



The **Seth** MATERIAL

The Seth Material is a system of philosophy presented by Jane Roberts and her husband Robert Butts as a consequence of the trance communications of an entity named Seth. The origin of the material, however, is far less significant than its scope. It has logical consistency, and the validation it receives, as millions of people read and use its ideas in their lives, is growing daily. During our current period of worldwide stress and conflicting ideologies, it makes sense of our situation and gives hope. Between 1963 and 1984, Seth communicated through Jane discourses which have appeared in the twenty volumes that comprise the Seth Material.

Seth: "I have been sent to help you, and others have been sent through the centuries of your time, for as you develop you also form new dimensions, and you will help others. I am in this room [speaking to Robert] although there is no object within which you can place me. You have a vehicle to use, a body that you call your own, and that is all. You are as disembodied as I. I come here as though I appeared through a hole in space and time. What you call emotion or feeling is the connective between us."

"Now, there are no limitations or divisions to the self. You can indeed depend upon seemingly unconscious portions of yourself. The seemingly unconscious portions of your body draws energy from food and molecules, from the air to form your body. All this happens because the inner portions of your being operate spontaneously, joyfully, freely; and all of this occurs because your inner self believes in you, often even while you do not believe in it. The you that you consider yourself to be is never annihilated. Your consciousness is not snuffed out, nor is it swallowed, blissfully unaware of itself, in some nirvana. You are as much a part of a nirvana now as you ever will be. You are in the process of expanding your psychic structure, of becoming a conscious participant with the soul. You are becoming what your soul is.

"There is nothing in your exterior experience that you did not originate within yourself. Interactions with others do occur, yet none occur what you do not attract or draw to you by your thoughts, feelings, attitudes or emotions. In your terms this applies both before, during and after physical life. In a most miraculous fashion you are given the gift of creating your own experiences.

"In this physical existence you are learning how to handle the inexhaustible energy that is available to you. Some of your feelings and thoughts are translated into objects. These exist in a medium you call space. Others are translated into events that exist in a medium you call time. Both of the concepts of space and time are illusions. They exist only in the physical realm. Since you are a part of "being," then you in effect give yourself the life that is being lived through you. While physical, while you are in the flesh, you are a portion of nature therefore, not apart from it. You can not strive to be above nature, and still be yourself.

"Beyond myself there is another self and still another, of which I am aware. And that self tells you that there is a reality beyond human reality and experience that cannot be made verbal or translated into human terms."

"Now, reality has no beginning and no end. Hopefully— hopefully— hopefully, in your terms of time, you may get a glimpse of what I mean. There is indeed an expanding universe, and it is formed in the eternal present. In my book I will go as far as I can into those precepts, yet some [of you] will not follow. You create your own reality. That works, and is true, whether or not you follow, or care to follow, into these other realms.

"For those of you who do accompany me, I promise you an adventure, a creative alteration of consciousness, and experiences beyond those that you have known in your terms. You look at the world around you and are amazed at its richness and variety. Do you think that the inner world is not as rich, even more rich, more valid? Do you think there is but one kind of consciousness?

"Your world is formed out of the vast unpredictability of consciousness. From it you form your own ideas of significance and of yourself... You must stop thinking in terms of ordinary progression. It is bad enough when you worry about keeping up with the Joneses. It is something else, however, when you start worrying about which kind of self [Or consciousness] is superior to another kind."

What's in a Name?

From the ESP class session for April 17, 1973

"So I ask you: 'What is your name, each of you?' My name is nameless. I have no name. I give you the name of Seth because it is a name and you want names. You give yourselves names..., because you believe they are important.

"Your existence is nameless. It is not voiceless, but it is nameless. The names you take are structures upon which you hang your images . . . What you are cannot be uttered, and no letter or alphabet can contain it. Yet, now you need words and letters, and names and objects. You want magic that will tell you what you are.

"You believe that you cannot speak to me unless I have a name, so I am Seth.... I told Ruburt from our earliest sessions that he could call me Seth. I never said, 'My name is Seth,' (but 'I call myself Seth'—my emphasis), for I am nameless. I have had too many identities to cling to one name!"

Seth Quotes Chapter 2

You Form Your own Reality

A. According to Seth we create our own reality--literally--through beliefs we hold. This life is only one of many that we live in a variety of times and places. The experiences--both pleasant and distressful--which we encounter are no more real than a dream and appear within our lives as educational devices to demonstrate the consequences of our actions. Because the essence of the universe is love, we are safe and taken care of now and through eternity. We have on-going access to information about the nature of reality and our personal lives, but we must use our conscious minds to evaluate this information and to make decisions. Finally and perhaps most important, there is no authority superior to each person's essential self; Seth's words are merely an attempt to present us with knowledge that we ignore when it comes from our own inner beings.

B. We are multidimensional beings who inhabit many realms and who exist throughout eternity; developing continually into more creative and fulfilled individuals.

C. The universe is of good intent; evil and destruction do not exist except as a scenario. Evidence of evil in the world appears to our senses in order to let us know the consequences of the beliefs we hold, but mankind will awaken from that sadness as from a bad dream.

D. By acknowledging and, whenever possible, following our impulses, we can discover the purpose of our lives and learn how to act in such a way as to benefit both ourselves and the world.

E. There is no authority superior to the guidance of a person's inner self. Seth's words are merely an attempt to present us with the knowledge that we ignore when it comes to our psyches. The entity is the basic self, immortal, nonphysical and the individual is the portion of the whole self that you manage to express physically. Desire, wish, and expectation rule all actions and are the basis for all realities. You create your own reality, there are no exceptions!

Seth: "You create your reality according to your beliefs and expectations, therefore you should examine these carefully. If you do not like some aspect of your world, then examine your own expectations."

"Realize that your physical experience and environment is the materialization of your beliefs. If you find great exuberance, health, effective work, abundance, smiles on the faces of those who you meet, then take it for granted that your beliefs are beneficial. If you see a world that is good, people like you, take it for granted again, that your beliefs are beneficial. But if you find poor health, a lack of meaningful work, a lack of abundance, a world of sorrow and evil, then assume your beliefs are faulty and begin examining them."

"Your world is formed in faithful replica of your own thoughts...If you think positive suggestions to yourself about a situation you send telepathic ammunition for positive use. You must learn to erase a negative thought or picture by replacing it with its opposite."

"You form your own reality. But in forming that reality, you change other realities of which you do not know. The joy, the challenge, the responsibility, the creativity is yours. There is no other message that I can ever give you, or that you can give yourself. You are, each of you, All-That-Is experienced through your own individuality, and the transubstantiation of your flesh."

"You should tell yourself frequently 'I will only react to constructive suggestions.' This gives you positive ammunition against your own negative thoughts and those of others."

"A negative thought, if not erased, will almost certainly result in a negative condition. Say to yourself, 'That is in the past. Now in this new moment, this new present, I am already beginning to change for the better.'"

"It does not do to repress negative thoughts, such as fears, angers, or resentment. They should be recognized, faced and replaced. Recognize resentment when it is felt, and then realize that resentment can be dismissed. Initial recognition must be made. Then you must imagine removing the resentment 'by its roots' and replacing it with a positive feeling."

"You must watch the pictures that you paint with your imagination. Your environment and the conditions of your life at any given time are the direct result of your own inner expectations. 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 a reality in physical terms. If you would have good health then you must imagine this as vividly as you fearfully imagine ill health."

"You create your own difficulties. This is true for each individual. The inner psychological state is projected outward, gaining physical reality -whatever the psychological state may be....You cannot escape your own attitudes, for they will form the nature of what you see. 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."

"Using your free will, you have made physical reality into something quite different than what was intended. You have allowed the ego to become overly developed and specialized. You were here to work out problems and challenges, but you were always to be aware of your own inner reality, and of your nonphysical existence. To a large extent you have lost contact with this. You have focused so strongly upon physical reality that it become the only reality that you know."

During one ESP Class session, there was a discussion of "possible use of animals to predict earthquakes, and whether people should feel they need to run away from earthquakes".

Seth: "The animals leave! That sounds like good sense to me. Think about it!... Amid the mad scramble, you DO make your own reality. I admit that sounds too simple, but you will not be caught in an earthquake if you do not want to be, and no one dies who has not decided to do so. You make your own reality, or you do not. And if you do not, then you are everywhere a victim, and the universe must be an accidental mechanism appearing with no reason. So that the miraculous picture you have seen of your body came accidentally into creation, and out of some cosmic accident attained its miraculous complexity. And that body was formed so beautifully for no reason except to be a victim. That is the only other alternative to forming your own reality. You cannot have a universe in between. You have a universe formed WITH a reason, or a universe formed WITHOUT a reason. And in a universe of reason, there are no victims. Everything has a reason or nothing has a reason. So, choose your side!"

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Seth Quotes Chapter 3

The Soul

Seth: "Your soul was not born yesterday, but before the annals of time as you think of time. In your terms, you are its most latest addition. You are apart of the whole soul, but not yet aware of the greater portions of yourself. The characteristics that were yours at birth were yours for a reason. The inner self chose them. The inner self can even now alter many of them. You did not arrive at birth without a history. Your individuality was always latent within your soul.

"The pattern that is you is written first of all in the psyche, and is then faithfully decoded in your genes and chromosomes. Your you is expressed in flesh, but came first from the psyche which is beyond or outside of flesh. You are awake, alert and participating in many more realities than you know, as your soul expresses itself through you. You are a living picture in flesh of yourself or soul. You project what you think you are outward into flesh.

"It is more correct to think of the soul not as something you have rather, what you are. You frequently consider the soul as a finished thing that belongs to you but is not you. In truth your soul is the most intimate, powerful part of your inner self and is forever changing and growing. Your soul is alive, responsive, curious and in a constant state of becoming. The soul portion of you resides in other dimensions beyond the physical level. The soul portion of you is the most highly motivated, most highly energized, most potent consciousness unit know in any universe. Your soul, the soul that you are, that you are a part of, that soul is a far more creative, miraculous phenomenon that you can possibly imagine. Your soul possesses more wisdom, knowledge, information and strength than you can ever be consciously aware of.

"The soul is not something waiting for you at death, nor is it something you must save or redeem. You cannot lose it. It is indestructible. The fulfillment of the soul is not dependent upon arrivals at any points, spiritual or otherwise. Your own personality as you know it, that portion of you that you consider most precious, most uniquely you, will never be destroyed or lost. If you maintain a limited concept of the soul, then you cannot take advantage of its many abilities that are your own, and to some extent you cut yourself off from the source of your own being and creativity. The soul's abilities will continue to operate, but often in spite of what you believe rather than with your conscious cooperation.

"Your inner self knows its relationship with the soul. You think you perceive exclusively through your five physical senses, and yet you have only to extend your ego idea of reality, and you will find yourself accepting quite readily the existence of non-physical information coming from the soul portions of yourself.

"Having become aware of the true nature of the soul you can consciously begin to draw upon its greater energy, strength and understanding. In so doing your ideas concerning your own nature will change and expand, for you will have removed limitations to your growth. The wonderful results will be felt down to the smallest cells of your body and will effect the most seemingly mundane events of your life.

"You were born into a state of grace. It is impossible for you to leave it. You will die in a state of grace whether or not special words are spoken for you, or water or oil is poured upon your head. You share this blessing with the animals and all other living things. You cannot fall out of grace, nor can it be taken from you. You can ignore it. You can hold beliefs that blind you to its existence. You will still be graced but unable to perceive your own uniqueness and integrity, and blind also to other attributes with which you are automatically gifted."

"You sell yourself short if you believe that you are only a physical organism living within the boundaries cast upon you by time and space....You are a unique individual. You form your physical environment. You are part of all that is. There is no place within you that creativity does not exist."

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Seth Quotes Chapter 4

Consciousness

Seth: "Identity and consciousness existed long before your earth was formed....Consciousness is the force behind matter, and it forms many other realities besides the physical one....So much of your energy is used in the physical productions that you cannot afford to perceive any reality but your own."

"Matter is the shape that basic experience takes when it comes into your three-dimensional system. Your dreams, thoughts, expectations, beliefs and emotions are literally transformed into physical matter."

"Every nerve and fiber within the body has an unseen inner purpose. Nerve impulses travel outward from the body, along invisible pathways, in much the same manner that they travel within the body."

"These pathways are carriers of telepathic thoughts, impulses, and desires containing all the codified data necessary for translating any thought or image into physical actuality, altering seemingly objective events."

"This telepathy operates constantly at an "automatic" or subconscious level, providing communication to back up sensory data. Telepathy is the glue that holds the physical universe in position, so that you can agree on the existence and properties of objects."

"The conscious mind was therefore expected to perform alone, so to speak, ignoring the highly intuitive inner information that is also available to it. It was not supposed to be aware of such data. Yet any individual knows quite well that intuitive hunches, inspiration, precognitive information or clairvoyant material has often risen to conscious knowledge. Usually it is shoved away and disregarded because you have been taught that the conscious mind should not hold with such nonsense. However, your conscious mind is meant to look into the exterior world and into the interior one. The conscious mind is a vehicle for the expression of the soul in corporeal terms.

"You must give up any ideas that you have as to the unsavory nature of unconscious activity. You must learn to believe in the goodness of your being. Otherwise you will not explore these other states of your own reality.

"When you trust yourself then you will trust your own dream interpretations -and these will lead you to greater self-understanding. Your beliefs of good and evil will become much more clear to you, and you will no longer need to project repressed out upon others in exaggerated fashion."

"Many people do not need to listen to my voice because they listen to the voices of the oak trees and the birds, and to the voices of their own being. I am a poor imitation of the voices of your own psyches to which you do not listen. I will be unneeded, and gladly so, when you realize that the vitality and reinforcement and joy are your own, and rise from the fountain of your own beings; when you realize that you do not need me for protection, for there is nothing you need protect yourself against.

"You can become involved now in a new exploration, one in which man's civilizations and organizations change their course, reflecting his good intents and his ideals. You can do this by seeing to it that each step

you personally take is 'ideally suited' to the ends you hope to achieve. You will see to it that your methods are ideal. If you do this, your life will automatically be provided with excitement, natural zest and creativity, and those characteristics will be reflected outward into the social, political, economic, and scientific worlds. This is a challenge more than worth the effort...I bid each of you success in that endeavor.

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Seth Quotes Chapter 5

Good / Evil

Seth: "You were born with a built-in recognition of your own goodness. You were born with an inner recognition of your rightness in the universe....You are a cooperative species and a loving one. Your misunderstandings, your crimes, and your atrocities, real as they are, are seldom committed out of any intent to be evil, but because of severe misinterpretations about the nature of good, and the means that can be taken towards its actualization.

"....there are certain tendencies, mental stances that you will take about yourself, your body and your life to one degree or another. Many of these will be directly or indirectly connected with old myths and beliefs of your forefathers. Your ideas of good and evil are highly important for instance. (Pause.) Few can escape putting value judgments in these areas. If you consider illness as a kind of moral stigma, then you will simply add an unneeded quality to any condition of ill health."

"Such judgments are simplistic, and ignore the great range of human motivation and experience. If you are bound and determined that "GOD" creates only good, then any physical deficiency, or illness or deformity becomes an affront to your belief, threatens it and makes you angry or resentful."

"Your scientific beliefs tell you that your entire world happened accidentally. Your religions tell you that man is sinful....A generalized fear and suspicion is generated, and life too often becomes stripped of any heroic qualities.

"As long as you believe in the basic evil of man, then you must project upon yourself great punishment. You must see your world destroyed, as so will you have prophets to tell you so, and so they will speak the truth, for they will speak from your own beliefs in the idea of your own evil.

"Now, there will be no holocaust unless you believe that you are so evil that you, as a race must punish yourselves. But there will always be benign old spirits like me that tell you that, although you are bad, you are perfectly bad, and utterly beautiful, and nothing will destroy you unless you are convinced you are, as a race so evil you must be destroyed. And even then, only those who so believe will partake in that probability!

"The prophets speak truly, that speak of doom. They speak truly when they speak from a framework that believes in doom. But that framework is a mere probability that gains its strength only from a belief in evil. So, the prophets felt that belief, and are themselves terrible driven by that belief; and paint dire pictures that reside within the psyche of those who themselves feel damned.

"There are other directions that your race can take, and I'm trying to point out those directions to you. And if you take those directions, then indeed-in your terms-there will be a birth of a new species-a species that understands its blessed creaturehood, that understands its spirituality, that does not despoil its planet, that purposefully creates the kind of world a sane god would create, a god who has no need for a heaven or a hell!

"Quite simply, a belief in the good without a belief in the evil, may seem highly unrealistic to you. This belief, however, is the best kind of insurance that you can have, both during physical life and afterwards. It may outrage your intellect, and the evidence of your physical senses may shout that it is untrue, yet a belief in good without a belief in evil is actually highly realistic."

"Your beliefs generate emotion. It is somewhat fashionable to place feelings above conscious thoughts, the idea being that emotions are more basic and natural than conscious reasoning is. The two actually go together but your conscious thinking largely determines your emotions, and not the other way around. Your beliefs generate the appropriate emotion that is implied.

"The race must learn the value of the individual man. The race is also learning its dependence upon other species, and beginning to comprehend its part in the whole framework in physical reality. Now: some individuals are being reborn at this time simply to help you understand. They are forcing the issue, and forcing the crisis, for you still have time to change your ways. You are working on two main problems, but both involve the sacredness of the individual, and the individual's relationship with others and with all physically oriented consciousness.

"The problem of war will sooner or later teach you that when you kill another man, basically you will end up killing yourself. The over-population problem will teach you that if you do not have a loving concern for the environment in which you dwell, it will no longer sustain you--you will not be worthy of it. You will not be destroying the planet, you see. You will not be destroying the birds or the flowers, or the grain or the animals. You will not be worthy of them, and they will be destroying you. You have set up the problem for yourselves within the framework of your reference. You will not understand your part within the framework of nature until you actually see yourselves in danger of tearing it apart. You will not destroy consciousness. You will not annihilate the consciousness of even one leaf, but in your context, if the problem were not solved, these would fade from your experience.

"The crisis is a kind of therapy...And you need it now, before your race embarks upon journeys to other physical realities. You must learn your lessons now in your own back yard before you travel to other worlds. So you have brought this upon yourself for that purpose and you will learn.

"If you become so frightened of realities that are not your own; if you take upon yourselves tragedies that do not exist in your reality, in your moment, you weaken your position, and you think you are helping. You must operate from strength, not from weakness. When you stand on a firm shore, you can extend your arm to the man that is in quicksand. You cannot help him by leaping into the quicksand with him, for surely both of you will go down, and he will not thank you. Organize your reality according to your strength. Organize your reality according to your playfulness, according to your dreams, according to your hopes, and then you can help those who organize their reality according to their fears."

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Seth Quotes Chapter 6

Comments of Fate

Seth: "If you accept the possibility of the slightest, smallest, most insignificant accident, then indeed you open a Pandora's Box, for logically, there cannot be simply one small accident in that case but a universe in which accidents are not the exception but the rule. A universe in which, therefore, following logic, your consciousness would appear to be an accidental combination of atoms and molecules without reason or cause that will vanish into nonexistence forever even as, indeed, they would have come from nonexistence. Once you accept, you see, that idea, then if you follow your thought completely enough, you must accept the idea of a random accidental universe, in which you are at the mercy of any accident, in which mind or purpose have little meaning, in which you are at the mercy of all random happenings, such as during a flood or earthquake without reason, without cause, simply at the whim of an accidental happening.

"Now, people oftentimes live through personal disasters-natural disasters-in which they are pitted against nature as they know it, hurricanes, floods, earthquakes. But there are no accidents, so on other levels they chose those circumstances, whether they realize it or not, through their conscious beliefs.

"And if that is the sort of universe in which you believe you live, then it is a dire and foreboding universe, indeed. In such a universe the individual has little hope for he will return to the nonexistence that he came from, the individual has no control over his destiny, and can be swept aside at any point by random fate, over which he has no recourse.

"All of this can be related to ordinary life. Whenever you think that you have a headache, simply because you have a headache; or you bump into a door; or you have an accident simply because you happen to be in a particular place at a particular time; whenever you feel yourself powerless, then you think accidents just happen and that you have no control over them. The only answer is to realize that you form physical events, individually and en mass. And as I have said time and time again, you form the physical reality that you know.

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Seth Quotes Chapter 7



Seth: "Your civilization is in sad straits -- not because you have allowed spontaneity or fulfillment to individuals, but because you have denied it, and because your institutions are based upon that premise.

"You think that, left alone, the natural inclinations of man would destroy civilization. Then what, indeed, started civilization, if not the natural inclinations of man? What began the cooperation that allows people to unite even in tribes, if not the natural inclinations of man?

"If you learn to trust your being, then you will be able to trust your institutions and your civilizations. You equate spontaneity with irresponsibility; abandon with evil. If you abandon yourselves to yourselves, then what good would seem to spring out of the heavens of your being?

"Your world is not in dire straits because you trust yourselves, but precisely because you do not. Your social institutions are set up to fence in the individual, rather than to allow the natural development of the individual!

"I come here because it is fun. I have fun when I come here. I do not come here because I feel that I have any great responsibility for your beings or welfare. Who am I to set myself against the innate wisdom of your own individual being, or to take upon my invisible shoulders the great privilege or joyful responsibility for your behavior and destiny?"

"There is nothing more stimulating, more worthy of actualization, than the desire to change the world for the better. That is indeed each person's mission...It is not enough to meditate, or to imagine in your mind some desired goal being accomplished, if you are afraid to act upon the very impulses to which your meditations and imaginings give rise.

"Meditation must be followed by action--and true meditation is action....it takes aggressive energy to send forth thoughts and feelings of peace. So your idea of aggression is completely wrong. Aggression is action, and the thoughts of peace radiated outward take aggression and joy and vitality."

"If you do not like the state of your world, it is you yourselves that must change, individually and en masse. This is the only way that change will be effected."

"The responsibility for your life and your world is indeed yours....You form your own dreams and you form your own physical reality. The world is...the physical materialization of the inner selves which you have formed."

"You must honor yourselves and see within yourselves the spirit of eternal validity. You must honor all other individuals, because within each is the spark of this validity."

"Do not fall into the old ways that will lead you precisely into the world that you fear. There is no man who hates but that hatred is reflected outward and made physical, and there is no man who loves but that love is reflected outward and made physical."

"The human race is a stage through which various forms of consciousness travel....Yours is a training system for emerging consciousness ... you must first learn to handle energy and see through physical materialization, the concrete result of thought and emotion."

"To pursue certain goals, you pretend that they did not exist. Now, however, your global situation as a race requires the new acquisition of some ancient arts. These can help you become aware again of those inner idealizations that form your private reality and your mass world. These arts are useless if they are not practiced, useless in that they lie ever latent, that they are not brought out into the exterior framework of your world. To use these arts requires first of all the knowledge that beneath the world you know is another; that alongside the focus of consciousness with which you are familiar there are other focuses quite as legitimate.

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Seth Quotes Chapter 8

The Purpose of Being

Seth: "Your spirit joined itself with flesh, and in flesh, to experience a world of incredible richness, to help create a dimension of reality of colors and of form. Your spirit was born in flesh to enrich a marvelous area of sense awareness, to feel energy made into corporeal form. You are here to use, enjoy, and express yourself through the body.

"You are here to aid in the great expansion of consciousness. You are not here to cry about the miseries of the human condition, but to change them when you find them not to your liking through the joy, strength and vitality that is within you; to create the spirit as faithfully and as beautifully as you can in flesh."

"In the most basic sense, the purpose of life is being--as opposed to not being. In your system of three-dimensional reality you are learning about mental energy (also called thought energy or psychic energy) and how to use it."

"Knowledge about mental energy and its use is learned by constantly transforming your thoughts and emotions into physical form (your physical reality) and by then perceiving and dealing with the matter and events that are formed."

"From doing this, you are supposed to get a clear picture of your inner development as it is reflected by the exterior environment. You participate in physical reality so that you can operate and experience within this dimension. Here, you can develop your abilities, learn, create, solve problems and help others."

"What is gross about your flesh, or about the seasons that sweep through it and across the earth? Where is there a greater exaltation, and where is there a finer power than what you are? And what is within you? From that do you form all of your realities and all your worlds. Look to dim horizons, bloodless ones in which you are spirit without form. If spirit did not want form, it would not have worn it. It would not make it daily in your image, out of your own desires. It would not tremble in your fingertips and fly to the channel of your bone.

"Your creaturehood is your divinity and your knowledge, for through your creaturehood does your divinity express itself. You are awake who believe you dream. You are dreaming who believe you are awake; for the terms are meaningless. You make your tomorrow out of your desire, as you form your present and your past. Your gut awareness is a god in you laughing, so rejoice! When gods do not need intestines, they will not make them. When gods do not enjoy the smile on your lips, you will not need the lips-and the gods will be the sorrier, and you will be the sorrier!

"Within your experience now is the joy of your being--and that fine, astute, pure nature-rousing itself up through stems of flesh and limbs of arms, looking out through your own individual eyes at the Universe it

has created, and finds it good. What is gross about your being? Only your belief! You shine with reality that in other universes appears as stars, and they look and they say, "What beauty, what distance, and what fine, undefinable existence is this?"

"As all of you know, but as all of you need telling--not from me, but from yourself--spontaneity knows its own order. If you did not distrust yourselves so thoroughly, you would not worry about your responsibilities. Being yourself automatically fulfills any responsibility. The gods created the Universe out of joy and playfulness and creativity, not because they thought they had to. Your being is blessed and spontaneous because it is. And fulfilling it with nature automatically fulfills your purposes and, in your terms, your responsibility.

"If you are the self that you are, you use your abilities out of joy. When you use your abilities out of responsibility you distort them. You help because you think you should, not because it is a joyful part of your being. And you begin to question, "Who needs my help most?"

"Can you imagine the sun thinking, "Who needs my help most? Should I send forth my rays upon this flower, or that one? Which flower needs my help the most?"; or the rain saying, "Which blade of grass should I bless with myself?"

"No; The sun is itself, as you are yourself, and through your being you bless yourself and all others. Being yourself, you can trust yourself; then your responsibilities are automatically fulfilled. But if you do not trust yourselves, there is no responsibility that you can fulfill, and no one that you can truly help.

"If you could but perceive the miraculous nature of your own reality in this particular moment that you call the present, how dazzled you would be, and how little you would think in terms of purposes. Your reality is purpose and knows itself. What a rich, undefined miracle exists in each of your beings now! You look at paintings-or a poem-and call them great. If you could feel the miraculous structure of your own being now, and appreciate it, how you would wonder!

"The appreciation must come from yourselves. You think you are aware with techniques which you read [about]. Listen to just one cell within your body, and hear it sing with purpose, and integrity, and joy!

"Feel a leaf! Feel the petal-like quality of your own thoughts. Be yourselves in the moment and, again, what is the power of the present! I demonstrate it for you, but it is your own, and it is within you now, the energy that you perceive.

"You each have the same energy, [speaking loudly and forcefully now:] and it sings within your being. You need not be shy of it. It is your own! You need not look to gurus, or gods, or Ruburts, or Seths. It dwells within you!

"There is a spirituality within your tissues. Physical existence is sacred and good. There is nothing wrong with it. Atoms and molecules, they are holy. Your consciousness is holy, and so is your little toe. You can aspire--you must aspire for that is within you. But All That Is is now within you.

"You do not have to traverse worlds; you do not have to meet hopeless little gods at doorways to let you know whether or not you can enter or follow through on tests, as some psychics tell you. You do not have to take upon yourselves definite rituals. You have only to look within yourself for the source of exaltation, creativity and song.... "Now, Ruburt makes contact with me, but having made contact, I am like some vital, ever-growing field that you finally reach. It is up to you to wander in that field and pluck your own idiot flowers and find your own paths. At this moment the field is there--the field that is my reality and yet is your own reality--and you must intellectually probe it and intuitively probe it and find your own paths within it.

"Its sources rise from your own being and from the fountainhead of creativity that is within each of you. The teacher is within each of you, and you are yourselves the teacher that you do not recognize, And the voice that speaks in your dreams is the voice of yourself that you do not recognize speaking from the ancient founts of knowledge that are your own.

"I have told you often that I am no spooky guide that speaks in the night. I am myself, but I am also the speechless portion of your own selves. I am height that you have reached and do not know that you have reached. I am your own heartbeat. I do have my own individuality, yet this in no way means that there is not a meeting ground between what I am and what you are...

"I want you to understand that in this moment in your time, your very cells respond to what I say not because I say it, but because your cells also speak through my voice and the forgotten portions of you to which you do not listen. The voice that cries in the wilderness is your own, and the voice that answers from eons of time that you do not understand is your own.

"You have counterparts you are not alone. You have brothers and sisters that you do not recognize. Stratus that fly through the night, in your terms now, have known consciousness and song. The air that brushes past your cheek is alive. It too has known love and exaltation and will again....

"Remember, therefore, that your own vitality is without bounds; that it is ever new; that it sweeps through your own frame as easily and as naturally as the energy sweeps through this form; that you have only to accept it and acknowledge it. The vitality of life is not quiet; it is not adult; it is not dignified; it is! All the alleyways down which you have traveled have openings. Any disasters that you have worked upon yourselves have openings. Any energy that you need to direct to any part of your physical image is yours for the asking. Any thought that you have is creative....

"As easily and miraculously as a flower grows or as a hair grows out of your skull or as a thought rises from your brain, that energy resides within you. That energy is your own--your own divinity rests within it. The bridge ways that you form and that all of you know are made of this vitality. In silence it grows and is nurtured, but it is not of itself quiet. It is vigorous and it is not afraid of quiet. It forms you. Get on good terms with it and do not deny it.

"I ask you to identify with the power behind this voice and to feel it within your very cells, for it is your own power, your own energy, your own knowledge, and the divinity from which you have sprung and which is a part of each of you. The voice that answers is your own, then listen to it with love and understanding."

"Two young women visited Ruburt lately. They were exuberant, energetic, and filled with youthful idealism. They want to change the world. Working with the Ouija board, they received messages telling them that they could indeed have a part in a great mission. One young lady wanted to quit her job, stay at home, and immerse herself in "psychic work," hoping that her part in changing the world could be accomplished in that manner. The other was an office worker.

"There is nothing more stimulating, more worthy of actualization, than the desire to change the world for the better. That is indeed each person's mission (intently). You begin by working in that area of activity that is your own unique one, with your own life and activities. You begin in the corner of an office, or on the assembly line, or in the advertising agency, or in the kitchen. You begin where you are.... When you fulfill your own abilities, when you express your personal idealism through acting it out to the best of your ability in your daily life, then you are changing the world for the better."

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Seth Quotes Chapter 9

*Comments to those
with a Serious Illness*

Seth: "If you cut your finger, it is no accident. If you stub your toe, it is no accident. If you come down with the flu, or with a virus, it is no accident. If you have a chronic physical difficulty, it is no accident. If you are creative, it is no accident. If you get good news, it is no accident. If lovely things happen to you, it is no accident either.

"You form your reality, and this applies all the way up or down the scale, from the consciousness you now have to the tiniest molecule in the tiniest eyelash on your body. It is only when you are not willing to face consciously your own beliefs, and face them through and make distinctions, that seemingly unconscious accidents occur: when all of a sudden you are not as quick as you should be; or, when all of a sudden, your reactions are not as good; when a car comes that should not be there. Each of you have your own ways, and an event that seems horrendous from the outside--from the inside, from your private viewpoints, may be something else entirely.

"You can rid yourself of any illness when you realize that you create and draw such illness to yourself. What you fear most, you draw to yourselves. Now, if you decide to leave this world, that is your right; go in joy and vitality, but go because you know you decided to leave, and not as a victim of a disease that has been given a name. On the other hand if you decide you want to continue to live, then live in your full glory and strength. If you decide to live, then tell yourself you want to live and know the reasons, and your body will repair itself in joy and glory. You are not a victim!

"While such situations as illness are chosen by the personality, the individual is always left to work out its own solution. Complete recovery, illness, or early death are not preordained on the part of the entity [or whole self]. The general situation is set up in response to deep inner involvements. The problem is a challenge set up by the entity for one of its own personalities, but the outcome is up to the personality involved. One does not choose illness per se for a lifetime situation.

"The inner self, as distinguished from the more accessible subconsciousness, is aware of the situation and finds release through frequent inner communications where successes are remembered and reexperienced. The dream state becomes an extremely vivid time, for such experiences assure the personality of its larger nature. It knows it is more than the self that it has for a time chosen to be. You need to learn the power of thought and emotion. Once you realize that your thoughts form reality, then you are no longer a slave to events.

"True self-knowledge is indispensable for health and vitality. The recognition of the truth about the self simply means that you must first find out 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 an 'absolute state.'"

"You are not your emotions. They flow through you, you feel them and then they disappear. When you try to hold them back they build up."

"You must learn to trust your own spontaneous nature. Your nervous system knows how to react. It reacts spontaneously when you allow it to....In spontaneity there is a discipline that utterly escapes you, and an order beyond any that you know. Spontaneity knows its own order."

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Seth Quotes Chapter 10

Death Experiences

Seth: "According to what you have been taught, you are composed of physical matter and cannot escape it, and this is not so. The physical matter will disintegrate but you will not. I can assure you that death is another beginning. You have lived before and you will live again, and when you are done with physical existence, you will still live. I want you to feel your own vitality. Feel it travel through the universe and know that it is not dependent upon your physical image.

"I am life and I am death. Now when death can talk about death, that is your answer. Only the living are so mute. Think of your definitions. In certain terms, you are all dead and have been for centuries. In other terms you are not yet born and centuries will come before you walk upon the surface of the earth. Yet you are alive, and you take it for granted that I am dead, and so, what a delightful game we play!

"What I am trying to show you is that individuality continues. Now, I have been born and died more times than I can remember. And yet, in my present state, my individuality continues. It is not my essence. It is not buried in some bovine goodness in which I must think beautiful thoughts and become lost in the beauty of the Universe. I am part of the beauty of the Universe, and as such, my individuality continues-as does your own."

"You *sense* here the energy of your being, and it is death and it is life, for the two are one and united, and, in your terms, are the faces of the same reality. You will never know, in your terms again, the self that you are now, and yet it will never end, and you will always remember it. Yet there is a history, in other terms, to your being, and you can read that history. In your terms, you can look backward toward reincarnational lives, but they are not you..."

"Life implies death, and death implies life--that is, in the terms of your world. You could not die unless you were the kind of creature who was born, nor could you have a present moment as you consider it. Your body is aware of the fact of its death at birth, and of its birth at its death, for all of its possibilities for action take place in the area between. Death is therefore as creative as birth, as necessary for action and consciousness, in your terms.

"Here time as you think of it has little meaning. You could compare the two different time experiences in this way: In your dimension it is as if remembered events were like pieces of furniture, all arranged in one room, in a given order. Living in that room, you can find your way between various pieces easily. You then move out into a larger and different kind of room, and here the furniture may be rearranged in any fashion,

arranged and rearranged to your heart's content. You may form different combinations from it and use it for different purposes as you might visit a new residence and move some of your belongings there before you officially make it your own. There will be guides to help you and you will hardly notice that you have entirely moved in, for you will feel so at home. Shortly, training periods will begin. It will become your turn then to help others and be their source of strength.

"Now the new body is, of course, not a new one at all, but simply a body not physical in your terms, one that you use in astral projections, one that gives the vitality and strength to the physical body that you know. Your flesh is embedded in it now. When you leave the physical body, the other body is quite real to you and seems physical, although it has many more freedoms.

"First of all, there are verbal difficulties having to do with the definition of life. It appears to you that there is living matter and nonliving matter, leading to such questions as: "How does nonliving matter become living?"

"There is no such thing, in your terms, as nonliving matter. There is simply a point that you recognize as having the characteristics that you have ascribed to life, or living conditions---a point that meets the requirements that you have arbitrarily set.

"This makes it highly difficult in a discussion, however, for there is no particular point at which life was inserted into nonliving matter. There is no point at which consciousness emerged. Consciousness is within the tiniest particle. There was no point at which consciousness was introduced, because consciousness was the illumination from which the first cells emerged.

"There is a design and a designer, but they are so combined, the one within and one without, that it is impossible to separate them. The Creator is also within its creations, and the creations themselves are gifted with creativity and that each contains an infinite capacity for development---and that each is innately blessed.

"In the dawn of physical existence, men knew that death was merely a change of form."

"What you call death is rather your choice to focus in other dimensions and realities. You do not acquire a 'spirit' at death. You are one, now! You adopt a body as a space traveler wears a space suit, and for much the same reason."

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Seth Quotes Chapter 11

Reincarnation

Seth: "You are not any of those past selves, even though they are a part of the history of your being. They are themselves in their own space and time. You are as different from those reincarnational selves, therefore, as you are from your parents, though you share certain backgrounds and characteristics. So you can theoretically expand your consciousness to include the knowledge of your past lives, though those lives were yours and not yours. The next step is taken when identity is able to include within itself the intimate knowledge of all incarnations. Yet in this state, the independence of the various reincarnated selves is not diminished as each separate identity then seeks to know and experience its other portions, then All That Is learns Who and What It Is. Action never ceases its exploration of itself."

"In each life you choose and create your own settings or environments; and in this one you chose your parents and whatever childhood incidents that came within your experience. You wrote the script. Like a true absent minded professor, the conscious self forgets all this, however, so when tragedy appears in the script, difficulty or challenges, the conscious self looks for someone or something to blame."

"....When consciousness splits off from itself, the original is not less, but a new synthesis occurs. Such psychological births take place often in one life, quite escaping your notice.... The self is quite able to keep track of its own journeys into various realities and times, and feels no confusion. ..."

"Reincarnation involves the historical periods that you recognize, and the seemingly sequential progress of events. Your reincarnational selves more or less belong to the same probability, translated into historical terms. Since all time is simultaneous, however, all frameworks of historical nature are being formed at once. In those terms you are born in the past with your knowledge of the future held in unconscious abeyance, and you are born in the future convinced that your knowledge of the past comes only from history books."

"The entire complex social world rests however on strong probable relationships, and the power behind civilizations rests upon a great unconscious rapport, and is built upon, in any given present, future and past, personal and social relationships."

"An excess of male lives will turn a personality sour in a feminine manner, without the inner understanding and compassion that is usually associated with the female sex. In like manner, consistent feminine personalities will turn harsh without the inner strength usually associated with the male sex. For this reason, most entities live lives as male and female."

"It does not follow that everyone with whom you are concerned was also involved with you in past lives. You will always meet new personalities in various existences, as well as people you have known.

"When you leave the physical system after reincarnations, you have learned the lesson and you are literally no longer a member of the human race, for you elect to leave it. Only the conscious self dwells within it in any case, and other portions of your identity dwell simultaneously within other training systems. In more advanced systems, thoughts and emotions are automatically and immediately translated into action, into whatever approximation of matter there exists. Therefore, the lessons must be taught and learned well."

"The teachers within your system are those in their last reincarnation, and other personalities who have left the system but have been assigned to help those still within it. The system also includes some fragment personalities what are entering for the first time, as well as those in later reincarnations."

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Seth Quotes Chapter 12

All That Is

Seth: "If you prefer, you can call the supreme psychic gestalt God, but you should not attempt to objectify him. What you call God is the sum of all consciousness, and yet the whole is more than the sum of Its parts."

"[It] is not one individual, but an energy gestalt. (It) is a psychic pyramid of interrelated, ever expanding consciousness, that creates simultaneous and instantaneously, universes and individuals that are given duration, psychic comprehension, intelligence and eternal validity. Its energy is so unbelievable that it does indeed form all universes; and because its energy is within and behind all universes, fields and systems, it is indeed aware of each sparrow that falls, for it is each sparrow that falls."

"Dimly remembered through what you would call history, there was a state of agony in which the powers of creativity and existence were known, but the ways to produce them were not known. All That Is existed in a state of being, but without the means to find expression for Its being. All That Is had to learn this lesson, and could not be taught. From this agony, creativity was originally drawn, and its reflection is still seen. All That Is retains the memory of that state, and it serves as a constant impetus toward renewed creativity. Desire, wish and expectation, therefore, rule all actions and are the basis for all realities. Within the dreams of All That Is, potential beings had Consciousness before any beginning as you know it."

"All That Is saw an infinity of probable, conscious individuals. These Probable individual selves found themselves alive within a God's dream And they clamored to be released into actuality. All That Is yearned to release them and sought within itself for the means to do so. Finally, with love and longing It let go of that portion of itself, and they were free. The psychic energy exploded in a flash of creation."

"All That Is loves all that It has created down to the least, for It realizes the dearness and uniqueness of each consciousness which has been wrest from such a state of agony. It is triumphant and joyful at each development taken by each consciousness, and It revels and takes joy in the slightest creative act of each of Its issues."

"All individuals remember their source, and now dream of All That Is as It once dreamed of them. And they yearn toward that immense source...and yearn to give it actuality through their own creations."

"The connections between you and All That Is can never be severed, and Its awareness is so delicate and focused that its attention is indeed directed with a prime creator's love to each consciousness."

"All That Is knows no other. It does not know whether or not other psychic gestalts like Itself may exist. It is constantly searching."

"There are answers to some questions that I cannot give you about the origin of All That Is, for they are not known anywhere in the system in which we have our existence."

"All portions of All That Is are constantly changing. All That Is is constantly seeking to know Itself, for seeking itself is a creative activity and the core of all action."

"You, as a consciousness, seek to know yourself and become aware of yourself as a distinct individual portion of All That Is. You automatically draw on the overall energy of All That Is, since your existence is dependent upon it. The portion of All That Is that is aware of itself as you, that is focused within your existence, can be called upon for help when necessary. This portion of All That Is looks out for your interests and may be called upon in a personal manner. A psychic gestalt may seem impersonal to you, but its energy forms your person."

"When a race is in deepest stress and faced with great problems, it will call forth someone like Christ. It will seek out and indeed from itself produce the very personalities necessary to give it strength."

"You do not have to die to find God. All That Is, is-now; and you are a part of All That Is now. And as I have told you often, you are a spirit now. The avenues for development are open now. If you want to, you can now set upon exploring environments that are not physical, but I do not see any rush of students at that invisible door!"

"Now, when I speak to you, I very seldom use such words as love. I do not tell you that a god is waiting for you on the other side of a golden door. I do not reassure you by telling you that when you are dead, God will be waiting for you in all His majestic mercy, and that will be the end of your responsibility."

"And so, I offer no hope for the lazy, for they will not find eternal rest. However, through traveling within yourself, you will discover the unity of your consciousness with other consciousnesses. You will discover the multi-dimensional love and energy that give consciousness to all things. This will not lead you to want to rest on the proverbial Blessed Bosom. It will, instead, inspire you to take a better hand in the job of creation."

"And that feeling of divine presence you will find indeed, and feel indeed, for you will sense it behind the dance of the molecules and in yourself and in your neighbors. What so many want is a God Who walks down the street and says, "Happy Sunday, I am I, follow Me. But God is hidden craftily in His creations so that He is what they are, and they are what He is; and in knowing them, you know Him."

"God is always more than All That Is, is the sum that you cannot find--and for my definition of God, I therefore leave you with that one: For God is the sum that you cannot find, that resides within you, that is more than anything you can discover, that is His creations and yet more than that which is created, within Whom infinities rest."

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Seth Quotes Chapter 13

The Inner Self

Seth: "The ego at any give time in this life is simply the part of the inner self that surfaces in physical reality; a group of characteristics that the inner self uses to solve various problems."

"Each of you exists in other realities and other dimensions, and the self that you call yourself is but a small portion of your entire identity."

"Within the self that you know is the prime identity, the whole self. This whole self has lived many lives and adopted many personalities. Personality may be somewhat molded by the circumstances that are created for it by the whole self but the prime identity uses the resulting experience."

"Your prime identity is an energy essence personality which is composed of energy gestalts. As each individual consciousness grows, out of its experience it forms other 'personalities' or fragments of itself. These fragments are entirely independent as to action and decision, while constantly in communication with the whole self of which they are a part. These 'fragments' themselves grow, develop, and may form their own entities or 'personality gestalts.'"

"You have constant contact with the other parts of your whole self, but your ego is so focused upon physical reality and survival within it that you do not hear the inner voices. No individuality is ever lost. It is always in existence."

"There is an inner ego, an inner self which organizes 'unconscious' material. As the outer ego manipulates within the physical environment, so the inner ego or self organizes and manipulates within inner reality."

"It is this inner self, out of massive knowledge and the unlimited scope of its consciousness, that forms the physical world and provides the stimuli to keep the outer ego at the job of awareness. The inner self organizes, initiates, projects and controls the transformation of psychic energy into matter and objects."

"The individual inner self, through constant effort of great intensity, cooperates with other entities like itself to form and maintain the physical reality that you know."

"The inner self has a virtually infinite reservoir from which to draw knowledge and experience. All kinds of choices are available, and the diversity of physical matter is a reflection of this deep source and variety."

"Having determined upon physical reality as a dimension in which it will express itself, the inner self, first of all, takes care to form and maintain the physical basis upon which all else must depend --the properties of the earth that can be called the natural ones."

"It is the daily ego's ignorance and limited focus that makes it view so-called unconscious activity as chaotic. The waking ego (dealing with physical reality) cannot know all the unconscious material directly. The daily ego is simply not conscious enough to be able to contain the vast knowledge that belongs to the inner conscious self from which it springs. The outer ego is spoon-fed, being given only those feelings and emotions, only that data, that it can handle. This data is presented in a highly specialized manner, usually in terms of information picked up by the physical senses."

"The inner self is not only conscious, but conscious of itself, both as an individuality and as an individuality that is a part of all other consciousness. It is continually aware of both this apartness and unity-with. The outer ego is not continuously aware of this fact. It frequently forgets its 'whole' nature."

"When it becomes swept up in a strong emotion it seems to lose itself. When it most vigorously maintains its sense of individuality, it is no longer aware of unity-with. If the ego were aware of the constant barrage of telepathic communications that do impinge upon it, it would have a most difficult time retaining a sense of identity."

"You must learn to listen to the voice of the inner self and work with it. You may also simply ask the inner self to make the answers to problems available on a conscious basis."

"Now, if you realize that you create your physical reality through your own thoughts and desires, then you have learned the most important aspects of reality. This is what you have been setting out to do in your other lives, in your past existences. The realization of these truths nullifies any so-called "debts" from other lives. When you realize this and act upon it, there is no reason for you to come back here again unless you want to. Any of your difficulties in past lives were caused because you did not realize these basic truths. Your reincarnational pasts can help you if you know of them. . .only if they make these truths evident to you, only if you learn from them. Otherwise, they exist within you subconsciously--and unconsciously, in any case."

"Now, each of you is a part of All That Is, highly individual and unique, like no other; and that like no-other-ness will never be taken from you. You will not melt into some great golden bliss in which your characteristics will disappear. You will not be gobbled by a super-god. On the other hand, you will continue to exist; you will continue to be responsible for the way in which you use energy; you will expand in ways now impossible for you to understand. You will learn to command energy of which you now do not know. You will realize that you are more than you realize you are now, but you will not lose the state of which you are now aware."

"And regardless of the fact of reincarnation, and regardless of probable selves, the unique self that you now call "yourself" has eternal validity, even though the memories that you cannot now consciously recall will be yours in their entirety. And physical life in a reincarnational self is not some chaos thrust upon you, some evil from which you must shortly hope to escape. It is a particular reality in which you have chosen to know your existence, in which you have chosen to develop yourself; and again, it is indeed a system like no other system--a unique and dear and beloved portion of reality in which you have chosen to flourish for a while. And in denying it, again, you deny the reality of experience."

"In other terms, you will leave this system for others, but there will be a portion of you yet, no matter how many eons pass, that remembers a spring evening and a smell of autumn air And those things will always

be with you when you want them. You make your own flesh and your own world, as now en masse you form the evening. These are creations of yours, and of your kind. They are not prisons to be escaped from."

"The whole self is involved not only in this reality, but in other realities. The whole self sends a portion of itself into various realities. These portions of the whole self are to learn to materialize as best they can the strength and energy as they know it in whatever camouflage they find themselves. The whole self gives you, therefore, a responsibility--and it leaves it mainly up to you."

"The whole self gives you help at times, for within you is the knowledge of your connection with the whole self. And you are never given a chore more difficult than your abilities [can handle]."

"When the artist paints a painting, you can look at it and say, "Ah, the artist was in a certain frame of mind," or, "Look at the dull colors and the dreary landscape," or, "Look at the wild colors and the fantastic forms," or, "See, there is no form, and yet there is marvelous vitality." And so are each of you artists, and you create the world that you know. And when you look at the world, you know that you can say, "Look, this is what I have created! And if you do not like what you see, then there is no point in ripping apart the painting, or ripping apart the framework of your life. Instead, you change your pigments. And in this case, your pigments are your thoughts and your imagination. And then you change your painting."

"You must image that within yourself--for this is the truth--there is a stronger and more powerful self, a larger self. And when the "little" self says, "I am afraid, and I will make excuses," you must imagine the larger self saying, "I am strong. I will not allow the smaller self to make excuses. There is no need for them." You must identify with this larger portion of yourself."

"There are no divisions to the self. Those that you experience are illusions. Yet, those illusions are lovely. They are creative. They are valid experiences of reality."

"You are over concerned, however, about the nature of your own individuality, and afraid to open up to the greater areas of your own being. You are all of your selves at once. The aviator is not swallowed or lost or annihilated or betrayed or forgotten."

"For the inner self knows who it is. The inner self knows the personalities that constantly emerge from its own being. And again, you are simply, understandably, trying to define the nature of creativity, and worried lest your own individuality be lost within it. And such is not the case."

"We will lead you gently into the greater areas of your own being, in which your seeming contradictions vanish in the light of your own knowledge."

"You listen to these words that are spoken in English, yet beneath the words rises a knowledge that is inherent in your own being. Let that knowledge then joyfully rise, and when the words that I speak reach you, then will indeed the verbs and the nouns, the vowels and the syllables, turn into birds of knowledge that fly out of your own skulls and through the dreams of your night time, and transform your days."

"If I do no more than this, let me be an echo for the energy of your own being and remind you of your ancient and ever new knowledge. Emerge out of the knowledge of your selves, and translate what you know into the world of flesh."

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Seth Quotes Chapter 14



Seth: "Humanity dreams the same dream at once, and you have your mass world. The whole construction is like an educational play in which you are the producers as well as the actors. There is a play within a play within a play. There is no end to the "within" of things. The dreamer dreams, and the dreamer within the dream dreams. But the dreams are not meaningless, and the actions within them are significant. The whole self is the observer and the participator in the roles. "

"When you dream of others, they know it. When they dream of you you know it."

"(Seth-Jane leaned forward, whispering and smiling, as if telling a joke.) In dreams you are so "dumb" that you believe there is a commerce between the living and the dead. You are so "irrational" as to imagine that you sometimes speak to parents who are dead. You are so "unrealistic" that it seems to you that you visit old houses, long ago torn down, or that you travel in exotic foreign cities that you have actually never visited."

"In dreams you are so "insane" that you do not feel yourself locked in a closet of time and space, but feel instead as if all infinity but waited your beckoning."

"If you were as knowledgeable and crafty when you were awake, then you would put all religions and sciences out of business, for you would understand the greater reality of your psyche. You would know "where the action is."

"Your dead relatives survive. They often appear to you in the dream state. You usually interpret their visitations, however, in terms of your own station of reality. You see them as they were, confined to their relationship with you, and you usually do not perceive or remember other aspects of their existences that would not make sense in terms of your own beliefs."

"Throughout the ages, some have recognized the fact that there is self-consciousness and purpose in dream and sleep states, and have maintained, even in waking life, the sense of continuity of the inner self. To such people it is no longer possible to completely identify with the ego consciousness. They are too aware of themselves as more. When such knowledge is gained, the ego can accept it, for it finds to its surprise that is is not less conscious, but more, and that its limitations are dissipated."

"A man's thoughts and dreams are more far reaching than he knows. They exist in more dimensions; they affect worlds of which he is unaware. They are as concrete, in effect, as any building....The dream world is constructed within a field that you cannot physically perceive, but it has more continuity than the world you know."

"When you are manipulating within physical reality, you have a fairly simple set of rules to serve you. Within dream reality there is greater freedom...Each dream begins with psychic energy which the individual transforms into a reality which is just as functional and real as physical reality."

"Through our dreams we change physical reality, and our physical daily experience alters our dream experience. There is constant interaction. Our consciousness is simply directed in a different kind of reality when we dream, a reality as vivid as waking life."

"On one level the personality attempts to solve problems through dream construction....Dream action CAN be turned toward fulfilling constructive expectations, which will effect a change for the better!"

"Dreams can be utilized creatively to improve health, gain inspiration, restore vitality, solve problems and enrich family relationships. You can have a pleasant and joyful dream that will completely restore your good spirits and vitality."

"In our dream life we also visit other levels of existence, and gain needed skills."

"The ego is not present in dream reality. The waking consciousness is not the ego. The ego is only that portion of waking consciousness that deals with physical manipulation. Waking consciousness can be taken into the dream state, but the ego cannot, as it would falter and cause failure there. When you take your consciousness into the dream state, you will meet with various conditions, some you can manipulate, some you cannot. Some dream locations will be of your own making, and others will be strange to you because they belong to other dimensions of reality."

"As the personality is changed by any experience, it is changed by dreams. We may forget our dreams, but they are always part of us. The dreams experience is felt directly by the inner self. Dreams have their own actuality, they not only exist independent of the dreamer, but they also have tangible form, though not in the form of matter as you are familiar with it. They are forever contained as electrically coded data within the cells of the physical organism."

"The dream universe possesses concepts which will someday completely transform the physical world, but the denial of such concepts as possibilities delays their emergence."

"There are also shared or 'mass' dreams. In these mankind deals with problems of his political and social structure. In these man dreams individually and collectively of ways in which change about could occur. These dreams actually help bring about the resulting change. The very energy and direction of these dreams will help change the situation. The solutions reached are not always the same as those he accepts in the physical world."

"The energy behind a 'bad dream' is the energy of hidden fears, which could be formed by anyone, since there are fears in anyone. ... Fear directs your conscious energy into the realm of reality of that fear, and

you then must deal at that level. The words 'May peace be with you' will get you through any difficulty in other layers of reality."

"In a dream, I have said, you can experience many days while no corresponding amount of physical time passes. It seems as if you travel very far in the flicker of an eyelash. Now, condensed time is the time felt by the entity while any of its given personalities live on a plane of physical materialization. To go into this further, many have said that life was a dream. They were true to the facts in one regard, yet far afield as far as the main issue is concerned."

"The life of any given individual could be legitimately compared to the dream of an entity. While the individual suffers and enjoys his given number of years, these years are but a flash to the entity. The entity is concerned with them in the same way that you are concerned with your dreams. As you give inner purpose and organization to your dreams, and as you obtain insight and satisfaction from them, though they involve only a portion of your life, so the entity to some extent directs and gives purpose and organization to his personalities. So does the entity obtain insights and satisfactions from its existing personalities, although no one of them takes up all of its attention."

"And as your dreams originate with you, rise from you, attain a seeming independence and have their ending with you, so do the entity's personalities arise from him, attain various degrees of independence and return to him while never leaving him for an instant."

"You are familiar through your reading with so-called secondary personalities. Now, this idea comes close to the relationship between the entity and its personalities. They are independent to various degrees, and they operate on various planes of existence for purposes of overall fulfillment and development."

"To a lesser degree, you function along these lines in varying roles when you exist simultaneously as a member of a family, a community and a nation and as an artist or writer. As you attempt to use your abilities, so does the entity use its abilities, and he organizes his various personalities and, to some extent, directs their activities while still allowing them what you could call free will . . ."

"Your own dreams are fragments, even as you are fragments of your entity. An unrecognized unity and organization lies within all of your dreams, beneath their diversity. And your dreams, while part of you, also exist apart."

"The dream world has its own reality, its own 'time' and its own inner organization. As the entity is only partially concerned with its personalities after setting them into motion, so you are unconcerned with this dream world after you have set it into motion. But it exists."

"To a different degree, it is filled with conscious semi-personalities. They are not [as a rule] as developed as you are, as you are not as developed as your entity is. That dream world experiences its own continuity. It is not aware of any break, for example, when you are waking. It does not know if you sleep or wake. It merely exists to a fairly vivid degree while you dream or sleep, and it sleeps but does not 'die' when you waken . . ."

"The entity itself does not have to keep constant track of its personalities because each one possesses an inner self-conscious part that knows its origin. This part, for now, I will call the self-conscious beyond the subconscious . . . I mentioned that some part of you knows exactly how much oxygen the lungs breathe, and this is the part of which I spoke. It also receives all inner data."

"This portion of the personality translates inner data and sifts it through the subconscious, which is a barrier and also a threshold to the present personality. I told you also that the topmost layers of the subconscious contain personal memories and beneath—racial memory. The personality is not actually layered, of course, but continuing with the necessary analogy beneath the racial memories you look out upon another dimension of reality with the face of this other self-conscious part of you."

"This portion is 'turned toward' the entity. When such abilities as telepathy are used, this function is carried on continually by this other self-conscious part of you. But as a rule, you act upon such data without the knowledge of the ordinary conscious self."

"There is also a corresponding, but 'lesser' self-consciousness that connects your present personalities with the dream world, which is aware of its origin and communicates data from you to dream reality...."

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Seth Quotes Chapter 15

Past, Present, Future

Seth: "Your idea of space and time is determined by your neurological structure. The camouflage is so craftily executed and created by the inner self that you must, by necessity, focus your attention on the physical reality which has been created."

"Time as you experience it is an illusion caused by your own physical senses....The apparent boundaries between past, present and future are only illusions caused by the amount of action you can physically perceive, and so it seems to you that one moment exists and is gone forever, and the next moment comes and like the one before also disappears."

"Everything in the universe exists at one time simultaneously. The first words ever spoken still ring through the universe, and in your terms, the last words ever spoken have already been said."

"The past, present and future only appear to those who exist within three-dimensional reality. The past exists as a series of electromagnetic connections held in the physical brain and in the nonphysical mind. These electromagnetic connections can be changed."

"The future consists of a series of electromagnetic connections in the mind and brain also. In other words, the past and present are real to the same extent. You take it for granted that present action can change the future, but present actions can also change the past."

"The past is no more objective or independent from the perceiver than is the present. The electromagnetic connections were largely made by the individual perceiver. The connection can be changed, and such changes are far from uncommon. These changes happen spontaneously on a subconscious basis."

"The past is seldom what you remember it to be, for you have already rearranged it from the instant of any given event. The past is being constantly recreated by each individual as attitudes and associations change. This is an actual recreation, not a symbolic one. The child is indeed still within the man, but he is not the child that 'was', for even the child within the man constantly changes."

"Every action changes every other action. Therefore, every action in your present affects actions you call past. It is possible to react in the past to an event that has not occurred, and to be influenced by your own future."

"It is also possible for an individual to react in the past to an event in the future, which in your terms, may never occur."

"Because past, present and future exist simultaneously, there is no reason why you cannot react to an event whether or not it happens to fall within the small field of reality in which you usually observe and participate."

"On a subconscious level, you react to many events that have not yet occurred as far as your ego's awareness is concerned. Such reactions are carefully screened out and not admitted to consciousness. The ego finds such instances distracting and annoying, and when forced to admit their validity, will resort to the most far fetched rationalizations to explain them."

"No event is predestined. Any given event can be changed not only before and during but after its occurrence. The individual is hardly at the mercy of past events, for he changes them constantly. He is hardly at the mercy of future events, for he changes these not only before but after their happening. An individual's future actions are not dependent upon a concrete finished past, for such a past never existed."

"The past is as real as the future, no more or less. There is a part of you that is not locked within physical reality, and that part of you knows that there is only an Eternal Now. The part of you that knows is the whole self, your inner and outer ego (all that you are)."

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Seth Quotes Chapter 16



Seth: "The ego is a jealous god, and it wants its interests served. It does not want to admit the reality of any dimensions except those within which it feels comfortable and can understand. It was meant to be an aid but it has been allowed to become a tyrant. Even so, it is much more resilient and eager to learn than is generally supposed. It is not natively as rigid as it seems. Its curiosity can be of great value."

Seth asks "Why is it so difficult for you to learn what freedom is? ...I ask you, how far do you think a flower would get if in the morning it turned its face toward the sky and said, "I demand the sun. And now I need rain. So I demand it. And I demand bees to come and take my pollen. I demand, therefore that the sun shall shine for a certain number of hours, and that the rain shall pour for a certain number of hours... and that the bees come - bees A,B, C, D, and E, for I shall accept no other bees to come. I demand that discipline operate, and that the soil shall follow my command. But I do not allow the soil any spontaneity of its own. And I do not allow the sun any spontaneity of its own. And I do not agree that the sun knows what it is doing. I demand that all these things follow my ideas of discipline."

"And who, I ask you, would listen? For in the miraculous spontaneity of the sun, there is discipline that utterly escapes you, and a knowledge beyond any that we know. And in the spontaneous playing of the bees from flower to flower, there is a discipline beyond any that you know, and laws that follow their own knowledge, and joy that is beyond command. For true discipline, you see, is found only in spontaneity. Spontaneity knows its own order."

"In the spontaneous working of your nervous system, what do we find? We see here the head of "the Dean" that rests upon his shoulders, and the intellect that demands discipline. And yet all of this rests upon the spontaneous workings of the inner self, and the nervous system of which the intellect knows little. And

without that spontaneous discipline, there would be no ego to sit upon the shoulders and demand discipline... "

"You are like children with a game, and you think that the game is played by everyone. Physical life is not the rule. Identity and consciousness existed long before your earth was formed. You suppose that any personality must appear in physical terms. Consciousness is the force behind matter, and it forms many other realities besides the physical one. It is, again, your own viewpoint that is presently so limited that it seems to you that physical reality is the rule and mode of existence."

"The source and power of your present consciousness has never been physical, and where I am, many are not even aware that such a physical system exists. The physical system is an illusion, but you must accept it and from your viewpoint try to understand the realities that exist beyond it."

"You cannot objectify the inner portions of your own identity, and therefore you do not perceive them. So much of your energy is used in the physical productions that you cannot afford to perceive any reality but your own. Like children playing with blocks, you focus your attention on the physical blocks. The physical blocks appear very real to you when you dwell within their perspective. Other shapes and forms that you could perceive, you do not. Even in explaining other realities, I must use the words and shapes or you would not understand me."

"The human race is a stage through which various forms of consciousness travel... Yours is a training system for emerging consciousness. Before you can be allowed into systems of reality that are more extensive and open, you must first learn to handle energy and see through physical materialization, the concrete result of thought and emotion."

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Seth Quotes Chapter 17

Blessings

Seth: "Now I bless you, but the blessings must come from yourselves. The real blessings must come from yourselves. You must realize that you are one with All That Is, and within you is the only one who can give blessing, and you must be willing to accept the blessing that only you can give, and the joy that only you can give to yourselves and to one another."

"There should never be a word in any language that means repentance. There should only be a word that means, I bless; for when you bless, you do not need to repent. For when you accept a blessing, there is nothing to repent. Love of All That Is requires simply that you become open as air, for when you are open as air then joy of all that is flows through you indiscriminately, and there is nothing to repent. You only need repentance when you do not know joy. For within joy and within all that is there is only glory, consciousness and song. There is only blessedness."

"When you berate yourself for your sins, then you do not realize what joy is. Do you berate a flower that has one crooked stem? So in yourselves, know spontaneity and in spontaneity you will find joy. Spontaneity has its own discipline. You do not need to enforce discipline upon it."

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Seth Quotes Chapter 18



From Dreams, session 882:

Seth: "The universe will begin yesterday. The universe began tomorrow. Both of these statements are quite meaningless. The tenses are wrong, and perhaps your time sense is completely outraged. Yet the statement: 'The universe began in some distant past,' is, in basic terms, just as meaningless."

"In fact, the first two statements, while making no logical sense, do indeed hint of phenomena that show time itself to be no more than a creative construct. Time and space are in a fashion part of the furniture of your universe."

"The very existence of passing moments belongs to your psychological rooms in the same way that clocks are attached to your walls. Whenever science or religion seeks the origin of the universe, they search for it in the past. The universe is being created now. Creation occurs in each moment, in your terms. The illusion of time itself is being created now. It is therefore somewhat futile to look for the origins of the universe by using a time scheme that is in itself, at the very least, highly relative."

"Your now, or present moment, is a psychological platform. It seems that the universe began with an initial burst of energy of some kind. Evolutionists cannot account for its cause. Many religious people believe that a god exists in a larger dimension of reality, and that he created the universe while being himself outside of

it. He set it into motion. Many individuals, following either persuasion, believe that regardless of its source, the universe must run out of energy. Established science is quite certain that no energy can now be created or destroyed, but only transformed. Science sees energy and matter as being basically the same thing, appearing differently under varying circumstances."

"In certain terms, science and religion are both dealing with the idea of an objectively created universe. Either God "made it", or physical matter, in some unexplained manner, was formed after an initial explosion of energy, and consciousness emerged from that initially dead matter in a way yet to be explained."

"Instead, consciousness formed matter. As I have said before, each atom and molecule has its own consciousness. Consciousness and matter and energy are one, but consciousness initiates the transformation of energy into matter. In those terms, the "beginning" of your universe was a triumph in the expansion of consciousness, as it learned to translate itself into physical form. The universe emerged into actuality in the same way, but to a different degree, that any idea emerges from what you think of as subjectivity into physical expression."

"The consciousness of each reader of this book existed before the universe was formed (in your terms) but that consciousness was unmanifest. Your closest approximation - and it is an approximation only - of the state of being that existed before the universe was formed is the dream state. In that state before the beginning, your consciousness existed free of space and time, aware of immense probabilities. This is extremely difficult to verbalize, yet it is very important that such an attempt be made. Your consciousness is part of an infinitely original creative process."

"I will purposely avoid using the word "God" because of the connotations placed upon it by conventional religion. I will make an attempt to explain the characteristics of this divine process throughout this book. I call this process "All That Is". All That Is is so much a part of its creations that it is almost impossible to separate the "creator from its creations," for each creation also carries indelibly within it the characteristics of its source.

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Seth Quotes Chapter 19

Loss of A Pet

(Assorted excerpts from Seth's book: *The Individual and The Nature of Mass Events*)

Rob speaking:

"When I arose early on the 26th so that I could wrap the proofs for mailing however, I noticed that Billy didn't appear to feel well. Jane watched him while I went to the post office. He was no better when I returned, and as the morning passed we came to realize that he had a urinary problem. That afternoon I took him to our veterinarian, who kept him for treatment; the problem was serious; by then the cat was in great pain. Jane and I both wondered: Why Billy? Why should such a seemingly perfect young creature suddenly become that sick, for no observable reason? On Tuesday the veterinarian told us by telephone that Billy was better, that "probably" we could take him home the following afternoon, I was to call before making the drive across town, though. Wednesday afternoon, then, an hour before I was due to check, the phone rang ...it was the vet, regretfully explaining that Billy had died an hour or so before.

"We were shocked because Billy's unexpected--and serious--illness reminded us of the almost universally accepted view that life is terribly vulnerable. Any kind of life. Billy was a replacement for our previous cat, Willy (who'd died in November 1976 at the age of 16), and we'd found him at an animal shelter the next

weekend after Willy's death; as far as having a pet to love went, we'd thought ourselves "set" for a number of years. At first we'd called the newcomer Willy Two, but soon automatically shortened that to Billy.

"During the 836th session, Seth reminded us that "animals do not 'think' of long lives or short lives, but of a brilliant present, which in a way, compared to your framework, has no beginning or end.., time, in your terms, does not exist for them--and in the deepest of terms a life's quality on a human scale cannot be judged primarily in terms of its length, either.

Seth: "My dear friends: Existence is larger than life or death. Life and death are both states of existence. An identity exists whether it is in the state of life or in the state of death. Your cat's consciousness never was dependent upon its physical form. Instead, the consciousness was itself choosing the experience of cathood. There was nothing that said: 'This consciousness must be a cat.'

"Billy belonged in another probability, and in a fashion you switched probabilities for him, though without his consent, when you took him from the animal shelter, where he would have soon been 'done away with.' His three years with you represented a grace period for him . . . He did not make this probability his own because of what you may call 'other commitments' --or rather, other purposes.

"There is no such thing as a cat consciousness, basically speaking, or a bird consciousness. In those terms, there are instead simply consciousnesses that choose to take certain focuses. We have not touched upon some of these matters, and some are, again, most difficult to explain, as we wish to avoid distortions. These would have nothing to do with Ruburt per se, but simply with the way you put concepts together at this stage of development"

"You both knew Billy was about to die. So did the plants in your house, and the trees outside your door. The cellular announcement was made that the strong possibility existed, for the birth and death of each cell is known to all cells in the world . . . Cellular communication is too fast for you to follow. The cat could have changed its mind, of course, but the signals were sent out, and ahead of time. [Several people who wrote to you] picked up on that probability... .

" . . . The quality of identity is far more mysterious than you understand, for you assign an identity in a blanket fashion, say, to each living thing. Now your dead cat, Billy, exists in the following manner: The units of consciousness that organized to form his identity as you knew it, still form that pattern--but not physically. The cat exists as itself in the greater living memory of its own 'larger' selfhood. Its organization--the cat's--exists inviolately, but as a part of the greater psychic organization from which it came.

"That identity of Billy's remains vital, known to itself whether or not it is reactivated in your terms. This is not necessarily always the case--and there is great variation--but Billy identified with 'the larger organization' of the litter [that is, with his brothers and sisters, all of whom are also dead], and the consciousnesses of that litter are now together. They are forming a gestalt, where the five consciousnesses will merge to form a new identity."

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Seth Quotes Chapter 20

Unknown Reality

Now: There is an 'unknown' reality. I am part of it, and so are you.

"Some time ago I suddenly appeared within your space and time. Since then I have spoken to many people. There would be nothing strange to anyone in any of this if I had been born into your world in a body of my own, in usual terms. Instead I began to express myself by speaking through Jane Roberts. Period. In all of this there has been a purpose, and part of that purpose lies in this present book.

"Each individual is a part of the unknown reality. Because of my position, however, I am obviously more a part of it than most. My psychological awareness bridges worlds of which you are consciously aware, and others that seem, at least, to escape your notice. The woman through whom I speak found herself in an unusual situation, for no theories—metaphysical, psychological, or otherwise—could adequately explain her experience. She was led to develop her own, therefore, and this book is an extension of certain ideas already mentioned in *Adventures in Consciousness*. To write that book, Jane Roberts drew on deep resources of energy.

"The unknown reality, however, is unknown enough to usual reaches of the most flexible consciousness, in your terms, that it can only be approached by a personality as couched in it as I am. Once expressed,

however, it can be comprehended. One of my purposes then has been to make this unknown reality consciously known.

"Man thought once, historically speaking, that there was but one world. Now he knows differently, but he still clings to the idea of one god, one self, and one body through which to express it.

"There is one God, but within that God are many. There is one self, but within that self are many. There is one body, in one time, but the self has other bodies in other times. All 'times' exist at once. Historically speaking, mankind chose a certain line of development. In it his consciousness specialized, focusing upon sharp particulars of experience. But inherent always, psychologically and biologically, there has been the possibility of a change in that pattern, an alteration that would effectively lift the race into another kind of weather.

"Such a development would, however, necessitate first of all a broadening of concepts about the self, and a greater understanding of human potential. Human consciousness is now at a stage where such a development is not only feasible. but necessary if the race is to achieve its greatest fulfillment.

"Jane Roberts experience to some extent hints at the multidimensional nature of the human psyche and gives clues as to the abilities that lie within each individual. These are part of your racial heritage. They give notice of psychic bridges connecting the known and 'unknown' realities in which you dwell.

"While you have highly limited concepts about the nature of the self, you cannot begin to conceive of a multidimensional godhood, or a universal reality in which all consciousness is unique, inviolate—and yet given to the formation of infinite gestalts of organization and meaning.

"In my other books I used many accepted ideas as a springboard to lead readers into other levels of understanding. Here, I wish to make it clear that this book will initiate a journey in which it may *seem* that the familiar is left far behind. Yet when I am finished, I hope you will discover that the known reality is even more precious, more "real," because you will find it illuminated both within and without by the rich fabric of an 'unknown' reality now seen emerging from the most intimate portions of daily life. Give us a moment. Your concepts of personhood are now limiting you personally and *en masse*, and yet your religions, metaphysics, histories, and even your sciences are hinged upon your ideas of who and what you are. Your psychologies do not explain your own reality to you. They cannot contain your experience. Your religions do not explain your greater reality, and your sciences leave you just as ignorant about the nature of the universe in which you dwell.

"These institutions and disciplines are composed of individuals, each restrained by limiting ideas about their own private reality; and so it is with private reality that we will begin and always return, period. These ideas in this book are meant to expand the private reality of each reader. They may appear esoteric or complicated, yet they are not beyond the reach of any person who is determined to understand the nature of the unknown elements of the self, and its greater world.

"So the book had a private beginning. Jane Robert's husband, Robert Butts, wondered about the death of his mother. In a session he brought out some old photographs. Now: Life after death has usually been described quite in keeping with the old accepted ideas about one self, and limited concepts of personhood. I took that opportunity, however, to begin this book.

"The self is multidimensional when it is physically alive. It is a triumph of spiritual and psychological identity, ever choosing from a myriad of probable realities its own clear unassailable focus. When you don't realize this, then you project upon life after death all of the old misconceptions. You expect the dead to be little different from the living--if you believe in afterlife at all--but perhaps more at peace, more understanding, and, hopefully, wiser.

"The fact is that in life you poise delicately and yet perfectly between realities, and after death you do the same. I use the opportunity, then, to explain the great freedom available to Robert Butts's mother after death—but also to explain those elements of her reality present during life that had been closed to him consciously because of mankind's concepts about the nature of the psyche. I comment now and then about photographs that belong to the Butts family, including Jane Roberts, yet any reader can look at old photographs and ask the same questions, applying what is said here to private experience. *The 'unknown' reality*—you are its known equivalent. Then know yourself. Your expand as you become acquainted with these ideas.

"I speak, myself, for those portions of your being that already understand. My voice rises from stratas of the psyche in which you also have your experience. Listen, therefore, to your own knowing.

--Seth

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Seth Quotes Chapter 21



Seth: The strange thing about your flying saucers is not that they appear, but that you can see them. As science advances on various planes the inhabitants learn to travel between planes occasionally, while carrying with them the [camouflage] manifestations of their home stations...

"I am quite sure--I know for a fact--that beings from other planes have appeared among you, sometimes on purpose and sometimes completely by accident. As in some cases humans have quite accidentally blundered through the apparent curtain between your present and your past, so have beings blundered into the apparent division between one plane and another. Usually when they have done so they were invisible on your plane, as the few of you who fell into the past, or the apparent past, were invisible to the people of the past.

"This sort of experience involves a sudden psychic awareness, straight from the entity, that all boundaries are for practical purposes only. However, there are indeed many kinds of science. There are a number of sciences dealing just with locomotion. Had the human species gone into certain mental disciplines as thoroughly as it has explored technological disciplines, its practical transportation system would be vastly different, and yet by this time even more practical than it is now. (With amusement:) I am making this point because I want it made plain--this, dear Joseph, is a pun--that when I speak of science on another plane I may not speak of the plain old science that you know.

"Now back to the point. When sciences progress on various planes, then visitations become less accidental and more planned. Once the inhabitants of a plane have learned mental--science pat--terms, then they are to a great degree freed from the more regular camouflage [physical] patterns. This applies to "higher" planes than mine, generally speaking, although mine is further along in these sciences than your own.

"[Many of] the flying saucer appearances come from [such] a plane, [one] that is much more advanced in technological sciences than earth at this time. However, this is still not a mental-science plane. Therefore the camouflage paraphernalia appears, more or less visible, to your own astonishment. Now, so strong is this tendency for vitality to change from one apparent form to another, that what you have here in your flying object is something that is actually, as you view it, not of your plane or of [whatever] plane of its origin... The atoms and molecules that structurally compose the UFO, and which are themselves formed by vitality, are more or less aligned according to the pattern of its own territory. Now as the craft enters your plane a distortion occurs. Its actual structure is caught in a dilemma of form... between transforming itself completely into earth's particular camouflage pattern, and retaining its original pattern. The earthly viewer attempts to correlate what he sees with what he supposedly knows or imagines possible in the universe.

"What he sees is something between a horse and a dog, that resembles neither. The flying saucer retains what it can of its original structure and changes what it must. This accounts for many of the conflicting reports as to shape, size, and color. The few times the craft shoots off at right angles, it has managed to retain functions ordinary to it in its particular habitat.

"I do not believe you will have any saucer landings for quite a while, not physical landings in the usual sense of the word. These vehicles cannot stay on your plane for any length of time at all. The pressures that push against the saucer itself are tremendous... The struggle to be one thing or another is very great on any plane. To conform to the laws of a particular plane is a practical necessity, and at this time the flying saucer craft simply cannot afford to stay betwixt and between for any indefinite period.

"What they do is take quick glimpses of your plane--and hold in mind that the saucer or cigar shape [often] seen on your planet is a bastard form having little relation to the structure as it is at home base.

"At a later date I may go into the inhabitants of [those planes] more thoroughly, but as it is I am not very much acquainted with them myself.

"There are so many things you do not understand that I hope to explain to you. There are other things you do not understand that I cannot explain to you, simply because they would be too alien now for your regular mode of thought...

"One note along these lines. A plane--and I am using your term; I will try to think of a better one--is not necessarily a planet. A plane may be one planet, but a plane may also exist where no planet is. One planet may have several planes. Planes may also involve various aspects of apparent time--this particular matter being too difficult to go into right now, although I will continue it later.

"Planes can and do intermix without the knowledge of the inhabitants of the particular planes involved. I want to get away from the idea of a plane being a place. It may be in some cases but is not always. A plane may be a time. A plane, believe it or not, may be only one iota of vitality that seems to exist by itself. A plane is something apparently divided from the rest of the universe for a time and for a reason. A plane may

cease to be. A plane may spring up where there was none. A plane is formed for entities as patterns for fulfillment on various levels. A plane is a climate conducive to the development of unique and particular capacities and achievements. A plane is an isolation of elements where each one is given the most possible space in which to function.

"Planets have been used as planes and used again as other planes. A plane is not a cosmic location. It is oftentimes practical that entities or their various personalities visit one plane before another. This does not necessarily mean that one plane must be visited before another. A certain succession is merely more useful for the entity as a whole.

"In other terms, you could say that an entity visits all planes simultaneously, as it is possible for you to visit a certain state, county, and city at one time. You might also visit the states of sorrow and joy almost simultaneously, and experience both emotions in heightened form because of the almost immediate contrast between them.

"In fact, the analogy of a plane with an emotional state is much more valid than that between a plane and a geographical state--particularly since emotional states take up no room.

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Seth Quotes Chapter 22

The Future

Now: ...you move into new areas of the self all of the time. The species is now entering such a phase, a period in which it will come more into its own. Mankind will be entering its own new house, then--but the physical changes will be the results of interior ones, and alterations in main lines of probabilities.

"Christian theology sees the end of the world in certain terms, with a grand God coming to reward the good and to punish the wicked. That system of belief allows for no other probability. Some see the end of the world coming as a greater disaster, or envision man finally ruining his planet. Others see periods of peace and advance--and each probability will happen "somewhere." However, many of my readers, or their offspring, will be involved in a new dimension of selfhood in which consciousness is fully explored and the potentials of the soul uncovered, at least to some extent.

"Human capabilities will be seen as what they are, and a great new period of development will occur, in which all concepts of selfhood and reality will be literally seen as "primitive superstition." The species will actually move into a new kind of selfhood.

"Theories of probabilities will be seen as practical, workable, psychological facts, giving leeway and freedom to the individual, who will no longer feel at the mercy of external events--but will realize instead that he (or she) is their initiator.

"Now, you squeeze the great fruit of your selfhood into a tiny uneasy pulp, unaware of the sweetness of its juices or the variety of its seasons. You look at the outsides of yourselves as if a peach were aware only of its skin. In the reality I foresee, however, people will become familiar with far greater aspects of themselves, and bring these into actualization. They will be in touch with their own decisions as they make them.

"If they become ill, they will do so knowing they choose the condition in order to emphasize certain areas of development, or to minimize others. They will be aware of their options, consciously. The great strength and resiliency of the body will be much better understood; not because medical science makes spectacular discoveries--though it will--but because the mind's alliance with the body will be seen more clearly.

"In this probability of which I speak, the species will begin to encounter the great challenge inherent in fulfilling the vast untouched (forcefully) potential of the human body and mind. (*Long pause.*) In that probable reality, to which each of you can belong to some extent, each person will recognize his or her inherent power of action and decision, and feel an individual sense of belonging with the physical world that springs up in response to individual desire and belief.

". . . but remember--you call this your universe and your reality, and it is indeed, for you form it. Within you also is the knowledge of other great experiments that are being tried, just as other probable systems are aware of the experiments you are involved with. I am speaking in your terms only, which means that to some extent I am hedging--but other civilizations have gone your route. Some have failed, but the inhabitants of some earths have succeeded very well.

"As you think of it, your future is not set. You can follow any road you choose, but--until you realize that as individuals you each form your own personal life, and have a part in the mass creation of reality--there is much learning ahead for you. This is a lesson you are meant to fully understand within physical reality.

"You are meant to judge physical reality. You are meant to realize that it is a materialization of your thoughts and feelings and images, that the inner self forms that world. In your terms, you cannot be allowed to go into other dimensions until you have learned the great power of your thoughts and subjective feelings. So even when you think you destroy, you destroy nothing. And when you think you kill, you kill nothing. When you imagine that you can annihilate a reality, you can only assault it as you know it. The reality itself will continue to exist.

"Because you cannot follow a thought, you wonder where it has gone; has it fallen off some invisible cliff in your mind? But because you can no longer hold that thought in consciousness does not mean it no longer exists, that it does not have a reality of its own, for it does indeed. And if a world escapes you--if you cannot follow it and think it has been destroyed--then the same thing applies to the world as to the thought. It continues to live.

"Now, what I have said should inspire questions within you...."

--Seth

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Seth Quotes Chapter 23



Your ideas of Atlantis are partially composed of future memories. They are psychic yearnings toward the ideal civilization--patterns within the psyche, even as each fetus has within it the picture of its own most ideal fulfillment toward which it grows.

Atlantis is a land that you want to inhabit, appearing in your literature, your dreams, and your fantasies, serving as an impetus for development. It is real and valid. In your terms it is not "yet" physical fact, but in some ways it is more real than any physical fact, for it is a psychic blueprint.

It carries also, however, the imprint of your fears, for the tales say that Atlantis was destroyed. You place it in your past while it exists in your future. Not the destruction alone, but the entire pattern seen through the framework of your beliefs. Beside this, however, many civilizations have come and gone in somewhat the same manner, and the "myth" [of Atlantis] is based somewhat then on physical fact in your terms.

The species then moves into its own new houses. Atlantis is the story of a future probability projected backward into an apparent past.

Your planet as you know it is a certain kind of focus point for consciousness. At your level you think it is divided into areas of land and water--continents and oceans, islands and peninsulas, cities and woods--because that is all you perceive. Your consciousness is tuned in to frequencies of perception that give you that impression. A cat's world, or an insect's or a plant's, are each far different, yet equally valid.

As simply as I can explain it, your planet is also "divided" into time and probability areas. Period. So many civilizations exist at once, then, and there are certain bleed-throughs. In your terms some civilizations are real and perceivable, and some are not.

"Atlantis. First of all, take it for granted--as you do--that your ideas about the age of the earth are erroneous. There were intelligent human beings far earlier than is supposed; and because you assume a one-line kind of progression from an apelike creature to man, you ignore any evidence that shows to the contrary. There were highly developed human beings with elaborate civilizations, existing simultaneously with what you might call animal kingdoms--that is, more or less organized primeval animal tribes, possessing their own kinds of 'primitive' cultures.

"Those animal kingdoms, some of them, utilized tools. Their senses were extremely acute, and their 'cultures' dealt with a kind of transmission of knowledge that made a highly complicated vocabulary unnecessary.

"Those species did not vie for domination of the earth, but simply shared the same general environment with the more sophisticated groupings beyond their own perimeters. There were many highly technical human cultures, but in your terms not on a global scale. The legend of Atlantis is actually based upon several such civilizations. No particular civilization is the basis, however. Apart from that, the legend as picked up, so to speak, by Plato was a precognition of the future probability, an image of an inner civilization of the mind actually projected outward into the future, where it would be used as a blueprint, dash-the lost grandeur, as, in other terms, Eden became the lost garden of paradise.

Ruburt has implied in [his novel] *The Education of Oversoul Seven* that some archaeological discoveries about the past are not discovered in your present because they do not exist yet. Now such concepts are difficult to explain in my kind of prose, and in your language. But in certain terms, the ruins of Atlantis have not been found because they have not been placed in your past yet, from the future.

"Now the future is probable. However, in your terms there are ruins of the civilizations that served as the 'concrete' basis for the one Atlantean legend. Those civilizations were scattered. The so-called ruins would not be found in any one place as expected, therefore. There are some beneath the Aegean Sea, and some beneath an offshoot of the Atlantic, and some beneath the Arctic, for the world had a different shape.

"In far greater terms time is simultaneous, so those civilizations exist along with your own. Your methods of dating the age of the earth are very misleading.

"In your terms, from your present you 'plant' images, tales, legends, 'at any given time,' that seem to come from the past, but are actually like ghost images from the future, for you to follow or disregard as you choose.

"Atlantis and the Garden of Eden are the same in that regard.

"When you think that perhaps your species came from another planetary system, in time terms, then of course you are still dealing with old concepts. In your usual terms of thinking, the earth does not exist at all--not if you are considering it as a chunk of matter occupying a certain position in a physical cosmos. It is really futile to question whether the universe came from a big boom or is constantly expanding (though in those terms I have said it continually expands, as an idea or a dream does). I am not saying the universe does not exist--only that it does not exist in the way that it seems to you.

"By itself (with a smile, almost an outright laugh): The truth of the matter is far more spectacular.

"All That Is creates its reality as it goes along. Each world has its own impetus, yet all are ultimately connected. The true dimensions of a divine creativity would be unendurable for any one consciousness of whatever import, and so that splendor is infinitely dimensionalized (most intensely throughout), worlds spiraling outward with each 'moment' of a cosmic breath; with the separation of worlds a necessity; and with individual and mass comprehension always growing at such a rate that All That Is multiplies itself at microseconds, building both pasts and futures and other time scales you do not recognize. Each is a reality in itself, with its own potentials, and with no individual consciousness, however minute, ever lost.

"In that kind of framework, how can I explain an Atlantis? It exists both in your past and future, a probable world that some of you will choose from a model placed in the past of your future--partially based upon fact, in your terms, but with its greatest validity lying in its possibilities."

--Seth

