

The Trilogy
2

~ BOOK THREE ~

Seth
Returns

SOUL
MATE
SOUL
FAMILY

Learning Together
Lifetime After
Lifetime

Mark Allen Frost

The Trilogy

- BOOK THREE -

Soul Mate Soul Family



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

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INTRODUCTION BY MARK

Hello Seth fans. Welcome to Soul Mate | Soul Family. As usual, I will say a few words about the material and then let Seth have his say.

Although this latest book is many things, I see the final volume in his Trilogy as primarily a self-help book on the subject of relationships. And because it is a Seth book, the writer's perspective is one that resides outside of time and space as we think of those terms. This is a manual on reincarnational relationships and I'm pretty sure there are not many of these types of books out there.

This is a fun book. It is also a challenging book. In The Trilogy generally and in this book specifically, Seth is asking us to put away the concerns of the ego/intellect to allow an acceleration of consciousness to be experienced. He calls this process "remembering the Ancient Wisdom." He ties this together with the varied phenomena other contemporary authors are documenting, from The Shift to the Singularity, from 2012 to the Rapture. Apparently, these authors are all picking up on the same wavelength

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of information. There does seem to be a dramatic shift in awareness. There does seem to be a transformation of the human experience. This is all my opinion, of course. Like the average reader, I'm just trying to make sense of it all.

I would suggest you take it slowly with this manual on reincarnational relationships. Good luck and happy experimenting!

INTRODUCTION BY SETH

You have a saying: “There is a reason for everything.” This statement is quite close in meaning to another of my favorites: “There are no accidents.” Indeed, there ARE reasons for everything. There are spiritual reasons for each and every behavior, emotion, and thought created by the human being. Dear Reader, this volume, as well as all of the other books I have written since my return, is a book on spirituality.

I hope I have not frightened you away with my revelation. I am quite aware that the term may bring up uncomfortable images and emotions for some of my readers. However, because there are no accidents, we simply assume that you are reading this manuscript for very good reasons. Perhaps you were prompted by “impulse” to pick up this particular book and read it in the bookstore. Perhaps you were drawn to the image of this book in some advertisement on the Internet or elsewhere. Perhaps you are a longtime reader of my works or a new reader of the current Seth material. Whatever the case with you, I realize that it is my job, as the host here, to catch your attention in the moment, and then hopefully keep your mental

awareness focused in my direction long enough to get the message I am attempting to convey to you. I take my job quite seriously. The message is, also, of a serious nature.

Now whether you are just beginning to explore the non-physical world or whether you are an old hand at these adventures, I will know I am successful when you make that Courageous and Loving gesture toward learning the Lessons of physical reality in a conscious and deliberate fashion. Spirituality is just that, you see. It is really quite simple. That is why we call it waking up. You are waking up to your true reality: a reality of the moment-to-moment learning of Lessons.

WHY STUDY THE SOUL FAMILY?

Let me answer that for you outright: *to quicken your awakening*. Now the longer explanation would entail divulging my secrets that I use to inspire my students and to transmit knowledge directly to the consciousness. Let me say this, however... on a superficial level, as you are engaged in experiencing the amnesia of the human in physical reality, it may appear to you as though I am relating pleasant stories for your entertainment. Please understand, though, that these examples are for purposes of catalyzing the awakening of your “sleeping” memories – your memories of previous lives, for example, within Third-Dimensional Reality and in other dimensions. So do not be surprised when you may experience, upon reading one of my innocent examples, a reliving of experiences from one of your own Simultaneous Lives.

That is the purpose of my new messages to you, after all, and so we would expect this type of phenomenon to occur in the life of the attentive reader. When these flashes of insight occur, I suggest you take a moment to write down the sensory information that you are receiving. This

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data will be of use to you as you complete the exercises in this book, and indeed as you continue with your awakening.

PREFACE

The Soul Family theory replaces the Families of Consciousness material I gave to you through Jane Roberts and Robert Butts. I am certain my studious readers from that era will immediately recognize this. You will also notice that I have ceased to intellectualize my material to the extreme. We are simplifying my system so that it is more easily understood by more students.

To simplify, to distill, to bring forward out of the darkness these ancient truths, we present a theory of reincarnation that will be understood by the average modern. You needn't have an encyclopedic grasp of the information we are providing here, to read, to enjoy, and to employ the messages. A willingness, a desire, a rekindled memory is all that is needed to begin and sustain you in these studies.

And as I said before in other books, the new theory is presented in the hopes that you may come together as One. In my past messages I have perhaps emphasized your differences at the expense of your similarities. In the new material I am rectifying that by drawing attention to this

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Oneness of the human consciousness. You are all one great expression of the Divine - All That Is. Now let me provide supporting material for this statement... (humorously)