

The Trilogy
— BOOK TWO —

Seth
Returns

Mystery Civilizations

Seth Answers Your Questions
on Atlantis, Lemuria, Mu and
Other Legendary Societies

Mark Allen Frost

Copyright © 2010 by Mark Allen Frost
eBook PDF

Published by Seth Returns Publishing
Lake County California

Editorial: Mark Allen Frost
Cover Art, Design, Typography & Layout: Mark Frost

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: 0-9740586-6-1
ISBN 13: 978-0-9740586-6-5

This book is dedicated with love and gratitude
to The Warrior. Thanks for everything Dad.

Many thanks to Walter Zweifel for his
generous contribution to this project.

CONTENTS

<i>Introduction by Mark</i>	<i>ix</i>
<i>Introduction by Seth</i>	<i>xi</i>
<i>Remembering the Ancient Wisdom</i>	<i>xiii</i>
<i>Preface</i>	<i>xv</i>

CHAPTER ONE

ANIZASI.....	1
--------------	---

CHAPTER TWO

ANNUNAKI.....	7
---------------	---

CHAPTER THREE

ATLANTIS.....	11
---------------	----

CHAPTER FOUR

GA.....	29
---------	----

CHAPTER FIVE

HUNZA.....	49
------------	----

MYSTERY CIVILIZATIONS

CHAPTER SIX

LEMURIA.....	55
--------------	----

CHAPTER SEVEN

MAYAN.....	61
------------	----

CHAPTER EIGHT

MU.....	67
---------	----

CHAPTER NINE

NIAMENNON.....	71
----------------	----

CHAPTER TEN

SETI.....	75
-----------	----

CHAPTER ELEVEN

SUMARI.....	83
-------------	----

CHAPTER TWELVE

BEST CASE SCENARIO.....	89
-------------------------	----

CONTENTS

<i>Epilogue</i>	91
<i>Ritual of Sanctuary</i>	93
<i>Glossary</i>	95
<i>Ordering Page</i>	100

INTRODUCTION BY MARK

Welcome to the new Seth book. This one is the result of conversations we had with visitors to our website. A couple of years ago Seth suggested we ask visitors to sethreturns.com to submit questions on what he calls the Mystery Civilizations. Readers from New Zealand, Canada, Australia, the U.S. and Asia responded with questions. Because Seth had commented on Atlantis, GA, and Lemuria in his last two books, I asked him to follow up on those comments.

The material that Seth has given us here is fantastic and intriguing. Most of it is new information, not to be found in any book anywhere. In this book in particular, Seth is definitely challenging our basic theories of what reality is and how it is created.

I would like to pass along a couple of recent quotes from Seth from when I asked him about this material. I was expressing doubt and asking for encouragement and verification.

MYSTERY CIVILIZATIONS

These collectives represent future development as well as past. Your focus on them in your present Moment Point, facilitates the remembering process.

And this one...

Citizens of the Mystery Civilizations experience bleedthroughs to your modern culture and are amazed at what they see. They are seeing the modern world through your eyes. When you experience a bleedthrough into their existence, you are seeing their civilization through their eyes. It is a synchrony of perception, you see, that facilitates these dimensional-breakthroughs between you and your Simultaneous Lives

I know what Seth is getting at here, and I hope Seth's readers can see it too. He expects a lot of his readers in this new material. Good Luck with it.

.

INTRODUCTION BY SETH

Seth would you like to work on Mystery Civilizations?

Yes Mark. It has been some time. However, as you know, the information is always there for you to “download” into your consciousness. A moment...

The past, as you conceive of it, Dear Reader, seems to be quite stable. It seems to be a completed act, or series of acts, that exists beyond any sort of interventions of change you might wish to carry out from your current timeframe. “The past cannot be changed,” remains a dictum for you in 3D Reality.

Yet the permanence of the past is simply an assumption on your part. It is a root assumption that allows you to assist in the ongoing fabrication of your camouflage reality. It is a mis-perception that we hope to correct for you within your own Personal Reality Field.

Now, I am flinging about various words and phrases here that will have meaning for you only if you have read some of my books. Therefore, if you do not understand what I am talking about in these pages, go back to the

MYSTERY CIVILIZATIONS

early material, the foundational material from your past. If you do this, it will allow me the freedom in these new works to simply stand upon my soapbox, you see, and begin the oration. (humorously)

Yet let me assure you, that this book will not be all inclusive with regards to the Mystery Civilizations. There are numerous of these civilizations that have existed, and indeed, are existing on your Earth. You may remember from our earlier discussions with you, that it is our assertion that it is consciousness that creates reality. Each thought seeks out manifestation of itself. Your collective thoughts give birth to civilizations upon your Earth and elsewhere.

Now you are you the reader currently in this moment of awareness. You ARE reading this book. You ARE a citizen of Earth in your modern timeframe. We wrote this book for YOU. Yet we are hoping that you may also realize this simple yet profound idea: you are ALSO, within the same precise assemblage of Consciousness Units that comprise your physical body, experiencing OTHER lives. Some of these lives are being lived within the Mystery Civilizations that we will describe to you shortly. This is an intimate journey of discovery for you, then. We hope to gently lead you forward in this endeavor.

REMEMBERING THE ANCIENT WISDOM

There is much talk in your media about getting in touch with past lives. Dear Reader, you are already in touch with your past lives. They inform each and every moment of your current existence. These past lives include lives lived within what we are calling the Mystery Civilizations, as well as other of your Simultaneous Existences that are ongoing throughout your past, your present, and your future.

Not only are we asking you to accept this data as true within your Personal Reality, we are also suggesting to you that you may, with just minimal effort on your part, explore YOUR contribution to some or all of the Mystery Civilizations. For it is our contention that you have spent several lifetimes within these unknown worlds. It was there that you learned firsthand the secrets of the universe. You learned, for example, that you do indeed create your own reality: that you have the creative energies of the Logos at your disposal, in other words.

MYSTERY CIVILIZATIONS

Through these other lives, you are again-and-again re-acquainted with your own power, in that you are always born with the amnesia that prevents you from remembering your other lives. Then, as you live the life of a seeker of knowledge, let us say, you “remember” these Lessons learned in your Simultaneous Existences. You may be in a familiar place here and now as you read these words. You may be remembering this Ancient Wisdom once again in this timeframe. If this is so for you, I suggest you take it with a grain of salt, as you say. From my perspective, this is merely another opportunity for you to seek out the mysteries of your existence and share your findings with others: humbly, you see, with Courage and Loving Understanding.

PREFACE

We are assuming here, that the reader already has some sense of how to explore their Inner World. As a Scientist of Consciousness, you would already be somewhat skilled at entering the Trance State at will. You would also be working on your Issues in physical reality, the Lessons that humans incarnate to learn. This manuscript is experiential, then. It is a workbook, as are the majority of my new books I am writing. It is expected that the reader wishes to be engaged in the exploration of these other worlds, perhaps because they have a feeling they have lived within one of these societies, and wishes to confirm this for themselves.

To this end, all of our books in this series will be small volumes compared to our first works on the awakening of humanity. These short volumes are being created with most of the theory and ephemera missing. We are providing for you the reader, a concise compendium of information on these Lost Civilizations. We are hoping that you will be inspired to take this little book with you as you go about

MYSTERY CIVILIZATIONS

your daily excursions in physical reality, using it as a reference in the field, as you conduct your experiments within your life.