

The Nature of Personal Reality

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

Telepathy operates constantly. If you continually expect an individual to behave in a particular manner, then you are constantly sending him telepathic suggestions that he will do so. Each individual reacts to suggestion. According to the specific conditions existing at the time, such an individual will to some extent or another act according to the mass suggestions he receives.

These mass suggestions include not only those given to him by others, both verbally and telepathically, but also those he has given to himself, both in the waking and dream states. If an individual is in a state of despondency, this is because he has already become prey to negative suggestions of his own and others...

There are obviously ways in which you mold your own conditions, protect yourself from your own negative suggestions and those of others. You must learn to erase a negative thought or picture by replacing it with its opposite.

What you see in others is the materialization-the projection of what you think you are-not necessarily, however, of what you are. For example, if others seem deceitful to you, it is because you deceive yourself, and then project this outward upon others.

...If an individual sees only evil and desolation in the physical world, it is because he is obsessed with evil and desolation and projects them outward, and closes his eyes to all else. If you want to know what you think of yourself, then ask yourself what you think of others, and you will find your answer.

...and all of this without his realizing his basic concept of himself, and without recognizing that he projects his feared weaknesses outward unto others.

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

...remember to recognize resentment when he feels it, and then to realize that resentment can be dismissed. The initial recognition must be made, however. Then have him imagine plucking out the resentment by the roots and replacing it with a positive feeling. But he must imagine the plucking-out process.

This is the difference between repression and positive action. In repression the resentment is shoved beneath and ignored. With our method it is recognized, imaginatively plucked out as being undesirable, and replaced by the thought of peace and constructive energy.

If desire for health leads instead to an emphasis upon symptoms to be overcome, you would be better off to avoid all thoughts of health or illness and concentrate in other directions, such as work. Such an emphasis can lead to a focus upon obstacles that stand in the way, and this reinforces the negative condition.

People react to negative suggestions only when their own frame of mind is negative. Then we close ourselves off from the constructive energies we need.

You are a multidimensional personality, and within you lies all the knowledge about yourself, your challenges and problems, that you will ever need to know. Others can help you in their own way... But my mission is to remind you of the incredible power within your own being, and to encourage you to recognize and use it.

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

(later: Your thoughts have a very definite vital reality. Beliefs are thoughts reinforced by imagination and emotion concerning the nature of your reality.)

Ideas generate emotion. Like attracts like, so similar ideas group about each other and you accept those that fit in with your particular "system" of ideas.

112

Ideas represent your psychic intent. They generate emotion and imagination. These activate the interior patterns. They are the motive force of action, the means by which all interior events are exteriorized. They are energy formed and directed, formulations of interior and exterior patterns of reality. They are a part of the creative force from which all realities spring. ... Imagination and emotion are the most concentrated forms of energy that you possess as physical creatures. Any strong emotion carries within far more energy than, say, that required to send a rocket to the moon.

You are a sender and a receiver. Because ideas have an electromagnetic reality, beliefs, because of their intensity (see above) radiate strongly. Due to the organizing nature of your own psychological nature, similar beliefs congregate, and you will readily accept those with which you already agree...

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

This interchange follows, again, your conscious beliefs... You react only to those telepathic messages that fit in with your conscious ideas about yourself and your reality.

... the conscious mind is itself spontaneous. It enjoys playing with its own contents, so I am not here recommending a type of stern mental discipline in which you examine yourself at every moment.

Telepathic communication is constant. This is usually at an unconscious level merely because your conscious mind is in a state of becoming... As an example, if your conscious ideas are relatively positive you will react to telepathically received information of a similar nature, even if you do so on an unconscious level.A family... can constantly reinforce its joy, gaiety, and spontaneity by concentrating on ideas of vitality, strength and creativity; or it can let half of its energy slip away by reinforcing resentments, angers and thoughts of doubt and failure.

You make your own reality.

You get what you concentrate upon. There is no other main rule.

You will also react... to inner information at an unconscious level that is ... "collected" under the organization of your quite conscious concepts concerning existence in general, and your own in particular. So you are locked into physical situations that are corroborated by the great evidence of sense data...

Core beliefs ... strong ideas about your own existence. Many other subsidiary beliefs, that earlier seemed separate from each other, should now appear quite clearly as being offshoots of core beliefs. Once the core belief is understood to be a false one, the others will fall away

It is the core belief which is strong enough to so focus your perception that you perceive from the physical world only those events that correlate with it. It is also the strength of the core belief that draws up from the vast bank of inner knowledge only those events that seem to fit within its organization.

I did not want to imply that you make a list of specifically negative ideas, however. IT IS OF SUPREME IMPORTANCE THAT YOU RECOGNIZE THE EXISTENCE OF JOYFUL BELIEFS, AND TAKE INTO CONSIDERATION THOSE ELEMENTS OF YOUR OWN EXPERIENCE WITH WHICH YOU HAVE HAD SUCCESS.

I WANT YOU TO CAPTURE (compare p. 88) THAT FEELING OF ACCOMPLISHMENT, AND TO TRANSLATE OR TRANSFER IT, TO AREAS IN WHICH YOU HAVE HAD DIFFICULTY. BUT YOU MUST REMEMBER THAT THE IDEAS EXIST FIRST AND THE EXPERIENCE PHYSICALLY FOLLOWS.

...here you become involved with one of the most meaningful aspects of the nature of personal reality, as you test your thoughts against what seems to be. There may be a time before you learn how to change your thoughts effectively, but you are engaged in a basic meaningful endeavor.

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

Believe, then, that you are a being unlimited by nature, born into flesh to materialize as best you can the great joy and spontaneity of your nature.

Core beliefs are those about which you build your life. You are consciously aware of these...

Data that seems unrelated to this core belief is then not assimilated but thrown into the corners of your mind, unused, and you are denied the value of the information. ... inactive material. This information will not be a part of the organized structure of your usual thoughts.

A core belief is invisible only when you think of it as a fact of life, and not as a belief about life...

... you must become aware of your own structures. Build them up or tear them down, but do not allow yourself to become blind to the furniture of your own mind... it will help you, in fact, if you think of your own beliefs as furniture that can be rearranged, changed, renewed, completely discarded or replaced. Your ideas are yours. They should not control you... Imagine yourself then rearranging this furniture. Images of particular pieces will come clearly to you. Ask yourself what ideas these pieces represent. See how well the tables fit together. Open up the drawers inside.

You must understand that these are not simply dead ideas, like debris, within your mind. They are psychic matter. In a sense then they are alive. They group themselves like cells, protecting their own validity and identity.

You feed them, figuratively speaking, with like ideas.

Information does not exist by itself. Connected with it is the consciousness of all those who understand it, perceive it or originate it. ... the consciousness that held, or holds, or will hold the information attracts it like a magnet... The information itself wants to move toward consciousness. It is not dead or inert. It is not something you grab for, it is also something that wants to be grabbed, and so it gravitates to those who seek it.

Your consciousness attracts the consciousness that is already connected with the material.

... the emergence of the inner self, through art, into the physical universe.

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

Largely, but not completely, your imagination follows your beliefs, as do your emotions. One of the most hampering beliefs of all is the idea that the clues to current behavior are buried and usually inaccessible. This belief itself closes to you the contents of your own conscious mind and prevents you from looking there for the answers that are available.

[to Rob:] Now at various times you made those conscious choices. They escaped your notice but they existed as conscious points of awareness and choice.

You should ...become... aware, and consciously and alertly aware, of the beneficial ideas and their importance in your lives.

IT IS VITAL THAT YOU REALIZE YOU ARE WORKING WITH BELIEFS IN YOUR MIND - THAT THE REAL WORK IS DONE THERE IN THE MIND - AND NOT LOOK FOR IMMEDIATE PHYSICAL RESULTS.

THEY WILL FOLLOW AS SURELY AND CERTAINLY AS THE "BAD" RESULTS FOLLOWED, AND THIS MUST BE A BELIEF: THAT THE GOOD RESULTS WILL COME. BUT THE REAL WORK IS DONE IN THE MIND. IF YOU DO THE WORK THEN YOU CAN REST ASSURED OF THE RESULTS, BUT YOU MUST NOT CHECK CONSTANTLY FOR THEM.

Your emotions and your imagination both follow your belief. When the belief vanishes then the same emotional context is no longer entertained, and your imagination turns in other directions.

Quite deliberately you use your conscious mind playfully,game... in which for a time you completely ignore what seems to be in physical terms and "pretend" that what you really want is real.

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

...As it took a while for the unsatisfactory beliefs to become materialized, so it may be a time before you see physical results; but the new ideas will take growth and change your experience as certainly as the old ones did. The process of imagining will also bring you face to face with other subsidiary ideas that may momentarily bring you up short. you may see where you held two quite

conflicting ideas simultaneously, and with equal vigor. In such a case, you stalemated yourself... so you will try to be healthy and not healthy at the same time, or successful and not successful...

Feeling and conscious thought... actually go together but your conscious thinking largely determines your emotions, and not the other way round. Your beliefs generate the appropriate emotion that is implied. A long period of inner depression does not just come upon you. Your emotions do not betray you. Instead, over a period of time you have been consciously entertaining negative beliefs that then generated the strong feelings of despondency. As you think so you feel, and not the other way around.

... The belief in illness itself depends upon a belief in human unworthiness, guilt and imperfection, for example.

The mind does not just hold active beliefs. It contains many others in a passive state. They lie latent, ready to be focused upon and used; any of them can be brought to the fore when a conscious thought acts as a stimulus (this is why you should do the suggestions thing)

If you are focusing upon ideas of..., illness or lack,..., your conscious mind also holds latently concepts of health, vigor and abundance. If you divert your thoughts from the negative ideas to the positive ones, then your concentration will begin to alter the balance. The vast reservoir of energy and potential within you is called into action under the leadership of your conscious mind.

...your consciousness expands as you use it. You become "more" conscious as you exercise these (reasoning) faculties.

Conscious mind is a vehicle for the imagination in many ways. The greater its knowledge the further the reach of imagination...

The conscious mind is a vehicle for the expression of the soul in corporeal terms. It is your method of assessing temporal experience according to the beliefs that it holds about the nature of reality. It automatically causes the body to react in certain ways. I cannot say this often enough: Your beliefs follow your reality, your body and its condition, your personal relationships, your environment, and en masse your civilization and world... The conscious mind gives its orders and the inner self carries them out.

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

Some of your beliefs originated in your childhood, but you are not at their mercy unless you believe that you are.

Because your imagination follows your beliefs you can find yourself in a vicious circle in which you constantly paint pictures in your mind that reinforce "negative" aspects in your life. The imaginative events generate appropriate emotions, which automatically bring about hormonal changes in your body or affect your behavior with others, or cause you to interpret events always in the light of your beliefs. And so daily experience will seem to justify what you believe more and more. The only way out is to become aware of your beliefs, aware of your own conscious thought, and to change your beliefs so that you bring them more in line with the kind of reality you want to experience. Imagination and emotion will then automatically come into play to reinforce the new beliefs.

The first important step is to realize that your beliefs about reality are just that - beliefs about reality and not necessarily attributes of reality. You must make a clear distinction between you and your beliefs. You must then realize that your ideas are physically materialized. What you believe to be true in your experience is true. To change the physical effect you must change the original belief-while being quite aware that for a time physical materializations of the old beliefs may still hold... however, your new beliefs will-and quickly-begin to show themselves in your experience. But you must not be concerned for their emergence, for this brings up the fear that the new ideas will not materialize, and so this negates your purpose.

Know that all events are mental and psychic first and that these will happen in physical terms, but do not keep watching yourself. Continue with the game [see above].

You are doing the same thing now constantly and automatically with whatever beliefs you have, and they are being as constantly and automatically translated. It is the separation of self from beliefs that is so important initially, however.

Examine all of your beliefs about yourself and the nature of reality; and one belief, if you let it, will lead you to another. Imagination and will power are never in conflict. Your beliefs may conflict, but your imagination will always follow your will power and your conscious thoughts and beliefs.

Example: you are overweight. ...tried diets to no avail. You follow what I have said so far. You change the belief. You say "because I believe I am overweight, I am, so I will think of myself at my ideal weight.

But you find that you still overeat. ... You may, for instance, find that you believe you are not worthy, and hence should not look attractive... you may find that you feel - and believe that you are - so vulnerable that you need the weight so people will think twice before they shove you around. In all of these cases the ideas will be conscious. You have entertained them often and your imagination and emotions are in league with them, and not in conflict.

People with like ideas reinforce each other's beliefs.

You are setting out to experience the most fulfilled reality that you can. To do this you have, hopefully, begun to examine your beliefs. See other people react to you in the new way. This is highly important because telepathically you are sending them interior messages. You are telling them that you are changing the conditions and behavior of your relationship. You are broadcasting your altered position. You must accept the idea completely, however, that your beliefs form your experience. Discard those beliefs that are not bringing you those effects you want. In the meantime you will often be in the position of telling yourself that something is true in the face of physical data that seems completely contradictory. You must realize that you are the one who produced that "physical evidence" that still faces you, and you did so through your beliefs. ... physical evidence will gradually begin to "prove" your new belief as faithfully as it did your old one.

You are mainly concerned now with physical orientation and the corporeal materialization of inner reality. Therefore the conscious mind holds in ready access the information that you require for effective day-to-day living. As soon as the need for such data - aid, information, or knowledge - arises, then it is immediately forthcoming unless your own conscious beliefs cause a barrier. It is because of (the concentrated focus) of your conscious mind that you can "tune into" the particular range of activity that is physical.

In your present life the conscious mind assesses physical reality and has behind it all the energy, power and ability of the inner self at its disposal. Any information that it requires will be available... The inner self sends to it only the information it asks for or feels necessary. To a very

large extent then conscious beliefs act as great liberators of such inner data, or as inhibitors of it. The conscious mind is itself expanding and developing. It is not a thing. It learns through experience and through the effects of its behavior. The inner self brings about whatever results the conscious mind desires.

... [body?] is not cut off from the inner self. The inner self keeps the physical body alive even as it formed it. The miraculous constant translation of spirit into flesh is carried on with inexhaustible energy by these inner portions of being, but in all cases the inner self looks to the conscious mind for its assessment of the body's condition and reality, and forms the image in line with the conscious mind's beliefs. ...To change your body you change your beliefs, even in the face of physical data or evidence that conflicts.

You send a barrage of beliefs and instructions to the inner self that affect your physical image.

I will call... inner sound the sound of your thoughts within your own head. Inner sounds have an even greater effect than exterior ones upon your body. They affect the atoms and molecules that compose your cells. In many respects it is true that you speak your body, but the speaking is interior... The sound exists connected with but quite apart from the mental words you use in thinking. ...When you say, "I am tired," mentally you are not only giving silent messages to yourself - I say messages rather than message because the general statement is broken down; many portions of the body must be affected before you feel tired-but beside this the inner sound value of the messages automatically affects the body in just that way... The inner sound value of the countering suggestion automatically begins to refresh the body.

[poor vision:] You must discover the reason for the belief behind the physical poor function or nonfunction, and if this is done the condition will automatically clear up... Your muscles believe what you tell them about themselves. So does every other portion of your physical body

Each of the atoms and molecules that compose your body has its own reality in sound values that you do not hear physically. Each organ of your body then has its own unique sound value too. When there is something wrong the inner sounds are discordant. The inharmonious sounds have become a part of that portion of the body as a result of the inner sound of your own thought-beliefs. That is why it is vital that you not reinforce these inner sounds through repeating the same negative suggestions to yourself. Verbal suggestions are translated into inner sound. This passes through your body in somewhat the same way that some kinds of light do.

... [body] also has "structures" of sound, light, and electromagnetic properties that you do not perceive. These are all connected with the physical image that you know. Any physical disabilities show themselves in these other "structures" initially.

The sound, light, and electromagnetic patterns give strength and vitality to the physical form that you recognize. They are more mobile than the physical body, and even more susceptible to the changing pattern of your own thought and emotion.

...thoughts are translated into this inner sound, but thoughts always attempt to materialize themselves also. As such they are incipient images, collectors of energy. They build up their own embryonic form until it is in one way or another physically translated.

Mental images therefore are extremely powerful, combining inner sound and its effects with a clear mental picture which will seek physical form. Your imagination adds motivating and propelling power to such images, and so you will find that many of your beliefs are entertained by you in an inner visual manner. They will have mental pictures connected with them.

One such image may represent one particular belief or it may stand for several. As you make lists of your beliefs you will find some of these pictures coming into your mind. Look at them as you would a painting you have created. If you do not like what you see then quite consciously change the picture in your mind.

In quiet moments the word "O-O-O-O-O-M-M-M-M-M," said slowly, mentally or aloud, will be of benefit in toning up your general physical condition. The sounds contain within them a built-in impetus toward energy and well-being, as I will explain shortly.

A mental image... is composed of the same properties ... a pattern of internal sound with electromagnetic properties imbued with certain light values. In a sense, and a very real one, the mental image is incipient matter, and any structure so composed, combining the electromagnetic sound and light values, will automatically try to reproduce itself in physical existence, or materialization.

The atoms and molecules that compose your cells and your flesh, for instance, do not react to the physical sounds that you hear or the light patterns that your physical eyes perceive. s.108/9 ... The nerves are also composed of the same kind of interior structures as mentioned earlier: around, or rather from which, the physical nerves form. Here the exterior data is translated and broken down into inner terms. That is, it is decoded in terms of the internal sound, light, and electromagnetic patterns discussed before. It then becomes usable information, even in terms of the atoms and molecules that compose the cells. The physical lapse that occurs between an incoming message and its intended destination does not occur on these other levels. The "interior message" gets to its destination ahead of the physical one. ...Therefore the invisible body pattern, composed of its interior light, sound and electromagnetic properties, reacts first, and actually initiates the later physical response... before you see anything physically, you do so through these inner pathways. The interior perception activates the outside one. When you experience physical motion or activity,... or phenomena, you are becoming aware of the tail end of a long "series" of interior comprehensions. ...all exterior events, including your own bodies with their insides, all objects, all physical materializations, are the outside structures of ... ones that are composed of interior sound and invisible light, interwoven in electromagnetic patterns. Beneath temporal perception, then, each object and event exists in these terms, in patterns that interact with each other. On a physical level you seem to be separated from everything that is not yourself. This is not true... On the interior level... all happenings and objects are connected. A movement or change in one affects others. You will physically respond to and recognize some of this alteration, as in the example of the near accident. But whether or not you are consciously aware of such activity, it changes the interior environment of your body through these inner pathways.

Your own thoughts and beliefs, having the same kind of inner reality, also transform the interior environments of others. ... a physical event... was initially a mental one. It existed in this nontemporal reality then before, in your terms, it was physically materialized, perceived and reacted to. It was propelled from inner reality to outward reality through belief, emotion and imagination.

Ideas represent your psychic intent. They generate emotion and imagination. These activate the interior patterns. They are the motive force of action, the means by which all interior events are exteriorized. They are energy formed and directed, formulations of interior and exterior patterns of reality. They are a part of the creative force from which all realities spring. ... Imagination and emotion are the most concentrated forms of energy that you possess as physical creatures. Any strong emotion carries within far more energy than, say, that required to send a rocket to the moon.

Emotions, instead of propelling a physical rocket... send thoughts from this interior reality through the barrier between nonphysical and physical into the "objective" world-no small feat, and one that is constantly repeated.

...These invisible structures preceded the emergence of the physical body. They also exist after the body's death. While the condition of the body is directed by the conscious mind in life, then, the idea or mental pattern for the body existed before the conscious mind's connection with the physical brain.

The general framework, properties and characteristics of the body exist, therefore, before its formation... The conscious mind directs the so-called involuntary system of the body, and not the other way around. No idea slips insidiously past your awareness to affect your involuntary system unless it fits in with your own conscious beliefs. ...you will not be sick if you think you are well-but there may be other ideas that make you believe in the necessity for poor health. ... involuntary functions perfectly mirror your consciously held ideas and beliefs.

... the conscious mind is not any one event; it represents various portions of the inner self that "surface" at any given time [i.e. as the "ego"]

The form is... a mirror of beliefs, and will accurately materialize in flesh those ideas held by the conscious mind. That is one of the body's primary functions. A sick body is performing that function then, in its way, as well as a healthy body. It is your most intimate feedback system, changing with your thoughts and experience giving you in flesh the physical counterpart of your thought. So it is futile to become angry at a symptom... when it is presenting you with the corporeal replica of your own thought, as it was meant to do.

Your environment and your experience in the physical world also provide you with the same kind of feedback. It is just as useless to berate your environment or your experience in it as it is to deride your body, for the same reasons.

You are... in physical existence using your body as a medium for learning and expression... later we will discuss other kinds of existence in which you are also involved; and these to some extent color your intents and purposes in physical life as you now understand it.

If all of your beliefs, not just your "fortunate" ones, were not materialized, you would never thoroughly understand on a physical level that your ideas create reality. If only your "positive" beliefs were materialized then you would never clearly comprehend the power of your thought, for you would not completely experience its physical results.

[before physical birth] you tune yourself into a highly specific dimension of reality. You form a physical structure that will have existence within that intensely concentrated area, ... that will come alive within those "frequencies". ... the other portions can be called the inner self. Now all of this inner self cannot become expressed even with its connection with the brain, since the brain must sift perception through the physical apparatus... Therefore a seeming division occurs (p. 118), in which a portion of the invisible conscious mind is connected with the physical brain, and a portion of it is free of that connection. That part forms what you think of as the involuntary system of the body... There is constant interplay and communication between the areas of consciousness that are connected to the brain and those that are not. The "deeper" purposes of the consciousness involved "circulate", sometimes arising in the awareness that is joined with the brain. Information coming from those deeper sources of the self, reaching the areas connected to the brain, will be interpreted according to the beliefs of that most physically focused segment of the self. To some degree, such inner data will be colored by the current beliefs of that part of the self most directly confronting the physical world. Those beliefs, however, are also constantly being examined by the inner self.

[about believing that hearing will fade after a certain time of life:]

Functions in this particular regard are habits. You simply forget how to hear properly, following your belief. All of the minute manipulations necessary to hearing are unconsciously repressed. The actual physical deterioration then does indeed follow... the belief would work to insure the materialization of that state. ... You must understand that your ideas and thoughts do not exist as phantoms or shadow images without substance. They are electromagnetic realities. They affect your physical being and they are automatically translated by your nervous system into the stuff of your flesh and of your experience... All energy at the inner self's disposal is then concentrated to bring about the results asked for by the conscious mind... When you rail against an unfavorable environment or a situation or condition, basically you are not acting independently, but almost blindly reacting. You are reacting to events that seem to happen to you, and always in response to a situation.

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

This is done by combining belief, emotion and imagination, and forming them into a mental picture of the desired physical result. Of course, the wanted result is not yet physical or you would not need to create it, so it does no good to say your physical experience seems to contradict what you are trying to do. (p. 121)

Ideas and beliefs do feed upon themselves. There is within them a built-in impetus toward growth, development and fulfillment.

Since it is the beliefs of the conscious mind that regulate the involuntary bodily motions and the entire physical system, then contradictory beliefs obviously set up adverse physical reactions and imbalances.

[....a case in point, strongly contradictory beliefs:]

His beliefs in his unworthiness prevented him from using his abilities, or even pursuing a course of effective action. ...a situation in which an individual, through beliefs, put his power and energy literally beside himself. ... His chemical makeup varied considerably.

... a method of cure, in which portions of each conflicting side of the personality break off to form a clearer psychological structure which can communicate with the other two, act as a referee, and reconcile the opposing beliefs held by each.

This is done many times without the main personality realizing what is really going on.

In all cases of this nature... the problem is one of unassimilated beliefs. ... such beliefs can be expressed through various parts of the body. ... a system of medicine that largely deals with symptoms only encourages a patient to project such beliefs on new organs, ..after already sacrificing others in operations.

While the most basic work must be done by the individual, help is always available from a variety of sources, both within and without. You will literally interpret and use almost any data that comes to you as helpful, and it will be highly effective-unless your beliefs lead you to think, perhaps, that everyone is against you, or that you are beyond help, or that you do not deserve it. (which I consider the most hampering beliefs). Other such ideas can also close you off from help, of course, but you will instinctively look for it and use it when possible.

The stuff of the body should not be considered as some metaphysical result, then, but as a living gestalt of responsive flesh. Your body is composed of other living entities, in other words. Though you organize this living material it has its own right to fulfillment and existence... Your perception

is merely that which you are aware of. Even the atoms and molecules have their own fine vision and appreciate their environment in their own way. There is no difference between the energy that shapes your ideas and the energy that grows a flower, or that heals your finger when you burn it. The soul does not exist apart from nature.

The body is often closer to the soul than the mind is because it automatically grows as a flower does, trusting its nature.

Physical existence is valuable for many reasons, one being that the flesh is so responsive to thought and yet so resilient. There are built-in guidelines so that the body consciousness itself, while mirroring your negative images at times, will also automatically struggle against them. ... Thoughts interact with the body and become part of it as viruses do. ... Put simply, they... can be regarded as invisible viruses, carriers, sparks setting off reactions not only within the body but the entire physical system as you know it. Your thoughts are as natural as the cells... and as real. They interact with one another as viruses do. While you are in this reality there is no division between the mental, the spiritual, and the physical. If you think there is, then you do not sufficiently understand the spirituality of the flesh or the physical reality of your thought... All portions of the body's reality are versions in flesh of the soul's reality, even as all segments of the exterior universe mirror an internal one... Physical phenomena is only a portion of what nature is, and all realities are natural.

In your terms, probabilities are extensions and variations on the growth principle that is quite obvious in your daily reality.

[Cells:] Each cell remembers its past though all of its parts have been and are being continually replaced.

Think of your thoughts... as living electromagnetic cells, differing from the physical cells in your body only in the nature of their materialization. Your thoughts direct the overall functioning of your body's cells, even though you do not consciously know how those cells operate. That work is unconscious.

Each physical cell is in its way a miniature brain, with memory of all of its personal experiences and of its relationship with other cells, and with the body as a whole. In your terms this means that each cell operates with an innate picture of the body's entire history-past, present, and future.

Now this picture is ever-changing and mobile. An alteration in just one cell is instantly noted by the body consciousness (the combined consciousness of the cells), and the future effect perceived. This information is used together with all other data from the body, and a prediction made.

(p.145)

This body prediction is then assessed, and on more levels than it is possible for me to explain. Briefly, the picture is "shown" in the invisible arena where flesh and spirit meet. This arena is not a place, of course, but an inner state of gestalt consciousness. The state is brought about through certain interactions that occur deep within the body. Magnetic structures are formed. They are created on a physical level through certain activations, of the nerves in which the normal patterns are jumped, so to speak, and images are formed. The nerves and the cellular structures at their tips take pictures. These are all assembled and used to form the larger picture of the body's condition.

These are not images as you think of them but highly coded information, electromagnetically imprintedthey cannot be perceived except by the body. But this procedure is so far superior to

anything that you know that the body, therefore, actually takes precognitive pictures of its future condition-as if the body situation at the time were projected into the future.

There is a built-in equilibrium to some extent. The body is so responsive to conscious thought that it has its own innate system of self-preservation and its own guiding image of fulfillment.

["Past" events:] Your conscious thoughts and habits regulate which of them will intermix into the maelstrom of the present.

You consciously give the signals for reaction. ...Past events do not intrude in this manner unless they are beckoned by the conscious expectations and thoughts that exist within your mind. Those unconscious memories will be activated according to your current beliefs. You will be replenished and renewed as your thoughts motivate joyful body sensations and physical events, or you will be depressed as you bring into your awareness unpleasant body happenings... constant unpleasant thoughts put the body into a state of turmoil that is "unrealistic", and, in turn, force it to reactivate such old patterns.

At one level of your being there is a common ground where body consciousness merges with that higher consciousness from which your own identity springs. This is the ground of your being where soul and flesh meet, both in time and out of it.

You may have dreams urging you to move in such and such a direction, or pointing out areas in which corrections should be made. Often such dreams bring about behavior changes whether or not you remember them in the morning. You may request dreams in which proper direction is given, and you will receive them. ... You must remember that ideas are as alive as the cells within your hand. ... when good thoughts from an individual's present life are activated, they draw upon similar ones from his or her reincarnational personalities.

[Einstein: mass and energy are equivalent to each other-when one is "destroyed" the other is "created"].

A simple experiment with self-explanatory results: Think of a sad event of your life. Similar feelings will soon follow, and with them memories of other such unpleasant episodes strung together through association. Scenes, odors, words, perhaps half-forgotten, will suddenly come upon you with new freshness.

Your thoughts will activate the appropriate feelings. Beneath your awareness, however, they will also trigger the cells' everpresent memory imprints of stimuli received when those events occurred. There is, to some extent now, a cellular memory playback-and on the part of the entire body, the recognition of its state at that time.

If you pursue such sorrowful thoughts persistently you are reactivating that body condition. Think of one of the most pleasant events that ever happened to you and the reverse will be true, but the process is the same. This time the associated memories are pleasant, and the body changes accordingly.

Remember, these mental associations are living things. They are formations of energy assembled into invisible structures, through processes quite as valid and complicated as the organization of any group of cells. Comparing them with cells, they are of briefer duration, generally speaking, though under certain conditions this does not apply. But your thoughts form structures as real as the cells. Their composition is different in that no solidity is involved in your terms.

As living cells have a structure, react to stimuli and ... according to their own classification, so do thoughts. Thoughts thrive on association. They magnetically attract others like themselves, and

like some strange microscopic animals they repel their "enemies", or other thoughts that are threatening to their own survival.

Using this analogy, your mental and emotional life forms a framework composed of such structures, and these act directly upon the cells of your physical body.

Imagine the successive thoughts and feelings that you possess. When you feel weak you are weak. When you feel joyful your body benefits and becomes stronger. (p. 157) So inhibiting what you consider as negative thoughts, or assuming that they are so terrible, is no answer.

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

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

The word "perfect" holds many pitfalls. In the first place it presupposes something completed and done beyond change, and so beyond motion, further development, or creativity. ... Your thoughts are perfectly themselves. Left alone, they come and go.

"Negative thoughts": You with your conscious mind are to discriminate among your thoughts as to which ones you want to form into your system of beliefs, but in so doing you are not to pretend blindness. You may at times wish that a rainy day were a sunny one, but you do not stand at the window and deny that the rain is falling, or that the air is cold and the sky dark.

Because you accept the rain as a present reality does not mean, either, that you must believe that all days are stormy, and make that obvious misconception a part of your beliefs about reality. So you do not have to pretend that a "dark" thought doesn't exist. (p. 159)

Some are afraid of certain thoughts, and so are oblivious to their beauty and their place in mental life.

Since you have all kinds of thoughts there are reasons for having them, as you have all kinds of geography. Within your reality it is as foolish to deny the existence of certain thoughts as it would be, say, to pretend that deserts do not exist. In following such a course you deny dimensions of experience and diminish your reality. This does not mean that you have to collect what you think of as negative thoughts, any more that it means that you should spend a month in a desert if you do not like them. It does mean that within nature as you understand it, nothing is meaningless or to be pretended out of existence.

Usually if you regard a thought as bad or beneath you, or if you are ashamed of it, then you try to deny it, stop its motion and hold it back. You cannot restrain energy, although you may think you can. You simply collect it, whereupon it grows, seeking its fulfillment.

161

... I simply want to point out the difference between healthy natural aggressiveness, and the explosive, distorted emergence of repressed aggression....areas in which you strongly repress your thoughts, for many energy blockages will be found there.

... man began to believe in demons when he started to feel a sense of guilt. The guilt itself arose with the birth of compassion.

162

The birth of a conscious mind, as you think of it, meant that the species took upon itself free will.

164

Guilt is the other side of compassion. Its original purpose was to enable you to empathize on an aware level with yourselves and other members of creaturehood, so that you could consciously control what was previously handled on a biological level alone. Guilt in that respect therefore had a strong natural basis, and when it is perverted, misused or misunderstood, it has that great terrifying energy of any runaway basic phenomenon.

165

... in your fear of negative thoughts you often attempt to deny all normal aggressiveness, and at the first glimpse of it bring up your mental antibodies prepared for action. In so doing you try to repudiate the validity of your own experience. If you do not feel your individual reality, then you can never realize that you form it, and so can change it. It is this denial of experience, and the energy blockages involved, that build up the accumulation of unnecessary "unnatural" guilt. The body itself cannot understand these blocked messages, and cries out to express its own corporeal knowledge of the moment as it experiences it. You mentally shout in such situations that you do not feel what you feel.

Over a period of time, the conscious mind, because of its position, can override the body's messages. Yet the backed-up accumulation of energy will seek outlet. The smallest, most innocent symbol for the repressed material may then bring about behavior on your part that seems out of all proportion to the stimulus.

166

... You try to be so good precisely because you believe you are so bad and unworthy.

167

Generally speaking, you are here to expand your consciousness, to learn the ways of creativity as directed through conscious thought. The aware mind can change its beliefs, and so to a large extent it can alter its bodily experience.

Thou shalt not kill more than is needed for thy physical sustenance.

Thou shalt not violate ... leeway had to be left for your own interpretation.

An outright lie may or may not be a violation... Having normal aggressive thoughts is not a violation.

Doing violence to your body, or another's, is a violation. Doing violence to the spirit of another is a violation-but... because you are conscious beings the interpretations are yours.

Killing while protecting your own body from death at the hands of another through immediate contact is a violation. Whether or not any justification seems apparent, the violation exists... You could counter such an attack in several ways that do not involve killing. You would not be in such a hypothetical situation to begin with unless violent thoughts of your own, faced or unfaced, had attracted it to you. ... aggressive-forceful, active, mental or spoken-commands for peace could save your life in such a case.

When you consider aggressive thoughts wrong, using this analogy, you do not even begin to allow the system to clear itself. Instead you shut up the "poisons" inside.

As an accumulation would occur in the flesh, so the same thing might happen in your mental experience. Physically you could end up with a very serious condition; and mentally and emotionally such a clamping down on natural forces can result in "diseased" idea structures that are isolated from other more healthy concepts. These can be like growths-not lacking oxygen... but free access and flow with other portions of your conscious experience.

170

Controls were needed lest the conscious mind, denied full use of the animals' innate taboos, run away with itself. Guilt, natural guilt, depends upon memory then.

The collection of unrecognized artificial guilts, built up through the centuries, has led to such an accumulation of repressed energy that its release has resulted in violent action.

In those terms overpopulation is a violation. In the case of both war and overgrowth, the species has ignored its natural guilt.

172

Many of your problems result from the fact that you do not accept the responsibility of your own consciousness. It is meant to assess the reality that is unconsciously formed in direct replica of your thoughts and expectations.

When you do not embrace this conscious knowledge, but refuse it, you are not using one of the finest "tools" ever created by your species, and you are to a large extent denying your birthright and heritage.

When this happens, the species by default must fall back upon vestiges of old instincts-that were not geared to operate in conjunction with a conscious reasoning mind, and do not comprehend your experience; that finds your "moment of reflection" an impertinent denial of impulse. So man loses full use of the animals' regulated, graceful instinct, and yet denies the conscious and emotional discrimination given him instead.

172

The "demons", your projections, are then placed upon a national enemy, or the leader of another race; sometimes whole masses of population will project upon other large groups the images of their own unfaced frustrations. Even in Augustus you find the hero and the villain, separate and diversified. As a man can be so divided, so can a nation and a world. So can a species... so... can a family be so divided, and one member always appear as a hero and one the villain or the demon.

173

Natural guilt is a creative mechanism, meant to serve as a conscious spur in the solving of problems that, in your terms, no other animals ever had. By taking advantage of it you leap still further through unknown frontiers, and break through into dimensions of awareness that were always latent since the birth of the conscious mind.

Natural guilt, followed, is a wise guide that brings along with it not only biological integrity, but triggers within consciousness aspects of activity that must otherwise remain closed.

175 ["natural grace":]

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.

176

The dog may remember where he saw his master last, but without being able to summon the memory, and operating without the kind of mental associations that you use. His connections will be of a more biological nature and will not provide the leeway, that your own mental conditions allow you.

With the large freedom provided by the conscious mind, however, man could stray from that great inner joy of being, forget it, disbelieve in it, or use his free will to deny its existence.

! When man did not violate, he was aware of his own state of grace. When he violated, it fell back into cellular awareness, as with the animals, but he felt consciously cut off from it and denied.

The simplicity of natural guilt does not lead to what you think of as conscience, yet conscience is also dependent upon that moment of reflection that in a large measure sets you apart from the animals. Conscience, as you think of it, is caused by a dilemma and a misunderstanding of the conditions set upon your physical existence. Conscience arose with the emergence of artificial guilt.

177

The conscious mind is a maker of distinctions. It brings to the surface of awareness whole gestalts of previously unconscious material, then assembles and organized it in ever-changing form. Through purposeful focus, a literally infinite amount of such data can be unconsciously sorted; then only the desired elements will emerge... ..the aware mind's capacity to play upon, mix and merge, and rearrange perception and experience.

178

In a simultaneous time, punishment makes no sense. The punishment as an event, and the event for which you were being punished, exist at once; and since there is no past, present and future, you could just as well say that the punishment came first.

[reincarnation:] The theory is a conscious-mind interpretation in linear terms. On the one hand it is highly distorted. On the other hand it is a creative interpretation, as the conscious mind plays with reality as it understands here. But in the terms used here there is no karma to be paid off as punishment unless you believe there are crimes for which you must pay.

In larger terms there is no cause and effect either, though these are root assumptions in your reality... we return once more to that moment of reflection, for it is here that both causes and effects first appear. ...animals... each in its own degree - far less than yours - shows that reflection. In some, for all intents and purposes, it does not exist at all. Yet it is there, latent.

180

These multiple existences, ...are simultaneous and open-ended. In your terms the conscious mind is growing toward a realization of the part it has to play in such multidimensional reality. It is enough that you understand your part in this existence. When you fully comprehend that you form what you think of as your current reality, all else will fall into place.

Your beliefs, thoughts and feelings are instantly materialized physically. Their earthly reality occurs simultaneously with their inception, but in the world of time lapses between appear to occur. So I say one causes the other, and I use those terms to help you understand, but all are at once. So are your multiple lives occurring as the immediate realization of your being in the natural extension of its many-faceted abilities.

"At once" does not imply a finished state of perfection nor a cosmic situation in which all things have been done, for all things are still happening. You are still happening-but both present and

future selves; and your past self is still undergoing what you think is done. Moreover, it is experiencing events that you do not recall, that your linear-attuned consciousness cannot perceive on that level.

...youth can be physically "prolonged" far beyond its present duration...

(like breath) Just so your lives go in and out of you-you and yet not you. And a portion of you, while letting them all go, remembers them and knows their journey. ... So the lives you have lived are not you, while they are of you.

181

Close your eyes. Think of your breaths as lives, and you the entity through which they have passed and are passing. Then you will feel your state of grace, and all artificial guilts will be meaningless. None of this negates the supreme and utter integrity of your individuality, for you are as well the individual through whom the lives flow, and the unique lives that are expressed through you.

As your breath leaves you and becomes part of the world, free, so do your lives leave you and continue to exist in your terms. You cannot confine a personality that you "were" to a particular century that is finished and deny it other fulfillments, for even now it exists and has fresh experience.

182

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

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

In physical life there is a lapse while messages leap the nerve ends (see 625th session in Chapter Five). In other terms and on other levels, this was represented in that "moment of reflection" that took place as man's consciousness emerged that of the animals.

In still other terms and at different levels this lapse occurs-this moment of reflection extends itself-as the self leaps clear of physical form (even as the cell at one time deserts the body).

In this regard now, and for the sake of our analogy only, think of the life of the self as one message leaping across the nerve cells of a multidimensional structure-again, as real as your body-and consider it also as a greater "moment of reflection" on the part of such a many-sided personality.

I make these analogies because they are pertinent, yet I am aware that they can make you feel small or fear for your identity. You are more than a message, say, passing through the vast reaches of a superself. You are not lost in the universe... such analogies can... conjure up within your imagination some feeling of your intimate relationship with all other reality. To some extent, the feeling of grace is your emotional recognition of the necessity, purpose and freedom, the innate appreciation, of your rightness and your place in existence.

Remember also, in your terms now, the great gulf that separates you as a self from those cells that physically compose you. Your own present identity contains the knowledge and "memory" of all those simultaneous existences (i.e. I am dead for other I's who carry me as a "memory"), even as the cells in their way retain memory of all those physical structures which they (have) formed. Consciously, because of your time concepts, you will interpret those simultaneous lives in reincarnational terms, one seemingly before the other.

Your conscious ideas, expectations and beliefs direct the health and activity of the cells... In terms of consciousness, the entity or greater you knows as much more than you know, as you know more than your cells.

You however do have free will (as opposed to the cells [added by me]), for while the entity's psychic structure can be compared to the body, it is a part of and inhabits far greater dimensions. All of this may seem to have little to do with your personal reality. Yet your daily experience is as connected with your self or entity as it is with the cells of your physical form.

184

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

... The cell does not need to be consciously aware of you in order to fulfill itself, even though your expectations of health largely influence its existence, but your recognition of the soul and entity can help you direct energies from these other dimensions into your daily life.

You are in the process of expanding your psychic structure, of becoming a conscious participator with the soul, in certain terms, of becoming what your soul is. As cells multiply and grow-within their own nature and the physical framework-so do selves "evolve" in terms of value fulfillment.

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

186

When you are aware of the existence of the entity and of the soul, you can consciously draw upon their greater energy, understanding and strength.

It is inherently available, but your conscious intent brings about certain changes in you that automatically trigger such benefits. The results will be felt down to the smallest cells within your body, and will affect even the most seemingly mundane events of your daily life.

You are growing in consciousness; therefore using it expands its capabilities ... your understanding and desire are so important. The processes initiated are beyond your normal awareness. They occur automatically with your intent if you do not block them through fear, doubt or opposing beliefs.

[EXERCISE]

Imagine yourself as a portion of an invisible universe, but one in which all the stars and planets are conscious and full of indescribable energy. You are aware of this. Think of this universe as having the form of a body. If you want to, visualize its outline brilliant against the sky. The suns and planets are your cells, each filled with energy and power but awaiting your direction.

Then see this image exploding into your own consciousness, which is unbelievably bright. Realize that it is a portion of a far greater multidimensional structure, spread out in an even richer dimension. Feel the entity sending you energy as you send energy to your cells. Let it fill your being and then direct it physically any place within your body that you choose.

If instead there is a physical event that you strongly desire, then use that energy to imagine its actual occurrence as vividly as you can. If you follow these directions and understand the meaning for them as given, you will find the results most startling and effective. Energy may be directed to any portion of the body, and if you do not block its actions by disbeliefs, [unreadable] will be cured. Remember, however: If you hold the belief that you are a sickly person, that can hinder you.... change that particular kind of belief is your first concern.

...Your health is an extension of your creativity. So is your relationship with your mate, your boss, and the kinds of events with which you are uniquely familiar.

196

When you are fairly happy and content in your daily life, you can be said to be in a state of grace. On those occasions where you feel at one with the universe, or come upon an exceptional experience in which you seem to go beyond yourself, you can be said to be in a state of illumination, and this has many degrees and levels. In any such state your physical health benefits....though there may be some beliefs blocking in that direction...

According to the state of illumination or grace, those mass memories may be activated that do not necessarily involve your personal experience

Any event of your life is written in the memory of the universe,... as you think of it (basically senseless statement since any idea is physically materialized at its inception even if not experienced later)

[massive doses of LSD]:...represents the enactment, through terrible encounter, of the species' birth into consciousness, and its death as consciousness falls back annihilated; followed by its rebirth as the individual patient struggles to emerge again from dimensions not native under these conditions.

198

... self-changes happen naturally as life progresses, and when the self modulates at any given time, it is different from what it was. When this occurs "all by itself" it is an innate reflection of the psyche's creativity and happens with its own rhythm-connected to seasons of the mind and blood and consciousness and cells in ways that you do not as yet understand.

... Such massive doses of LSD chemically activate all levels of cellular memory to such an extent that in certain terms they are no longer in charge of themselves, and the memories can then emerge unpredictably when the system is under stress. The fine biological and psychological alliance is now weakened.

199

Beneath this a definite, though distorted, landscape of the psyche can be glimpsed in symbols. These are consciousness's attempt to portray cellular memory. Psychic motion always excites the molecules. The latent, easily flowing innate "knowledge" of the molecules builds up the "knowledge" of the cells. They work smoothly together. Under the enforced psychic assault of massive doses of LSD, the very comprehension of the molecules tries to split open. Now this is not something you can physically perceive. Cellular integrity itself can be threatened. Ruburt [this is how Seth called Jane Roberts] is quite right in thinking that this is far worse than any physical shock therapy.

200

...the body is equipped to deal with ingredients that come from the earth. Great doses of such "artificial" drugs are not easily assimilated, and bring about biological confusion.

202

Your ideas themselves follow certain laws of creativity. They have their own rhythms. The associative processes of your mind, working through the brain, have great connection with the minute behavior of your cells. As you learn to use your thoughts, or even as they naturally change, resulting alterations take place within the cells. There is an orderly progression, an intimate relationship.

203

In normal daily life, considerable natural therapy often takes place in the dream state, even when nightmares of such frightening degree arise that the sleeper is shocked into awakening. The individual's conscious mind is then forced to face the charged situation-but after the event, in retrospect. The nightmare itself can be like a shock treatment given by one portion of the self to another, in which cellular memory is touched off much as it might be in such an LSD session.

But the self is its own best therapist. It knows precisely how many such "shocks" the psyche can take to advantage, which associations to animate through such intense experience and imagery, and which ones to leave alone.

Nightmares in series are often inner-regulated shock therapy...

Other dream events, though forgotten, may also cushion the individual to withstand the effects of such "nightmare therapy." In the same way that some LSD treatment finally results in a feeling of rebirth..., so a period of such nightmares often leads quite naturally to dreams in which the self finally makes new and greater connections with the source of its own being.

206

... like any event it is not completed.

207

Know that later you will still operate through another form, but that the body and the material world are your present modes of expression.

What you think of as the self dies and is reborn constantly, as the cells of your body do. Biologically and spiritually, new life relies upon these innumerable changes and transformations, deaths and births that occur naturally both in the seasons of the earth and those of the psyche.

208

If you believe, however, that the chemicals in certain foods will harm you drastically and bring about disastrous consequences, then even small doses of these can do you harm.

211

... In the normal cycle of the death and rebirth of cells, and the usual pattern in which the ego constantly changes, there is a smooth flow and no loss of orientation. Previous cellular memory is carried along easily from one cell generation to another.

212

... what you call the ego is a portion of the inner identity that rises to face the world of physical existence.

In man, conscious thoughts are highly important as the directors of unconscious activity. You become more responsible, then, in a particular way for physical effects that, comparatively speaking, are "instinctive" in the animal. This gives you both a conscious and unconscious feedback system against which to test your experience and alter its nature.

Therapeutic systems are an important part of this interrelationship, and they operate constantly. In one way a state of grace or illumination happens where there is the greatest poised balance of the conscious mind with other levels of the psyche and body—a biological and spiritual recognition of the individual's wholeness within himself and his relationship with the universe at large.

Such states lead to a condition of mental, psychic and physical health and efficiency. The aware mind's great leeway through the intellect, and its connection with the senses, makes it possible for any singly insignificant event to trigger such experience. Intense focus is a characteristic of the conscious mind, and you can call it narrow because it includes only the physical dimension; but within the scope of that corporeal field it has great freedom to interpret the given dimension in any way it chooses.

The conscious mind can, for instance, see a rose as a symbol of life or death, or joy or sadness, and under certain conditions its interpretation of a simple flower can trigger deep experiences that call up power and strength from the inner resources of being. Since the attributes of egotistical consciousness have been so misinterpreted, you usually consider it only in its analytical breaking-down functions. These are very important as it separates larger fields of perception into smaller ones that can be physically understood. But the conscious mind is also a great synthesizer. It brings together diverse elements from your experience and unites them in new patterns.

These organizations then serve as awakeners or stimulation to inner portions of the self, always providing it with fresh experience. The inner self responds through the richness of its own psychic fabric, sending up, so to speak, ever-new particularized abilities to meet the exterior circumstances.

... Your feelings follow the flow of your beliefs (s. a. 614th session) and if this does not seem true to you it is because you are not aware of the contents of your conscious mind. ... You can close the eyes of your conscious mind also, and pretend not to see what is there. It is because you do not trust your own basic therapeutic nature, or really understand the conscious or unconscious mind, that you run to so many therapies that originate from without the self.

... the great therapy of music; this activates the inner living cells of your body, stimulates the energy of the inner self and helps to unite the conscious mind with the other portions of your being.

Music is an exterior representation, and an excellent one, of the life-giving inner sounds that act therapeutically within your body all the time (see chapter five). The music is a conscious reminder of those deeper inner rhythms, both of sound and of motion. Listening to music that you like will often bring images into your mind that show you your conscious beliefs in different form.

The natural healing of sound can happen also when you do such a simple thing as listen to the rain. You do not need drugs, hypnotism or even meditation. You only need to allow and direct the freedom of your conscious mind. Left alone, it will flow through thoughts and images that provide their own therapy.

You often avoid this natural treatment, however, and run from frightening conscious thoughts that would in their turn lead you to the source of "negative" beliefs, where they could be faced; you could then travel through them, so to speak, into feelings of joy and victory. Instead, many of

you accept the way of drugs, where such feelings and thoughts are thrust upon you, or forced out of you while you are denied the stabilizing comforts of the conscious mind.

Dreams are one of your greatest natural therapies, and one of your most effective assets as connectors between the interior and exterior universes.

218

The great interconnections between waking and dreaming experience... You do not realize the many physical problems that are solved for you, and by you, in your dreams.

This happens very frequently when you consciously set the problem before yourself, state it clearly, and then drift into sleep. The same thing happens, however, even without such a conscious set. Dreams give you all kinds of information concerning the state of your body, the world at large, and the probable exterior conditions that your present beliefs will bring about.

219

... natural doorways to self-illumination and states of grace... teaching it (ego) to use those great abilities of assimilation that it does possess.

Your nature, beside possessing natural, general healing abilities, has its own unique and particular private triggers arising from your experience. They can be learned, recognized and utilized by you.

In this area certain events really matter. Singular circumstances, meaningless to others, can be used to open your own storehouse of energy and inner strength. These will include both waking and dreaming events. If you remember having certain dream experiences and waking refreshed, then before sleep consciously think about those dreams and tell yourself they will return.

If any activity, odd or silly as it might seem, brings you a sense of satisfaction, pursue it. Any of these natural healing methods can even lead beyond feelings of well-being and strength, physical health and vitality, to those sublime experiences of illumination and grace.

The most rejuvenating idea of all, and the greatest step to any ... illumination, is the realization that your exterior life springs from the invisible world of your reality through your conscious thoughts and beliefs, for then you realize the power of your individuality and identity. You are immediately presented with choices. You can no longer see yourself as a victim of circumstances. Yet the conscious mind arose precisely to open up choices, to free you from a one-road experience, to let you use your creativity to form diversified, varied comprehensions.

220

Your dreams and the physical events of your lives constantly alter the chemical balances within your body. A dream may be... experienced to provide an outlet of a kind that is missing in your daily life. It will mobilize your resources and fill your body with a rush of needed hormones,...

Such dreams will be greatly effective, but only for a short period of time unless the conscious mind faces the beliefs that have been causing the imbalance.

The source for all of this creativity springs from your own inner identity, which is never completely materialized in flesh, and so you always have unused portions of creativity at your command. You react to the body even though you form it.

...You create not only the body, then, but its entire experience, the context in which it takes place.

223

If there are chemical imbalances they are often corrected quite automatically in the dream state, as you act out situations calling up the production of hormones...

By such constant dream therapy, both body and mind regulate themselves to a large degree. So your flesh is affected by your dreams.

225

...interpretation involves but one part of the task as you try to consciously assess a dream's meaning. The real work of the dream is done during the event itself, on deep psychic and biological levels.

The dream's happening affects your entire physical condition, and so has this constant therapeutic effect. This result stems from the psychic situation set up within any dream drama, and in it the problems or challenges of your existence are worked out. Many probable actions are taken; these are then projected into the probable future.

As you come to understand the nature of your own beliefs, you can learn to use the dream state more effectively for your conscious purposes. It is one of the most efficient natural therapies, and the inner framework in which much of your physical body building actually takes place.

Some of the drugs given to "mental" patients impede the natural flow of dream therapy to varying degrees.

226

...naturally and left alone, the chemical upsets in the body will right themselves after the initial problems causing them are worked out through any of a variety of innate healing methods.

The new balance signals the organism that an inner problem has been resolved. The body, mind and psyche are then more or less operating together. When new psychic challenges arise, another round of natural therapy begins in rhythmic pattern. When imbalances of a physical nature are removed by the introduction of drugs, however, the body signals say that the inner dilemma must have been taken care of also - while this may not be the case at all.

The whole organism is not at one with itself under such conditions. The problem manifested itself in a given way, and the drugs then block that normal expression of the psychic disorder. Other pathways of demonstration will be sought.

If these are blocked in the same manner also, then the entire mind-body relationship becomes alienated from itself. The inner mechanics are disturbed. The basic challenge not only is not faced, but is constantly denied the physical expression that, left alone, would bring about its natural solution.

... if you have faith in medical help, this alone will bring therapeutic benefit.

This can only go so far, though, if the inner problems are not dealt with. Often they are resolved regardless of what you do or believe, simply as a result of the vast creative energies within your being, and the system of checks and balances with which you provided your body at birth.

...You will often become "allergic" to a drug simply because the body realizes that if the drug was accepted, all recourse to the solution of a particular problem would be cut off, or another more severe illness would result from the physical "cover-up" of the dilemma.

228

It is important to note that regardless of the mental or physical illness adopted, it is chosen for a reason, and is a natural method that the individual himself knows he is physically and mentally equipped to handle.

Now the inner problems that you encounter are always constructive - challenges leading you toward greater fulfillment.

A problem caused by guilt... physically materialized as a malady, is meant to lead you to face and conquer the idea of guilt, the belief in it that you hold in your conscious mind. The body is always in a state of becoming.

229

You will alter the chemical composition of your body according to your beliefs about its activity through the various portions of your life.

230

The nature of your personal beliefs in a large measure directs the kinds of emotions you will have at any given time. You will feel aggressive, happy, despairing, or determined according to events that happen to you, your beliefs about your self in relation to them, and your ideas of who and what you are. You will not understand your emotions unless you know your beliefs. It will seem to you that you feel aggressive or upset without reason, or that your feelings sweep down upon you without cause if you do not learn to listen to the beliefs within your own conscious mind, for they generate their own emotions.

One of the strongest general causes of depression,... is the belief that your conscious mind is powerless either in the face of exterior circumstances thrust upon you from without, or before strong emotional events that seem to be overwhelming from within.

[positive thinking schools] ... many... make you cower at the idea of entertaining "negative" thoughts or emotions. In all cases the clues to your emotional experience and behavior lie in your systems of belief: some more evident to you than others, but all available to you consciously.

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

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

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

You feelings always change the chemical balance of your body and alter its hormonal output, but the danger comes only when you refuse to face the contents of your conscious mind. Even the intent to know yourself, to face the reality of your experience, can be of great benefit, generating emotions that will provide an energy, an impetus to begin.

... your inner sense of balance.

233

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

...anger ... can be the most arousing and therapeutic emotion under certain circumstances. You can then realize that you have cowered before contradictory beliefs for years, rise up in anger against them, and quite literally begin a new life of freedom.

235

Violence is basically an overwhelming surrender, and in all violence there is a great degree of suicidal emotion, the antithesis of creativity. Both killer and victim in a war, for instance, are caught up in the same kind of passion, but the passion is not aggressive. It is its opposite - the desire for destruction.

Know that yearning is made up of feelings of despair caused by a sense of powerlessness, not of power. Aggressiveness leads to action, to creativity and to life. It does not lead to destruction, violence or annihilation.

236

Violence occurs only when the natural expression of aggression has been short-circuited.

The fear of your own emotions can do far more damage than their expression, because the apprehension builds up a charge that intensifies the energy behind them.

237

It is not a matter of rising above your nature, but of evolving from the full understanding of it. There is a difference.

You can learn more from watching the animals than you can from a guru...- or from reading my book.

... you find a hidden and distorted sense of power that says, "I am so powerful that I could kill you with my thought, and yet I refuse to do so." No one, and no one thought, is that powerful.

Each person has his own built-in energy and protection. You accept only those ideas and thoughts that fit in with your own system of beliefs, and even then there are various safeguards.

..suicide... and war... are equally the result of passivity and distorted aggression, and of natural pathways of communication not used or understood.

240

Conscious beliefs focus your attention, channel it and direct your energy so that you can swiftly bring the ideas into your physical experience. They also act as blinders, throwing aside data that cannot be assimilated while preserving the integrity of the beliefs. So our Andrea did not see, or ignored, the smiles that came her way, or the encouragement; and in some cases she even perceived some potentially beneficial events as "negative" - these then were used to further reinforce the belief in her own inferiority.

241

She was lost in self-pity and self-condemnation. These brought about the weakened body state.

Ruburt advised Andrea to accept the validity of such feelings as feelings - not to inhibit them, but to follow their flow with the understanding that they are feelings about reality. As themselves they

are real. They express emotional reactions to beliefs. The next time Andrea feels inadequate, for example, she is to actively experience that feeling, realizing that even though she feels inferior this does not mean that she is inferior. She is to say, "I feel inferior," and at the same time to understand that the feeling is not a statement of fact but of emotion. A different kind of validity is involved.

Experiencing your emotions as such is not the same as accepting them as statements of fact about your own existence. Andrea is then supposed to ask, "Why do I feel so inferior?" If you deny the validity of the emotion itself and pretend it away, then you will never be led to question the beliefs behind it.

At this point Andrea believes that her life must be difficult.

... her beliefs put her in a state of crisis. Change them and no crisis exists. The body would then cease reacting to such stress, and almost immediately the exterior situation itself would be altered.

At the same time all beliefs are communicated to others, not only through quite unconscious bodily mechanisms, but telepathically. You will always try to correlate your ideas with exterior experience. All of the abilities of the inner self will be brought to bear to materialize the image of your beliefs, regardless of what they ought to be. The "proper" emotions will be generated, bringing about those body states that exist in your conscious mind.

243

...All of these ideas obtain their charge from a basic belief in the powerlessness of the conscious self to form and regulate its experience.

... so she feels and acts less attractive-when that belief holds sway.

Often, of course, those who try the hardest to be "good" do so because they fear for their basic worth.... many who shout about independence are afraid that they are basically helpless. In most instances these opposing beliefs are held quite consciously, but kept apart from each other. Therefore they are not reconciled.

No feeling brings you to a dead end. It is in motion, and that always leads into another feeling. As it flows it alters your entire physical condition, and that interchange is meant to be consciously accepted. Your emotions will always lead you into a realization of your beliefs if you do not impede them. Emotional states are always impetuses for action, meant to be physically expressed. Each has a basis in natural aggression.

244

Natural aggression provides the charge for all creativity... Natural aggression is the creative loving thrust forward, the way in which love is activated, the fuel through whose agency love propels itself... Such beliefs have a strong depressing characteristic that can lead you to shut down powerful feelings by immediately considering them negative.

You are at the mercy of your emotions only when you fear them. They are the motion of your being. They go hand in hand with your intellect. But when you are unaware of the contents of your conscious mind, and not fair with your emotions, you run into difficulty.

246

Belief systems are as necessary and natural as physical organs are. In fact, their purpose is to help you direct the functioning of your biological being.... Left alone, your thoughts will come and go

through your belief systems just as naturally; and ideally, they will balance out, maintaining their own health and directing your body so that its innate therapies can take place.

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

The "negative" subjective and objective events that you meet are meant to make you examine the contents of your own conscious mind. In their way the hateful or revengeful thoughts are natural therapeutic devices, for if you follow them, accepting them with their own validity as feelings, they will automatically lead you beyond themselves; they will change into other feelings, carrying you from hatred into what may seem to be the quicksands of fear - which is always behind hatred.

By going along with feelings you unify your emotional mental and bodily state. When you try to fight or deny them, you divorce yourself from the reality of your being... thrust toward a therapeutic solution.

When you refute such emotions or become terrified of them, you impede the flow of feeling from one moment to the other. You set up dams. Any emotion will change into another if you experience it honestly. Otherwise you clog the natural movement of your entire system.

Fear, faced and felt with its bodily sensations and the thoughts that go along with it, will automatically bring about its own state of resolution. The conscious system of beliefs behind the impediment will be illuminated, and you will realize that you feel a certain way because you believe an idea that causes and justifies such a reaction.

If you habitually deny the expression of any emotions, to that degree you become alienated not only from your body but from your conscious ideas. You will bury certain thoughts and put up biological armor to prevent you from physically feeling their effects upon your body. In each case the answer lies in your personal system of beliefs, in those strong concepts you hold on an intimate level that brought about the inhibitions to begin with.

The body and mind together do present a united, self-regulating, healing, self-clearing system. Within it each problem contains its own solution if it is honestly faced. Each symptom, mental or physical, is a clue to the resolution of the conflict behind it, and contains within it the seeds of its own healing.

248

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

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

249

By... honestly following the feelings through - in other words, by riding the emotions - you will be

led to the beliefs behind them. A series of self-revelations will inevitably result, each leading you to further creative psychological activity. At each state you will be closer to the reality of your experience than you have ever been.

The conscious mind will benefit greatly as it becomes more and more aware of its directing influence upon events. It will no longer fear the emotions, or the body, as threatening or unpredictable, but sense the greater unity in which it is involved.

250

Whenever you refuse to accept the reality of your creaturehood, you also reject aspects of your spirit... Your changing image is supposed to tell you something. When you pretend alterations do not occur you block both biological and spiritual messages.

251 [physical symptom:]

Feel its reality in your body. Let the emotions follow freely. These will lead you, if you allow them to flow, to the beliefs that cause the difficulty. They will take you through many aspects of your own reality that you must face and explore. ... it arouses your own creativity. Followed, it will seek the answers to your problems.

254

...it may seem to you that you hold so many different beliefs at different times that you cannot correlate them. They will, however, form into clear patterns. You will find a grouping of core beliefs about which the others gather.

Questions you cannot seem to answer as you study your own ideas, ...may lead you to suspect the existence of such invisible core beliefs. Let me emphasize that they are consciously available. You can find them through the approaches mentioned earlier, working from your feelings or by beginning with the beliefs that become most readily available.

This subject leads to what I will call bridge beliefs... As you examine your ideas you will discover that even... contradictory ones have similarities, and these ... may be used to bridge the gaps between beliefs - even [? - hard to read] those that seem to be the most diverse. Because you are the individual who holds the beliefs you will stamp them, so to speak, with certain characteristics that you will recognize. These aspects will themselves emerge as bridge beliefs. They contain great motion and energy. When you discover what they are, you will find a point of unity within yourself from which you can with some detachment, view your other systems of belief.

The emotions connected with these bridge beliefs may indeed surprise you, but standing upon such unifying structures you are also free to let the emotional flow sweep past, feeling it, but aware for the first time, perhaps, of the origin of these feelings in your beliefs, and no longer afraid of being swept away by them.

256

You can suggest to yourself the emergence of such bridge beliefs. The conscious idea itself represents a statement of intent. Various core beliefs, not well assimilated, will give you conflicting self-images.

... find a bridge to unite the seeming contradictions.

257

... how a bridge belief appeared to assimilate what seemed to be diametrically opposed ideas.

259

...objectifying personal beliefs in a dialogue form...

262

When you allow your emotions their natural spontaneous flow they will never engulf you, and always return you refreshed to "logical" conscious-mind thought.

Again, while the conscious mind is meant to direct the flow of your experience through your beliefs, and to materialize them, the actual mechanics are taken care of automatically by other portions of the self. You must indeed trust that your new beliefs will work as completely for you as your old ones.

263

... if you are freely able to accept life with all of its conditions and to feel its full dimensions, for that alone will rejuvenate your spiritual and physical self.

264

...Unconsciously...you chose a situation in which a crisis was precipitated, rousing all the greatest elements of heart and soul...

267 [original sin:]

Let us consider the idea of original sin, all of the colorful forms it may take within your body of concepts, and the ways in which these will affect your behavior and experience.

The concept itself existed long before Christianity's initiation, and was told in various forms throughout the centuries and in all civilizations. On the side of consciousness, it is a tale symbolically representing the birth of the conscious mind in the species as a whole, and the emergence of self-responsibility. It also stands for the separation of the self who perceives-and therefore judges and values-from the object which is perceived and evaluated. It represents the emergence of the conscious mind and of the strongly oriented individual self from that ground of being from which all consciousness comes.

It portrays the new consciousness seeing itself unique and separate, evolving from the tree of life and therefore able to examine its fruits, to see itself for the first time as different from others, like the serpent who crawled upon the surface of the earth. Man came forth as a creature of distinctions. In so doing he quite purposefully detached himself, in your terms now, from the body of the planet in a new way. A part of him very naturally yearned for that primeval knowing unknowingness that had to be abandoned, in which all things were given-no judgments or distinctions were necessary, and all responsibilities were biologically foreordained.

269

The serpent is the symbol of the deepest knowledge within creaturehood.

270

Good and evil then simply represented the birth of choices, initially in terms of survival, where earlier instinct alone had provided all that was needed.

Satan represents... the part of All That Is, or God, who stepped out of Himself, so to speak, and became earthbound with His creatures, offering them the free will and choice that "previously" had not been available.

271

Man's mind then struggled to contain many images-past, present, and future imagined ones - and was forced to correlate these in any given moment of time. A vast acceleration took place.

The birth of imagination initiated the largest possibilities, and at the same time put great strain upon the biological creature whose entire corporeal structure would now react not only to present objective situations, but imaginative ones.

272

...readers may have certain ideas about good and evil that are very hampering. These may be old beliefs in new clothing.

275

The mind is a system of checks and balances even as the body, and so often a set of beliefs that can be seen as highly negative will often serve beneficial ends in countering other beliefs.

The people alive within the world come into it with their own problems and challenges, and this will have much to do with the kind of national and worldwide beliefs that are generated and that dominate. The beliefs, of course, are frameworks in which various kinds of experience are tested. This also applies to religions, and political and social situations as well. There is always a give and take between the individual and the mass system of beliefs in which he has chosen his environment.

277

There are as many luxuriant and diverse kinds of psychological movement as there are species...

278

...using an analogy, it is as if ideas are built up not through sentence structure reinforced by inner visual images, but by like "mental" patterns structured through touch and scent—in other words, thinking, but within a framework entirely different and alien to you.

Animals... comprehend the nature of stress as a necessary stimulant to physical activity. ...animals in captivity will fight to provide themselves with necessary health-giving stress factors.

280

Man's imagination made him a great maker of myths. Myths as you know them represent bridges of psychological activity, and point quite clearly to patterns of perception and behavior through which, in your terms, the race passed as it traveled to its present state.

281 [disease:]

...the condition is still a healthy attempt on the part of the body to maintain balance.

Your free will allows for the freedom of any belief, including one that says you are unworthy, with no right to your existence.

In order for consciousness to develop in your terms, there must be freedom for the exploration of all ideas individually and en masse. Each of you are living entities, growing toward your own development. Each of your beliefs, therefore, has its own unique origin and feeling patterns, so you must for yourself travel back through your beliefs and your own feelings until intellectually and emotionally you realize your rightness, your completely original existence in time and space as you know it.

282

Because you have free will you have the responsibility and the gift, the joy and the necessity, of working with your beliefs and of choosing your personal reality as you desire

283

...there is no evil in basic terms ... as you each move individually through the dimensions of your

own consciousness, you will understand that all seeming opposites are other faces of the one supreme drive toward creativity.

... worlds that you initiate and then inhabit.

284

Remember that ideas are as natural as the weather. They follow patterns, then, and obey certain laws even as more strictly physical phenomena do.

... at birth ... you emerge into a rich natural psychological environment in which beliefs and ideas are every bit as real.

294

Certain earth experiences... are dependent upon duration in time, and result as a consequence of the mind playing upon its experience through long earth seasons.

296

This era could be more advantageous to the individual and to the race than any other period, were it recognized for what it is and understood.

298

If they ever did, they no longer trust the integrity of their bodies. They begin to act out the drama in a script written by others - to which, however, they have acquiesced.

299

Nations, like individuals, can have split personalities at times. So there was a give-and-take involved in which the blacks expressed certain tendencies for the country as a whole, while the whites expressed other characteristics.

Both groups acquiesced to their roles. In larger terms, of course, each has belonged to other races in other times and places; or to be more accurate, in simultaneous existences one plays to the other's role.

302 [shorter sleep periods:]

The conscious mind is better able to remember and assimilate its dreaming experience, and in dreams the self can use its waking experience far more efficiently.

...Both the conscious and unconscious would operate far more effectively...under an abbreviated sleeping program, and for those involved in "creative" endeavors this kind of schedule would bring greater intuition and applied knowledge.

Individuals following such natural behavior would feel much greater stability in themselves....the flow of vitality would be heightened.

...the patterns will have their own flow at certain points in your life. Following your own rhythm, longer or shorter periods will naturally ensue. Your consciousness as you think of it will be expanded through such practices. Generally speaking, eight-hour sleep periods, or longer ones, are not beneficial, nor in larger terms are they natural for the race.

There is a give-and-take chemical reaction, or rather chemical rhythms of reactions, that are far more effective in the shorter sleep periods. Many of you sleep through periods that should be those of your greatest creativity and alertness, in which the conscious and unconscious are most beautifully focused and at one. The conscious mind is often drugged with sleep just when it could be deriving its greatest benefits from the unconscious, and be able to poise most meaningfully in

the reality that you know. In these instances the beauty and illumination of your dream state can be clear in the conscious mind, and used to enrich your physical life. Contrasts in your experience will appear to you in their united clarity.

Such a change in your waking and sleeping patterns very nicely helps cut through your habitual ways of looking at the nature of your own personal world, and so alters your conception of reality in general.

On the other hand, areas of ordinary behavior that may have seemed opaque before, cloudy or dark - personal characteristic behavior that was not understood, for instance - may suddenly become quite clear as a result of this transformation, in which the shadowy aspects of the unconscious are perceived as brilliant.

Barriers are broken down, and with them certain beliefs that were based upon them. If the unconscious is no longer feared, then the races that symbolized it are no longer to be feared either.

... changed wake-sleep habits can ... bring about a transformation in which it is obvious that dreams contain great wisdom and creativity, that the unconscious is indeed quite conscious, and that in fact the individual sense of identity can be retained in the dream state.

305

When you find yourself as alert, responsive, and intellectual in the dream state as you are in waking life, it becomes impossible to operate within the old framework. This does not mean that in all dreams that particular kind of awareness is achieved, but it is often accomplished within the suggested wake-sleep pattern.

A certain beneficial and natural situation is arrived at, in which the conscious and unconscious minds meet. This occurs spontaneously whatever your sleep patterns, but is very brief and seldom remembered. The optimum state is so short because of the prolonged drugging of the conscious mind.

Animals...know exactly when to alter their patterns to longer or shorter sleep periods, therefore adjusting the adrenalin output and regulating all of the bodily hormones.

In humans, the idea of nutrition is also involved. With your habits the body is literally starved for long periods at nights, then often overfed during the day. Important therapeutic information that is given in dreams, and meant to be recalled, is not remembered because your sleep habits plunge you into what you think of as unconsciousness far too long.

The body itself can be physically refreshed and rested in much less than eight hours, and after five hours the muscles themselves yearn for activity. This need is also a signal to awaken so that unconscious material and dream information can be consciously assimilated.

Many of your misconceptions about the nature of reality are directly related to the division you place between your sleeping and waking experience, your conscious and unconscious activity. Opposites seem to occur that do not exist in actuality. Myths, symbols and rationalizations all become necessary to explain the seeming divergences, the seeming contradictions between realities that appear to be so different.

Individual psychological mechanisms are activated, sometimes, in terms of neurosis or other mental problems; these bring out into the open inner challenges or dilemmas that otherwise could be worked out more easily through an open give-and-take of conscious and unconscious reality.

In the natural body-mind relationship the sleep state operates as a great connector, an interpreter, allowing the free flow of conscious and unconscious material. In the kind of sleep pattern suggested, optimum conditions are set up. Neurosis and psychosis simply would not occur under such conditions. And in the natural back-and-forth leeway of the system, exterior dilemmas or problems are worked out in the dream situation, and interior difficulty may also be solved symbolically through physical experience.

Illumination concerning the inner self may appear clearly during waking reality, and in the same way invaluable information about the conscious self may be received in the dream state. There is a spontaneous flow of psychic energy with appropriate hormonal reaction, in both situations. You do not have energy dammed up through repressions, for example, and emotions and their expression are not feared.

In your present system of beliefs... a fear of the emotions is often generated. Not only are they often hindered in waking life, but censored as much as possible in dreams. Their expression becomes very difficult; great blockages of energy occur, which in your terms can result in neurotic or even stronger, psychotic, behavior.

The inhibition of such emotions also interferes with the nervous system and its therapeutic devices. These repressed emotions, and the whole charge behind such distorted concepts about the unconscious, result in a projection outward upon others. In your individual area there will be persons upon whom you will project all of those charged, frightening emotions or characteristics. At the same time you will be drawn to those individuals because the projections represent a part of you.

There is within the innate characteristics of the mammalian brain, then, a great balance in which complete physical relaxation can occur in sleep, while consciousness is maintained in a "partially suspended, passive-yet-alert" manner. That state allows conscious participation and interpretation of "unconscious" dream activity. The condition gives the body its refreshment, yet it does not lie inert for such long periods of time.

309

The long period of continuous waking conscious activity is to some extent at variance with your natural inclinations.

...The body is denied the frequent rests it requires. Conscious stimuli is over-applied, making assimilation difficult and placing a strain upon the mind-body relationship.

... all of those flamboyant, creative, spontaneous, emotional surges that emerge normally from the unconscious become feared and projected outward, then, upon enemies, other races and creeds.

310

dream state

Lessons from "future experience" are also at hand. There are quite natural physical mechanisms in the body that provide for such interaction. You deny yourself many of these advantages however through the artificial alienation that you have set up by your present wake-sleep patterns, to which, again, your ideas of good and evil are intimately connected.

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 tendencies out upon others in exaggerated fashion.

314

We are IN God. We were NEVER externalized ... Everything we imagine and know is inside. There is no outside.

... only an inside could possess those characteristics of constant expansion.

319

The brain can be called simply the physical counterpart of the mind. By means of the brain the functions of the soul and intellect are connected with the body. Through the characteristics of the brain, events that are of nonphysical origin become physically valid. There is a definite filtering and focusing effect at work, then. Practically speaking, you do indeed form the appearance that reality takes through your conscious beliefs. Those beliefs are used as screening and directing agents, separating certain nonphysical probable events from others, and bringing them into three-dimensional actuality.

Other probable events could just as well become physically experienced ones. Those beliefs about yourself form your own self-image, and define your concepts of what is possible or not possible for you,. You will choose from those nonphysical probable events, therefore, only those you feel you are in accord with.

Because of your psychological and psychic structure, there is within the rich makeup of your being a literally endless variety of what you may call probable selves. In one reality or another these will all be experienced. In your present existence however you will utilize only those psychological characteristics that you believe you possess. So, you see, the personality cannot be defined as being thus-and-so.

The physical constitution of the body follows your beliefs, and so all of its sense data will faithfully mirror the beliefs that direct its activity. In certain terms hypnosis is simply an exercise in the alteration of beliefs, and only too clearly shows that sense experience follows expectations.

The "you" that you presently conceive yourself to be represents the emergence into physical experience of but one probable state of your being, who then directs corporeal life and "frames" and defines all sense data. When your ideas about yourself change, so does your experience.

Even the intimate body experience alters. You may say that you are you, but which you are you? In the most personal terms each individual creates his own world...

The overall private experience that you perceive forms your world, period. But which world do you inhabit? For if you altered your beliefs and therefore your private sensations of reality, then that world, seemingly the only one, would also change. You do go through transformations of beliefs all the time, and your perception of the world is different. You seem to be, no longer, the person that you were. You are quite correct-you are not the person that you were, and your world has changed, and not just symbolically.

Often you fall into lapses in which you actually pull in your consciousness, so to speak, and experience life in a lesser fashion. In such a state you do not seem to experience yourself directly, and indeed in the midst of what you think of as the waking state you act in the most mechanical of fashions, following habit and being less aware of sensual stimuli.

On such occasions your beliefs usually lose their edge, the directions you give to your body are not clear, and the world seems fuzzy. This is often a time of deep unconscious activity, when new latent probable characteristics are biding their time, so to speak, waiting for emergence.

In your terms probable events are brought into actuality by utilizing the body's nerve structure through certain intensities of will or conscious belief.

These beliefs obviously have another reality beside the one with which you are familiar. They attract and bring into being certain events instead of others. Therefore, they determine the entry of experienced events from an endless variety of probable ones. You seem to be at the center of your world, because for you your world begins with that point of intersection where soul and physical consciousness meet.

In surface terms the sense of "I" that you possess is the result of constantly emerging probable identities, giving continuity in time through the physical apparatus of the body with its built-in intervals of nerve reaction. You only remember the portion of your identity that is physically realized-those portions that are drawn into corporeal pattern. (aber die anderen sind doch genauso corporeal) This is the result of the focusing and yet limiting behavior of the physical brain, for effective survival behavior in your reality depends upon time reactions. The nerve patterns activity therefore causes the illusion of a present, in which your consciousness appears focused and alert.

In certain terms "future" events exist now, but they are too fast. They jump over the nerve endings too quickly, and physically you cannot perceive or experience them as yet.

Impulses possess a far different reality than physicists or biologists suppose. As you think now, "past" is still occurring. The "drag" still leaps the synapses, but, again, is not physically recorded. Past events continue. Consciously you only experience portions of events with your corporeal structure, yet the structure itself records them.

In such a way, the cells retain their memory, though you do not perceive it, and the body is aware of so-called future occurrences, though as a rule you do not consciously sense this. At other levels of psychic activity however such knowledge is also available to you, but only when you disconnect your experience from the time-activated neuronal structure-and this you can do through various alterations of consciousness, often quite spontaneously adopted.

Many such states can give you a far greater direct experience with the nature of your noncorporeal reality than any normally conscious questioning. Which you? Which world? You can to some extent discover for yourself the other probable you's that are a portion of your being.

323

Future events are also your selection of probable ones, however, and many occurrences in which you are involved speed past you too quickly for your neuronal structure. These are not served up to you as your present.

They represent your experience on other than physical levels (but are physical when experienced at a later point, added by me)... You perceive a certain event as present. Your beliefs give it entry through the nerve synapses, and attract it. It then seems to become the past. You have only tuned into a portion of it physically, though; that past event continues to exist with its own "future," which you may or may not perceive, according to which probable action you pull into your next experiences of actuality.

The past does have its own past, present and future, therefore. From a given past event you will only materialize a particular future, but the event itself continues, and possesses a dimensionality of its own-or rather a multidimensionality that you also possess.

You can dip into cellular memory, for example. Using memory, you follow but one recognized sequence of remembered events backward. There are elements in your past that are as

unpredictable, however, as the elements in your future now appear to be. There is creativity in your past waiting for you even as there is in your future, but to utilize such experiences you must learn to alter your beliefs, and to some degree escape from the particular kind of limited conscious focus that you habitually use.

324

Sense data can be organized in different fashions. Mechanisms (physical ones) and pathways exist, making it quite possible for you to see sound, or hear color, although that is not your primary habit at this time.

In certain terms time intervals are jumped, as when a "past" smell or sight is suddenly perceived with present vividness, though you would say it has already occurred in the past. Under particular conditions a memory may suddenly become more real than... the present moment...and even seem to blot out the occurrences of the moment.

This could not happen if your physical structure did not have built-in mechanisms allowing it to, and if under certain conditions the normal intervals between the synapses of the nerve cells could not be leaped in a different fashion. ... beneath your usual consciousness, your physical organism can react to future events without your knowledge, as it can to past ones. In such cases the intensity of the initially nonphysical event is enough to break through normal neuronal patterns.

325

...one of the reasons why ... predictions often do not seem to bear out, for at every point you do indeed have the free will, through your beliefs, to alter your experience.

A new belief in the present ... can cause changes in the past on a neuronal level. You must understand that basically time is simultaneous. Present beliefs can indeed alter the past. ... in the spontaneous disappearance of ... disease, certain alterations are made that affect cellular memory, genetic codes, or neuronal patterns in the past.

In such instances there is... a reaching into deep biological structures as they existed at one time; at that point the probabilities are altered, and the condition erased in your present - but also in your past (but perhaps one probable self already experienced that past, and one is just tuning into this one then?)

A sudden or intense belief in health can indeed "reverse" a disease, but in a very practical way it is a reversal in terms of time. New memories are inserted in place of the old ones, as far as cells are concerned under such conditions. This kind of therapy happens quite frequently on a spontaneous basis when people rid themselves of diseases they do not even know they possess.

Learning... is also passed on through the body's present corporeal reality, sometimes entirely changing the messages to past cells, that in your terms no longer exist.

....a strong belief in a particular ability generated in the present will reach into the past and effect whatever changes would have to occur there in order to now make the ability apparent.

... accelerated learning takes place, when under hypnosis or otherwise a present individual is convinced that he or she is, for example, a great painter, or a linguist. The present belief activates "latent" abilities within each person.

The biological structure as it existed in the past is therefore affected. Experience is built into the organism that it did not have before, in your terms. It is a sort of reprogramming.

327

When you alter your beliefs today you also reprogram your past. As far as you are concerned the present is your point of action, focus, and power, and from that point of volition you form both your future and past. Realizing this, you will understand that you are not at the mercy of a past over which you have no control.

While your present conscious beliefs dictate your current experience, and while your physical body wears its solidity only in present time to your senses, beneath this both the everchanging elements of your body and your consciousness are relatively free in time. They exist in a multidimensionality with which rational consciousness is not yet equipped to deal.

...the function/natural abilities of reasoning awareness, for its powers allow you to focus experience in a highly specific manner, and to direct energy with great purposeful attention. In your terms, this action is in the process of automatically changing the nature of rational consciousness-which is, as you think of it, in a state of evolution.

You may say, "I was born in a house on a certain street in a certain town, and no present belief to the contrary will change that fact." If, in the present, one past event can be altered within your neuronal structure, however, then basically no event is safe from such change.

328

In the current pivoting of experience, therefore, your conscious mind directs not only the present, but future and past experience of deep neurological events.

Cellular memory can be changed at any point. Present beliefs can insert into the past new memory, both psychologically and physically.

329

In daily practical experience, try to concentrate for a while upon seemingly subordinate abilities, ones you think of as latent. If you do so consistently, using your imagination and will, then those abilities will become prominent in your present. The current beliefs will reprogram and alter past experience. It is not simply that past, forgotten, unconsciously perceived events will be put together in a new way and organized under a new heading, but that in that past (now not perceivable), the entire bodily response to seemingly past events will change.

...Definite reorganizations in that past will occur in your present, allowing you to behave in entirely new fashions.

Learned behavior therefore alters not only present and future but also past conduct. Your power as a rational consciousness focused in the present provides you with opportunities for creativity that you are but vaguely learning to understand. As you do learn, you will automatically begin to appreciate the multidimensional nature of not only your own species but of others as well. The moment as you think of it, then, is the creative framework through which you, the nonphysical self, constantly form corporeal reality; and through that window into earthly existence you form both its future and its past.

330

In purely physical terms, what you think of as consciousness of the self arises from a certain peak of intensity reached by the gestalt consciousness of the atoms and molecules, and cells and organs, that compose the body...

The psychic structure of consciousness that organizes that bodily gestalt is, however, not dependent upon it, and so the you that you experience is only a portion of this greater identity.

During certain stages in sleep states you short-circuit the neurological structures, and perceive experiences of a multi-dimensional nature that you then attempt to translate, as best you can, into stimuli that can be physically assimilated-hence you often convert these into symbolic images that can be understood, and to some extent reacted to, by your bodily structure.

...such constructions ... often bear a similarity to the inner architecture of the cells, and to planets. Your dream images are biologically structured, then. The experiences behind them bring you in contact with the deepest portions of your nonphysical reality ... the unconscious translates these for you into recognizable images and forms.

In the same way your unconscious also transforms for you, from an otherwise undifferentiated maze of reality, fields of activation into recognizable objects and events in your daily life.

So the entity in its own way possesses what you can think of as future neuronal structures.

You form your corner of the universe, which is itself a part of another one. Within this the actions and beliefs of one affect all.

Each part is vital... there is instant communication between the smallest and the largest... - and each spins its own web of probabilities from which other universes continually spring.

333

Wisdom and foolishness would be seen as aspects, one of the other.

... you can draw into your present life some knowledge and intimate connection with your own probable realities.

334

Since your conscious beliefs determine those unconscious functions that bring about your personal experience, your first step is to enlarge those beliefs.

335

If you think in terms of a multidimensional self, then you will realize that you have many more avenues open to expression and fulfillment than you have been using.

...The simple act of decision will then activate the unconscious mechanisms. You ... have a rich variety of probable experience from which to choose.

Your imagination can be of great value, allowing you to open yourself to such courses; you can then use it to help you bring these into being.

336

In your mind, therefore, see those probable abilities or events taking place. As you do, the intensity of your desire brings them into your experience. There are no boundaries, again, set about the self. There are literally many other probable you's. You can draw upon their abilities, as in their own way they call upon your own, for you are all intimately connected.

You must realize that you are indeed a probable you. Your experience is the result of beliefs. Your neuronal structure necessitates a certain focus so that other experiences counter to your conscious assumptions remain probable or latent. Alter the beliefs and any probable self can, within certain limitations, be actualized.

What you must understand is this: Each of the events in each of your lives was "once" probable. From a given field of action, then, you choose those happenings that will be physically materialized.

337 [robber and victim:]

On basic levels your convictions will be quite similar, but one will see himself as the victim and one as the aggressor-that is, each of you will react differently to the same set of beliefs. However the two of you are necessary if a crime of that nature is, or is to be, committed.

All of your present reality was drawn from probable reality. ... with the built-in time recognition that is so largely a part of your neurological structure; so usually there is a lag, a lapse in time, during which your beliefs cause material actualization. When you try to change your convictions in order to change your experience, you also have to first stop the momentum that you have already built up, so to speak. You are changing the messages while the body is used to reacting smoothly, unquestioningly, to a certain set of beliefs.

There is a steady even flow in which conscious activity through the neurological structure brings about events, and a familiar pattern of reaction is established. When you alter these conscious beliefs through effort, then a period of time is necessary while the structure learns to adjust to the new preferred situation. If beliefs are changed overnight, comparatively less time is required.

338

...each belief can be seen as a powerful station, pulling to it from fields of probabilities only those signals to which it is attuned, and blocking out all others. When you set up a new station there may be some static or bleed-through from an old one for a while.

You are each your own artist, and your inner visualizations become models for other situations and events. ... The images in your mind draw to themselves all the proper emotional energy and power needed to fill them out as physical events.

You can change the picture of your life at any time if only you realize that it is simply the one portrait of yourself that you have created from an unlimited amount of probable ones.

The abilities, strengths and variants that you may want to actualize are already latent, in your terms, and at your disposal. ...you will not need to pretend to ignore your present situation. You will recognize it instead as a probable reality that you have physically materialized. Taking that for granted, you will then begin the process necessary to bring a different probability into experience.

You will do this by concentrating upon what you want, but feeling no conflict between that and what you have, because one will not contradict each other; each will be seen as a reflection of belief in daily life. ...may take time to change that picture. But concentration upon the present unhealthy situation will only prolong it.

...Your present convictions will act like a magnet, activating all such past issues, happy or sad. You will choose from your previous experience all of those events that reinforce your conscious beliefs, and so ignore those that do not; the latter may even seem to be nonexistent.

...the emerging memories will then turn on the body mechanisms, merging past and present in some kind of harmonious picture. This means that the pieces will fit together whether they are joyful or not.

This joining of the past and present, in that context, predisposes you to similar future events, for you have geared yourself for them. Change now quite practically alters both the past and the future.

340

In the most intimate of terms, your past and future are modified by your present reactions. Alterations occur within the body. Circuits within the nervous system are changed, and energies that you do not understand seek out new connections on much deeper levels far beyond consciousness.

Your present beliefs govern the actualization of events. Creativity and experience are being formed moment by moment by each individual.

... your present is the point at which flesh and matter meet with the spirit. Therefore the present is your point of power in your current lifetime, as you think of it.

... sit with your eyes wide open, looking about you, and realize that this moment represents the point of your power, through which you can affect both past and future events.

The present seen before you, with its intimate physical experience, is the result of action in other such presents. Do not be intimidated therefore by the past or the future. There is no need at all for undesirable aspects of your contemporary reality to be projected into the future, unless you use the power of the present to do so.

If you learn to get hold of this feeling of power now, you can use it most effectively to alter your life situation in whatever way you choose...

341

Exterior conditions can always be changed...The present as you think of it, and in practical working terms, is that point at which you select your physical experience from all those events that could be materialized. Your physical circumstances change automatically as your beliefs do. As your knowledge grows, so your experience becomes more fulfilling. This does not necessarily mean that it evens out in any way, or that there are not peaks and valleys. Each aspiration presupposes the admission of a lack, each challenge presupposes a barrier to be overcome. The more adventurous will often choose greater challenges, and so in their minds the contrasts between what they want to achieve and their present status can seem to be impossible.

Your point of reality and power is ... in your current experience. A realization of this would allow you at any age to draw upon qualities and knowledge that "existed" in your past or "will exist" in your future. Your ages are probable.

342

... time does not basically exist as you "know" it, you are neurologically forced to perceive your life as a series of passing moments. ...Animals... do not deteriorate in the same way.

Which you? Which world? If you are lonely it is because you believe in your loneliness in this present point that you acknowledge as time. From what seems to be the past you draw only those memories that reinforce your condition, and you project those into the future. Physically, you are overwhelming your body as it responds to a state of loneliness through chemical and hormonal reactions.

... In such a case you must realize that you make your own loneliness, and resolve to change through both thought and action. Action is thought in physical motion, outwardly perceived.

344

The present is the point of power.

If you fully comprehend your power in the present, you will realize that action at that point also alters the past, its beliefs and your reactions.

... your present beliefs, in a manner of speaking, are like the directions given to the entire personality, simultaneously organizing and reorganizing past experience according to your current concepts of reality.

... to look backward for the course of current problems can lead you into the habit of seeking only negative episodes from your past, and prevent you from experiencing it as a source of pleasure, accomplishment, or success.

345

You are structuring your earlier life through the dissatisfactions of the present, and therefore reinforcing your problems.

A great many unsatisfactory conditions result because individuals become frightened at various periods in their lives, doubt themselves, and begin to concentrate upon "negative" aspects.

If he journeyed through his memories trying to find a different kind of proof instead, then in that same past he would discover instances when he did relate well with others. Your present beliefs structure the memories which will parade before you now - and what you remember will then seem to justify the beliefs.

When you are trying to alter your beliefs, look through your past with the new conceptions in mind.

In almost all cases of present limitation, there is one main theme in that particular area: The individual has schooled himself or herself to stress "negative" aspects, for whatever reasons.

Those memories will be used to reach any conclusion, as statistics can be used, for example. Along the way you may settle for a given remembered event or two, and assign to them the reasons for your present behavior.

347

To rid yourself of annoying restrictions, then... you repattern your past from the present. Whatever your circumstances, you use the past as a rich source, looking through it for your successes, restructuring it. When you search it looking for what is wrong, then you become blind to what was right, ... so that the past only mirrors the shortcomings that now face you.

"What is wrong?" The question itself becomes a format through which experience is seen, and itself represents one of the main reasons for all limitations, physical, psychic or spiritual.

At one point or another the individual ceased concentrating upon what was right in certain personal areas, and began to focus upon and magnify specific "lacks".

348

... the sooner you begin to act upon new ones the better. Otherwise you are not trusting them in the present. If you are poor and want to have more money, and try to maintain a belief in abundance-while still faced with the fact of present poverty - you must in your reality make some symbolic move that shows you are willing to accept the change.

As foolish as it may sound, you should give some money away, or in whatever manner that suits you act as if you did have more money than you physically have. You must respond to your new beliefs, so that neurologically the new message gets across.

You perform habitually in certain manners as a result of your beliefs. Now if you willfully change some of those habits then you are also getting the message across.

You must look within yourself for evidences for what you want in terms of positive experience. Examine your past with that in mind. Imagine your future from the power point of the present. In such a way at least you are not using the past to reinforce your limitations, or projecting them into the future. It is only natural to contrast what you want with what you have, and it is very easy to become discouraged in so doing, but looking for errors in the past will not help you. (point of power exercise) A correctly utilized five-minute period of time can be of great benefit, however. In this period concentrate upon the fact that the point of power is now. Feel and dwell upon the certainty that your emotional, spiritual and psychic abilities are focused through the flesh, and for five minutes only direct all of your attention toward what you want. Use visualization or verbal thought-whatever comes most naturally to you; but for that period do not concentrate upon any lacks, just upon your desire.

349

Use all of your energy and attention. Then forget about it. Do not check to see how well it is working. Simply make sure that in that period your intentions are clear. Then in one way or another, according to your own individual situation, make on physical gesture or act that is in line with your belief or desire. Behave physically, then, at least once a day in a way that shows that you have faith in what you are doing. ... [money] acting as if you had more than you do.

The belief in the present, reinforced for five minutes, plus such a physical action, will sometimes bring literally awesome results.

350

... each individual will have his or her own way of reinforcing beliefs.

YOU FORM YOUR REALITY NOW, through the intersection of soul in flesh, and in your terms the present is your point of power.

351

... through your current beliefs you can, in your own space and time, attract tendencies toward certain experiences shared by these others. There is a constant interaction in this multidimensional point of power, therefore, so that in your terms one incarnated self draws from all of the others what abilities it wants, according to its own specific, localized beliefs.

In quite real personal and racial terms, the past is still happening. You create it from your present according to your beliefs.

354

Your beliefs act like a hypnotist, then. As long as the particular directions are given, so will your "automatic" experience conform. The one suggestion that can break through is this: "I create my reality, and the present is my point of power."

From the present you have hypnotized yourself, viewing the past not as it was to your experience, but as it appears now in the light of your current beliefs.

355

Hypnosis... is merely a state of concentrated attention, in which you focus upon beliefs. ...The only prerequisite is an intense concentration upon specific incoming data to the exclusion of

everything else. Therefore the orders given are clear-cut, to the point. No conflicting information is received, no cross messages.

The shutting out of superfluous data and the narrowing of focus are the two most important ingredients. Relaxation can help simply because the body messages are also quieted, and the mind not concerned with them.

Many beliefs were originally accepted as a result of such a situation, without any formal induction, but when the circumstances were right. A period of panic induces immediate accelerated concentration. All the forces of energy are mobilized at once, while little relaxation is usually involved.

... the ability of your consciousness to mobilize unconscious reactions.

It is of greatest importance that you realize several points before you try the method I suggest.

First of all, the unconscious is not a sponge, indiscriminately accepting material regardless of the considerations of your conscious self. All beliefs and suggestions are first sifted through your conscious mind, and only those that you accept are then permitted their penetration into the other areas of the self.

No negative beliefs were thrust upon you, therefore, despite your will. None can be inflicted upon you that you do not consciously accept.

Quite without any inductions, you have "hypnotized" yourself into all the beliefs that you have. This simply means that you have consciously accepted them, focused upon them, excluded data to the contrary, narrowed your interests to those specific points, and accordingly activated the unconscious mechanisms that then materialize those convictions through physical experience.

Formal hypnosis merely brings about an accelerated version of what goes on all the time. It is a perfect example of the instantaneous results possible ideally-but not usually seen practically-as present beliefs negate past ones.

357

Your reality is the result of a hallucination, if by this you mean that it is only the picture shown by your senses.

358

Yet for your own reasons you began to believe in illness more than in health, in poverty more than abundance, in loneliness rather than affection.

359 [self hypnosis exercise, similar to 367]

360

You may experience spectacular results at once. But continue the exercise even if this happens.

Inner channels must become repatterned. There will be a feel to this that will serve as your own individual guideline. There is no need to continue the practice over ten minutes....Spending a longer period of time simply reinforces the idea of problems involved.

Natural hypnosis is the acquiescence of the unconscious to conscious belief. In periods of concentrated focus, with all distractions cut out, the desired ideas are then implanted

...positive belief instilled in childhood... the person acts in line with this belief in all ways; but also a variety of subsidiary beliefs grow up about the main one.

361

...The belief in his own comeliness is so important that others will react to him in the same fashion.

Your beliefs, then, are like hypnotic focuses. You reinforce them constantly through the normal inner talking in which you all indulge.

This inner communication acts like the constant repetition of a hypnotist. Few people will have simply one main area of concentration. Usually several are involved, but these represent the ways in which you are using your energy.

362

The unconscious accepts those orders given to it by the conscious mind.

When you find yourself dissatisfied,... question the orders you are giving in the particular arena of experience. The results do not seem, now, to follow your conscious desires. But you will find that they do follow your conscious beliefs, which may be quite different.

363

In cases of therapy, an individual is already frightened, and because of the beliefs in your civilization he looks not to himself but to an authority figure for help.

366

... an individual who thinks that he is poor will lose or misuse, or badly invest, any amount of money, whether he works hard for it or is given it.

In those areas in which you are dissatisfied, you feel that you are powerless, or that your will is paralyzed, or that conditions continue despite what you think of as your intent. Yet if you pay attention to your own quite conscious thoughts, you will find that you are concentrating upon precisely those negative aspects that so appall you. You are hypnotizing yourself quite effectively and so reinforcing the situation. You may say, horrified, "What can I do? I am hypnotizing myself into..." Yet in other facets of your life you may be hypnotizing yourself into wealth, accomplishment, satisfaction-and here you do not complain. The same issues are involved. The same principles are operating. In those positive life situations you are certain of your initiative. There is no doubt. Your beliefs become reality.

In the unsatisfactory aspects, you must understand this: there is also no doubt. You are utterly convinced that you are sick, or poor, or lonely, or spiritually opaque, or unhappy.

The results, then, as easily and effortlessly follow.

367 [self hypnosis exercise]

What should you do, then? First of all, you must realize that you are the hypnotist. You must seize the initiative here as you have in other positive aspects of your life. Whatever the superficial reasons for your beliefs, you must say:

"For a certain amount of time I will momentarily suspend what I believe in this area, and willfully accept the belief I want. I will pretend that I am under hypnosis, with myself as hypnotist and subject. For that time desire and belief will be one. There will be no conflict because I do this willingly. For this period I will completely alter my old beliefs. Even though I sit quietly, in my mind I will act as if the belief I want were mine completely."

...do not think of the future, but only of the present. ...If you are lonely, believe that you are filled with the feeling of companionship instead. Realize that you are exerting your initiative to imagine such situations. Here there can be no comparison with your normal situation. Use visual data, or words-whatever is most natural to you. ... no more than ten minutes is required.

If you do this faithfully, within a month you will find the new conditions materializing in your experience... The unconscious will be aroused, bringing its great powers to bear, bringing you the new results. Do not try to overdo this, to go through the entire day worrying about beliefs, for example. This can only cause you to contrast what you have with what you want. Forget the exercise when it is completed. You will find yourself with impulses that arrive in line with these newly inserted beliefs, and then it is up to you to act on these and not ignore them.

(repetitious actions) many physical symptoms... here also whole groups of recurring reactions to certain stimuli are involved. Behind them there is often the same kind of compulsion. In their own way symptoms frequently operate, actually, as repetitive neurological ritual, meant to protect the sufferer from something else that he fears even more.

370

The same sort of situation operates in hay fever, for instance, and for that matter in most other dis-eases.

Natural hypnosis and conscious beliefs give their proper instructions to the unconscious, which then dutifully affects the body mechanism so that it responds in a manner harmonious with the beliefs. So you condition your body to react in certain fashions... for the original suggestion of dis-ease was in itself given because of another belief.

... but behind that there is far more; for if you do not believe in your own worth as a human being, then you will simply get other symptoms...

All of this can be avoided through the realization that your point of power is in the present...

373

Moral values become attached to food, with some seen as good and some as bad ... You are what you think, not what you eat-and to a large extent what you think about what you eat is far more important.

What you think about your body, health, and illness will determine how your food is used, and how your chemistry handles fats, for instance, or carbohydrates. Your attitudes in preparing meals are highly important.

375

The point of power is in the present. You must thoroughly understand that, and then you can take hold of your life and begin to use natural hypnosis for your benefit in all areas. It works advantageously for each of you now in those portions of your lives with which you are pleased.

In all such situations, it is highly important that you do not concentrate your main attention in that area of experience with which you are least satisfied. This acts as a deepening of hypnotic suggestion. Just reminding yourself of your other accomplishments will by itself operate in a constructive fashion, even if nothing else is done. Such focus of attention on positive aspects automatically pulls your energy away from the problem. It also builds up your own sense of worth and power as you are reminded of adequate performance at other levels of experience.

Whenever you are trying to rid yourself of a dilemma, make sure that you do not concentrate your attention upon it instead. This acts to cut out other data, and to further intensify your focus upon your difficulty. When you break that focus the problem is solved.

376

You eat too much because you believe that you are overweight.

You must, therefore, willingly suspend that belief. Using the exercises given in this chapter, you must make a conscious effort to insert a different belief; employ natural hypnosis in this new way. If you realize your own worth after reading this book, then that realization in the present can negate any past ideas of unworthiness that may have attracted you to the condition.

You are not underweight because you do not eat enough food, or utilize it properly. Instead, you do not eat enough because you believe that you are underweight.

In any area, great clues can be received simply through paying more attention to the conscious thoughts that you have during the day, for each of them serve as minute suggestions, modifying your behavioral patterns and affecting bodily mechanisms.

378

... Often this represents a symbolic transference of symptoms from the body outward into the social structure.

379

It's far better to think in terms of power than of lacks-the power of life, of motion, of speech, etc. People confuse this with power over their environment, or others, then wonder why power over doesn't work...

A belief in powerlessness in any area sets up its possibility in others-it operates as negative suggestion.

381

In such cases the dilemma is projected outside of the self and seen as an exterior condition which can be manipulated. Indeed, a "magical" transformation is involved. This is not to be construed, however, as a statement that all creative acts result from individual problems or neuroses. Quite the contrary, in fact. Such problems projected outward can never really be solved as far as the individual is concerned, of course, since their source is not understood.

382

A sudden conversion may completely rid an individual of physical symptoms - any kind of conversion. Under that general term I include a strong emotional arousal and fresh emotional involvement, affiliation, or sense of belonging. This may involve religion, politics, art, or simply falling in love.

In all of these areas the problem, whatever its nature or cause, is in one way or another "magically" transferred to another facet of activity, projected away from the self. Huge energy blocks are moved. The man who has believed that he was evil may now see the world, or persons of another faith or political affiliation, as evil instead. He then feels rid of the problem itself but is quite ready to attack it in others, and with great self-righteousness and justification.

... distinction ... and genuine mystic understanding, which may also come in a flash of time. Mystic enlightenment does not see an enemy, however, and there is no need for arrogance, attack, or self-justification.

Love, as it is often experienced, allows an individual to take his sense of self-worth from another for a time, and to at least momentarily let the other's belief in his goodness supersede his own beliefs in lack of worth.

383

When you view the world, social groups, political groups, your friends, your private experience—these are all attracted into your realm of activity by your beliefs. Natural hypnosis...leads you to seek out those situations that will confirm your beliefs, and to avoid those that threaten them.

You will often try to project a problem outward to free yourself. If this is done

the question at issue will seem forever outside of you, beyond solution, and of mass proportion.

... She felt she had no power in the moment.

This is an abdication of the severest kind, involving both your spirituality and your biological nature; you feel trapped far more than an animal in a dire situation, and you deny yourself the ability to act. The withheld power is itself transferred, then. In her case, it was put onto another.

384

... any time that you assign elements of your experience to exterior sources, you are really doing the same thing as she did.

385

You can project your dilemmas or your abilities outward into other avenues of activity, then, but until you realize that you form your reality and that your power resides in the moment, you will not be able to solve your problems nor utilize your strengths properly.

386

...psychic territory of power...represents an inviolate area in which the person insists upon remaining supreme, aware of his or her uniqueness and abilities. This psychic region will be protected at all costs, and here there is indeed immunity from all disease or lack...

...all of the inner difficulties can be resolved by understanding that you form your own reality, and that your point of power is in the present. (398: the point of power is in the present, when your nonphysical self merges with corporeal reality. The recognition of that fact alone can revitalize your life).

The habit of not facing problems, which indeed are challenges, can be addictive. A feeling of powerlessness in one field can be transferred to others ... then even the psychic territory of power can be assailed...

387

As I have said before, your thoughts are reality. They directly affect your body.

388

Illness usually represent unfaced problems, in your terms, and these dilemmas embody challenges meant to lead you to greater achievement and fulfillment. Because body and mind operate so well together, one will attempt to cure the other, and will often succeed if left alone. The organism has its own beliefs in health that are unconscious on your part.

... The smiling of itself activates pleasant memories, neurological connections, hormonal workings. It reminds you of your creaturehood.

391

Criminals... share a sense of powerlessness and a feeling of resentment because of it. Therefore they seek to assure themselves that they are indeed powerful through antisocial acts, often of violence.

They desire to be strong, then, while believing in a lack of personal strength...

393

The confined project their personal problems out upon the society. Society returns the "favor." In the same way individuals often think of certain characteristics as criminal or evil, and attempt to isolate those portions from other areas of their own activity. Power or the lack of it, and the attitudes, surrounding either mode, are often involved.

The need to act and be in control of action is paramount in conscious beings.

394

...considering power as violent you will be afraid to act to some extent. You will then consider goodness and powerlessness to be somewhat synonymous, and equate power with evil...

As a society you may project it upon the criminal, as a nation upon a foreign country. As an individual you may place this power upon an employer, a labor union, or any other segment of society. In whatever area you choose, though, you will feel relatively weak in comparison with the strength that you have projected outward. You meet your own denied power....whenever you find yourself in a situation where you feel weak in comparison to another person or situation that frightens you.

...many people have physical symptoms or suffer unpleasant situations because they are afraid to utilize their own power of action, and equate power with aggression-meaning violence.

Such feelings arouse artificial guilts. The individual who speaks out most loudly for the death penalty feels that he himself should really be condemned to death, to pay for the great aggression (violence) within him that he dares not express.

395

... the private closeting of normal aggression often brings psychological rioting and outburst of physical symptoms.

... the medical profession obviously needs patients as badly as the ill need the hospitals.

396

Natural aggression is simply the power to act.

There are many subsidiary beliefs connected to these convictions. They can all work in such a way that you deny yourself the use of your abilities-and this in turn causes you to project them outward upon others.

397

If you believe that wealth is evil, ... you automatically rob yourself of any ability that might bring you riches. Talents that are accepted as good in themselves may be inhibited simply because their fulfillment might lead to success in financial terms.

Your beliefs then are highly important in the way in which you handle the power of personal action.

The more powerless you feel, the less able you are to utilize your own healing abilities. You are then forced to project these outward upon a physician, a healer, or any other outside agency.

398

When these realignments are always made from the outside, the body's innate coherence becomes jeopardized, and its intimate relationship with mind confused. More, its innate healing powers are dulled.

... This usually means that no time is allowed for necessary inner dialogues of self-questioning, and the self-healing that might otherwise occur is brought about through belief in another. This can only go on for so long, however.

In your terms, you are in a state of evolution as a species. Part of this experience includes a natural fascination with exterior events. You are developing properties of consciousness that are in their own way uniquely your own, as your environment is. A strong focus is a necessary counterpart, since you are involved in a learning process in which all elements inherent in the situation will be explored.

399

As you understand time, you will eventually be able to merge your inner comprehension with your physical self, and form your world on a conscious basis. Such manuscripts as mine are meant to help you do precisely that.

The more involved you become with complicated physical organisms, the more energy you project outward and the more entranced you become with "exterior" manifestations. In itself this was- and is- a natural learning method. Your inner life is being translated into corporeal reality. As you perceive it and relate to it, you begin to question first its origin and then its meaning.

This leads you back into yourself and to a recognition of your own abilities. What you now create unconsciously your species will create consciously... Your own temporal creations add to the abilities with which you made them. You learn through your creations. ... so that each physical day is indeed absolutely unique. You cannot expect any portion of your environment to remain static, therefore, and the condition of your body is constantly in a state of flux and change.

399

If you utilize the point of power properly, you will feel the nonphysical energy translated into effective personal power through your intersection with flesh. You will be able to use that power consciously, with purpose, to change your personal experience, and so to change the social framework at least partially. Such exercises aid in the evolution of your consciousness, and will also serve you in fashions you may not suspect. The acquiescence to your own power will automatically flow through your experience, activating your dream life as well and providing additional helpful impetus to your waking reality. You will no longer need to transfer your sense of power to others.

In any case you must be aware of your own power and believe that you are worthy of it. Many of the previous chapters in this book have been written precisely to convince you of your own worth. You have been told to experience your feelings and not to deny them, so you are not to use the point of power as an attempt to refute the reality of your emotions at any given time.

Your load of inhibitions will recede. As you trust yourself more you will naturally express your feelings, and their suppression will not bring about explosive reactions any more. They will come and go. The channel to power will be opened more clearly. Attention to your own stream of consciousness is highly important. This alone will help you see in what areas you are denying impulses or giving yourself directions that lead to powerlessness.

The point of power exercise is meant to familiarize you with your own energy and your ability to direct it. The natural hypnosis exercises allows you greater effectiveness in directing and focusing that power.

401

...fury...beat a pillow...

In almost all cases (of this kind), your feelings will represent a sense of powerlessness on your part, where you delegated strength to a situation or an individual and felt your effort futile in contrast. Then use the point of power and feel the energy of your own being surge through your experience. The knowledge of your own power releases you from all fears, and hence of all rage.

... interior events can appear in physical reality in a quite different form than the original.

403

A war is one kind of natural event brought about as feelings and beliefs interact on one level. A natural catastrophe represents the same kind of phenomenon at a different level.

404

Biologically the reach and capacity of your physically oriented consciousness is directly connected with the length of your days and nights, and of course with the seasons. ... there are chemical interactions when thought occurs, and memories ride on the chemicals' smooth flow.

... the night and day represent the innate rhythms of your consciousness physically materialized through natural phenomena, for you are not yet equipped to perceive longer-duration days. Your nervous system would find great difficulty in a rhythm in which a day was stretched out to be three or four times as long, for instance.

406

Beliefs direct, generate, focus, and harness feelings.

Feelings are still dependent upon your neurological structure and its impact with physical reality. An animal feels but it does not believe. Your feelings with their chemical interactions have... electromagnetic properties, as indeed your thoughts have...

As your body is in a constant state of constant flux and chemical interaction, so is the atmosphere, which reflects on another level all of the psychic, chemical, and electromagnetic properties that exist within the body.

You are inside the body of the earth, in those terms. As cells within your body influence it, so does your body affect the larger body of the earth. The weather faithfully reflects the feelings of the individuals in any given local territory. Overall weather patterns follow deeper inner rhythms of emotion.

407

Earthquakes are often associated with periods of great social change or unrest, and from such locations the fault lines originate and are projected outward. ... or cause a tidal wave on the other side of the world, even as a stroke might affect a portion of the body far from the original damage. ... There are great correlations between thunderstorms and psychic storms,... and between unstable electromagnetic properties of both feeling and thought, the brain's ability to handle these, and its need to rid itself of excesses. ...The brain is a nest of electromagnetic relationships that you do not understand. In certain terms it is a controlled storm.

From it spring ideas that are quite as natural as lightning.

408

When lightning strikes the earth, it changes it. There are also changes that come about through the impact of your thoughts upon the atmosphere. The great overall inner trust with which you were born forms the basis for the encompassing reliability of the physical earth. Your body dwells in the earth as you dwell in your body. You were born with a faith in your existence that automatically directed the proper functioning of your personal corporeal self. This provided the necessary stabilizing properties upon which your consciousness could play, and through which it could effectively and creatively operate. ... generally there is a gestalt kind of permanence within the body of the earth.

411

For various reasons, you hold beliefs that you can alter at any time.

412

As nothing else can, a great encounter with the full energy of the elements puts man face to face with the incredible potency from which he springs.

414

Your emotions are quite as real as rocks. Your collective feelings affect the flow of energy and their force-in terms of natural phenomena-can be seen quite clearly in a thunderstorm, which is the exteriorized local materialization of the inner emotional state of the people experiencing the storm.

The pool of emotional energy into which your emotions flow is still composed of unlike charges, but generally speaking, the individual contribution of all those participating will fall into a coherent pattern that gives impetus and direction to the storm, providing the charge and the power behind it.

425

The nature of your conscious mind demands change and dramatic meaning, a sense of power, and aspirations against which to judge individual direction. A "perfect" society, idealistically speaking, would provide these qualities by encouraging each individual to use his potentials to the fullest, to revel in his challenges, and to be led on by his great natural excitement as he tries to extend powers of creative potency in his own unique way.

Storms... or tornadoes are brought about by angry men precisely as wars are. They are simply versions of the same phenomena.

427

If you recognized the power of your own being, you would know that it ever seeks greater realms of creativity and experience, in which new challenges are inherent-for all problems are challenges.

428

The main point is not to concentrate upon the liabilities but to pursue those abilities that you have, for the great energies of your personality will be directed in those avenues.

430

...He often has the radio on when he is working with alternate states of consciousness, ...using it as a point of reference.

433

Many great contrasts of a social nature have the same kind of inner meaning; here whole groups of individuals chose particular life situations in which...poverty and illness predominate, while

other areas of the world (or of any given nation) enjoy the highest technological advances, wealth and prosperity.

...in your experience global society would show a kaleidoscope of varying focuses and their results.

On a much smaller scale and to different degrees, any tribe, town, family or group will show the same tendencies, and from the shared experience each individual will learn and grow.

435

Since all is simultaneous, your present beliefs can alter your past ones, whether from this life or a "previous" one. Existences are open-ended. Not with your ideas of progressive time and the resulting beliefs in cause and effect, I realize this is difficult for you to understand. Yet within the abilities of your creaturehood, your current beliefs can change your experience; you can restructure your "reincarnational past" in the same way that you can restructure the past in this present life.

The Point of Power Is in the Present.

This experienced present also represents your psychic touchstone to all of your other existences. You are consciously aware of certain events, and unconsciously aware of much more that in one way or another you are learning to bring into conscious focus.

The same applies to all of your other "reincarnational selves". They are unconsciously aware of your conscious experience, as you are unconsciously aware of theirs.

The interaction is constant, however, and in all of your presents, creative. You draw on their knowledge as they draw on yours, and this of course applies to personalities that you would consider future. You have a gigantic pool of information and experience to draw upon, but this will be utilized according to your present conscious beliefs. If you understand that the p o p is in the present, then you have an inexhaustible realm of ability and energy at your command.

436

You must remember that beginnings and endings are realities only within your own system of three-dimensional life.

437

The seventeenth century is not dead. You follow a one-line pattern of history, pursuing certain actions as reality and identifying with these so completely that they are all you perceive. Other probable actions are always occurring, however, and are quite as valid as the ones which you happen to choose and thus experience. Your reincarnational selves have as many probable lives as you do. Your beliefs and actions in your present alter "their" experiences, as each of them, in their presents, change yours. If you see these reincarnational selves as one entity, then this becomes quite natural. The whole self is changed by all of its comprehensions.

Each portion of the entity is unique and independent, and through its own beliefs determines what it will accept in terms of influences within its immediate life situation. The great miracle, in fact, is that each consciousness, whatever its degree, is itself and no other, even while in the unending fields of interaction it may be a portion of another-as a city is part of a state, or an individual is part of a family.

In the present then each person has unlimited opportunity to draw upon the entity's energy, and the understanding and powers of all of its parts. ... every individual possesses the abilities of its entity in latent form.

You often excel in situations that utterly escape you at a physical level... in the dream state you meet and interact with your own reincarnational selves... great interchange of information with these other portions of your selves. Your physical brain automatically converts such data into temporal (but they are also temporal, my remark) terms so that many of your significant, remembered dream experiences are already translations by the time you recall them.

... you travel outside of three-dimensional reality while dreaming, but ... must be recalled in physical terms or you would have no memory of them... as yet undiscovered, bizarre changes in the brain during certain dream states, an acceleration that quite literally propels the consciousness out of its usual space-time continuum into those other realities from which it comes.

These serve as points of unity, wherein all the various simultaneous selves meet; and certain seasonal rhythms are involved here in physical terms.

... this means that certain times are more effective than others for these communications in the dream state.

The energy of the personal self constantly comes from the entity.

440

The seventh dream of any given night is the most important...

In your terms, the energy springs back in the dream state, but it must always pass through what you think of as the window of the present.

This bouncing back of energy into itself is the meaning of the dream state, in which experience that is basically nonphysical is embarked upon, and is then interpreted as a dream through the brain. Your deepest dreams involve nonmaterial comprehensions, however. Your dream, though clearly remembered, is already a translation of the physical brain. The information then enters your present, where it biologically and mentally colors your life.

441

It is also automatically transformed according to your beliefs, so that it makes sense to you at least to some degree.

... there are peak periods when the self and the soul (or entity) coincide-when communication is at its best.

442

Any point in your present is a potential point of great creative change, but because of the rhythms spoken of, it is easier for changes to occur in certain cycles.

443

In miniature form each day contains, in its own way, clues to all of your own simultaneous existences. The present self does not exist in isolation.

444

The same applies on what you may think of as a more practical level, in that each day also holds within it the answers to current problems. If you are aware of a particular problem (challenge), therefore, you can be assured that its solution is as much there and with you as the problem is. The solution is simply the problem's other side, upon which you may not be focusing. There will even be clear clues as to the proper direction for you to take-these will already be within your experience, but unrecognized because you are concentrating so upon the problem.

This applies to any kind of dilemma.

...You simply do not identify with your greater self now...there will be... a family resemblance,
...overall you and your other self often choose the same kinds of challenges, if in dissimilar ways.

The adventures of your simultaneous selves, again, appear as traces in your own consciousness, as ideas or daydreams or disconnected images, or sometimes even in sudden intuitions. They can be drawn upon, drawn out, to help you understand current problems.

445

... such information automatically appears in intimate ways, but couched within the framework of your own comprehensions...

There simply is no time as you think of it, only a present in which all things occur.

[cellular comprehension]... there are conscious traces within your daily thoughts that are the psychological representations of such knowledge.

446

Because you now distrust the imagination so, you do not understand the great clues it gives you, both in terms of problem solving and of creative expression. Many quite valid reincarnational memories come as imaginings, but you do not trust them. A good percentage of your problems can be worked out rather easily through the use of your imagination.

You can employ it very constructively... freely imagine a situation in which you are happy. ... You are to realize that this imaginative world does exist-but not in the world of facts that you know. ...begin to draw to you whatever equivalent is possible for you within the world of facts that you know.

447

... realize that on all levels you are biologically and psychologically connected with that greater identity that is your own.

No matter what your current situation, the answers lie within your own aspirations and abilities.

(use of imagination)... do so in a playful manner ... often your freewheeling, "silly," seemingly unrealistic imagination will bring you quite practical solutions to your problems, for if the exercise is done properly you will be automatically releasing yourself from restrictions that you have taken for granted.

448

Because your imagination transcends time, it is one of your greatest touchstones to your own identity.

... physical reality springs from the imagination, which follows the path of your beliefs... ...the other-dimensional information will often appear in ordinary guise, through an intuitive hunch, a sudden idea, or some solution that has already occurred to you but has not been acted upon.

Such work with the imagination acts as a trigger, however, drawing information to you from other levels of your greater reality, and concentrating it on the specific problem at hand. It will then appear in terms understandable to your own experience.

In itself, such an exercise creatively alters probabilities, for you no longer live with the problem as an unchanging concrete reality. This is a psychological and psychic impetus, altering the message that you habitually send to your body and to its cellular construction.

450

The dream world operates as a creative situation in which probable acts are instantly materialized, laid out in actual or symbolic form. From these you then choose the most appropriate for physical expression. There are other important reasons for dreaming...

451

Your moods and emotions have greater mobility in the dream state. ... Disconnected from their usual daily attraction to physical events, your emotions will often form their own landscapes.

452

As you create and experience your daily life through your personal feelings and beliefs, so the same applies to dream reality.

There...your thoughts and feelings become "instantly" alive, springing up one upon another, coming full blown as it were. The dream world exists in terms of energy also... but simply at ranges that are not physically obvious. Much of your interior creative work and planning is done at this level.

...take the normally conscious "I" into the dream state... means that you are far better able to utilize unconscious knowledge, and also to acquaint the unconscious with your present physical situation.

... can bring you in contact with wisdom you have been denying yourself ... Even the decision to try such a venture is beneficial...

[in dreams] Spread out before you in great profusion, you will find not only any problems but their solutions.

In physical terms it may take some time before your conscious mind accepts or recognizes a diagnosis given in a dream. It may come to you later in altered form as a hunch or sudden intuition, or an urge for action. If you do not trust yourself you may ignore such impetuses and not take advantage of the answers.

The enlightened conscious mind is always alert for such messages. ... you can request... certain dreams, certain solutions and therefore shortening the time, so to speak, that may be involved otherwise.

454

While your beliefs do structure much of your dream activity, other issues are also involved simply because the focus of your awareness is not acutely directed toward physical reality, but is only opaquely concerned with it.

In the dream state you allow yourself greater freedom, trying out certain ideas and beliefs in this more plastic framework. You may therefore accept new beliefs initially in the dream state, and the intellectual or emotional realization may only come "later". In dreaming, the conscious mind itself is far more lenient and playful (i.e. it is also participating/involved, added by me).

The earth-tuned consciousness must deal with the space-time context, for only inside this framework can it clearly perceive events. In the dream state consciousness ignores space-time relationships to a large degree, ... you perceive yourself running, talking...

The orientation is that of sense data lived most vividly, and yet, again, at an opaque angle. In other words, in most dreams data is still being received and interpreted in the light of corporeal life. These are the dreams most remembered also.

Images as you think of them are based upon your own neurological structure, and your interpretations of these. When you consider survival after death, for instance, you imagine all the senses fully operating,... Perception without images seems impossible in that context. Yet in some dream situations you enter a state of awareness quite divorced from that kind of sense data. Images as such are not involved, though later they may be manufactured unconsciously for the sake of translation. In those conditions you come close to an understanding of what your consciousness is when it is not physically oriented at all.

In your daily life you may suddenly know something without knowing how you know, without being aware of any particular image or sense impression... In certain dream states, then, you know in the same fashion. You experience your being unallied with flesh.

That kind of dream awareness can literally regenerate your life, though the original impact will be forgotten, and the entire event will usually be translated into images before awakening. Such dream experiences may be called experiences of basic being. During them, the self or consciousness literally travels to the source of its own energy. On another level atoms possess this same kind of knowing.

It may seem that such comprehensions have little to do with your daily life,

particularly since they are so seldom recalled, and then only in translation; yet they provide you with additional energy - and when you need it most.

In waking life you perceive only portions of events that fall within your space-time continuum. In dreams you may have a greater glimpse...

457

...at your "fact level", past, present and future objects cannot appear at once in the same space.

The space is not the same, or identical, in any case. It only appears to be so to you.

Space itself accelerates in ways that you do not understand. You are not tuned into those frequencies. Any point in space is also a point in what you think of as time, a doorway that you have not learned to open. [What you perceive of time is a portion of other events intruding into your own system, often interpreted as movement in space... see 582nd session, ch. 20 of Seth Speaks]

The dream state provides you with a preliminary stage in which working hypotheses can be creatively formed and tried out in a context of playfulness. Still, the dreams that you have and recall, and the resulting solution of many problems, represents only the surface layer of dream activity. To follow yourself into your own dreams is a fascinating endeavor, and there in the dream context you can become aware of the working of your own consciousness (my emph). To do so you must believe in the integrity of your own being. If you do not trust your waking self you will not trust your dreaming self...

458

Because there is more freedom from time and space in the dream state, there is greater overall perspective; many solutions that may appear poor in the short range-as they are physically activated-will in the longer range be seen as highly creative.

...in far greater terms you are perceiving but one small dimension, or one corner, of a much larger happening that quite transcends your ideas of the times and places involved.

459

The entire event transcends any true or false judgments. An entire event, with all of its probabilities included, obviously cannot fit within your current frame of reference.

By suggesting before sleep that solutions to problems be given you, you automatically begin to utilize your dream knowledge to a greater extent, and to open the doors to your own greater creativity.

462

Many of the most powerful aspects of consciousness are at work precisely when it seems to you that you are relatively unconscious and asleep to physical reality. It would be impossible for you to handle the vast amount of material available, in the context of time as you presently experience it. To operate adequately in your highly specific field, and almost infinite amount of information must be instantly assimilated, probabilities calculated, and certain balances maintained of which you are not even aware.

Latently, your consciousness is capable of performing these feats ... conscious mind ... then forms beliefs about reality, and these are used in the dream state as one of the main yardsticks, so to speak, that activate the emergence of certain probable events rather than others.

You use your beliefs like searchlights in the dream state, looking for other events that fit in with your ideas about reality. Your convictions help you sift out probable actions-appearing as dreams, of course-from others that do not concern you.

Since you are not only a physically focused creature, however, other issues also operate. You have within yourself the condensed knowledge of your entire being. This info cannot appear in any complete fashion within a consciousness connected with a physical brain. The multidimensional reality simply cannot be expressed. In the dreaming state, when consciousness relates opaquely to physical concerns, glimpses of the multidimensional self can appear in dream imagery and fantasies that will symbolically express your greater existence.

463

If your conscious beliefs are causing you great distress, countering beneficial beliefs may be received from this source.

... every self is ... a part of the energy from which it continually comes. In dreams your energy pulsates back toward the being that you are.

Beneath the dreams that you recall are experiences of consciousness that appear only now and then, and in distorted form. These express in nonphysical terms your relationship with your own being. Here you are regenerated, and you are quite free of any conscious beliefs. From this level individual and mass ideals are formed.

This activity often goes on beneath ordinary dreaming. To a far lesser extent it goes on all the time, for it represents the basis upon which your present consciousness rides.

464

Your consciousness must be focused at one particular range of frequencies before it can even perceive matter, much less solidity. In sleep your consciousness fluctuates between ranges of intensities, literally flowing into and out of the physical-matter grouping, and forming from more plastic "pre-matter" stages, the final shape that matter will take in your world. The same applies

to events, where some will be crystallized in physical terms and others will not. The deep portions of your own being are aware of those purposes and intents that are uniquely yours. Unconsciously, then, you have within you what you might think of as a set of blueprints for the particular kind of physical reality you want to materialize. You are the architect.

A system of checks and balances exists, however, so that in certain dreams you are made aware of these blueprints. They appear throughout your lifetime as recurring dreams of a certain nature—dreams of illumination; and even if you do not remember them you will awaken with your purposes strengthened or suddenly clear.

If you want to clear up an argument, tell yourself that you will do so in the dream state. There you can speak freely to those who may avoid you otherwise. Many reconciliations take place at that level. Request the answer to any problem and it will be given, but you must trust yourself and learn to interpret your own dreams ... working with your own dreams ... will awaken your intuitive abilities and give you the knowledge that you need.

468

The emotions follow beliefs. They are natural ever-changing states of feeling, each leading into another in a free flow of energy and activity ... To refuse them is futile. They are one of the means by which physically attuned consciousness knows itself. They are not destructive. One emotion is not good and another one evil.

Emotions simply are. They are the elements of the power of consciousness, filled with energy. They merge into a powerful sea of being when left alone.

469

Left alone, hate does not last.

... the hater is attracted to the object of his hatred by deep bonds ... will automatically change if not tampered with.

If you believe that hate is wrong ... you may try to inhibit the emotion or turn it against yourself—raging against yourself rather than another. On the other hand you may try to pretend the feeling out of existence, in which case you dam up that massive energy and cannot use it for other purposes.

... hatred has a powerful rousing characteristic that initiates change and action. ...hatred does not initiate strong violence. ...the outbreak of violence is often the result of a built-in sense of powerlessness.

470

It is a sense of powerlessness that also causes nations to initiate wars. This has little to do with their "actual" world situation or with the power that others might assign to them, but to an overall sense of powerlessness—even, sometimes, regardless of world dominance.

472

Hatred brings a sense of power and initiates communication and action. In your terms it is the build up of natural anger;

Love is also a great inciter to action, and utilizes dynamos of energy.

473

In a strange manner, then, hatred is a means of returning to love; and left alone and expressed it is meant to communicate a separation that exists in relation to what is expected.

474

Hatred is not the denial of love, but an attempt to regain it, and a painful recognition of circumstances that separate you from it.

If you understood the nature of love you would be able to accept feelings of hatred. Affirmation can include the expression of such strong emotions.

Trusted, your feelings will lead you to psychological and spiritual states of mystic understanding, calm, and peacefulness. Followed, your emotions will lead you to deep understandings...

475

When you rage against humanity it is because you love it. To deny the existence of hate then is to deny love. It is not that those emotions are opposites. It is that they are different aspects, and experienced differently. ...You often do love another individual because such a person evokes within you glimpses of your own "idealized" self.

The loved one draws your best from you... As an emotion love is mobile, and can change quite easily to anger or hatred, and back again.

476

These denied emotional states may be projected outward upon others-an enemy in a war, a neighbor, Even if you find yourself hating the symbolic enemy, you will also be aware of a deep attraction. ... all of this is consciously available to you. It requires only an honest and determined attempt to become aware of your own feelings and beliefs.

478

"Love yourself as you love your neighbor," for often you will recognize the goodness in another and ignore it in yourself. ... Genuine self-pride is the loving recognition of your own integrity and value. True humility is based upon this affectionate regard for yourself, plus the recognition that you live in a universe in which all other beings also possess this undeniable individuality and self-worth.

479

The natural force of love is everywhere within you, and the normal methods of communication are always meant to bring you in greater contact with your fellow creatures.

Love yourselves and do yourselves just honor, and you will deal fairly with others. When you say "no," or deny, you always do so because in your mind and feelings, a present situation, or a proposed one, falls far short of some ideal...

480

But never negate the present reality of yourself because you compare it to some idealized perfection.

... all being is ... in a state of becoming more itself. All other emotions are based on love, and in one way or another they all relate to it, and all are methods of returning to it and expanding its capacities.

You must first love yourself before you love another.

By accepting yourself and joyfully being what you are, you fulfill your own abilities, and your simple presence can make others happy.

481

... you may think that you hate mankind ... All of this is based upon your idealized concept of what the race should be-your love for your fellow man, in other words ... If, instead, you allowed yourself to free the feeling of love that is actually behind your dissatisfaction, then it alone would allow you to see the loving characteristics in the race that now escape your observation to a large degree.

482

You are He [= God] manifesting as you.

483

People who can ignore the physical evidence of wars and purposely think thoughts of peace will triumph...

489 [aside of Jane Roberts:]

There's a fantastic correlation between seasonal variations and the length of thoughts that nobody's suspected. Thoughts make traces on an interior level. You could make graphs of your thoughts and they'd match up with seasonal changes, with the tides and the phases of the moon. But all of those things that seem to be outside are just the manifestations of our bodily rhythms.

490

... loving acceptance of your own unique individuality lead you to your own inner discoveries, and attract from the deepest portions of your being the particular kind of information, experience, or perception that you need ... will allow you to ride through beliefs as you would through the changing characteristics of a countryside. The more a belief encourages you to use your abilities and vitality, then the more affirmative it is.

He knew there were many different ways of experiencing even the physical world ... as muscles become more resilient with use, so do psychic and intuitive powers.

491

Ruburt's mind is far more aware of other realities than his brain is, but he consciously believes in the greater reality of himself and his perceptions. The brain also possesses this belief, and so it opens itself as much as possible to the mind's activities. Because it does, certain intuitive psychic and "intellectually spacious" experiences can be physically felt to some extent. The knowledge is interpreted through alterations in body sensation, which give it an important corporeal validity. In such cases high mental and psychic activity is reflected in the body's experience, providing a beneficial unity.

Here I have used the term "spacious" for workings of the mind and intuitions that exist in what you might call an accelerated range of action. The normal intellect, oriented so precisely by beliefs to the inevitability of a one-focused kind of perception, is limited.

A certain kind of affirmation of self allows the brain to tune into these more spacious methods of perception that are the natural characteristics of the mind. There are very good reasons why this type of assertion must first occur.

492

There are built-in biological structures that are activated for the reception of such messages, and they have always been a part of your physical nature as a species. They will not be triggered on a personal basis until your own beliefs allow you to perceive the multidimensional layers of your own experience-or at least to accept the possibilities.

... even normal sense data then achieves a kind of multidimensionality, a richness rather impossible to describe. This automatically provides a biological learning process in which the senses can be used in a freer, deeper fashion.

493

The affirmation involved is one of transcendence, in which for a time a person affirms his reality in flesh and at the same time states his independence from it - and realized that both of these conditions exist simultaneously.

[aside:] ... everything is all one. When you grow aware of that, then you are confronted with making conscious choices.

494

... within the mechanisms of the body there are unused and unrecognized triggers that will allow you, as a species, to consciously handle greater perceptions of time just as you now handle greater perceptions of space.

... this is hinted at through the use of computers, where you try to assess "future probabilities" and act accordingly in your present. The mind can do this far better than any computer. (If it?) believed this, then certain portions of the brain would be activated. The brain would become aware of more of the mind's knowledge, and the probabilities of future events would be made consciously available.

495

To utilize future probable events, the physical brain would be forced to enlarge its function while keeping the individual in clear relationship with the present moment of power, or corporeal effectiveness. Affirmation always involved the acknowledgment of your power in the present ... Affirmation then is the acquiescence to your ability, as a spirit within flesh, to form the physical reality of your creaturehood.

Now you can alter your present through altering your past, or you can change your present from the future... Many people have at one time or another changed their present behavior in response to the advice of a "future" probable self, without ever knowing they have done so.

496

In other terms, the self that you have projected into the future is sending you back encouragement from a probable reality that you can still create. That focused self operates from its present, however, and some day in your own future you may find yourself thinking nostalgically of a moment back in your own past, when you were indecisive and irresolute, but took the proper course.

You may think, "I am glad I did that," or, "Knowing what I know now, how lucky I am that I made that decision." And in that moment you are the future self that "once" spoke encouragingly to the person of the past. The probable future has caught up with the practical present.

The early affirmation of yourself projected into the future made such an incident possible. In the same way your acceptance of yourself and your own integrity can, at any moment in your present, alter your past and future.

498

If you have a loving regard for yourself, then you will trust in your own direction.

You will accept your present position, whatever it is, as being a part of that direction, and realize that from it can come all the creative elements that you need.

... so can you, loving yourself, realize that what you think of as imperfections are instead gropings toward more complete becoming.

Use your conscious mind and its logic. If you discover that you feel unworthy, then do not simply try to apply a more positive belief over that one. Instead discover the reasons for your first belief. ...write down your feelings about yourself. Be perfectly honest... examine what you have written. Realize that a set of beliefs is involved. There is a difference between believing that you are unworthy and being unworthy in fact.

Then write a list of your abilities and accomplishments... Any talent or achievement should be noted as honestly...

499

When you catch yourself falling into a mood in which you feel inferior, look at your second list, of abilities and accomplishments. Then use the positive suggestions in your own worth, backed up by your own personal self-examination.

...take it for granted that your life is important; begin with it and where you are. Do not deride yourself because you have not reached some great ideal, but start to use those talents that you have to the best of your ability, knowing that in them lies your own individual fulfillment.

Any help that you give to others will come through the creative utilization of your own characteristics and no one else's. Do not get upset with yourself when you find yourself dwelling on negative issues in your life. Instead, constructively ask yourself why you are doing so. The answer will come to you.

Use the knowledge as a bridge. Let whatever emotions are involved happen. If you do this honestly, feelings of self-worthlessness or despondency will go through and vanish, changing of their own accord.

Have a sense of humour about yourself-not a malicious one but a kindly humorous regard for yourself.

If you allow yourself to be more and more aware of your own beliefs, you can work with them. It is silly to try to fight what you think of as negative beliefs, or to be frightened of them. They are not mysterious. You may find that many served good purposes at one time, and that they have simply been overemphasized. They may need to be restructured rather than denied.

502

It is up to you as an adult to get on top of your beliefs, to realize that a mother who hates her child is already in difficulties, and that such a hate says far more about the mother than it does about her offspring.

If you believed you were unworthy because you were scrawny and bullied, then in some way you undoubtedly used that belief for your own purposes. Admit it. Discover what the purposes were. Perhaps you compensated...or used the impetus to go ahead in your own way.

504

Many people look to those outside themselves-psychics, doctors...friends-for the answers to overall life situations, and in so doing they deny their own abilities of self-understanding and growth.

505

It is a good idea to write down a list of specific acts or incidents that fill you with a sense of guilt.

Often you will be able to trace them to early childhood beliefs quite easily... Brought into the open...many of these will dissolve before your comprehension.

Because you recognize your own uniqueness you will not need to dominate others, nor cringe before them.

You must begin to trust yourself sometime. I suggest you do it now. If you do not then you will forever be looking to others to prove your own merit to you, and you will never be satisfied. You will always be asking others what to do, and at the same time resenting those from whom you seek such aid.

506

Do not place ... my words higher than the feelings of your own being. You can learn much from others, but the deepest knowledge must come from within yourself.

508

You Make Your Own Reality-Wherever You Travel, and in Whichever Dimension You Find Yourself.

It is very important then that you understand the true innocence of all feelings, for each of them, if left alone and followed, will lead you back to the reality of love. ...There is nothing within yourself to fear.

My Life Is Mine, and I Form It.

Tell yourself this often... There is no condition that you cannot change, except one indisputably physically accepted at birth.

Seth on the Vibratory Nature of Existence

"Now the behavior of atoms and molecules is involved here, for again

these are only present within your universe during certain stages.

Their activity is perceived only during the range of particular vibratory rhythms.

When your scientists examine them for example, they do not examine the nature, say, of an atom.

They only explore the characteristics of an atom as it acts or shows itself within your system.

Its greater reality completely escapes them.

You understand that there are spectrums of light.

So are there spectrums of matter.

Your system of physical reality is not dense in comparison with some others.

The dimensions that you give to physical matter barely begin to hint at the varieties of dimensions possible.

Some systems are far heavier or lighter than your own, though this may not involve weight in the terms with which you are familiar.

Probable actions emerge, then, into matter systems quite as valid as your own, and quite as consistent.

You are used to thinking in single line thoughts, so you think of events that you know as complete things or actions, not realizing that what you perceive is but a

fraction of their entire multidimensional existence.

In greater terms, it is impossible to separate one physical event from the probable events, for these are all dimensions of one action.

It is basically impossible to separate the "you" that you know from the probable you's of which you are unaware, for the same reasons.

There are always inner pathways, however, leading between probable events;

since all of them are manifestations of an act in its becoming, then the dimensions between these are illusions.

The physical brain alone cannot pick up these connections with any great

success.

The mind, which is the inner counterpart of the brain, can at times perceive the far greater dimensions of any given event through a burst of sudden intuition or comprehension that cannot be adequately described on a verbal level.

As I have said frequently, time as you think of it does not exist, yet in your terms, time's true nature could be understood if the basic nature of the atom was ever made known to you.

In one way, an atom could be compared to a microsecond.

It seems as if an atom "exists" steadily for a certain amount of time.

Instead it phases in and out, so to speak.

It fluctuates in a highly predictable pattern and rhythm.

It can be perceived within your system only at certain points in this fluctuation, so it seems to scientists that the atom is steadily present.

They are not aware of any gaps of absence as far as the atom is concerned.

In those periods of nonphysical projection, the off periods of fluctuation, the atoms "appear" in another system of reality.

In that system they are perceived in what are "on" points of fluctuation, and in that system also then the atoms (seem to) appear steadily.

There are many such points of fluctuation, but your system of course is

not aware of them, nor of the ultimate actions, universes, and systems that exist within them.

Now the same sort of behavior occurs on a deep, basic, secret, and unexplored psychological level.

The physically oriented consciousness, responding to one phase of the atom's activity, comes alive and awake to its particular existence, but in between are other fluctuations in which consciousness is focused upon entirely different systems of reality; each of these coming awake and responding, and each one having no sense of absence, and memory only of those particular fluctuations to which they respond."

Seth, session 567

Excerpts from

The Seth Material

by Jane Roberts & Robert Butts

3

... you project your own energy out to form the physical world. Therefore, to change your world, it is yourself you must change. You must change what you project.

11

We are individualized portions of energy, materialized within physical existence, to learn to form ideas from energy, and make them physical (this is idea construction). We project ideas into an object, so that we can deal with it. But the object is the thought, materialized. This physical representation of idea permits us to learn the difference between the "I" who thinks and the thought. Idea construction teaches the "I" what it is, by showing it its own products in a physical manner. We learn by viewing our own creations, in other words. We learn the power and effects of ideas by changing them into physical realities; and we learn responsibility in the use of creative energy...

The entity is the basic self, immortal, nonphysical. It communicates on an energy level with other entities, and has an almost inexhaustible supply of energy at its command. The individual is the portion of the whole self that we manage to express physically.....

The eye projects and focuses the inner image (idea) onto the physical world in the same manner that a motion-picture camera transfers an image onto a screen. The mouth creates words. The ears create sound. The difficulty in understanding this principle is due to the fact that we've taken it for granted that the image and sound already exist for the senses to interpret. Actually the senses are the channels of creation by which idea is projected into material expression.

The basic idea is that the senses are developed, not to permit awareness of an already existing material world, but to create it...

The subconscious is the threshold of idea's emergence into the individual conscious mind. It connects the entity and the individual... The physical body is the material construction of the entity's idea of itself under the properties of matter... Instinct is the minimum ability for idea construction necessary for physical survival... The present is the apparent point of any idea's emergence into physical matter.

24seq. [personality fragments]

Increased concentration of the conscious individual is the trend. Then these split personality fragments or images can be kept under scrutiny without taxing the present ego to distraction. Now, what you would call the subconscious performs this task; not too well, since it was never meant to focus clear attention.

Consciousness will expand within your plane. The scope of consciousness will be so broadened that all personality fragments, split personality images, and individual fragments in succeeding incarnations will be held in clear focus without strain. It is toward this that evolution is headed...

121

The objective world is the end result of inner action. You can indeed manipulate the objective world from within, for this is the means and definition of true manipulation...

Thoughts and images are formed into physical reality and become physical fact. They are propelled chemically. A thought IS energy. It begins to produce itself physically at the moment of its conception.

Mental enzymes are connected with the pineal gland. As you know them, body chemicals are physical, but they are the propellants of this thought-energy, containing all the codified data necessary for translating any thought or image into physical actuality. They cause the body to reproduce the inner image. They are sparks, so to speak, initiating the transformation.

Chemicals are released through the skin and pore systems, in an invisible but definite pseudophysical formation. The intensity of a thought or image largely determines the immediacy of its physical materialization. There is no object about you that you have not created. There is nothing about your own physical image that you have not made.

The initial thought or image exists within the mental enclosure [as explained in earlier sessions]. It is not yet physical. Then it is sparked into physical materialization by the mental enzymes.

This is the general procedure. All such images and thoughts are not completely materialized in your terms, however. The intensity may be too weak. The chemical reaction sparks certain electrical charges, some within the layers of the skin. There are radiations then through the skin to the exterior world, containing highly codified instructions and information.

The physical environment is as much a part of you, then, as your body. Your control over it is quite effective, for you create it as you create your fingertip... Objects are composed of the same pseudo-material that radiates outward from your own physical image, only the higher intensity mass is different. When it is built up enough, you recognize it as an object. At low intensity mass it is not apparent to you.

Every nerve and fiber within the body has an inner purpose that is not seen, and that serves to connect the inner self with physical reality, that allows the inner self to create physical reality. In one respect, the body and physical objects go flying out in all directions from the inner core of the whole self.

Nerve impulses travel outward from the body, invisibly along these nerve pathways in much the same manner that they travel within the body. The pathways are carriers of telepathic thoughts, impulses, and desires that travel outward from any given self, altering seemingly objective events.

In a very real manner, events or objects are actually focal points where highly charged psychic impulses are transformed into something that can be physically perceived; a breakthrough into matter. When such highly charged impulses intersect or coincide, matter is formed. The reality behind such an explosion into matter is independent of the matter itself. An identical or nearly identical pattern may reemerge "at any time" again and again, if the proper coordinates exist for activation.

In your system of reality you are learning what mental energy is, and how to use it. You do this by constantly transforming your thoughts and emotions into physical form. You are supposed to get a clear picture of your inner development by perceiving the exterior environment. What seems to be a perception, an objective concrete event independent from you, is instead the materialization of your own inner emotions, energy, and mental environment.

161seq.

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. You form physical materializations of these realities within your own mind.

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

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

The Seth Material ch. 9 (Session 329)

Greater Self

If you sell yourselves short, you will say, 'I am a physical organism and I live within the boundaries of my environment.' If you do not sell yourselves short, you will say, 'I am an individual. I form my physical environment. I change and make my world. I am free of space and time. I am part of All That Is. There is no place within me that creativity does not exist.'

Excerpts from

Seth, Dreams and Projection of Consciousness

114 [ego]

Man's ego causes him to interpret everything else in light of himself. He loses much in this manner. The ego can be compared to the bark of a tree. The bark is flexible, vibrant and grows with the growth beneath. It is a tree's contact with the outer world, the tree's interpreter and, to some degree, the tree's companion. So should man's ego be.

When man's ego turns instead into a shell - when instead of interpreting outside conditions, it reacts too violently against them, then it hardens and becomes an imprisoning form that begins to snuff out important data and to keep enlarging information from the inner self. The ego's purpose is protective. The ego is also a device to enable the inner self to inhabit the physical plane.

If, for example, our tree bark grew fearful of stormy weather and began to harden itself against the elements, in a well-meaning but distorted protective spirit, then the tree would die. This is what the ego does when it reacts too violently to purely physical data. As a result, it stiffens, and then you have, my well-meaning friend, the cold detachment with which you at one time faced the world.

...Neither should the ego react so violently that it remembers and reacts to past storms in the midst of clear and sunny weather.

141

...as a rule, you are not aware of your whole entity. There is no reason, however, why you must be blind to the whole self of your present personality, which is part of the entity, and which can be glimpsed in terms of the breathing and dreaming "self" of which I have spoken.

...what man cannot consciously remember, he fears [example: having learned to see].

152 [psychological time:]

Within any given five minutes of clock time, for example, you may find an hour of rest which is independent of clock time.

153

Conscious fear is usually the main hindrance as far as inner data is concerned. Therefore, a realization that these senses belong to you and that they are quite natural, will help you avoid the closing off of such data by the conscious mind.

If you remember this, inner data will come through much more easily, and you will be able to control it. It is never of itself overpowering. You can train yourself in the recognition of such data, its utilization and control. Within the framework of psychological time you can also lengthen such experiences.

184

...to kill for self-protection or food on your plane does not involve you in what we may call for the first time... karmic consequences.

185

To kill for convenience... or for the sake of killing involves rather dire consequences, and the emotional value behind such killing is often as important as what is killed. That is, the lust [for] killing is also a matter that brings dire consequences, regardless of the particular living thing that is killed.

205

Examine dream locations carefully:

1. Dream locations that represent places familiar to you in your present daily life.
2. Dream locations that represent places (such as foreign countries) to which you have never really traveled.
3. Dream locations that represent definite places that appear as they were in the past. If you dream of your childhood home as it was, not as it is now, then the location would belong in this category.
4. Dream locations that represent places that no longer exist physically.
5. Strange, completely unfamiliar, dream locations.
6. Indistinct dream locations.
7. Strange dream locations to which you keep returning.

216 seq.

The electricity that is perceivable within your system is merely a projection of a vast electrical system that you cannot perceive.

...Yet the inner self offers so many clues... It operates outside of physical references. It is, of itself, free of the distorted effects peculiar to the physical system. A study of dreams, for example, would make many of these points clear...dream locations have not only a psychological reality but a definite actuality. A study of dream locations is most important. Dream locations are composed of electrical mass, density and intensity... Definite work may be done in a dream, but the physical

arms and legs are not tired. This would seem contrary to your known laws, but no one has looked into this...

It is most difficult to even hint at the myriad complexity and dimension of the electrical actuality as it exists. When you consider that each of your own thoughts is composed of a unique intensity of impulse, shared by nothing else; that the same may be said for every dream you will have in your lifetime; and that all your experience is gathered together in particular ranges of intensity, again completely unique; and that the summation of all that you are exists in one minute range or band of intensities, then you will see how difficult this is to explain...

This not only applies to your physical field but also to all others. Your field is contained within its own range of intensities, a tiny band of electrical impulses a million times smaller than one note picked at random from the entire mass of musical composition that has ever been written or ever will be written. I am not going too deeply into this now because you are not ready. But because of the infinite range of intensities available, each individual has limitless intensities within which he can move.

All motion is mental or psychological motion, and all mental or psychological motion has its electrical reality. The inner self moves by moving through intensities. Each new experience opens up a new pulsation intensity... To move through intensities within the electrical system gives the result, in the physical field, of moving through time.

283

... all versions and possibilities of each event must be actualized in the limitless multiplication of creativity... Any one moment in physical time is a warp, opening into these other dimensions of actuality, and any one moment can be used as a passageway or bridge. The act of crossing will be reflected in a million other worlds, but these reflections will be themselves alive and the act of perceiving itself will create still another vortex of actualization.

285

Slide imaginatively into a world where you do not perform the next small action you will perform in this world. Cough, smile, sneeze - in some other actuality your actions are non-actions and your non-acts are realized.

303 [Projection of fears and guilts on to probable personalities]

Once you realize that your guilt is groundless, then it can dissolve. It is only when you become frightened that you project it in such a way.

304 seq. [probable self]

The dreaming self is to some considerable degree aware of the probable self. There is give-and-take between the two, for much data is received by the dreaming self from the probable self - the self that experiences what the ego would call probable events.

This data is often wound by the dream self into a dream drama which informs the subconscious of dangers or of probable success of any given event which is being considered by the subconscious for physical actuality.

Were it not for the experience of this probable self, and for its information given via the dreaming self to the subconscious, then it would be most difficult for the ego to come to any clear decisions in daily life.

This probable self has operated in each reincarnation, in each materialization of the personality, and has at its command literally millions of probable situations and conditions upon which to make value judgments. Of itself, however, it does not make the decision as to whether or not a

particular event will be made physical. It merely passes on the information that it has received through experience.

This information is sifted often through the dreaming self to the subconscious which has intimate knowledge of the ego with which it is closely connected. The subconscious makes its own judgments and passes these on with the data. Then the ego makes its decision. In some cases, the ego refuses to make the decision, and it is done by the subconscious. On occasion, when an unwise decision is made by the ego, the subconscious will change it...

In...various reincarnations only the ego and layers of personal subconscious adapt new characteristics. Other portions retain their experience, identity, and knowledge. The ego, in fact, receives much of its stability because of this retention. Were it not for experiences in other lives on the part of deeper layers of the self, the ego would find it almost impossible to relate to other individuals, and the cohesive nature of society would not exist.

305 [dreams:]

If you would have some idea of what the probable universe is like, then examine your own dreams...

You may not be able to make sense from what appears to be a chaotic jungle of disconnected images and actions. The main reason for your confusion is the inability of an egotistical identity to perceive order that is not based upon continuity of moments. The order within the probable system is based upon something that could be compared to subjective associations or intuitive flashes of insight - experiences that can combine ingredients that could appear to the ego as disconnected. Here they are combined into whole integrated patterns of action.

The probable system does not achieve its order through subjective association, but the term is the nearest I can use to approximate the basic causes for this order. The events within it are, indeed, objective and concrete within their own field of reality;... Your own system is real and concrete only within its own field, remember.

313

You use probabilities like blocks to build events. This presupposes inner knowledge and calculations, for you must be aware of the probabilities in order to choose from them. The inner self, therefore, has this knowledge. These probabilities include webworks, probable actions and reactions involving not only yourself but others. Computers are toys compared with these inner workings.

The majority of events do not "solidify" until the last moment, in your terms... Each event you form from any set of probabilities automatically gives rise to new probabilities. ... Probabilities expand in terms of value fulfillment. One given act... has offshoots in infinite directions, and these have offshoots.

372

... learned secondary responses... The inner senses alone are equipped to process and perceive other reality systems. Even the distortions can be kept at a minimum with training... Development of the inner senses is a ...method of perceiving other realities, and followed correctly, the ego is not only stronger but more flexible. Even consciousness of physical reality is increased... The root assumptions are so a part of your existence that they cloud your dreams. Beneath them, however, portions of the self perceive physical reality in an entirely different fashion, free of the tyranny of objects and physical form. Here you experience concepts directly, without the need for symbols.

373

... The primary dream experience is finally woven into a structure composed of these assumptions, and it is these you remember. These serve you as basic information but the information is in symbolic form. Objects... are symbols. Dream objects are often symbols of realities that the ego could not otherwise perceive.

378

...time and space... are both a part of something else. They are merely the camouflage patterns by which you perceive reality. Space as you perceive it in the dream state comes much closer to the reality... the dream universe is obviously closely connected with your own, since pseudo-objects are present... Within the dream state, you are in the "outward" areas of the physically oriented universe... There are other systems all about and within your own. The undifferentiated areas move out like spirals, through all reality. Little resistance is encountered within them. They represent inner roads that connect systems, as well as divide them.

It is possible, theoretically, to travel to any system in this manner and bypass others... Most of the knowledge gained escapes the ego, and the experiences cannot be translated by the physical brain... some of the data would be retained by inner portions of the self. In a creative individual, some of this information might be symbolically expressed in a painting or other work of art... Each brushstroke of a painting represents concentrated experience and compressed perceptions.

True motion has nothing to do with space. The only real motion is that of the traveling consciousness.

More Seth Extracts

(gleaned from various sources)

Sense of Play

"On the one hand you take life too seriously, and on the other, you do not take playful existence seriously enough."

Seth Speaks ch. 3 paragraph 8 sentence 3

Death

"Now: For those of you who are lazy I can offer no hope: death will not bring you an eternal resting place. You may rest, if this is your wish, for a while. Not only must you use your abilities after death, however, but you must face up to yourself for those that you did not use during your previous existence..."

Seth Speaks ch. 9

Sleep and Dreaming

"Your normal consciousness can benefit by excursions and rest in those other fields of actuality that are entered when you sleep, and the so-called sleeping consciousness will also benefit by frequent excursions into the waking state..."

Seth Speaks ch. 8 paragraph 19 sentence 2

Perception

"The main myth through which you interpret your experiences, however, is the one that tells you that all perception and knowledge must come to you through

your physical senses."

The Individual and the Nature of Mass Events

Reality Creation

"As I have told you before, in a manner of speaking you are given the gifts of gods. Your beliefs become reality. What you believe is, and becomes real in your experience. There is no area in your life to which this does not apply."

Seth audio tapes (Cassette 2, Selection 1, Excerpt E)

Spontaneity

"In basic terms, civilization is dependent upon the spontaneity and fulfillment of the individual. Your civilization is in sad straits. Not because you are allowed spontaneity or fulfillment to individuals, but because you are denied it, and because your institutions are based upon that premise."

Seth audio tapes (Cassette 4, Selection 3, Excerpt A)

Seth's Concept

Written by © Andy Hughes (andy.ecn.purdue.edu)

Jane Roberts - the author of the book "The Seth Material" - was a person who in a "trance" state spoke as a personality called Seth. Seth calls Jane's personality Ruburt. Jane sometimes goes into a different trance state where she speaks as "Future Seth".

All of the answers and information herein are the words of Seth (or Future Seth) which I have reordered and revised to give continuity to my understanding of the material. I think the main thing lacking in my condensation is Seth's sense of humor. I highly recommend Seth/Jane's books!

Seth Networks:

There is a dedicated Seth WWW Page: Seth Network Intl., check out if you are deeper interested.

SETH SPEAKING ABOUT HIS PURPOSE

I come here, as an (humorously) "endearing" personality, with characteristics to which I hope you can relate. These characteristics are mine, and I am who I say I am, and yet the Seth you know is but a small part of my reality, the one that has been physical, and can relate to your problems.

There exists what could almost be compared to a psychological and psychic warp in dimensions where Ruburt's personality is an apex point at which communication can take place.

We want to deal with the nature of reality as it exists within your camouflage system and within other systems, and to study the overall characteristics that pertain to it.

We will discuss the interrelationship that exists between all systems of reality, including certain contact points that include them all. These various points can be mathematically deduced, and will, in some future of yours, serve as contact points, taking the place of space travel in some cases.

We will be discussing the laws of the inner universe. They are attempts to explain in words the nature of inner reality. These single-dimensional statements are more than are given to most,

and, under the circumstances that we must work, are the best approximation that can be made of the basic fact beneath any existence.

As words would give little hint of the reality of color or sound to someone who did not experience these, so words can only give insight into the nature of reality.

I have been sent to help you, and others have been sent through the centuries of your time, for as you develop you form new dimensions, and you will help others.

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.

When you kill a man, you believe that you kill him forever. Murder is a crime that must then be dealt with. Death, however, does not exist in those terms. In the dawn of physical existence, men knew that death was merely a change of form.

There is never any justification for violence. There is no justification for hatred. There is no justification for murder. Those who indulge in violence for whatever reason are themselves changed, and the purity of their purpose adulterated.

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. It has not been forced upon you by some outside agency. You form your own dreams and you form your own physical reality. The world is what you are. It is the physical materialization of the inner selves which you have formed.

It is wrong to curse a flower and wrong to curse a man. It is wrong not to hold any man in honor, and it is wrong to ridicule any man. 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. When you curse another, you curse yourselves, and the curse returns to you. When you are violent, the violence returns.

I speak to you because yours is the opportunity to better world conditions and yours is the time. 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.

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. And to that self, physical reality is like a warm breath forming in the winter air...

FUTURE SETH SPEAKS ABOUT THE NATURE AND PURPOSE OF THE COMMUNICATIONS.

The Seth personality is an intermediary. The information already given to you regarding the nature of personality gestalts should make my existence seem a fitting one.

Seth is what I am, yet I am more than Seth is. Seth is independent, and continues to develop as I do. In the Spacious Present we both exist.

Seth, as you know him, will always be an element in these communications. He is the connective between us, and he has been a part of me that I have sent out to you. He has participated willingly.

Names are arbitrary, and we use them merely for your convenience. Seth's name or mine isn't important. Individuality is important and continues in ways you do not suspect.

Seth is learning as I am.

As an analogy, you could call me a future Seth, at a higher stage of development, however both of us are fully independent and exist simultaneously.

These communications, while taking place in your time, are nevertheless responsible in other dimensions for what you would call future developments in your own personalities.

Whether or not I speak as myself or as Seth, he is the intermediary and the connection between us. He will appear to you as you know him because there are necessary emotional elements that are uniquely his own.

My personality is far different than his but I am also a friend. In many ways I am the same friend. Other portions of me are concerned elsewhere, for I am aware of my existence in other dimensions and keep track of them and direct my many selves.

We are Seth and whenever we have spoken we have been known as Seth. We are not alone in this endeavor, for through your centuries other entities like us have also appeared and spoken.

Our entity is composed of multitudinous selves with their own identities, many of whom have worked in this behalf. Their message will always be basically the same, though the times and circumstances of their communications may differ and be colored accordingly.

We adopt whatever personality characteristics seem pertinent, for in our own reality we have a bank of complete inner selves, and we are all Seth. We attempt to translate realities into terms you can comprehend. We change our face and form, but we are always the one. Many of us have not been born in the flesh, as I have not been, but in one way we have seeded ourselves through endless universes. The entity had its beginning before the emergence of your time. It was instrumental, with many other entities, in the early formation of energy into physical form. We gave you mental images and upon these images you learned to form the world that you know. We gave you the patterns, intricate and involved from which you form the reality of each physical thing that you know.

We taught man to speak before the tongue knew syllables. The entire webwork was initiated by us.

Our basic knowledge and energy automatically reaches out to nourish all systems that grow.

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 "shapes" and "forms" or you would not understand me.

Your idea of progress is building larger blocks, and yet one day you will put aside you "children's toys."

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.

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 responsibility for creation must be clearly understood. To some extent you are in a soundproof and isolated room. Hate creates destruction in that "room" and until the lessons are learned, destruction follows destruction... In the terms of other systems, that kind of destruction does not exist - but you believe that it does, and the agonies of dying are sorely felt. It is not that you must be taught not to destroy, for destruction does not actually exist. It is that you must be trained to create responsibly.

The weapons of destruction are the obvious things that you see. The counterparts are not so evident, and yet it is the counterparts that are important: the self-discipline learned, the control, the compassion that is finally aroused, and that final and last lesson - the positive desire for creativity and love over destruction and hatred. When this is learned, the cycle is finished.

The training will serve you for existence in a variety of interrelated systems. If the sorrows and agonies within your system were not felt as real, the lesson would not be learned.

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.

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.

IN GENERAL, WHAT IS THE PURPOSE OF THIS EXISTENCE?

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.

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.

HOW DOES THIS WORK?

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. In one respect, your body and all physical objects go flying out in all directions from the inner core of the whole self.

The physical environment is, therefore, as much a part of you as your own body.

What seems to be a perception, an objective concrete event independent from you, is instead the materialization of your own emotions, energy and mental environment. Events and objects are actually focal points where highly charged psychic impulses are transformed into something that can be physically perceived: a breakthrough into matter.

The intensity of a thought or image largely determines the immediacy of the physical materialization. All such images or thoughts are not completely materialized, in your perception, as their intensity may be too weak.

MY INTELLECT DOESN'T HAVE THE INFORMATION TO CONTROL ALL OF THIS, HOW IS IT HANDLED?

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 energy of this inner self is used by it to form a material counterpart (you). You then deal with the physical reality that is made and work out your own creative role.

TELL ME MORE ABOUT THE WORKINGS OF THE "INNER SELF"

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.

The deepest, most basic subjective experience is translated into the natural elements: the ample landscape that sustains physical life.

With the natural structures formed and maintained, other secondary physical properties are projected.

WHY ISN'T THE NATURE OF ALL THIS CLEARER?

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 partners 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.

TELL ME MORE ABOUT CREATING AND MANIPULATING MY OWN REALITY.

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.

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.

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 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... The rules apply to everyone. Knowing this, you should try to realize what your psychological state is and change your conditions for your own benefit.

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.

If an individual sees only evil and desolation in the physical world it is because he is obsessed with evil and desolation and projects them outward, closing his eyes to other aspects of reality.

If you want to know what you think of yourself, then ask yourself what you think of others and you will find the answer.

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 are independent of your thoughts and emotions. You have emotions. You use your thoughts and emotions in your mental composition.

You must learn to trust your own spontaneous nature.

Your nervous system knows how to react. It reacts spontaneously when you allow it to. It is only when you try to deny your emotions that they become a problem.

In spontaneity there is a discipline that utterly escapes you, and an order beyond any that you know. Spontaneity knows its own order.

All of nature is spontaneous. Our bodies will be healthy automatically if we do not project false ideas upon them.

Action accepts all stimuli in an affirmative manner. This is why an illness is accepted by a personality structure, and once this occurs, a conflict develops. The self does not want to give up a portion of itself even while that portion may be painful or disadvantageous.

Physical symptoms are communications from the inner self, indications that we are making mental errors of one kind or another.

Do not forget that you are a part of the inner self. IT IS NOT USING YOU!

What you are supposed to do, then, is change your mental attitude, search yourself for the inner problem represented by the symptoms, and measure your progress as the symptoms subside.

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 must accept life on its terms, and not demand that it behave in certain ways. You must accept life gladly, as its own reason and cause within you.

Life is abundant, vigorous, and strong. Each of us has our own defense against negative suggestions and we should trust in our own immunity.

You are a unique individual. You form your physical environment. YOU MAKE AND CHANGE YOUR WORLD. You are part of all that is. There is no place within you that creativity does not exist.

You must live in faith that your purpose is, and will be fulfilled. The uniqueness of your own personality is to be cherished.

The particular purpose of your present personality can only be met in the present circumstances in the way that is best overall.

The people that you can help now and the particular good that you can do, can never be done in precisely the same way.

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 not less conscious, but more, and that its limitations are dissipated.

WHAT IS THE NATURE AND PURPOSE OF DREAMS?

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. They appear in many guises within many systems, and once created cannot be withdrawn.

The dream world is constructed within a field that you cannot physically perceive, but it has more continuity than the world you know.

The same sort of psychic agreement holds the dream system together as holds the physical system together.

There is one self and it focuses its attention in various dimensions. In the waking state it focuses in physical reality. In the dream state it is focused within a different dimension.

This does not mean that we do not sometimes leave our bodies and travel in our dream to other physical locations.

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.

The dreamer creates his dreams for his own purposes, selecting only those symbols which have meaning to him.

Each dream begins with psychic energy which the individual transforms into a reality which is just as functional and real as physical reality. There is form within dream reality, but the potential form exists, within psychic energy, long before its materialization.

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... and often this gives freedom to actions that cannot be expressed within the confines of waking life.

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.

Individual consciousness can be sent through systems of reality.

This involves the transfer of conscious energy from a home system to an alien one, and certain automatic changes are made from system to system, involving the use of brain waves, certain patterns being normal in different systems.

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 changeabouts 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.

Evil does not exist separate from the dreamer, and even illness or fear should not be seen as enemies, but rather as aids to understanding and means to a greater end.

In larger terms there is no evil, only your own lack of perception.

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.

IDENTITY, PERSONALITY, EGO AND THEIR MULTIDIMENSIONAL ASPECTS

Consciousness is not a "thing" in itself, rather, it is a dimension of action made possible by a series of creative dilemmas.

There are three dilemmas which represent the areas of reality within which the inner vitality of the universe can express and experience itself.

The first dilemma is inner vitality's desire and impetus to completely materialize itself, and its inability to do so. This results in action, which is a part of all structure. Identity may be termed as action which is conscious of itself.

An identity is also a dimension of existence, action within action, an unfolding of action upon itself -- and through this interweaving of action with itself, through this re-action, an identity is formed.

Identity and action cannot be separated.

Without identity, action would be meaningless, for there would be nothing upon which action could act. Action then must, by its very nature, create identities.

Identity, because of its characteristics, will continually seek stability, while stability is impossible. Action would seem to destroy identity, since action must involve change, and any change seems to threaten identity, however, identities are never constant, for consciousness without action would cease to be conscious.

Identity must seek stability while action must seek change; yet identity could not exist without change, for it is the result of action and a part of it. This is the second dilemma.

Identity is not the same as individual personality. Personality represents only those aspects of identity which are able to be actualized within three-dimensional existence.

The ego at any given 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. Even the ego as we think of it changes constantly.

Ego consciousness is a state resulting from the third creative dilemma, which happens when consciousness of self attempts to separate itself from action. This involves a state in which consciousness of self attempts to perceive action as an object... and to perceive action, which is initiated by the ego, as a result rather than as a part of ego's own existence. This is impossible since no consciousness or identity can exist without action.

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.

Personality and identity are not dependent upon physical form.

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.

Consciousness is the direction in which the self focuses. Action implies infinite possibilities of focus.

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.

Each individual from birth forms his own counterpart from built-up, individual, continuous electrical signals that include his dreams, thought, desires and experiences. This counterpart of complete experience is a pattern which is then independent of physical reality. At physical death his personality then exists detached from its physical form.

PROBABLE SYSTEMS OF REALITY

For its own purpose, and because of its limitations, the ego chooses a single event from all the probable ones. Until the ego experiences the event it is only one of all the other probable ones. It becomes actual in your reality only when it is experienced by the physical self.

A portion of the whole self can and does experience events in an entirely different fashion than the ego does and is aware of all other probable events that could have been experienced by the ego.

This other portion of the self delves into these alternative events in the same amount of physical time that it takes the ego to experience its chosen event.

These other probable events become just as "real" within other dimensions. There are an infinite number of systems or universes between matter and antimatter. Using the physical senses you can never perceive these other systems, but, probable events are events whether or not you perceive them.

In dreams, often portions of probable events are experienced in a semiconscious manner. Advanced training in the use of the Inner Senses can also lead to exploration of these systems.

These systems of probabilities are quite as real as your physical system, you are simply not focused within them.

In these other systems of reality, each of us has "other selves" not an identical self or twin, but other parts of our whole entity, developing abilities in a different way than we are here.

Each of these selves experiences time in its own manner according to the nature of its perceptions. Their various realities merge in the overall perceptions of the whole self.

There is a constant subconscious interchange of information between all these layers of the whole self.

Ultimately the inner ego tries to bring about comprehension by each of these selves about the other simultaneous selves. Until the whole self is able to perceive its own parts simultaneously, these seemingly separate selves appear, to themselves, isolated and alone.

WHAT IS THE NATURE OF TIME?

Time as you experience it is an illusion caused by your own physical senses. They force you to perceive action in certain terms, but this is not the nature of action.

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 re-created 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.

Difficulties arise when such alterations do not occur automatically. Severe neurosis is often caused precisely because an individual has not changed his past.

A change of attitude, a new association, or any of innumerable other actions will automatically set up new electromagnetic connections and break others.

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).

From within this framework you will see that see that physical time is as dreamlike as you once thought inner time was. You will discover your whole self, peeping inward and outward at the same "time", and find that all time is one time, and all divisions, illusions.

SETH'S CONCEPT OF GOD

Note: Seth uses the word "God" sparingly, usually he speaks of All That Is or the Primary Energy Gestalt.

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.

He is not one individual, but an energy gestalt. He 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.

In Its massive imagination, It understood that the cosmic multiplication of consciousness could not occur within that framework. Actuality was necessary if these probabilities were to be given birth. 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.

Now in the same way do you give freedom to the personality fragments within your own dreams and for the same reason. And you create for the same reason, and within each of you is the memory of primal agony-- that urge to create and free all probable consciousness into actuality.

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.

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.

SETH ON THE INNER SENSES

I do not harp about to you about theory simply because I want to spout theory. These are not just fine words that mean nothing, I want you to put these ideas to practice.

You must try to understand the nature of reality. To some small extent I have begun to explain this, and the ideas, in themselves, will make you think. To perceive other realities, we have to use the Inner Senses -- methods of perception that belong to the inner self and operate whether or not we have a physical form.

The Inner Senses expand normal consciousness and allow us to become aware of our own multidimensional existence.

Undistorted and yours for the asking, is the knowledge inherent in the inner self, pertaining to reality as a whole, its laws, principles and composition.

In the inner self you will find the innate knowledge concerning the creation of the camouflage universe as you know it. You will find the ways and means by which the inner self, existing in the climate of psychological reality, helps create the various planes of existence, constructs outer senses to project and perceive these, and the ways by which reincarnations take place within various systems. Here, also, you will find your own answers as to

how the inner self transforms energy for its purpose, changes its form, and adopts other realities, and the mechanics involved.

These will enable you to perceive reality as it exists independent of the physical world. You must learn to recognize, develop, and use them. The methods are given in the material, but you cannot utilize the material until you understand it.

You must, first of all, cease identifying yourself completely with your ego, and realize that you can perceive more than your ego perceives. You must demand more of yourself than you ever have before. The material is not for those who would deceive themselves with packaged, ribboned truths that are parceled out and cut apart so you can digest them. The material demands that you intellectually and intuitively expand.

Consciousness can be turned in many directions, but you are in the habit of directing it along one certain path, and you have forgotten that there are other paths.

If you consider the conscious mind that you usually use as one door, then you stand at the threshold of this mind and look out into physical reality. But there are other doors... It is true that when you close one door there may be a moment of distortion before you open another, and you may need to learn the methods by which you can perceive other realities, other conscious portions of yourself. But these portions are as valid and as real as the consciousness with which you are ordinarily familiar.

There is only one way to learn what consciousness is: by studying and exploring your own awareness, by changing the focus of your attention and using your own consciousness in as many ways as possible.

When you look into yourself, the very effort involved extends the limitations of your consciousness, expands it, and allows the egotistical self to use its abilities that it often does not realize it possesses.

The Inner Senses reveal to us our own independence from physical matter, and let us recognize our unique, individual multidimensional identity.

Properly utilized, they also show us the miracle of physical existence and our place in it. We can live a wiser, more productive, happier physical life because we understand why we are here, individually and as a people.

The Inner Senses can help us to use telepathic abilities. This means that in family, business, or social contacts, we will intuitively be aware of what another person is saying to us: we will know what is beneath their words. You will also use words better yourself to communicate your inner feelings since you will better know what those feelings are. You will not be afraid of them or feel the need to cover them up.

Using the Inner Senses, we simply increase our entire range of perception.

The point of learning how to use the Inner Senses is that you will learn what reality is... This self-investigation initiates states of consciousness with which you are not usually familiar, and these senses can be used as investigative tools.

Books cannot tell you this. Even if you use psychoanalysis, you are still only exploring the topmost levels of your personality, and you do not have the benefit of those altered states of consciousness that occur when you look into yourself.

In this sort of exploration, the personality attempts to go within itself, to find its way through the veils of adopted characteristics of its own inner identity.

The inner core of the self has telepathic and clairvoyant abilities that greatly affect family relationships - and your civilization. Now you are not using these abilities effectively. These are precisely the abilities that are needed now. If there is to be any hope of world communication, then each of you must understand where your potentials are.

THE INNER SENSES ARE ...

(These are my interpretation of them -- andy)

Inner Vibrational Touch - consciousness expands to contain other living things, like empathy but perceived as an overall impression like hot or cold.

Psych Time - relax, turn of physical, tune in inner focus inward.

Perception of Past, Present, Future - time expanded Inner Vibrational Touch

The Conceptual Sense - complete understanding of concept on all levels

Cognition of Knowledgeable Essence - stronger instantaneous cognition of the essence

Innate Knowledge of Basic Reality - particular data to make manipulation possible - instinct

Expansion or Contraction of the Tissue Capsule - "tissue" surrounding consciousness in any system - astral

isentanglement from Camouflage - change of frequency

Diffusion by the Energy Personality - birth - projection into systems

SOME UNSORTED INFORMATION

You are not the creators of the universe, but are the creators of the physical world as you know it.

YOU create your own reality.

Thought is energy.

When you are in a state that is not the usual waking one (asleep or "daydreaming") you are conscious and alert. You merely block out the memory of this experience from the waking ego.

Electromagnetic energy units are the forms that basic experience takes when directed by the inner self. These then form physical matter and objects.

When a person dies (having chosen their own death, although not "consciously"), you must tell the person that they are free to leave, and that you joyfully give them their freedom. Let them know that they need not stay close, because you realize that you will be reunited.

Your expectations send telepathic suggestions.

Telepathic conditions called root assumptions exist, of which each individual is subconsciously aware.

The conscious ego rises out of the "unconscious" ego, but the "unconscious" being the creator of the ego is necessarily far more conscious than its offspring.

Those who know existence on a physical level now, have, because of certain cycles, lived before at approximately the same historical periods. They possess an inner familiarity, a cohesiveness that belongs with the same sort of reality.

Energy projected into any kind of construction, psychic or physical, cannot be recalled, and must follow the laws of the particular form into which it has been molded.

Dreams can give clues to all kinds of behavior.

When you dream of others, they know it. When they dream of you know it. There would be nothing gained, however in conscious awareness of these conditions, at this time.

The self has no boundaries except those it accepts out of ignorance.

Later, in your time, you will look into the physical system at others in a position like yours now.

Within your physical atoms the origins of all consciousness still sing.

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.

The single line of physical experience is merely the surface thread along which you seem to travel. In actuality, following this analogy, there would be an infinite number of threads both above and below your own, all part of one inconceivably miraculous webwork.

The purpose of existence is, quite simply, being as opposed to nonbeing.

I am telling you what I know, and there is much I do not know.

I KNOW THAT HELP MUST BE GIVEN ONE TO THE OTHER, AND THAT EXTENSIONS AND EXPANSIONS ARE AIDS TO BEING.

Each self, as part of All That Is, retains the memory of the state of agony before their release into actuality, and so each consciousness is driven toward survival, change, development and creativity.

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.

Entities, being action, always shift and change. There is nothing arbitrary about their boundaries. Any personality can become an entity on its own. This involves a highly developed knowledge of the use of energy and its intensities.

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.

When every young man refuses to go to war, you will have peace. You do not defend any idea with violence.

As long as you fight for greed and gain, there will be no peace.

Jane Roberts quotes Dr. Joseph Murphy -- The Power of Your Subconscious **Mind**:

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

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

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

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

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

~ The Early Session, Volume 9, ESP Class May 6, 1969, page 284, by Jane Roberts

"Many quite limiting ideas will pass without scrutiny under the guise of goodness. You may feel quite virtuous, for example, in hating evil, or what seems to you to be evil; but if you find yourself concentrating upon either hatred or evil, you are creating it. If you are poor you may feel quite self-righteous in your financial condition, looking with scorn upon those who are wealthy, telling yourself that money is wrong and so reinforcing the condition of poverty...If you are ill, you may find yourself dwelling upon the misery of your condition, and bitterly envying those who are healthy, bemoaning your state- and therefore perpetuating it through your thoughts...

Hatred of war will not bring peace-another example. Only love of peace will bring those conditions."

~ Seth, Nature Of Personal Reality, used in Create Your Own Reality, a Seth Workbook by Nancy Ashley

SETH ON HEALTH

from The Individual And Nature of Mass Events.

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

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

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

"Examine the literature that you read, the television programs that you watch, and tell yourself to ignore those indications given of the body's weaknesses."

Richard Kendall on Seth
posted to TheHealingCircle

Richard Kendall recently visited the Seth Group in Houston, Texas. Now on their website www.houstonsethgroup.org many of the talks that Richard has given over the years, including the presentation he made to the group in Houston this month, have been posted.

The world looked awfully big to me in 1969 and I felt very small. Enter Francois-tall, black, exotic. Self proclaimed master of truth. No need to think or make decisions. The safety of joining a cult. Just follow the leader.

Late 1970: Francois makes The Seth Material required reading. Seth's words ring bells that have stood silent for centuries, but the bells echo differently than the ideas Francois has been teaching us, and we have been teaching others. The beginning of a creative conflict.

Summer 1971: I write to Jane Roberts asking if some friends and I can attend one of her ESP Classes. Jane gives us the okay.

Last week in December, 1971: Francois unexpectedly dies; drops dead on the street. Guru-less, a mild panic begins to set in. Who will replace Francois? One week later we attend our first Seth class.

January 4th, 1972: Sitting in the living room of Jane Roberts for the first time. A new guru to solve all my problems? I quickly find out that is not on the agenda at 458 West Water Street. I sit in the back of the room and find myself feeling intense anger to Fred, one of the students in class that evening. Never met Fred before; why such anger? Jane bursts into Sumari song, motions for Fred and I to stand in front of her facing each other. I look into Fred's eyes. He looks back. We both laugh. Centuries old animosities dissolve in an instant. Enter Seth: "And let that be a lesson to you." Class ends. Doors to the universe close. Only long stretch of highway remains.

March 7th - Doors of the universe swing open once more. I wait for Seth to come through.

Perhaps tonight he will speak the words to solve all my problems.

Enter Seth: "I am pleased that you sit and wait for me with such great attention. I would be much more pleased however if you waited for yourselves with as great attention; and if you listened to your own voices with as much attention as you pay to mine."

Doors of the universe close. I try to listen as we head down the highway but all I hear is the restless turning of wheels, and think that perhaps next week will be the week Seth speaks the magic words that will answer all my questions.

March 14th - Seth doesn't come through at all. Did he get lost; did he run into traffic? Perhaps he is out attending some party on Mars or just bored with visiting the earth and listening to our endless whining, and feeling our yearnings for him to make all the pain go away..

March 21st Doors of the universe swing open once again. Enter Seth: "You are meeting each other, you are meeting yourselves. Most of all you are meeting yourselves." I wonder what would happen if I did meet myself. What would I say if we were introduced? Would I say: It is a pleasure to meet you, or would some other words escape my lips, more honestly reflecting my feelings about myself? I watch the lights pass me by on the highway and try to hide in the shadows. I'm not ready to meet myself. And besides I have nothing to wear. And what if I make a bad impression.. How will I look in my own eyes? Questions I wasn't ready to answer, yet couldn't afford not to answer at the same time.

March 28th - Doors of the universe swing Wide open this night:

Enter Seth speaking to me: "The small but brilliant sardonic part of you was, and in other terms still is, a very brilliant courtesan in 16th century France, who sat with the philosophers and thought: They did not know what they were talking about. Since you were a woman with an excellent mind, you listened to these men who seemed to think they knew what they were talking about and you thought: They have not the slightest idea in their heads and yet they look at me and think I am beautiful and silly when I can think rings around them. And so you did, and in other terms, so you still do. This woman had much energy and still possesses it." The highway looked different on the way home that night. The doors of the universe remained open even after class ended; it was just a crack, yet just enough to begin to tippy toe through the centuries to see what I left behind, and, what I've sent ahead. ." (Years later I find a copy of a book this woman wrote about her life in 16th century France.)

April 4th - Enter Seth, to class in general: "You are so used to hiding feelings and so terrified of what you think of as bad ones that you have a volcano ready to explode." I wonder: is that what volcanoes really are, the eruption of repressed feelings that refuse to be held in check any longer. The hills looked angry that night, and although no volcano erupted alongside the highway as we headed back, I could feel the heat.

April 18th - Enter Seth: "You are so close to perceiving the nature of your own reality; you are but half a breath away." So close Seth says, then why do I feel so far from a true home as the night

carries me back to the house I live in. I think of the song lyric: "A house is not a home." Wise words, even if they weren't spoken by Seth.

April 25th - I relate a dream I had during the week. In the dream a voice was trying to speak through me and I was using all my energy to keep my mouth closed and stop the voice from coming through. Enter Seth: "You were involved in an experience in which you were trying to give voice, if you will forgive me, to those higher portions of yourself that usually you still and quiet and hush without thinking. You were therefore trying to give freedom to other portions of your personality that you do not recognize and struggling against the experience. You were saying, "My ego is my ego and it is me and I will not listen to any other portion of my personality who has the audacity to think it knows more than I do."

I was quiet on the ride home that evening; afraid of the words I might speak if I dared to give voice to those other portions of my being Seth spoke of.

May 2nd - Secret night. Share a secret about yourself with the others in class. Skeletons start to rattle and dance around the room, brushing off cobwebs with long bony ashen fingers. Time to sleep.

May 9th - Enter Seth: "There is no division except the division that you make when you close off your own thoughts from yourself." Class ends. A thousand expert carpenters begin rebuilding walls, dividing my self into a thousand different rooms. A house is not a home. These words come to me once again as I sit behind the walls of my being.

May 23rd - A sweet elderly man visits for the evening. A portrait of Seth painted by Rob hangs on the wall directly above the chair this man occupies. Someone remarks how this elderly man has a strong likeness to the image of Seth in the painting.

Enter Seth: "The gods have a sense of humor, and that is all I have to say."

The elderly man died a few weeks later. I wonder what portraits populate his new reality?.

Perhaps the paintings in his world look out upon the people and the paintings age and die, and the people remain ageless.

May 30th - Enter Seth: "Your own thoughts rise up and become landscapes in other layers of dimensions even that you do not perceive." On the way home as I look out the car window I wonder: Whose thoughts became the stars that night; and whose thoughts became the moon; and whose thoughts became the rivers and the oceans. Fun musings as I drift off and the phrase Landscapes of Thought flashes across my mind.

June 6th - Enter Seth: "In this room you are to respond to each other as individuals. You are to seek out and see the individual, not the mother, not the father, not the boy, not the man, not the woman, not the daughter or the son, but the person, and to respond in that manner." Good advice for any group I'd say.

June 13th - Enter Seth: "It is only when you ignore and do not trust the mobility of your own feeling that it builds up like a dam...Ten days later the dam breaks, as Hurricane Agnes, one of the worst floods in Elmira history devastates the town.

July 8th - Enter Seth: "I did not want you to think that I got washed away by the flood."

July 25th - "You are an event who questions what an event is. So your question is: What is it that questions what it is. And the answer obviously can only come from the one who questions what it is."

August 1 - Fingertips move tables; wooden legs dance about the room defying conventional ideas and definitions. I always wanted to participate in some kind of table tipping; and if there are no accidents, why did I decide to skip class that week?

August 15th - Enter Seth: "When I speak loudly I do things with the air. And I change your reality, for sounds have a vitality from which worlds were created.

August 22nd - "An imaginative event is as real as a physically materialized one." My mind struggles to define real, to define event, to understand. Perhaps, all I need to do is imagine that I do understand and then the imaginative event will become real. Boy this stuff can get confusing.

August 29th - I come bounding up the stairs and start excitedly telling Jane about this great book I read last week called Jonathan Livingston Seagull by someone named Richard Bach. Jane listens

patiently and when I'm done nods to this guy sitting on the couch and says, "Rich, meet Richard Bach."

September 5th - Enter Seth: "Your inner self is not trying to remind you of seriousness. It smiles as you are smiling now." I never did like the expression "Get serious." I used to prefer the

expression "Get real." But now, when someone says "Get Real" my mind starts debating what is real and what is imaginative for words just don't mean what they used to. Perhaps we need a whole new vocabulary to view the world until there will be no need of words at all. But for now... September 12th - Enter Seth: "I do not want any respectable long faces here. We do not want those in class who speak of repentance and sin; who carry upon themselves the great responsibility of the world and relish in it."

September 19th - "Humility is pride in your part of All That Is. It is not a cringing voice that says, "I am nothing! I bow down before the gods of the universe, or before any god."

September 26th - If you can change your beliefs in a split second with enough strength and intensity, and reverse yourself in mid-air so to speak, the results could be instantaneous." I think of a seagull in mid-flight reversing direction and am reminded of the connections I felt between Richard Bach and myself.

October 3rd - In trying to understand the concept of beliefs, I asked Seth the following: If I believe I can go up to a lonely mountain that nobody inhabits and that in ten years a beautiful woman with purple hair and purple eyes is going to fall in love with me; if I believed it strongly enough then would it happen? Seth responded: "If you believed it strongly enough and if you did not find it easier to accept a woman with a different color hair, and if there were not a reason why you could not simply accept a normal love on a normal street corner, and if you are willing to offset all the other connections, and believed it deeply enough, THEN GO WITH MY BLESSING! And with that, I'll end this presentation and hope you enjoyed it.

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

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

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

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~ The Early Session, Volume 9, ESP Class May 6, 1969, page 284, by Jane Roberts

