

*Communications from Seth on the
Awakening of Humanity ~ Volume Three*

Thought Reality

Mark Allen Frost



Seth Returns Publishing
Middletown, California

Copyright © 2008 by Mark Allen Frost
First Edition

Published by Seth Returns Publishing
P.O. Box 1487
Middletown, CA 95461

Editorial: Mark Frost
Cover Art, Design, Typography & Layout: Mark Frost
Format: Adobe PDF

All rights reserved. No part of this book may be reproduced in any form or by any electronic or mechanical means, including photocopying, recording, or information storage and retrieval systems, without permission in writing from the publisher, except by a reviewer, who may quote brief passages in a review.

ISBN 10: 0-9740586-5-3
ISBN 13: 978-0-9740586-5-8

Dedicated to my wife Carol Joy, without whose help
I would probably not be alive to see this beautiful day,
and of course to Seth and his gracious readers.

CONTENTS

<i>Introduction by Mark</i>	xv
<i>Introduction by Seth</i>	xvii
<i>The Magical Perspective</i>	xxi
<i>Preface</i>	xxv

CHAPTER 1

THE RESEARCH PROJECT.....	1
Dialogue: Improvements on Both Sides	
Positive Realities	
Findings	
Lessons	
Ego and Soul	
Intellectualization	
Denial	
Mass Denial	
advocate teacher speaker	
Exercise: Consolidate your Findings	

CHAPTER 2

YOUR THOUGHT-CREATED WORLD.....	27
Dialogue: Does Seth feel emotion?	
Reality Creation	
Unconscious Creation	
Example - Unconscious Creation	

THOUGHT REALITY

Central Field of Experiencing
Illustration: CFE
Example - Tuning-In to Other Lives
The Emotional Body
Illustration: The Emotional Body
Choice of Terms
Body of Light
Personal Reality Field
Beliefs and the Shift
Lessons and the Shift
Free Will and Divine Will
Belief Change
Experiment: The Divine Day

CHAPTER 3

THE NEW SCIENCE.....	51
Dialogue: Chaos	
The New Science	
Authorities	
Protoscientists	
Precept and Percept	
Subconscious Thought	
Consciousness Units	
Coordinate Points and Reality Creation	
Science of the Sacred	
Happy Atoms	
Love	
Love Light Matrix and Metaphors	

CONTENTS

Threads, Strands and Gestalts of
Consciousness
Subconscious Manifestation Energy Stream
Auric Vision
Making Breakfast
Prelude to Sensing the Reality Creation
Experiment: Sensing Reality Creation

CHAPTER 4

THE VISIONARY.....	73
Dialogue: Radio Interview	
The Visionary State	
Who is Responding?	
Beings of Light	
Identity and the Shift	
The Visionary of Old	
Holographic Insert	
Inspirational Texts	
Resonance	
Teaching Aids of the Nonphysical Beings	
Jung	
The Hubris of your Leaders	
Spiritual Leaders	
Time Machine	
Visionary Leaders	
Divine King	
Seth Entity Human Counterparts	
Prelude to Experiment - Precepts and Resonance	

THOUGHT REALITY

Experiment: Precepts and Resonance

CHAPTER 5

CREATING POSITIVE REALITIES.....91

Dialogue: Asking for What you Want

Good Humor

Fear and Humor

Example - Using Good Humor

The Time is Now

Health and Holograms

Experiment: Moments of Awakening

Prelude to the Regimens

CHAPTER 6

THE HEALING REGIMEN.....119

Dialogue: Physical Challenges

GOCs and Health

The Medical Model

magician shaman witch healer

The Emotional Body

Healing Power of Love

Guides and Healing

Auric Vision and Healing

Divine Will

The Healing Regimen

CONTENTS

The Blueprint
Foundational Statement
Techniques: CPA / Distracting the Ego-
Intellect / Suspending Disbelief
Rituals of Healing
The Metaphorical Tools
Experiments: Calling in Your Guides /
Reading the Emotional Body / Belief
Revision / Healing Talk / Consulting Your
Future Healed Self / Creating the Panacea
Blueprint and Calendar

CHAPTER 7

SPIRITUAL PROSPERITY.....	137
Dialogue: Faith	
Dialogue: Prosperity Issues	
Spiritual Prosperity	
GOCs and Prosperity	
The Abundant Universe	
Money Value Spirit	
Example of Value Fulfillment	
Prosperity and Simultaneous Lives	
Religious Conditioning and Faith	
Perception of Lack	
Definition of Spiritual Prosperity	
The Blueprint	
Foundational Statement	

THOUGHT REALITY

Money Issues

Techniques: CPA / CPA and Lessons / CPA
as Back Engineering / Distracting the Ego/
Intellect / Giving it All Away / Transmitter
of Love / True Giving / Voting with the
Pocketbook / Suspending Disbelief

The Metaphorical Tools

Experiments: Perceiving-Creating the
Abundant Universe / Collaborating with
Soul Family Members / Calling in Your
Guides / Reading the Emotional Body /
Belief Revision / Prosperity Talk /
Consulting Your Prosperous Selves /
Gambling with the Guides
Blueprint and Calendar

CHAPTER 8

WISDOM LESSONS.....153

Dialogue: Harsh Conditions

Lessons of Negativity

Facing the Music

Example - Lessons of Diabetes

Divine Knowledge

Two Step Activity

Wisdom Lessons and Choice

After Enlightenment

Ridicule to Acceptance

CONTENTS

Why Pursue the Spiritual?

The God Book

Avoiding Lessons

Punishment?

CHAPTER 9

THE CONSENSUS REALITY FIELD.....173

Dialogue: Truth

The Consensus Reality Field

Thinking globally Acting Locally

Networking the Entity

The Ugly American

Ignoring the Truth

Navigating the Consensus Reality Field

Experiment: Navigating the Consensus
Reality Field

CHAPTER 10

THE VANGUARD LEADS.....183

Dialogue: Multitasking

Effects of Awakening

Soul Family through Time

Awakening as a Species

The Vanguard Leads

Speaking your Truth

Mystery Civilizations

THOUGHT REALITY

Experiment: Anticipating the Positive
Future

Epilogue: Positive Thinking.....199

Questions and Answers with Seth.....201

Do not use any of the information in this book in place of any medical advice or treatment you are currently receiving. The author assumes no liability for how the reader may use the information in this book .

INTRODUCTION BY MARK

Here we are once again with a new Seth book. Thank you for your interest in our project. I thought you would be interested in how we put these books together. The way it works is that Seth first tells me the general title of the book, the approximate number of pages and the titles of the chapters. Then I take Seth's dictation wherever and whenever I can. Seth will open up the session by saying, "this piece will go with the chapter on the Vanguard," or some other introductory statement. Then he will dictate the material. Sometimes a session will last only 10 minutes. Sometimes I have time for a 30 minute session. I enter a light Trance and channel his communication stream, taking down the information in writing or on my computer. When Seth tells me we have enough for a book, we begin the editing process. What we have to work with are "little essays" as Seth calls them. I enter a light Trance and let Seth do the editing. He very seldom alters any of the content of the dictation. Mainly Seth connects the pieces into wholes under the chapter headings.

You will find that the format is nearly identical to the first two books in the series. I kept the Dialogues for this final volume, as I thought that by revealing a bit of per-

THOUGHT REALITY

sonal information to begin each chapter would demonstrate how I interact with my Guide - Seth. I am also noting when Seth expresses himself in a humorous way. I hope I am not overdoing it with these notes. Most readers can probably tell when he is being funny without my little notations, but I do want to confirm when Seth is being intentionally funny.

We capitalize terms such as Energy Personality for easier reading and because we have no indexing. We use a large font because it makes for easier reading. (I realize this is a debatable issue.) Seth suggested that I not include copious notes and that I include his made-up words like “imaginal” and “theoretical.” He asked me to leave his sometimes unusual wording and syntax alone.

I put in timestamps for the Dialogues and for the Q and A to give readers a timeline for this material. I thought it would be good for people to see how long it takes Seth to create an answer to a personal question, and so I include beginning and ending times in that section of the Q and A. denotes a short pause in Seth’s dictation.

As I write this intro I have just read the book in its entirety and I am once again amazed at what he can accomplish. Seth has created a very potent book. It is a kaleidoscope of interesting ideas and experiments. Now that I am free to do some reading and experimenting, I am going to take his advice and start creating some positive realities. Won’t you join me?

INTRODUCTION BY SETH

In our new material together we have created a dialogue. Mark has defined the term dialogue in an amusing way, as a simple matter of attempting to stay out of the way and allowing me “to talk through.” Yet it is quite literally true that if you are to establish and continue communications with your Energy Personality and other guides, you too will of necessity learn how to get out of the way of your own thoughts, images and beliefs to allow your Guides “to talk through” you.

The development of communications with the Higher Self may evolve slowly over time. Some of my readers who have contacted us have described the difficulty in making that initial contact. This process is as difficult to understand and participate in as your openness to these spiritual matters. It is a matter of distracting the ego/intellect consistently over time, so that cynical judgments of futility and hopelessness are less likely to be made.

We have spoken before of the ego’s delight in creating diversions of its own, to divert the student’s awareness from demonstrations of the essentially metaphysical or spiritual basis of physical reality. The ego/intellect feels that it will be washed away, as in a flood of emotion, if this

THOUGHT REALITY

inner world is acknowledged to any degree. Therefore, I urge you to create your moment-to-moment distractions when you are receiving divine information while meditating for example, or perhaps while simply walking in nature. Create your diversions and say to yourself, “Look at this. Here in the inner world is where the adventure begins.” Eventually you will succeed in diverting the censor of the ego/intellect long enough to experience your little awakenings. You will meet your Energy Personality and your other guides. The cynicism and hopelessness will fade away.

THE MAGICAL PERSPECTIVE

In this book I hope to assist you and others that you may bring on board here, in discovering the unknown reality of the Soul. Already many of you are making great strides in this endeavor. You are changing to a different perspective. This perspective I have referred to as the magical perspective in my early manuscripts. So this material is not new to the student of my collected works. Yet I am again EMPHASIZING these important concepts here in the new material, in the hope that the reader will quite seriously pursue the quest for the sacred lenses of perception, the Inner Senses. Now remember, the Inner Senses will allow you this vantage point, the magical perspective. These senses are quite simply the perceptive apparatus of the magician, the shaman, the witch and the healer.

I have mentioned that the magical perspective and thus the use of the Inner Senses was a great deal more commonplace in your perceived past, than now in this current time-frame. You might say that EVERYONE had at least a touch of these perceptual powers and indeed they exercised these powers in their daily lives. There was a “group mind” effect operative in those eras, that created a sacred unity

THOUGHT REALITY

among the people of any given area. This sharing of cosmologies that was such a cohesive factor in the ancient peoples of your Earth is sorely lacking in your modern times.

If I may digress for a moment, I would assert that your television and other mass media have supplanted this group mind phenomenon with a system of coercion that tends to reinforce ideas and images that support commerce and the growth of industry, certainly at the expense of these ideas of shared culture and spirituality. Your allegiances to your brothers and sisters have given way to an unwavering support for corporations and the products they produce. Many of you now equate the giving of mass-produced items of various types with the giving of Love. This is merely one example of how you have distanced yourselves from “the things that really matter,” in your terms.

Fortunately, this cohesiveness I am describing is not lost forever. Memories of the time spent in the Mystery Civilizations are welling up to the surface of awareness for great numbers of you. The Turnabout in thought and behavior is manifesting. And all of you, simply through your psychic alliance with the Seth Entity, are capable of achieving this state of consciousness. This is a curative measure here as consciousness seeks to correct imbalances in the creation of mass realities within a particular people. Evolutionary consciousness seeks to reestablish a sense of group cohesion, shared spiritual values and other attributes within the “tribe” for purposes of its own continued growth and Value Fulfillment. In a sense, you may think of my messages to

THE MAGICAL PERSPECTIVE

you in Third-Dimensional Reality as representative of evolutionary consciousness - the great loving creative energy of All That Is. Good luck with your studies.

PREFACE

The centerpiece of this current work is our treatise on healing - The Healing Regimen. The other regimen, Spiritual Prosperity, is also important, in that it provides methods for the creation of positive realities. The chapter on Wisdom Lessons was created to teach the reader how to approach the creation of the positive from the negative in broad terms. It was thought that Mark and I would create protocols and procedures for the reader to follow and “embody” that would assist them in creating balance within the three domains we briefly covered in our last book - health, wealth and wisdom. Once the basic needs were met you could THEN take this information to the world. In other words, this material is offered to you so that you may awaken and assist in the awakening of others.

All of the remaining chapters are presented as supportive information. We are once again covering material we presented in my latest books. We are also offering you many ideas not yet presented in the new Seth manuscripts or the old Seth material for that matter. We are attempting to tie together the many strands of information that you require to further your evolution as a Soul. As always,

THOUGHT REALITY

our advice is to take what suits your needs. There should be something within these pages to assist each and every one of you, regardless of your state of development in the material or in the nonphysical worlds.