harry.

Harry listened for a couple of minutes, then he looked directly into Paul's eyes and said, "I hypnotized someone once."

"Let's go," said Paul.

Back to the First Communication from Source

It was February 15, 1972, and Paul's life would never be the same again.

After that first painful hypnosis session, Paul thought he had just reached another dead end, but Harry persisted. He came to Paul's house every day, trying to persuade him to go under hypnosis again so they could reach that mysterious, awesome Presence that had so impressed him.

Paul continued to refuse even to listen to Harry, until one day when Harry arrived at his home, he announced that he had just bought a brand new tape recorder to tape the mysterious voice. That impressed Paul. And Harry didn't stop there. He looked directly into Paul's eyes, just as he had done on the day of the first hypnosis experience, and said, "That voice that spoke through you couldn't have been you. You're not that smart."

That idea intrigued Paul so much that he finally agreed to allow himself to be hypnotized again. This time Paul wrote out several questions for Harry to ask.

First, Paul wanted to know what was communicating through him. He wanted to be sure that when he went to sleep he was not just getting in touch with the guilt and fear stored in his subconscious mind. He would find a question that would ask for information which neither he nor Harry knew, but when the answer was given it could be proven correct with physical evidence. Paul thought such a validation would assure him - and others - that the answer was not coming from his subconscious.

A strange set of circumstances in his own family provided the perfect question. Paul's great grandfather had been murdered before Paul's birth, and ever since he could remember relatives had been talking about lots and lots of money that his great grandfather was supposed to have had, but that was never found. Paul decided that they would ask this source of information where they could find the money. If it could do that, the money itself would be the proof. So the location of the money, they decided, would be the first question.

Paul's second question, for obvious reasons, was, "What is causing the abdominal pain, and how can it be prevented?" The third question was, "Who or what are you?" He wanted to know exactly where this information was coming from.

Harry prepared his tape recorder and Paul laid down and prepared to go to sleep in response to Harry's swinging pendulum and dull monotone drone. Soon, Paul was snoring lightly, and Harry watched nervously as Paul's body jerked in convulsion as it had the time before and then gently straightened into a more relaxed position.

Once more, Paul was advised to prepare himself spiritually for what could be discovered from this Source of information. Harry asked how to prepare, and the voice gave a list of instructions which included specific diet and exercise. "Learn to pray, learn to meditate, and study the Sacred Scriptures," the voice said.

Then the voice added, "Write to the A.R.E. to receive the *Search For God* books."

"What's the A.R.E.?" asked Harry. The voice explained that it was the Edgar Cayce organization, the Association for Research and Enlightenment, and gave the address, including the zip code.

Then Harry asked what was perhaps the most important question, "Who are you?"

"This is not a spirit. This is not a personality.

You are not talking with someone else.

You are talking with the rest of your mind."

This time when Paul awoke, he was able to listen to the voice himself on tape. He heard a stronger, more powerful version of his own voice providing a great deal of information on several subjects including a thorough description of his great grandfather's death and the location of the money in the chimney of the old family home. (where it was later retrieved)

The voice on the tape gave an explanation for the stomach cramps Paul felt in his return to consciousness.

"Your consciousness is disengaging itself from the physical body, and when the physical body feels consciousness leaving, it associates that with death, and will do anything in its power to hold consciousness in the body. And for that reason, those muscles are cramping in an attempt to sustain life." The voice then added, "As soon as the body becomes accustomed to the procedure and realizes that the cramping is not necessary, or even effective, the reaction will cease."

The voice had described ideas and realms that Paul had never considered before. It explained that what we consider to be our mind is only the tip of the iceberg. Beyond our conscious and even subconscious mind is a Greater Mind that contains all knowledge and all intelligence.

Of God or The Devil?

Paul was now convinced that he was dealing with something way beyond the contents of his subconscious mind. Vast possibilities beckoned, but there were also many questions. He remembered the frightening guilt-producing events of his younger years, and the same question dominated his consciousness. "Is this of God or of the Devil?" The man he trusted most to discern the truth was his Dad. With a recorded tape of the mysterious voice in his hand, Paul traveled from Atlanta to South Carolina to seek his Dad's advice.

Thinking that his Dad would explain the voice as a tool of the Devil, Paul played the tape, and asked the question, "What do you think of this? Is this God or is it the Devil?"

He was not prepared for his Dad's unhesitating response. Looking his son straight in the eye, he said, "It is of God."

Paul took the opposite side of the argument, and asked, "How can you know that?"

"I know it is of God because for the past five years, your Mother and I have prayed daily that something would happen to bring you back to God and to make your life meaningful. I knew it would have to be something spectacular. There is a Scripture that says, 'Which of you, if your child asks for a piece of bread, would give him a stone? Or if the child asks for fish, would give him a scorpion?' (Luke 11:11-12) We asked God to bring you back, and we know He didn't give us a stone or a scorpion. That is how I know it is of God. You are communicating with the Holy Spirit.

"You go back now, and get to work. You do what that voice tells you to do. It is your life's work," his Dad said.

The door was opened to a new life, and there was no turning back. The direction was set. Paul had found his purpose, and he began the quest which he would relentlessly pursue for the rest of his life. As a result, hundreds of thousands of people throughout the world were introduced to the limitless potential of growth and transformation within themselves.

Paul's Life Work Begins

When Paul returned to Atlanta, he and Harry began their efforts in earnest. The voice began to refer to itself as "*Source*," explaining that it was the Source of Paul's mind and of his body. The same guidance and direction is available to every person, the Source explained, but in most it remains as potential. Paul and Harry began to refer to the communications by the voice as "*readings*."

The questions in the readings, the Source said, should always be directed to God or Source. Then, God could choose the messenger.

The Source referred to itself as "we," the readings explained, because the information came from a collective consciousness which could include Paul's own Superconscious or higher mind, the higher mind of the person getting the reading and also angels, spirit guides, and discarnate souls who in previous lifetimes had mastered certain areas of knowledge. This Source of knowledge and wisdom also includes a Hall of Records, which contains records of the history of the universe. The records, the Source explained, are more precisely called the Akashic Record, where past, present and future are written on the skein of time and space.

"Does that mean literally any information about anything that has ever occurred in the world is available?" Paul and Harry asked. The Source responded, "I will bring to thine remembrance all things, whatsoever you have need of, from the foundations of the world."

It took a while before Paul could absorb it all. They were fortunate that they didn't have to understand it to have access to the information.

In the first six months, Harry and Paul tried to think of meaningful, erudite questions to ask the Source. What, for example, does the world need most to know? Then it occurred to them to just ask the Source to tell them everything they needed to know. In response, the voice replied, "We can bring you the answers to the questions you ask, but it is not meant that we should lead you by the hand. When you ask, you bring the information. It is by asking the question, that you unlock the source of information."

Paul and Harry were sure that a particular question they had decided to ask the Source would bring forth reams of material. It was a simple question, "What is God?" They entertained the naive notion that the answer would be sufficient for a whole book which they could then publish. They were stunned when the Source answered their question with a single sentence,

"A God is a being who can recognize good without evil as a point of reference."

What Is The Source?

Perhaps the question asked most often through the years was, "Who or what is this unique source of information?"

Paul and Harry initially thought that the Source was a spirit talking through Paul. They hadn't the foggiest clue what was really happening. They had never heard of channeling or psychic readings. All of their lives they had been told that fortune tellers were of the devil, and they believed that the last of the prophets died in Biblical times. They didn't know about spiritualism or out-of-body experience and hadn't even considered the possibility of reincarnation. These topics were never mentioned in a Baptist home, and if you asked about them in seminary, it was grounds for being expelled. Suddenly subjects totally outside of Paul's realm of knowledge had become a part of his experience.

The naiveté of both Paul and Harry is evident from their questions of the first few months. "What is your name? What is it like where you live? Who or what are you?," they asked. The Source replied:

"This is not a spirit or some other person. You are talking with the rest of your mind. The mind that you think of as your mind is just the tip of the iceberg. There is much more to your thinking ability than that. The mind that you ordinarily think with is a result of your five external senses observing the world around you and making judgments about what it sees, hears and feels. It gathers information and makes logical conclusions. This mind is external, a body phenomena, a result of the brain functioning. But this mind is not the sum of your intelligence."

The Source uses an essentially spiritual vocabulary that is inclusive of all religious faiths and ways of worshipping God. In a subsequent readings, the Source further explained:

"There is also an Intelligence that is inherently in you that is not the result of the brain functioning. It is the Cause of the brain functioning. The voice that you are talking with is the Higher Consciousness, the Greater Consciousness within you. It is the Source of your brain functioning, the Source of your mind, that which gave birth to your mind. It also is the Source of your body and it pre-existed your body. It made decisions about the color of your hair and eyes, about the physical characteristics of your physical body. Its relationship to God might best be described as the child of God or the only son that God ever had."

You don't have to be religious to communicate with the Source of your being. Yet this was not a humanistic approach. The Source further explained,

"The Intelligence that made you is an aspect of God that lives within you, and it is so close that it is co-inhabiting the same body that you live in."

Harry wanted to know if this communication with Source was unique with Paul or could he learn to communicate with it as well, and the Source gave a series of responses on how Harry and others could learn to communicate. The Source said,

"The phenomena of the rest of your mind, the Superconscious, the Greater Intelligence, is not peculiar to one person. Everybody has a whole mind, and most of us access only about one tenth of its capacity in daily life. Right now, cells in your body are actively dying. You could get alarmed about that, but simultaneously, another phenomenon is occurring. You are replacing those dying cells with new cells, new life, as cells are being reborn. The Intelligence inside you knows how to make new life, knows how to cause your heart to beat, knows how to heal you. That Intelligence is co-existing in the same body with you. It is that Intelligence that made you. It is the Creator of your brain, your consciousness, your eyes, your ears, all of you. If that Intelligence gave you your ability to communicate, surely it can hear you and knows how to communicate with you. That same Intelligence is available to every person."

It is not necessary, not even desirable, for a person to go into trance or completely lose consciousness as Paul did, the Source explained. Paul, in fact, lost consciousness not because he was hypnotized, but because he wanted to escape consciousness. His desperate desire to escape life allowed him to reach the unconsciousness state. The Source assured Harry that anyone could enter the separate, subtler reality where they could ask questions and receive answers from Source.

Whether or not you communicate with Source effectively is dependent on where your attention is focused, the Source further explained. If you can pay less attention to what is going on around you and spend time every day, quietly seeking communication with the Source of your mind, you can learn to communicate with it at will.

This was not a new philosophy, Paul realized. He had studied the principles all of his life. His Dad had taught him the same thing. He had learned them as a child in the Baptist church and again in seminary. Now, as he studied the Sacred Scripture of different religions and cultures from around the world, he was discovering the very same principles.

Universal Laws work, Paul then understood, because they are Truth. Whatever words you use to express them indicate your cultural background, but don't change the Laws. The same Universal Laws apply to everyone. All of us can develop our own personal relationship and have a two-way conversation with Source. Paul and Harry worked together night and day to learn all that they could.

Inner Light Consciousness Is Born

People throughout the Atlanta area began to hear about Paul Solomon and his work, and flocked to his home. It was a difficult time for him because many were desperate people who couldn't find help anywhere else. He was surrounded by them and knew that he couldn't help them all.

He asked the Source what to do. The Source replied, *"If a man is hungry and you give him a fish, you have fed him once. If you teach him to fish, you have fed him for a*

lifetime. Teach people to get their own answers. Use the information that you were given and teach other people to find the answers within themselves."

Paul compiled the teachings he had been given by Source for his own growth and began to present them to the people who came to him for help. Thus *Inner Light Consciousness*, a guided experience in spiritual evolution, was born, and Paul brought its teachings to hundreds of thousands of people around the world.

Paul continued to give the trance readings as well and added the valuable discoveries to *Inner Light Consciousness*, producing many more workshops and programs.

In thousands of hours of trance readings for individuals and lectures for hundreds of thousands of people around the world, Paul Solomon has made available instruction on virtually every phase of human existence. There are medical diagnoses and suggestions for treatment which have been proven to be accurate and beneficial. There are prophecies which have been borne out in fact. There is a wealth of instruction in spiritual growth and enlightenment and teachings of the ageless wisdom from religions and cultures from the beginning of time. Paul compiled the disciplines, the Universal Laws, the meditations and the exercises in a complete system for the development of spiritual growth and abilities.

Paul Solomon's greatest dream was to inspire others to strive to reach their full potential - the quest that became the greatest single focus of his life. Like other great spiritual leaders, prophets and teachers throughout time, he sought to emphasize not his own unique abilities, but his teachings, pointing always to the Greater Teacher, the God within. He trained teachers to carry on his work and the wealth of information remains available today. With this focus in mind, we are committed to continuing his work.

"We who are a part of this *Cloud of Witnesses* are held to our responsibility by the presence of the Christ. Should we not be committed to all that is Christ, but if we were simply released individually from this *Cloud* to speak as we would want, we could speak through any one of many of you upon the earth. We could give ideas, even guidance at times, in the sense of a broader perspective of what is happening in time.

"That is not a great accomplishment of spiritual moment, that one can speak of the future or the past. What allows us to speak without danger of pollution with our individual selves or lives in history, that which gives us coherence as a source is our total commitment to the Christ. Because of that it is essential when you would call on us, that you would invoke the presence of the Christ, Living Love, and ask the Christ to be the focus of all that you would channel."