

Seth Returns Publishing Presents...

RESONANCE



Manifesting
Your Heart's Desire



Mark Allen Frost

And Seth

The Metaphysical Author

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This book is dedicated to all of Seth's clients who have received his guidance in phone sessions and at our events. Thanks for your support. Special thanks to Carol Joy and Richard Strauss for proof reading and typographical assistance.

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Note: Please do not take any of the information given in this book as medical advice. Follow the directions of your medical professional.

Introduction by Mark

Welcome to Seth's new book. This project began some time ago when I was asked by a workshop participant what Seth thought about the Law of Attraction. I had to admit that I did not know, but I said I would ask him. This started a conversation between Seth and myself about what he calls the Ancient Wisdom, and how this information is conveyed to humanity. So this is a book on the Ancient Wisdom, primarily.

Seth also wanted to include the Techniques and Strategies that he uses in his work with clients. This is material that he has developed over the years in phone sessions and at Seth events held in public. He wanted to present the tools that work the best for the people he helps, according to the feedback we get from clients. So this is also a self-help book.

This is a book on theory. His theory that Resonance is at the heart of Reality Creation seems pretty obvious to me now. When we first started putting the book together I looked up some definitions of Resonance and

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found that Light was mentioned more often than not. Light is short wavelength electromagnetic radiation produced by resonance on an atomic scale, such as electrons in atoms. I can visualize Seth's theorized Consciousness Units active in this definition. Though it seems to me that the activity of his CUs takes place quite a bit beyond the atomic.

And this is a book on the Seth Teaching. I'm a student just like Seth's other students. Seth is the teacher and he is coming from a particular point of view. The magical perspective, he calls it. It is empowered, it is difficult to master, it is very effective once you do the work and create a habit out of the Techniques. The magic is not in the Techniques or the words themselves but in how you internalize the material. I think this point is key.

Rather than thinking in terms of what you SHOULD believe - according to Seth, this creates resistance, static, dissonance - just try out all of the Techniques and select the ones that work for you, those that Resonate with you and for you. Then you can form your Practice from what works, just as I am doing with what works for me.

I see it as a practice of Loving the reality into being, consciously, as a co-creator. It is a challenge for me to tune into this Loving Understanding that Seth talks

Introduction by Mark

about. As I said, I have Lessons to learn. I have Issues just like everyone else.

I am impressed by the way Seth can create a Trance State in the reader through his narrative. Contrary to what some might think, it seems to me that the effect is more profound if you know that he does this and you can anticipate it. Then you can acknowledge it to yourself as not just a phantom of consciousness but a real phenomenon.

And I Love the way Seth uses humor and wordplay to put the reader at ease. His definition of Dialogue is a case in point. Dialogue, to talk through, as in discussing a subject. Or Dialogue, to talk through, as in having a channeled source speak through you. It is a pun. It has double meanings and works on different levels of consciousness, as puns do. When you engage in the Seth Teaching, you are inviting your Higher Centers of Awareness to Dialogue with you. This is what waking up is all about. Just my two cents. Have fun!

Preface

We are now referring to my new material as a Teaching, as a Path of Awakening. It is a path toward independence, generally, away from authority figures and towards a realization that the answers to all questions are to be found within the personal consciousness: your personal consciousness. As a student of your own existence, you are expected to examine your thoughts, beliefs, and behaviors as a scientist would, a Scientist of Consciousness. Because you are studying yourself, objectively, Lovingly, you will observe instances of denial, intellectualization, cynicism, egoic pontifications, and so on. The negative emotions are noted, their origins identified, as plans are implemented to transform these negative states of consciousness into their opposites.

This is the crux of the matter. The student of the Personal Reality attempts to fine-tune the expression of Reality Creation for the highest good of all. Why “the highest good of all?” When you make your Transition do you wish to die alone, or with the entirety of existence - the Universes - supporting you?

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Now please observe that I am addressing you as a particular type of human. Obviously there may be readers of this manuscript who are not on-board with us in these arcane studies. These directions are not for this type. And this is where the concept of Resonance comes in quite profoundly. If this material does not Resonate with you on some level, if it does not pique your interest and compel you to read on, it is probably not for you. Resonance, you see. It is at the foundation of all activities in Reality Creation.

Let me remind you that we suggest continuous use of the Ritual of Sanctuary as you perfect your Practice and carry out your Regimens. The Ritual of Sanctuary is explained in the back of this book. Good Luck.