

SETH

ON DEATH

AND

THE AFTERLIFE

-- An Experiential Guide --



Seth Returns Publishing
Lake County California

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Dedicated to my parents, Joy and Allen.

I am grateful for the Love, the life and the

Lessons that continue.

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Introduction by Mark

Hello everybody. Welcome to the new book. The idea for a book on death and the afterlife first came up, back when we were putting together the 911 book with Seth. It seemed like a good idea at the time. Seth would tell us, from his perspective, what it was like in the non-physical world. The idea of death then was pretty foreign to me, almost abstract. I had not been touched by death in many years. In my ignorance, I thought a Death Book would be interesting and adventurous. But I was so busy at the time, with graduate school, with a home life, and with the Seth project, that I was forced to put it on the back burner. It stayed on the back burner for twelve years.

When my father died in 2009 I grieved and I was informed by Seth about what was going on with my father and his Transition. I appreciated Seth's "alternative" view. I promised myself I would begin to work with Seth on the book. My mother passed away in 2013, and again Seth counseled me on what was occurring with my mother during and after her Transition. We made a few false starts in planning and outlining the book, but nothing came of it.

Then, on my trip to India in May of 2014, I felt the urgency and the necessity of coming to terms with the death of my parents, by telling others what I had learned from Seth about

the Transition and the Afterlife. When I returned from India I took dictation from Seth to create his two new books, ***The Reality Creator's Handbook*** and ***Seth on Death and the Afterlife***.

My hope for you is that you can take a similar journey through your own Issues, to consider this fantastic voyage that Seth is describing in his book. It is very worthwhile.

When you come across terms that are unfamiliar, turn to the Glossary at the back of the book to read Seth's definitions for these words.

When you read the words **Create a Light Trance State**. Seth wants you to use meditation, visualization, self-hypnosis or other relaxation techniques to focus on your inner world.

Introduction by Seth

To understand your Transition and the Afterlife, you are advised to explore the subject matter bravely. I have sprinkled several Experiments throughout this book, so that you may do your own research within your own consciousness. When I ask that you consider taking a tour of your personal Afterlife with me, this means you will do the Experiments, even though you may have Issues around death and dying. This is what Loving Understanding and Courage is all about, you see. The Scientist of Consciousness moves forward bravely in the exploration of the personal psyche, in spite of the fear of death Issue.

Now we treat death rather lightly in this teaching of mine. I do not consider this macabre in the least. I propose a pleasant death and an Afterlife of Loving appreciation for yourself and for others. Thus, when I suggest to you that you are already dead, I am not trying to shock you, I am not trying to be sacrilegious. I am simply stating a literal fact of your condition. You ARE already dead, Dear Reader. You ARE forever on the cusp of dying, of ceasing to exist. The cliché that you are a Soul having a human experience is relevant here. This means that you are alive and dead at the same time. You are in your body in the world of the Third Dimension AND you are out of your body in the other dimensions.

During the weeks ahead, as you read this book and conduct your experiments, I suggest that you begin each day by creating Sanctuary. Turn to the Ritual of Sanctuary instructions at the back of the book, and create your Sanctuary as soon as you awaken for the day. Carry this altared state of consciousness with you as you go about your waking activities. You will be happy that you took my advice.

Preface

Dear Reader, we are not anti-religion. As we present this theory of mine in this new book, it is not our intention to disrupt or defame. We are, however, pro-truth here. We are always looking for “the truth of the matter,” as we say. The truth with regards to death and the Afterlife, is hidden beneath the dogma of most of the world religions. The truth has been covered up by intermediaries in the church hierarchies. This is a common practice, as you may know.

Rather than go through an intermediary, we advocate a direct experience approach. This means that the reader is encouraged to have an open mind and an open heart. These two centers must be wide open, in order for the truth to be perceived. What I ask is that you attempt to be open to the direct experience approach and allow your own inner guidance, what you may call your Source or your Intuition, to assist you in determining what is of value, what is true, what resonates with you personally.

Now, whatever religious beliefs you may hold, as to what occurs after death, we honor that as your personal truth. What we offer you in this book is an alternative storyline. This storyline is based upon the basic tenets of my theory of Reality Creation. I have taught this theory in books, in workshops and in telephone and face-to-face sessions with my students.

It is a very unusual story, this theory of life and death I am about to present to you. In this theory I make use of powerful

Essential Metaphors. Indeed, all of my concepts that I will discuss in these pages are metaphors, Dear Reader. The concepts of separate dimensions, Soul Identity, Inner Senses, the Personal Reality Field, The Telepathic Network, and the other esoteric sounding words and phrases, are simply metaphors of my creation. With these descriptive and hopefully evocative Essential Metaphors, I strive to reveal the activity of consciousness becoming realities. In so doing, I hope to reveal YOU to yourself.