

The Tenets of Seth

"There are no limitations to the self, except those you believe in."

-Seth

Making friends with Seth.

Jane Roberts (May 8, 1929 – September 5, 1984) was an American author, psychic and trance medium or spirit medium who "channeled" a personality named Seth. The publication of the Seth texts established her as one of the pre-eminent figures in the world of paranormal phenomena. In addition to metaphysical texts, she was an author of short stories, novels, children's literature, and various philosophical texts.

The Seth Material

In late 1963, Jane Roberts and her husband, Robert Butts, experimented with a Ouija board as part of Roberts' research for a book on extra-sensory perception. According to Roberts and Butts, on December 2, 1963 they began to receive coherent messages from a male personality who eventually identified himself as Seth. Soon after, Roberts reported that she was hearing the messages in her head. She began to dictate the messages instead of utilizing the Ouija board, and the board was eventually abandoned. For 21 years until Roberts' death in 1984 (with a one-year hiatus due to her final illness), Roberts held regular sessions in which she went into a trance and purportedly spoke on behalf of the discarnate entity Seth. Butts served as stenographer, taking the messages down in homemade shorthand, although some sessions were recorded. These messages from the Seth personality, consisting mostly of monologues on a wide variety of topics, are collectively known as the "Seth Material" (sometimes referred to herein simply as the "Material"). The Material through 1969 was published in summary form in *The Seth Material*, which was written by Roberts with substantial excerpts from the Seth personality.

Beginning with the 511th session in January, 1970, the Seth personality began to dictate his own books. Roberts claimed no authorship of these books beyond her role as medium; and according to Roberts and Butts, these "channeled" books were published verbatim with only minor editorial corrections. This series of "Seth books" eventually totaled ten volumes, although the last two books appear to be incomplete due to Roberts' illness. The list of titles includes *Seth Speaks*; *The Nature of Personal Reality*; *The Nature of the Psyche, Its Human Expression*; *The Individual and the Nature of Mass Events*; *The Unknown Reality*; and *Dreams, Evolution and Value Fulfillment*. Robert Butts contributed notes and comments to all the Seth books, and thus was a co-author on all of them.

The Seth personality described himself as an "energy personality essence no longer focused in physical reality" who was independent of Roberts' subconscious, although Roberts herself expressed skepticism as to Seth's origins. The Seth personality said that he had completed his earthly reincarnations and that he was speaking from an adjacent plane of existence (or "system of reality" or "universe", all terms which Seth used). He described himself as an educator whose task was to impart the principles set forth in the Material to the current generation of human beings.

The Seth personality's demeanor was notably different from Roberts', as reported by witnesses who included Butts, friends, acquaintances and students. He was at times stern, jovial or professorial,

and he frequently assumed a distinct accent which was not identifiable. Unlike the psychic Edgar Cayce, whose syntax when speaking in trance was antiquated and convoluted, Roberts' syntax and sentence structures were modern and clear when speaking as Seth.

Sessions were held at regular intervals, usually two per week. For a period of years Roberts conducted one, and then two, ESP classes in addition to the regular sessions. With the exception of the classes, Roberts gave few readings to the public and was mostly focused on publishing the Material in printed form.

Seth Material

The Seth Material covers a wide variety of topics, including the nature of physical reality, the origins of the universe, the theory of evolution, the Christ story, the nature of God, and the purpose of life. The Seth personality made the following assertions, among many others:

*** The physical universe is one of a multitude of universes or "systems of reality", some physical in nature, some mental or spiritual, and some completely foreign to human concepts, each with its own natural laws, and each as valid as any other.** As in the "many worlds hypothesis", our physical universe has multiple "probable" renditions. Any event or action which is likely to occur in one probable universe will be actualized in that or another probable universe, or will be actualized in the dream universe or in some other system of reality. There are, as examples given by Seth, probable universes in which the dinosaurs are still alive, and probable universes in which Christianity did not develop. Each individual has many counterparts within the probable renditions of the universe, not all of whom have the same name, occupation or personal relationships. All systems of reality are, to some extent, camouflages since all beings have an existence which is independent of any system. The number of systems is infinite since new systems come into existence constantly. No system of reality is closed or finite; energy and information pass through all systems.

*** Each human being has many spiritual layers, most notably an "outer ego" which interacts with the physical world, and an "inner ego" or "inner self" which is concerned with the mechanics of constructing the physical world, and which existed prior to any incarnations.** The entire self (which Seth referred to as an "entity") is a gestalt consisting of the various selves that the entity has been through past existences (physical and nonphysical), plus all the currently incarnated selves, and all their probable counterparts. According to Seth, human beings are generally unaware of the inner self, although it comes through as intuition and the "inner voice" that many people believe they hear. At death, the outer ego lives on and continues to develop; it takes its place as part of the gestalt that forms the entire entity, but it is free to evolve and to develop new associations.

*** Each human individual exists in four universes or "planes" simultaneously: the physical universe, which is the result of coordinated mass mental projections on the part of its inhabitants; a dream universe, which is created in the same way but has less rigid natural laws; an adjacent electrical universe, where the inner self resides and all mental activity occurs; and an anti-matter universe of which Seth said very little.** The various portions of the self, and the various universes, are all aspects of a single whole, though Seth referred to them separately for the sake of explication. Ultimately, there are no boundaries to the self just as there are no boundaries to any system of reality. All portions of the self contribute to dreams, which

continue when the outer ego is awake.

*** The physical environment is constructed and maintained by the inner selves of the individual occupants (including animals).** The inner selves project, en masse, a pattern for physical reality which is then filled with energy, as needed, by each individual. The energy which is used is the inexhaustible energy which emanates from God. Because all things are composed of energy, and because energy must always be active, change and transformation are constants in the universe, and nothing remains the same from one moment to the next. Identity, however, seeks permanence, so there is a constant attempt on the part of individuals to create environments that feel permanent; the Earth is one such place. Time, which is essentially illusory, has the effect of slowing the perception of experience, and thus creates the illusion of permanence or gradual development. Even amidst constant change, however, identity is never lost.

*** All individuals create their own circumstances and experiences within the shared earthly environment, similar to the doctrine of responsibility assumption.** The phrase "you create your own reality" was frequently used by Seth and may have originated with him. As stated above, the inner self is responsible for the construction and maintenance of the individual's physical body and immediate physical environment, but the unfolding of events is determined by the expectations, attitudes and beliefs of the outer ego, that portion of the self that we know as ourselves. Both productive and unproductive attitudes are translated into reality, and thus one of the tasks of the individual is to learn how to direct his or her thoughts in positive directions. In a private session given to a friend of Jane Roberts, the Seth personality said:

"You must watch the pictures that you paint with your imagination, for you allow your imagination too full a reign. If you read our early material, you will see that your environment and the conditions of your life at any given time are the direct result of your own inner expectations. You form physical materializations of these realities within your own mind.

"If you imagine dire circumstances, ill health, or desperate loneliness, these will be automatically materialized, for these thoughts themselves bring about the conditions that will give them reality in physical terms. If you would have good health, then you must imagine this as vividly as in fear you imagine the opposite.

"You create your own difficulties. This is true for each individual. The inner psychological state is projected outward, gaining physical reality -- and this regardless of the nature of the psychological state. ... The rules apply to everyone. You can use them for your own benefit and change your own conditions once you realize what they are.

"You cannot escape your own attitudes, for they will form the nature of what you see. Quite literally you see what you want to see; and you see your own thoughts and emotional attitudes materialized in physical form. If changes are to occur, they must be mental and psychic changes. These will be reflected in your environment. Negative, distrustful, fearful, or degrading attitudes toward anyone work against the self."

* **Reincarnation is the rule, although many misconceptions abound.** For example, human beings never reincarnate as animals; cause-and-effect does not operate from one life to the next (although all lives are interrelated in various ways); and reincarnation does not end in a state of nirvana. Each individual must experience fatherhood, motherhood and childhood, and thus must incarnate at least twice; the maximum number varies, depending on the temperament and needs of the individual. There is a period of rest between incarnations, and sometimes individuals will occupy other planes of existence before returning to the Earth. When an individual's reincarnational cycle is over, the individual moves on to other systems of reality. There is no heaven or hell, only continued existence in various environments of the individual's choosing.

* **The majority of souls who are reincarnating enter the fetus shortly before, during or after birth.** If the mother is considering an abortion, the soul will be aware of that and can choose not to incarnate. If the soul enters the fetus and the fetus is then aborted, the soul continues on to other lives. Some souls seek the in utero experience and do not wish to be born. According to Seth, there is no actual death in the universe; even the cells of the fetus reincarnate.

* **Time and space are "root assumptions" of this plane of existence; i.e., they are essentially illusory, and both the past and future coexist with the present in what Seth referred to as the "spacious present".** Therefore, a person's incarnations in different time periods are actually lived simultaneously, as opposed to consecutively. Communication among the various past, present and future selves occurs during the dream state. Time appears to exist in a linear form because of limitations inherent in the physical human brain. Development, expansion, growth and change do not require time in order to occur.

* **There is a God, whom Seth referred to as "All That Is" and described as a "primary energy gestalt".** God is composed of self-replicating and inexhaustible mental energy, and contains all of Creation within it. God is therefore a gestalt of all existence, as in Pantheism and Panentheism (a gestalt is a whole which is greater than the sum of its parts). The mental energy of God is the formative substance of all things, including all beings, all universes, and all events and phenomena. God's consciousness is carried on this mental energy, and therefore is omnipresent. Thus, God experiences each life that is lived; "all faces belong to God", as Seth said.[citation needed] For these reasons, all things in existence, including physical matter, have life and consciousness. God wishes to experience existence in all its forms and ramifications, and through its creations is able to do this. God is therefore dynamic and ever-changing and shares in the failures, triumphs, perfections and imperfections of its creations. The individuals that exist within God, though part of God, have free will and self-determination. God does not know of any others like itself, but assumes that something -- possibly another "primary energy gestalt" -- came before it. If God sprang from another like itself, then the possibility exists that there are many Gods, each presumably aware only of its own existence.

* **God had a beginning, and there was a Creation, though it differs markedly from the Christian version.** In God's early stages, the universe existed in a state of potentiality within what Seth referred to as God's dreams. The agony of knowing the potential of the universe, yet not being able to express it, compelled God to find the means to actualize its dreams. Additional impetus was provided by the individuals in its dreams, whom God had imbued with life and consciousness, and who clamored to be made real. In a passage of the Material addressed to Robert Butts, Seth said:

"The first state of agonized search for expression may have represented the birth throes of All That Is as we know It. Pretend, then, that you possessed within yourself the knowledge of all the world's masterpieces in sculpture and art, that they pulsed as realities within you, but that you had no physical apparatus, no knowledge of how to achieve them, that there was neither rock nor pigment nor source of any of these, and you ached with the yearning to produce them. This, on an infinitesimally small scale, will perhaps give you, as an artist, some idea of the agony and impetus that was felt.

"Desire, wish and expectation rule all actions and are the basis for all realities. Within All That Is, therefore, the wish, desire, and expectation of creativity existed before all other actuality. The strength and vitality of these desires and expectations then became in your terms so insupportable that All That Is was driven to find the means to produce them.

"In other words, All That Is existed in a state of being, but without the means to find expression for Its being. This was the state of agony of which I spoke. Yet it is doubtful that without this 'period' of contracted yearning, All That Is could concentrate Its energy sufficiently enough to create the realities that existed in probable suspension within it."

Seth on Health

Seth quotes from *The Individual And Nature of Mass Events*.

***"Unfortunately, many of your public health programs, and commercial statements** through the various media, provide you with mass meditations of a most deplorable kind. I refer to those in which the specific symptoms of various diseases are given, in which the individual is further told to examine the body with those symptoms in mind. I also refer to those statements that just as unfortunately specify diseases for which the individual may experience no symptoms of an observable kind, but is cautioned that these disastrous physical events may be happening despite his or her feelings of good health. Here the generalized fears fostered by religious, scientific, and cultural beliefs are often given as blueprints of diseases in which a person can find a specific focus-the individual can say: 'Of course, I feel listless, or panicky, or unsafe, since I have such and such a disease.'*

"The breast cancer suggestions associated with self-examinations have caused more cancers than any treatments have cured. They involve intense meditation of the body, and adverse imagery that itself affects the bodily cells. Public health announcements about high blood pressure themselves raise the blood pressure of millions of television viewers.

“Your current ideas of preventative medicine, therefore, generate the very kind of fear that causes disease. They all undermine the individual's sense of bodily security and increase stress, while offering the body a specific, detailed disease plan. But most of all, they operate to increase the individual sense of alienation from the body, and to promote a sense of powerlessness and duality. Your "medical commercials" are equally disease promoting. Many, meaning to offer you relief through a product, instead actually promote the condition through suggestion, thereby generating a need for the product itself.”

Seth Quotes

*“**You make your own reality.** You get what you concentrate upon. There is no other main rule.*

“The truth is then that you form your reality directly. You react consciously and unconsciously to your beliefs. You collect from the physical universe, and the interior one, data that seems to correlate with your beliefs.”

*“**.. The belief in illness itself depends upon a belief in human unworthiness, guilt and imperfection ...**”*

*“**To change your body you change your beliefs,** even in the face of physical data or evidence that conflicts.”*

*“**If you imagine dire circumstances, ill health, or desperate loneliness,** these will be automatically materialized, for these thoughts themselves bring about the conditions that will give them reality in physical terms. If you would have good health, then you must imagine this as vividly as in fear you imagine the opposite.”*

*“**True self-knowledge is indispensable for health or vitality.** The recognition of the truth about the self simply means that you must first discover what you think about yourself, subconsciously. If it is a good image, build upon it. If it is a poor one, recognize it as only the opinion you have held of yourself and not as an absolute state.”*

*“**..Ideas have an electromagnetic reality.** Beliefs are strong ideas about the nature of reality.”*

*“**Because ideas have an electromagnetic reality, beliefs, because of their intensity radiate strongly.** Due to the organizing nature of your own psychological nature, similar beliefs congregate, and you will readily accept those with which you already agree...”*

“Limiting ideas therefore predispose you to accept others of a similar nature. Exuberant ideas of freedom, spontaneity and joy automatically collect others of their kind also. There is a constant interplay between yourself and others in the exchange of ideas, both telepathically and on a conscious level.”

“Imagination is one of the motivating agencies that helps transform your beliefs into physical experience. It is vital therefore that you understand the interrelationship between ideas and imagination. In order to dislodge unsuitable beliefs and establish new ones, you must learn to use your imagination to move concepts in and out of your mind. The proper use of imagination can then propel ideas in the directions you desire.”

“If you are poor, you purposely pretend that you have all you need financially. Imagine how you will spend your money. If you are ill, imagine playfully that you are cured. See yourself doing what you would do. If you cannot communicate with others, imagine yourself doing so easily.”

“All of the powers of your inner self are set into activation as a result of your conscious beliefs. You have lost a sense of responsibility for your conscious thoughts because you have been taught that it is not what forms your life. You have been taught that regardless of your beliefs you are terrorized by unconscious conditioning. And as long as you hold that conscious belief you will experience it as reality.”

“To act in an independent manner, you must begin to initiate action that you want to occur physically by creating it in your own being.

“This is done by combining belief, emotion and imagination, and forming them into a mental picture of the desired physical result. Of course, the wanted result is not yet physical or you would not need to create it, so it does no good to say your physical experience seems to contradict what you are trying to do.”

“Your beliefs about what is desirable and what is not, what is good and what is evil, cannot be divorced from the condition of your body. Your own ideas of values can help you achieve good health or bring about disease, can bring into your experience success or failure, happiness or sadness. Yet each of you will interpret that last remark in line with your own value system. You will have definite ideas about what success or failure means, or what good or evil is.

“Your own value system then is built up of your beliefs about reality, and those beliefs form your experience. Suppose you believe that to be "good" you must try to be perfect... Trying to be perfect all the time can be far more than a nuisance: It can be disastrous because of your misunderstanding.

“The word “perfect” holds many pitfalls. In the first place it presupposes something completed and done beyond change, and so beyond motion, further development, or creativity.”

“What do you think of yourself, your daily life, your body, your relationships with others? Ask yourself these questions. Write down the answers or speak them into a recorder. But in one way or another objectify them.

“When you feel the rise of unpleasant emotions, take a moment and make an effort to identify their source. The answers are far more available than you may have previously believed. Accept such feelings as your own in the moment. Do not shove them underneath, ignore them or try to substitute what you think of as good thoughts.

“First be aware of the reality of your feelings. As you become more aware of your beliefs over a period of time, you will see how they bring forth certain feelings automatically. A man who is sure of himself is not angry at every slight done him, nor does he carry grudges. A man who fears for his own worth, however, is furious under such conditions. The free flow of your emotions will always lead you back to your conscious beliefs if you do not impede them.”

“You cannot will yourself to be happy while believing that you have no right to happiness, or that you are unworthy of it. You cannot tell yourself to release aggressive thoughts if you think it is wrong to free them, so you must come to grips with your beliefs in all instances.”

“Belief systems are as necessary and natural as physical organs are. In fact, their purpose is to help you direct the functioning of your biological being.... Left alone, your thoughts will come and go through your belief systems just as naturally; and ideally, they will balance out, maintaining their own health and directing your body so that its innate therapies can take place.

Your systems of belief will of course attract certain kinds of thoughts, with their trails of emotional experience. A steady barrage of hateful, revengeful thoughts should actually lead you to look for the beliefs from which they are gaining their strength.”

“There are two ways to get at your conscious beliefs. The most direct is to have a series of talks with yourself. Write down your beliefs in a variety of areas, and you will find that you believe different things at different times. Often there will be contradictions readily apparent. These represent opposing beliefs that regulate your emotions, your bodily condition and your physical experience. Examine the conflicts. Invisible beliefs will appear that unite those seemingly diverse attitudes. Invisible beliefs are simply those of which you are fully aware but prefer to ignore, because they represent areas of strife which you have not been willing to handle thus far.

They are quite available once you are determined to examine the complete contents of your conscious mind.

“If this strikes you as too intellectual a method, then you can also work backward from your emotions to your beliefs. In any case, regardless of which method you choose, one will lead you to the other. Both approaches require honesty with yourself, and a firm encounter with the mental, psychic and emotional aspects of your current reality.”

- 1. Immediately begin to live in the present as much as possible.***
- 2. Refuse to worry***
- 3. When your thoughts do touch upon your particular problem in that present moment, imagine the best possible solution to the dilemma.***

Codicils

Discussed in detail in *Psychic Politics: An Aspect Psychology Book*.

The Codicils were “Alternate hypotheses as a base for private and public experience” based upon Jane’s theory of Aspect Psychology.

- 1. “All of creation is sacred and alive, each part connected to each other part, and each communicating in a creative cooperative commerce in which the smallest and the largest are equally involved.***
- 2. “The physical senses present one unique version of reality, in which being is perceived in a particular dimensionalized sequence, built up through neurological patterning, and is the result of one kind of neurological focus. There are alternate neurological routes, biologically acceptable, and other sequences so far not chosen.***
- 3. “Our individual self-government and our political organizations are by-products of sequential perception, and our exterior methods of communication set up patterns that correlate with, and duplicate, our synaptic behavior. We lock ourselves into certain structures of reality in this way.***
- 4. “Our sequential prejudiced perception is inherently far more flexible than we recognize, however. There are half steps – other unperceived impulses – that leap the nerve ends, too fast and too slow for our usual focus. Recognition of these can be learned and encouraged, bringing in perceptive data that will trigger changes in usual sense response, filling out potential sense spectra with which we are normally not familiar.***

5. *“This greater possible sense spectrum includes increased perception of inner bodily reality in terms of cellular identity and behavior; automatic conscious control of bodily processes; and increased perception of exterior conditions as the usual senses become more vigorous. (Our sight, for example, is not nearly as efficient as it could be. Nuances of color, texture, and depth could be expanded and our entire visual area attain a brilliance presently considered exceptional or supernormal.)*

6. *“Each person is a unique version of an inner model that is in itself a bank of potentials, variations, and creativity. The psyche is a seed of individuality and selfhood, cast in space-time but ultimately independent of it.*

7. *“We are born in many times and places, but not in a return of identity as we understand it; not as a copy in different clothes, but as a new self ever-rising out of the psyche's life as the new ruler rises to the podium or throne, in a psychic politics as ancient as humanity.*

8. *“Civilizations both past and present represent projections of inner selfhood, and mirror the state of the mass psyche at any given time. We hold memory and knowledge of past civilizations as we hold unconscious memories of our private early current-life experiences.*

9. *“From our present, we exert force upon the past as well as the future, forming our ideas of the past and reacting accordingly. We actually project events into our own new past.*

10. *“Each generation forms such a new past, one that exists as surely as the present; not just as an imaginary construct but as a practical platform – a newly built past – upon which we build our present.*

11. *“Options and alternate models for selfhood and civilizations exist in a psychic pattern of probabilities from which we can choose to actualize an entirely new life system.”*

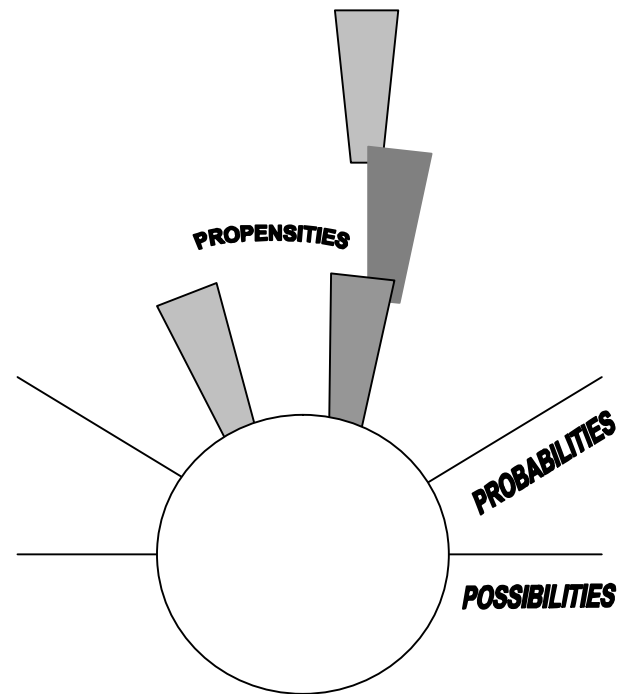
Possibilities, Probabilities and Propensities

“Seth said that not only do we form our own reality now, but we will continue to do so after physical death, so it is of the utmost importance that we understand the connection between thought and reality.”—Jane

Roberts

“Consciousness is, among other things, a spontaneous exercise in creativity. You are learning now, in a three-dimensional context, the ways in which your emotional and psychic existence can create varieties of physical form. You manipulate within the psychic environment, and these manipulations are then automatically impressed upon the physical mold.”

According to the Seth material, when we enter into this realm of existence (represented by circle in the diagram) we come in facing in one direction by choice (represented by the horizontal line of “possibilities”).



“There is no condition that you cannot change, except one indisputably physically accepted at birth within the realms of creature hood, such as a liability in terms of a missing organ, or a functional lack.

“You are given the gift of the gods; you create your reality according to your beliefs; yours is the creative energy that makes your world; there are no limitations to the self except those you believe in.”

Seth on possibilities

“Many concepts, huge advancements and practical inventions, simply wait in abeyance in the world of dreams until some man accepts them as possibilities within his frame of reality.

“Nevertheless, even when an inner self has sent out a new outer ego upon a new camouflage venture, the previous ego is still afforded an almost unlimited avenue for development. There are many possibilities for it. It can choose to remain what it is, one ego. It will then remain in a somewhat subordinate position to the inner self, but in no more of a subordinate position than it was earlier. It will therefore return once more to the same plane with which it was familiar, where it will meet with new challenges, and develop new abilities that will, however, be of the same basic nature; that is, if we are speaking of your plane, the ego would have new experiences, develop new abilities, perhaps solve old problems, balance out deficiencies, but still be dealing with problems manipulation and physical construction. Most egos do indeed choose this course for a while.”

“You must not try to use what you have learned in a narrow, limiting way. This hampers your own development. It closes your eyes to many possibilities that

will be important to you. It is natural, perhaps, to want to use what you have learned, this information, as a technique to achieve what you at any particular time think desirable, a particular person, a particular thing. But what is important is the inner development. If this is taken care of, it will automatically lead you to the person that is best for you and to the circumstances that will help you develop. To insist that a specific individual or a specific goal be attained through these methods is limiting. There must always be the acknowledgement that you do not consciously as yet realize the depths of yourself, the goals you have set and the challenges, and this material should be used to open up your inner horizons and to lead you in those directions toward which your inner self has already set you. If you then egotistically, say - No - this particular situation is what I want, then you may be blocking the inner direction which has been meant for you.”

Seth on probabilities

The realm of “probabilities” acts as peripheral vision bringing more experience into our line of sight.

“What you think of as daily life is then a focus upon certain probable events above others, a choosing of significances, a selection of pattern.”

“The true power is in the imagination which dares to speculate upon that which is not yet. The imagination, backed by great expectations, can bring about almost any reality within the range of probabilities.”

“Think of the greater you-call it the entity if you want to-as forming a psychic structure quite as real as your physical one, but composed of many selves. As each cell of your body has its position within your corporeal space and boundaries, so each self within the entity is aware of its own "time" and dimension of activity. The body is a temporal structure. The cells, however, while a part of this body, are not aware of the entire dimension in which your consciousness dwells. They do not perceive all of the elements that are available even in three-dimensional experience, yet your present consciousness-seemingly so much more sophisticated-physically rests upon cellular awareness.

“So the entity or "greater" psychic structure of which you are a part is aware of a much larger dimension of activity than you are, yet in the same way its more sophisticated consciousness rests upon your own, and one is necessary to the other.”

“You are a part of your soul... The entity ... or greater self is composed of souls. ... The entity has its existence in multitudinous dimensions, its souls ... free to travel within boundaries that would seem infinite to you. As the smallest cell within your body participates to its degree in your daily experience. so does the soul to an immeasurably greater extent share in the events of the entity.

“Souls are also creative psychic structures, ever-changing and yet always retaining individual integrity, and all are dependent one upon the other. Souls make up the life of the entity in those terms. Yet the entity is “more” than the soul is.”

*“**All probable worlds exist now.** All probable variations on the most minute aspect in any reality exist now. You weave in and out of probabilities constantly, picking and choosing as you go along.*

“Even your atomic structure, then, is poised between probabilities. If this is true, then obviously you are aware of only one small probable portion of yourself - and this portion you protect as your identity. If you think of it as simply a focus taken by your greater identity, then you will be able to follow what I am saying without feeling puny by contrast, or lost. The focus that you have is indeed inviolate.”

“Reincarnation simply represents probabilities in a time context.”

*“**The body, as mentioned is an electromagnetic pattern,** poised in a web of probabilities, experienced as corporal at an intersection point in space and time.”*

*“**Now, you move through probabilities in much the same way that you navigate in space.** As you do not consciously bother with all of the calculations necessary in the process of walking down the street, so you also ignore the mechanisms that involve motion through probable realities. You manipulate through probabilities so smoothly, in fact, and with such finesse, that you seldom catch yourself in the act of changing your course from one probability to another.”*

*“**Do not personally give any more conscious consideration ... to events that you do not want to happen.** Any such concentration, to whatever degree, ties you in with those probabilities, so concentrate upon what you want, and as far as public events are concerned, take it for granted that sometimes even men are wiser than they know.”*

Seth on propensities

The realm of “propensities” consists of those areas of probabilities we choose to focus our attention on. The figures representing propensities on the diagram represent aspects of further fine-tuning; for instance; a person that has musical talent (the first cone) may also have a talent for teaching (the second cone) and would blend the two for becoming a teacher of music (third cone).

*“**Propensity is a selection of significance,** an inclination toward the formation of selected experience. This applies on all levels – atomic and psychological – and to biological stimulus and mental intent.”*

Important concepts from Seth

An affirmation Seth suggested to Jane and Robert:

1. I will approve of myself, my characteristics, my abilities, my likes and dislikes, my inclinations and disinclinations, realizing that these form my unique individuality. They are given to me for a reason.

2. I will approve of and rejoice in my accomplishments, and I will be as vigorous in listing these – as rigorous in remembering them – as I have ever been in remembering and enumerating my failures or lacks of accomplishment.

3. I will remember the creative framework of existence, in which I have my being. Therefore the possibilities, potentials, seeming miracles, and joyful spontaneity of Framework 2* will be in my mind, so that the doors to creative living are open.

4. I will realize that the future is a probability. In terms of ordinary experience, nothing exists there yet. It is virgin territory, planted by my feelings and thoughts in the present. Therefore I will plant accomplishments and successes, and I will do this by remembering that nothing can exist in the future that I do not want to be there.

* **Frameworks of Consciousness** – a metaphor to explain the multidimensional nature of our universe – Framework 1 represents the physical field, Framework 2 represents those aspects of the subtle field earmarked for physical manifestation in terms of collective consciousness and all probable source events. Framework 2 is “hidden” from our physical senses. Most of Framework 1 is also hidden from our physical senses. For example, the electromagnetic spectrum covers a range of radiation that far exceeds the limits of our optical and auditory systems.

Physicist David Bohm, a student of Einstein’s, postulated the same idea but used the term “explicate order” to describe physical reality and “implicate order” to describe the source reality. Quantum physicists theorize that vibrating “strings” now provide the source energy for our universe. Also, that our space/time universe consists of ten or more dimensions, most of which remain hidden to our physical senses. Discussed in detail in *The Individual and the Nature of Mass Events*.

Framework 1 – physical field of consciousness in all of its immaculate wonder.

Framework 2 – subtle field; the state of collective consciousness where all probable source events earmarked for physical manifestation exist.

“Healing can involve help on many levels, of course. The world of normal communication I call Framework 1, while Framework 2 represents that inner world, in which indeed all time is simultaneous, and actions that might take years in normal time can happen in the blinking of an eyelid in Framework 2. Briefly,

Framework I deals with all the events of which you are normally conscious. Framework 2 involves all of those spontaneous processes that go on beneath your conscious attention. When you are very young your beliefs are quite clear - that is, your conscious and unconscious leanings and expectations are harmonious. As you grow older, however, and begin to accumulate negative beliefs, then your conscious and unconscious beliefs may be quite different. Consciously you might want to express certain abilities, while unconsciously you are afraid of doing so. The unconscious beliefs are not really unconscious, however. You are simply not as aware of them as you are of normally conscious ones. Negative beliefs can block the passageways between Framework I and Framework 2. It is an excellent idea for those in any kind of difficulty to do the following simple exercise. Relax yourself as much as possible. Get comfortable in a chair or on a bed. Tell yourself mentally that you are an excellent person, and that you want to reprogram yourself, getting rid of any ideas that contradict that particular statement. Next, gently remind yourself again: 'I am an excellent person,' adding: 'It is good and safe for me to express my own abilities, for in doing so I express the energy of the universe itself.' Different phrases with the same meaning may come into your own mind. If so, substitute them for the ones I have given."

“The important lessons have never really appeared in your societies: the most beneficial use of the directed will, with great expectations, and that coupled with the knowledge of Framework 1 and 2 activities. Very simply: You want something, you dwell upon it consciously for a while, you consciously imagine it coming to the forefront of probabilities, closer to your actuality. Then you drop it like a pebble into Framework 2, forget about it as much as possible for a fortnight, and do this in a certain rhythm.”

“Laws” of the inner universe – Universal Truths that impact all aspects of All-That-Is:

1. value fulfillment
2. energy transformation
3. spontaneity
4. durability
5. creation
6. consciousness
7. capacity for infinite mobility
8. changeability and transmutation
9. cooperation

Value Fulfillment

“If growth is one of the most necessary laws of your camouflage universe, value fulfillment corresponds to it in the inner reality universe.

Energy Transformation

“The second law of the inner universe is energy transformation. This occurs constantly.

“Energy transformation and value fulfillment, all existing within the spacious present, add up to a durability that is at the same time spontaneous. Energy transformation and value fulfillment add up to a durability that is simultaneous.”

Spontaneity

“Our third law is spontaneity, and despite all appearances of beginning and end, despite all appearance of death and decay, all consciousness exists in the spacious present, in a spontaneous manner, in simultaneous harmony, and yet within the spacious present there is durability.”

Durability

“Durability is our fourth law. Durability within the framework of the spacious present would not exist were it not for the laws of value fulfillment and energy transformation. These make duration within the spacious present not only possible but necessary.

“Now, on your particular camouflage universe you are learning energy transformation. And in your case you are learning to transform inner energy by forming it into physical constructions that the plane enables you to manipulate by the formation of particular outer senses for this purpose. You are severely limited as yet in the use of your abilities. When the two laws of value fulfillment and energy transformation are mastered, then duration is a natural consequence.”

Creation

“I am not giving you these laws necessarily in the order of their importance, merely in the order which is easiest for me to deliver to you. Creation is obviously one of the basic laws, which we will call the fifth law.” [session 44, p. 15]

“The fifth law of the inner universe is creation, as I have told you. Again, this is not necessarily the fifth law in terms of importance. I am simply giving you the laws in the simplest way.

“This creation involves not merely the juggling of energy units and fields, from one form to another, but also involves the setting up of new fields. This is oftentimes

the result of value fulfillment, in which case all the given possibilities are bound to emerge, but each emergence is in the truest sense a creation.

“Creation occurs, again, most often through value fulfillment, which exists in a dimension having nothing to do with your space and time; and in the deepest sense creation as a whole, originally, if you’ll excuse the term, had nothing to do with either your space or your time, and the birth of your known outer universe came long after in the story of creation and value fulfillment.

“When your scientists finally decipher the physical realities behind the birth of your known universe, they will only discover that this was an exterior manifestation of a vital psychic reality that existed long before. Creation almost always exists hand in hand with value fulfillment, and by the time that any physical construction appears within your plane, it has already been in existence. An idea on your plane gives birth to physical constructions, but the idea itself is merely a translation of another reality, which gave birth to it.

“Value fulfillment is very much like creation, and yet there is a difference, and creation exists first, if we must speak in terms of continuity, and for you we must. There is much here that almost can be given to you only through conceptual patterns, and again this difficulty arises in words strung out one before the other.”

Consciousness

“Our next law, of the inner universe, is of course consciousness. Everything that exists on any plane and under any circumstances contains consciousness, condensed knowledge, and even self-awareness to some degree. There is no case where this is not so.”

Capacity For Infinite Mobility

“Or next law of the inner universe is the capacity for infinite mobility, this occurring within the spacious present, which is an infinite spacious present.”

Changeability & Transmutation

“Our next law is the law of infinite changeability and transmutation. That is, any given portion of energy has within it the capacity to take on any pattern or to form an infinite number of energy fields, each one giving forth a truly infinite variety of results.

“As you know, the cells or atoms in an arm could just as well form an ear, as far as innate ability is concerned. This is a very simple example.

“While it might sound impossible to you, this generalized molecular consciousness, which you would call subconscious, contains within it, in condensed genetic

fashion, all knowledge of the inner workings of the universe, this knowledge being acted upon and instantly accessible when it is needed.

“When you realize that you are much more than the egotistical ‘I am,’ and that your true personality contains a much larger and really more powerful inner ego, then this relative inavailability of inner comprehension to the outer ego will not annoy you.

“Now, you will see that the inner ego of which we have spoken many times is the projector of energy upon your plane. The inner ego, representing the basic personality, through [the inner sense of] diffusion makes a materialization of itself and enters your plane.”

Cooperation

“Cooperation is always a vibrant and necessary law, and you may add cooperation to our list of laws governing the inner universe.

“Now, this constant creation of the universe is not maintained through some localized subconscious that exists somewhere between two ears, behind the forehead. The individual subconscious, as I have explained, is the result of a psychic pooling of resources and abilities. It is a gestalt, maintained and formed by the cooperating, generalized consciousness of each atom and molecule of which the physical body is composed.

“Each individual atom within its generalized consciousness has the capacity, in some degree, to construct its portion of energy into physical construction. It is extremely important that you understand this fact, and realize that the individual cells, for example, lose no individuality in the process, and gain immeasurably, the whole physical structure of the body being the result of this cooperation of cells which are themselves the result of cooperation of atoms and molecules.

“The resulting pattern or physical body makes it possible for the cells, atoms and molecules to express themselves, and to fulfill abilities that would be impossible for them in another context. They share to some degree in the perspective reached through the abilities of a physically-large body structure, in a way that would be denied to them in other fashions.

“From their cooperation they achieve a value fulfillment along certain lines. I mentioned the capacity for infinite mobility and transmutation as being one of the laws of the inner universe. The reflection of this law is seen in the latent ability for almost infinite varieties of structures, and endless combinations that can be achieved by the atoms and molecules, and smaller particles of your universe.

“You remember that value fulfillment is also one of our laws of the inner universe, and in this particular instance, the atoms and molecules have the opportunity for

value fulfillment along many lines, according to the form that their cooperation and combination may take.

“I am explaining this matter rather thoroughly because we will be getting to matters concerning the entity [inner ego] and its personality developments. The entity, for example, works with the same sort of individual cooperation, and uses building blocks of energy in much the same manner, that the atoms and molecules in the physical world combine to form cells, organs, and the whole structure of the physical body.

“As the various cells maintain their individuality, as they gain in terms of value fulfillment by cooperation and still retain their uniqueness, so also do the various personalities retain their individuality and uniqueness while still cooperating to form the psychic structure of the entity, which in one context also forms them; and with this little problem I will let you take your break. There are more ways to see what is inside an egg than cracking, it, as you will discover.”

Natural hypnosis – the acquiescence of the subconscious to conscious belief as the subconscious accepts those orders given to it by the conscious mind. We constantly serve as our own subject and hypnotist, giving ourselves suggestions that constantly reinforce our belief systems. What we believe to be true, is true for each of us. For example, money is the root of all evil, I need a flu shot to protect me during flu season, my body is dirty, ugly, or fat, etc.

When we have our own undivided attention we can use our ability to concentrate our intention and focus our conscious minds to reinforce and affirm any new beliefs that we wish. Five to ten minutes is all you need to accomplish this each day. When selected new beliefs don't conflict with others and resonate strongly with your own natural intent, the resulting changes in our lives can be immediate and startling. Discussed in detail in *The Nature of Personal Reality*.

Simultaneous time – a paradoxical metaphor used to describe how multiple linear space/time frameworks can co-exist in parallel dimensions. Also, how the psyche can manifest multiple simultaneous personalities throughout the physical field. In the context of Frameworks 1 and 2, there are nine dimensions available within any moment point:

PAST/past	PAST/present	PAST/future
PRESENT/past	PRESENT/present	PRESENT/future
FUTURE/past	FUTURE/present	FUTURE/future

One way to understand this seeming paradox is to imagine each of the nine aspects of linear space/time as “dimensions.” Each dimension has its own integrity and a psychological “boundary” formed by our physical and inner senses. It is possible to “cross” these boundaries through the conscious use of our inner senses. Discussed in detail in *The Nature of Personal Reality*.

*Notes by Jane from Dr. Joseph
Murphy's The Power of Your
Subconscious Mind:*

The power of your subconscious is enormous. It inspires you, guides you, reveals to you names and facts and scenes from the storehouse of memory. It started your heartbeat, controls circulation of your blood, regulates digestion, assimilation, and elimination. When you eat a piece of bread, your subconscious transmutes it into tissue, muscle, bone and blood. Your subconscious controls all the vital processes and functions of your body.

It never sleeps or rests. You can discover the miracle-working power of the subconscious by plainly stating to your subconscious mind, prior to sleep, that you wish a specific thing accomplished. Here then is a source of power and wisdom that places you in touch with omnipotence, or the power that moves the world, guides the planets in their course, and causes the sun to shine. Your subconscious mind is the source of your ideals, aspirations and altruistic urges.

Whatever thoughts, beliefs, opinions, theories or dogma you write, engrave or impress on your subconscious mind - you will experience them as the objective manifestation of circumstances, conditions and events; what you write on the inside, you experience on the outside.

It is a universal truth that whatever you impress on your subconscious mind is expressed on the screen of space as condition, experience and event. Thought is incipient action. The reaction is a response from your subconscious mind which corresponds with the nature of your thought. Your subconscious mind can be likened to the soil which can grow all kinds of seeds, good or bad. Every thought is a cause and every condition an effect.

As you sow in your subconscious mind, so shall you reap in your body and environment. Whatever your conscious mind assumes and believes to be true, your subconscious mind will accept and bring to pass. Whatever you habitually think sinks into the subconscious. The subconscious is the seat of the emotions and is a creative mind. Once subconscious accepts an idea, it begins to execute it. Whatever you feel is true, your subconscious will accept and bring forth into experience.

Seth said that not only do we form our own reality now, but we will continue to do so after physical death, so it is of the utmost importance that we understand the connection between thought and reality.

Suggestion is no more and no less than an inner willingness and consent to allow a particular action to occur; and this consent is the trigger which sets off the subconscious mechanisms that allow you to construct inner data into physical reality.

Glossary

Ego

□ The Ego is the tip of the iceberg portion of the subconscious (Session 17) self that deals exclusively with physical reality.

- The Ego is formed at birth of our physical being (Session 126)
- The Ego's purpose is manipulation of the personality in physical reality (Session 183)
- "...the ego, while a portion of the whole self, can be defined as a psychological "structure", composed of characteristics belonging to the personality as a whole, organized together to form a surface identity." - Session 616

Personality

- Very closely tied to the ego but prior to the ego.
- It is a portion of the inner self (Session 146).
- "The personal subconscious and the ego are indeed equal partners in the formation of any given present personality." - Session 152.
- "The personality in actuality is simultaneous action, that is composed of actions within actions. Portions of it are conscious of its awareness as a part of action, and portions of it attempt to stand aside from action. This attempt forms the ego, and is itself action." Session 164
- "The sleeping personality is as close to the inner self as you will come in this existence" - Session 187

Subconscious

- Connective between our physical brain and non-physical mind (Session 20)
- Also a connective between our inner and outer senses (Session 20)
- Owner of emotions (Session 25)
- The subconscious is also the buffer zone between the inner and outer egos. (Session 35)
- Cushions the outer Ego against the shock of reality. (Session 35)
- The subconscious is the source of our personal identity (Session 126) and is our memory storehouse composed of many layers (Session 88). The topmost layer is the "personal" subconscious that contains pertinent information from this lifetime. Then would be memories of the time before this lifetime, then of the life before this one, etc...

Inner Ego

- The portion of our selves still focused on inner reality
- "The inner ego is the part of the personality that contains the highest aspirations and capabilities. It has been called by psychologists the subliminal self. When in such dreams your perceptions seem exceedingly clear, you can be certain that the inner ego is operating. Now all portions of the personality, of the present personality, belong to this inner ego." - Session 270
- "It is the prime identity of the whole present personality. In many cases it is the I of your dreams. It is definitely the I of your creative activity. It is the I, you see, which survives physical existence, and the physical, physically-oriented ego is only a part of it." - Session 270
- "Now the inner ego is the organizer of experience that Jung would call unconscious. The inner ego is another term for what we call the inner self. As the outer ego manipulates within the environment and physical reality, so the inner ego or self organizes and manipulates within an inner reality. The inner ego creates the physical reality with which the outer ego then deals." - Session 509

Inner Self (Same as the Inner Ego)

The Psyche (Same as the Inner Ego)

Whole Self

- Sum of reincarnational personalities. Ruburt is the name of Jane's whole self as Joseph is the name of Rob's whole self.
- "The fact is that the whole self is constantly experiencing data from all of the inner senses. The inner ego is of course aware of this. The subconscious is sometimes aware of this, and the outer ego is aware of very little." - Session 35
- "Therefore the whole self is not only the sum of the personality as you know it in your time, it is also the sum of what it has been and what it shall be." - Session 177
- "Ruburt is the sum of the present ... Ruburt ... I want to get this as clear as possible ... Ruburt is the sum of the earthly personalities, intimately aware of all past lives." - Session 444
- "In your terms the selves that are the sum of your reincarnational personalities. These whole selves then are a part of your entity." - Session 507

Entity

- This is the highest form of identity that Seth speaks of next to "All That Is".
- In NPR Seth says that a group of selves forms a soul. And the entity, or greater self, is then composed of souls (Session 637).

There are certain simple steps that can be followed, whenever you find yourself in a difficult situation, whether the condition is one of poor health, a stressful personal involvement with another, a financial dilemma, or whatever.

These steps seem very obvious, and perhaps too easy - but they will bring an immediate sense of ease and a peace of mind while your inner reserves are being released and activated. I have mentioned these steps many times, because they are so vital in clearing the conscious mind, and bringing some sense of relief to the frightened ego.

1. Immediately begin to live in the present as much as possible. Try to become as aware as you can of present sense-data - all of it. Often, while you are in pain, for example, you concentrate upon that sensation alone, ignoring the feelings of ease that may be felt by other portions of the body, and unaware of the conglomeration of sounds, sights, and impressions that are also in the immediate environment. This procedure will immediately lessen the pressure of the problem itself, whatever it is, and give you a sense of refreshment.
2. Refuse to worry. This fits in automatically with Step 1, of course. Tell yourself you can worry all you want tomorrow, or on some other occasion - but resolve not to worry in the present moment.
3. When your thoughts do touch upon your particular problem in that present moment, imagine the best possible solution to the dilemma. Do not wonder how or why or when the ideal solution will come, but see it in your mind's eye as accomplished. Or if you are not particularly good at visual imagery, then try to get the feeling of thanksgiving and joy that you would feel if the problem was solved to your complete satisfaction.

These steps will allow you breathing time, and actually help minimize the pressure of your situation, whatever it is. Then, quieted, you will be able to consider other suitable steps that may more directly address your particular solution.

Seth reiterates this exercise later in the book...

Before we continue, I would like to remind the reader that in the middle of these or any of the other problems we have been discussing, there may be a period of depression, or the feeling that one's own problem has no solution after all.

Whenever this occurs, the steps I have given before should be followed. Briefly, immediately refuse to worry about the future or the past. Tell yourself you can worry another time if you want to - but for the moment you will not be concerned about the past or the future.

Remind yourself that for all you might have read, or heard, or deduced earlier, it is certainly not inevitable that all unfortunate situations take the darkest of tones, and that indeed the opposite is true; for if such were the case, the world and all of life would have literally been destroyed through disasters and calamities.

Concentrate upon the present moment - but more, concentrate upon the most pleasant aspects of the present moment. If that moment has distracting, unfavorable aspects, then resolutely bring into your mind whatever images delight or please you at the moment. These may be very simple. Remember the smell of lilacs, for example, or try to hear the crisp crunch of snow, or try to visualize an ocean or lake. All of these procedures will serve to quiet your mind and body, and build up your own reserves.

This is an excellent policy to follow, because you can start it wherever you are. It will help alleviate fears and doubts at least momentarily, so that then you can pursue the entire issue later, with more assurance.

Healing can involve help on many levels, of course. The world of normal communication I call Framework 1, while Framework 2 represents that inner world, in which indeed all time is simultaneous, and actions that might take years in normal time can happen in the blinking of an eyelid in Framework 2.

Briefly, Framework I deals with all the events of which you are normally conscious.

Framework 2 involves all of those spontaneous processes that go on beneath your conscious attention. When you are very young your beliefs are quite clear - that is, your conscious and unconscious leanings and expectations are harmonious. As you grow older, however, and begin to accumulate negative beliefs, then your conscious and unconscious beliefs may be quite different.

Consciously you might want to express certain abilities, while unconsciously you are afraid of doing so. The unconscious beliefs are not really unconscious, however. You are simply not as aware of them as you are of normally conscious ones. Negative beliefs can block the passageways between Framework I and Framework 2. It is an excellent idea for those in any kind of difficulty to do the following simple exercise.

Relax yourself as much as possible. Get comfortable in a chair or on a bed. Tell yourself mentally that you are an excellent person, and that you want to reprogram yourself, getting rid of any ideas that contradict that particular statement.

Next, gently remind yourself again: 'I am an excellent person,' adding: 'It is good and safe for me to express my own abilities, for in doing so I express the energy of the universe itself.'

Different phrases with the same meaning may come into your own mind. If so, substitute them for the ones I have given. There are endless exercises that can be used to advantage, but here I will only mention a few that appear most beneficial.

Your intents and concerns, your interests, your needs and desires, your characteristics and abilities, directly influence our material, for they lead you to it to begin with.

You want to make the material workable in your world - a natural and quite understandable desire: The proof is in the pudding, and so forth. Yet of course you are also participators in an immense drama in which the main actions occur outside of your world, in those realms from which your world originated - and you are, foremost, natives of those other realms, as each individual is; as each being is.

Those realms are far from lonely, dark, and chaotic. They are also quite different from any concept of nirvana or nothingness. They are composed of ever-spiraling states of existence in which different kinds of consciousnesses meet and communicate. They are not impersonal realms, but are involved in the most highly intimate interactions. Those interactions exist about you all the while, and I would like you in your thoughts to aspire toward them, to try to stretch your perceptions enough so that you become at least somewhat aware of their existence.

These frameworks, while I speak of them separately, exist one within the other, and each one impinges upon the other. To some extent you are immersed in all realities. In a strange fashion, and in this particular case, your conflict with your notes had to do with a sense of orderliness aroused by the need to assemble facts. But [this was] then carried over so that you wanted to keep your Roman (reincarnational) world and this [present] one separate and not merge them through association - as you did - so that it was difficult to know this when you did your sketches. Subjectively you wanted to put the worlds together, to explore the similarities and so forth, but practically you wanted to divide them for your notes.

If you can, try to sense this greater context in which you have your being. Your rewards will be astonishing. The emotional realization is what is important, of course, not simply an intellectual acceptance of the idea. Ruburt wanted material on this book, and that is well and good. The book is important. The book has its meaning in your world, but I do not want you to forget the vaster context in which these sessions originate. This kind of information can at least trigger responses on your part, increasing still further the scope of knowledge that you can receive from me.

In your world knowledge must be translated into specifics, yet we also deal with emotional realities that cannot be so easily deciphered. In this session, in the words I speak - but more importantly in the atmosphere of the session - there are hints of those undecipherable yet powerful realities that will then, in your time, gradually be described in verbal terms that make sense to you.

There is more, but it will have to wait simply because it is not presently translatable. According to the impact of this session, your own comprehensions and perceptions will bring other clues, either in the waking or the dream state. Keep your minds open for them, but without any preconceived ideas of how they might appear. Ruburt's own development triggers certain psychic activity that then triggers further growth. He has been participating in his library, for example, whether or not he is always aware of it.