

Chapter 1 : The Nature of Personal Reality by Jane Roberts - Auro e-Books

THIS one is the Nature of PERSONAL Reality. There are some differences and new info, but sometimes the material sounds like a review of something previously read. I gave it 5 stars primarily because it emphasizes the key point over and over: We create our own reality.

The world as it appears to you is like a three-dimensional painting in which each individual takes a hand. Each color, each line that appears within it has first been painted within a mind, and only then does it materialize without. In this case, however, the artists themselves are a portion of the painting, and appear within it. There is no effect in the exterior world that does not spring from an inner source. There is no motion that does not first occur within the mind. The great creativity of consciousness is your heritage. It does not belong to mankind alone, however. Each living being possesses it, and the living world consists of a spontaneous cooperation that exists between the smallest and the highest, the greatest and the lowly, between the atoms and the molecules and the conscious, reasoning mind. All manner of insects, birds and beasts cooperate in this venture, producing the natural environment. This is as normal and inevitable as the fact that your breath causes a mist to form on glass if you breathe upon it. All consciousness creates the world, rising out of feeling-tone. It is a natural product of what your consciousness is. Feelings and emotions emerge into reality in certain specific ways. Thoughts appear, growing on the bed already laid. The seasons spring up, formed by ancient feeling-tones, having deep and abiding rhythms. They are the result, again, of innate creative aspects that are a portion of all life. These ancient aspects lie, now, deeply buried in the psyches of all species, and from them the individual patterns, the specific blueprints for new differentiations, emerge. The body of the earth can be said to have its own soul, or mind whichever term you prefer. The inner world of each man and woman is connected with the inner world of the earth. The spirit becomes flesh. The smallest blade of grass, or flower, is aware of this connection, and without reasoning comprehends its position, its uniqueness and its source of vitality. The atoms and molecules that compose all objects, whether it be the body of a person, a table, a stone or a frog, know the great passive thrust of creativity that lies beneath their own existence, and upon which their individuality floats, distinct, clear and unassailable. So does the human individual rise up in victorious distinctiveness from the ancient and yet ever-new fountains of its own soul. The self rises from unknowing into knowing, constantly surprising itself. As you read these sentences, for example, some of your knowledge is conscious knowing and is instantly available. Some is unconscious, but even the unconscious knowledge is knowing in its own unknowing. You always know what you are doing, even when you do not realize it. Your eye knows it sees, though it cannot see itself except through the use of reflection. In the same way the world as you see it is a reflection of what you are, a reflection not in glass but in three dimensional reality. You project your thoughts, feelings, and expectations outward, then you perceive them as the outside reality. When it seems to you that others are observing you, you are observing yourself from the standpoint of your own projections. You are the living picture of yourself. You project what you think you are outward into flesh. Your feelings, your conscious and unconscious thoughts, all alter and form your physical image. This is fairly easy for you to understand. It is not as easy, however, to realize that your feelings and thoughts form your exterior experience in the same way, or that the events that appear to happen to you are initiated by you within your mental or psychic inner environment. Your body does not just happen to be thin or fat, tall or short, healthy or ill. These characteristics are mental, and are thrust outward by you upon your image. I do not mean to be facetious, but you were not born yesterday. Your soul was not born yesterday, in those terms, but before the annals of time as you think of time. The characteristics that were yours at birth were yours for a reason. The inner self chose them. To a large extent, the inner self can even now alter many of them. You did not arrive at birth without a history. You are aware, alert, and participating in many more realities than you know as your soul expresses itself through you. Though you are not aware of it, this ego itself emerges, then falls back again into the unconscious, from which another ego then rises as a new bloom from the springtime earth. You do not have the same ego now that you had five years ago, but you are not aware of the change. Ego rises out of what you are, in other words. It is a part of the action of your being and consciousness, but as the eye

cannot see its own shifting colors and expressions, as it is not aware that it lives and dies constantly as its atomic structure changes, so you are not aware that the ego continually changes, dies, and is reborn. Where You and the World Meet Chapter 1: The Living Picture of the World Chapter 2: Reality and Personal Beliefs Chapter 3: Suggestion, Telepathy, and the Grouping of Beliefs Chapter 4: The Living Flesh Chapter 8: The Birth of Conscience Part Two: The Soul in Chemical Clothes Chapter The Conscious Mind as the Carrier of Beliefs. Only You Can Answer. Inner Storms and Outer Storms. Affirmation, Love, Acceptance, and Denial Chapter

Chapter 2 : Seth: The Nature of Personal Reality | Believe It

for me, the nature of personal reality. I've been studying all manner of faith and religion for years, and this book and the work of Jane Roberts and Seth is the cornerstone of my personal belief system.

The Nature of Personal Reality: I finished reading it last week and just today finished transcribing the passages I doggy eared while using the best way to read a book. It took me several hours to take notes, which are mostly verbatim transcriptions of what I found to be the most valuable passages. These notes are almost a book in themselves: I reviewed the first one, Seth Speaks: The Eternal Validity of the Soul, here. While it was itself a fascinating, enlightening book, The Nature of Personal Reality is more practical and helpful. Health, money, creativity, peace of mind, and moreover, joy and happiness. It could be the key for you to find true, lasting happiness. The language is simple enough, but the concepts involved are deep and may require some thought. I love this book. Below are some of my favorite passages. Please note that some of the concepts below can only be fully elucidated and understood in the context of the entire book. Often you let false beliefs blur that great vision. There is a difference. You can learn more from watching the animals than you can from a guru or a minister " or from reading my book. But first you must divest yourselves of the idea that your creature hood is suspect. Your humanness did not emerge by refusing your animal heritage, but upon an extension of what it is. Otherwise you clog the natural movement of your entire system. Do not be intimidated therefore by the past or the future. Your attitudes in preparing meals are highly important. But within that pattern there is great leeway, and the organism itself has the amazing capacity to make use of substitutes and alternates. If you are convinced that a specific food will give you a particular disease, it will indeed do so. It appears that certain vitamins will prevent certain diseases. The belief itself works while you are operating within that framework, of course. Talents that are accepted as good in themselves may be inhibited simply because their fulfillment might lead to success in financial terms.

Chapter 3 : *Quotes From The Nature of Personal Reality | Breathing

The Nature of Personal Reality is the second book in a series of six main Seth books. I reviewed the first one, Seth Speaks: The Eternal Validity of the Soul, here. While it was itself a fascinating, enlightening book, The Nature of Personal Reality is more practical and helpful.

On my very life and existence, I swear this Truth to you. Now it is time to awaken and understand that truth within you and to discover the eternal omniscient, omnipresent, omnipotent power that is the paradigm shift in the consciousness and evolutionary progression of humankind. Yes, I do mean that it is indeed within you! Awaken thou to that which is within you and maximize the expression of the true potential that lay dormant within you. It is your right. It is your heritage. It is, I AM. At the waking conscious level, you may scarcely be aware of this indwelling, innate, ever present power. However, the real you knows of it intimately as it knows nothing else but this truth. Forever and all time it will always be the unalterable truth. I can prove it. And you can prove it to yourself and the world, should you feel the desire within you that is natural in all beings to BE more in life, see more, do more, experience more. The innate, natural burning urge within you that has at one time or another in your life been the indwelling desire to be more in your life, is in fact the urge of the divine within all things that call us forth into mastering ourselves and in so doing, maximizing the expression of the mortal and immortal beings we are. It is the call of the butterfly to take flight, the ocean to move tides and the flowers to stretch to the sunlight from the fields in which they grow. Most all humans acknowledge this desire and feel it within them. Some ignore it and simply let their destiny of potential lay dormant and unexpressed. Life can be created intentionally and in ways that we love and enjoy. How do we do more, see the world more, experience more—BE more? I will teach you how, as I have done it, am doing it and continue to grow that which I am in every miraculous way imaginable. If we are to expand our expression of the unlimited potential that we are, we must seek deeper within ourselves to reveal within our own consciousness the Truth of our being. The truth of our existence. Where do I even begin? We must endeavor to seek and understand a more expanded Truth about what we are as human beings, and the physical and non-physical environment in which we live, breathe and have our being. What is physical human being I know to be myself, and how does it fit into the physical environment in which I live and exist? The subject matter in which I provide in this lesson will be the foundation upon which ultimately all other lessons will be set. It will be important to understand it so that you are able to use that which you are by the very nature of your existence, endowed and blessed with as a creative, conscious being. You may wish from time to time to refer back to this particular lesson, should you need the reaffirm to yourself the core truth of your very existence. There are no secret methods to manifestation and the creation of reality. It is innate and natural within all humans and no human cannot exist without the ability to manifest and create reality. We manifest every single moment of every day of our life experience. Manifestation creation - occurs without prejudice in that creative energy does not judge. Our intellectual mind may judge our results and experiences; however, we create at every moment. Key Point on the creative process: Your emotions amplify it. Your actions momentum it. With purpose and intent and in harmony with all things, so that one may create all things of like manner in which they desire. While I am quite well aware of the unseen, intricate workings to a degree of what occurs in the unseen realm to actually form physical objects, events and conditions, I will flat out state in Truth that one does not need to know HOW or WHEN something they are trying to manifest is going to actually come about. In short, you DIRECT the creative energy using the knowledge, wisdom and techniques that we will outline clearly for you. This can be one of the most challenging concepts for your rational intellectual mind to overcome. It can be one of the most challenging sticking points in the intentional manifestation and creation process, so it is very important to remember this well. Your job is to direct the divine energy that is ever present and ever capable. Your job is not to tell it how it should do what you desire done, or how to go about it. What is possible to manifest into my life? All things within the laws that govern our 3-dimensional physical reality of course. The Death Event that pivoted my life on the splitting of physical reality to—something more. But how can this be? When I was a child, playing in the hay barn where I grew up, I died in an accident that became the pivotal point that has

guided my entire life, seeking out answers as to what had. How could I think, move about the ceiling of the room, reason? How could this be? I found soon after my NDE as a child that I was very psychic and could especially know thoughts of others, events before they actually happened in detail, etc. How can one know exactly what another person was thinking at times, and virtually always at random without even trying? How could I POSSIBLY know an actual event of something to occur, explain it in detail as if I had a clear, vivid, in-color dream of it, days before it actually happened virtually exactly as I had described it. To the point where it not only freaked my friends and school mates out, but it freaked ME out!? Clearly, life as we call it was not exactly all I believed it to be prior to this NDE. It was vastly more than just what I could see and sense with my 5 senses. That was for absolute certain!!! Hundreds of books, spirit fairs, psychic events, years of meditation, visualization, affirmations and seeking I revealed Truths about myself, and about reality. I knew Angels and divine beings existed for real! I spoke to them and they spoke to me. I learned to listen to Angels and divine beings. I learned that I was able to use my 6th senses to connect with, hear and have conversations with Divine beings and Angels. I also found that I could directly communicate with my beautiful Grandmother, Audrey Snow, who had passed a few years earlier. Then others that had also passed. And now within the last couple of years, Seth. The multi-dimensional conscious being that authored the original Seth books with co-author Jane Roberts. There is a reason for the two words that refer to all, which has been in use since man was conscious. For they are essential parts that come together as potential which expresses itself as "you". To successfully, consistently and intentionally manifest my physical life along lines that I desired, I first had to seek out answers to these basic questions. How could I overcome every limitation and live the most amazing life possible? Then I had to learn what our physical reality was in Truth. In time maybe we will fix that. For now, here we are. The Physical Body The temporary container from which our consciousness is focused within, looking out into our physical environment, and is a nifty little tool for navigating the physical environment or at least existing within it for the purposes of our learning here on the physical plane called EARTH. There is much to be said about the creation of our very own nifty physical vehicle for our consciousness to ride along in the physical earth environment. Eventually we will talk about how it miraculously recreates itself with physical cells dying constantly and physical cells being regenerated constantly. There is much also to be said about how it can very successfully and reliably be directed to heal itself of even what doctors and science calls terminal illnesses and that the cells can regenerate themselves in sickness or in health and that we DO have a choice in how it is regenerated constantly and the health that this wondrous container can maintain naturally. A very important Truth to keep in mind about the physical body is that it is made up of ATOMS in an atomic structure that presents itself as flesh and bone. Atoms, of course, are comprised of electrons, orbiting a nucleus with protons and neutrons, etc. This will be vital to remember in later discussions about the physical body, health and healing. The physical body is in absolute fact a miracle in itself. The way that it grows, heals, regenerates, and the amazingness that it is capable of when trained and maintained in the consciousness of health. I can assure you however, as per my Near-Death Experience when I was a child, that the physical container we call our body is about as functional as the couch in your living room or a rock in your yard once your consciousness has chosen to vacate the premises! While we may think we only see with our human eyes of flesh. It is our consciousness within the body that allows the vision of 5 sense perceptible objects and reality to come into our awareness through the flesh eyes. For herein lies the 1 roadblock to virtually all human dreams, desires, hopes, aspirations, etc. This is the part of themselves that very successful people have mastered and overcome, to enable them to express more of the truly unlimited nature of their potential. This is also where the invisible but very real, veil of the rational self is sourced and formed, and serves to block that which you could be in life, from being what you are in life. Understanding your rational mind will be one of the most important things you can understand in life, and mastering it allows you to master your very being and express the potential that you do indeed have within you, as all humans do. There are a number of names that are used to refer to this part of humans. This is the thinking part of you that is used for the focus within and navigation of the physical environment. Think of it this way... This is the part of you where lower vibrational energies originate from your thoughts. Thoughts, are the direct cause of emotions, when filtered through your perceptions. Thoughts or beliefs that are charged

with high emotion of any kind, increase their creative capacity and energy of impact. Think of emotions as a super-charger for your creative energies. As it is used quite extensively to focus within the 3-dimensional physical world, it does not always recognize non-physical 6th sense type data that comes to it constantly, and tends more or less to ignore most of it. It filters it out based on its beliefs about reality. The Rational Mind is also where these wonderful human emotions of lower vibrations are sourced.

Chapter 4 : The Nature of Personal Reality - Our Mind Is the Limit

Considered by many to be Seth's "greatest" work, The Nature of Personal Reality is simply the best manual ever written on the art of consciously creating your reality.

With her only child, the young Marie then returned to her own parents, and the home that the family had rented for a number of years: Marie had begun experiencing the early stages of rheumatoid arthritis by , but worked as much as possible. The next year, her grandfather moved out of the house. By then Marie was partially incapacitated, and the Welfare Department began to furnish mother and daughter with occasional and often unreliable domestic help. This included cooking, cleaning, bringing her the bedpan, and getting up in the middle of the night to refuel the stove. Her embittered mother used to tell Jane that she was going to turn on the gas jets in the middle of the night and kill them both. When my mother attempted suicide for about the fifth time, she took a whole mess of sleeping pills and was in the hospital. Well before she was 10 years old Jane had developed persistent symptoms of colitis. By her early teens she had an overactive thyroid gland. Her vision was poor; she required very strong glasses which she seldom wore. For most of and half of Jane was in a strictly-run Catholic orphanage in Troy, NY while her mother was hospitalized in another city for treatment of her arthritis. Priests came to the house regularly and support was offered to the fatherless family. This type of limiting psychological suggestion might have resulted from coercive and unintentionally abusive societal interaction perpetuated by the unenlightened and egotistical behavior of individuals around her, which she would later help to unveil, at great length, through the persona of "Seth". For a time she was left between belief systems. In the summer of , when she was 16 years old, Jane began working at a variety store. It was her first job. That fall she continued on the job after school hours and on an occasional Saturday. After attending public schools she went to Skidmore College from to on a poetry scholarship. It was a time of severe shock for her. She began to substitute scientific world view for religious belief. Jane then married Walt and continued to write while taking a variety of other jobs, including society editor for the Saratoga newspaper, and as a supervisor in a radio factory. Walt and Jane lived together for three years. June 20, - May 26, The bachelor had shown up at the shindig on a last-minute impulse. The couple moved to Elmira, NY, in , to find steady part-time work " Rob in the local greeting card company, Jane in an art gallery. Their lives seemed set, their art defined. Now in her 30s, she and her husband began to record what she said were messages from a personality named "Seth," and she wrote several books about the experience. Seth Material On a September evening in , their everyday worldview changed. Roberts sat down at her table to work on poetry; Butts was in his back-room studio, painting. And then "Between one normal minute and the next, a fantastic avalanche of radical, new ideas burst into my head with tremendous force It was as if the physical world were really tissue-paper-thin, hiding infinite dimensions of reality, and I was flung through the tissue paper with a huge ripping sound. The Physical Universe as Idea Construction. Before this, she had never had any interest in psychic phenomena, and though her fiction typically dealt with such themes as clairvoyance and reincarnation, intellectually neither she nor Butts believed in extrasensory abilities or that anyone survived death once, let alone many times. Their curiosity piqued, the couple decided to investigate further, and she managed to land a contract with a New York publisher for a do-it-yourself book on extra-sensory perception. Soon after, Roberts reported that she was hearing the messages in her head. The first seven sessions were entirely with the Ouija board. The three-hour session on the evening of Jan. For a while she still opened her sessions with the board, but finally was able to abandon it after the 27th session on Feb. She said Seth would assume control of her body and speak through her, while her husband wrote down the words she spoke. They referred to such episodes as "readings" or "sessions. Despite feelings of disbelief toward both messages, the couple somewhat reluctantly agreed. Two days afterwards they heard from a psychologist interested in reincarnation to whom they had written three weeks earlier with some session copies enclosed. He also cautioned that in some circumstances, amateur mediumship could lead to mental problems. The letter upset me considerably, yet it also objectified some of my own doubts. They were out in the air where I could at least deal with them. As far as we could tell, for all of my stewing and hemming and hawing, there were no alarming changes in my

personality. I was doing twice the creative work I had done earlier. I was satisfied with the quality of the Seth Material; it was far superior to anything I could do on my own. If nothing else, I thought the sessions presented a way of making deeply unconscious knowledge available on a consistent basis. I wanted to learn. Rob and I had discovered a whole new world together, and we were going to explore it. There was a constant battle, though, as some of our results ran full tilt into my intellectual ideas. Then, after it became obvious that the Seth sessions were going to continue, we kept constant check on my personality characteristics and went to a psychologist "as any sane, red-blooded American would do under such circumstances in those days. Seth seemed far more mature and well-balanced than the psychologist, so finally I stopped worrying. Besides, my personality showed no adverse signs of instability. If anything, I was more competent in handling physical affairs. This is not to say the experience did not cause certain strains and stresses that could accompany any worthwhile venture in an entirely new field. Over the years, hundreds of people witnessed Seth speaking. By this time Jane had given up her gallery work, and was teaching nursery school during part of this time. Outside of the ESP class structure, Roberts gave many personal Seth sessions to various individuals who had written her, asking for help. When the books began to sell in sufficient numbers, she dropped that fee. Beginning in January, Roberts wrote books which she described as dictated by Seth. Roberts claimed no authorship of these books beyond her role as medium. This series of "Seth books" totaled ten volumes. Butts contributed extensive footnotes, appendices, and other comments to all the Seth books, and thus was a co-author on all of them. By February they were still receiving "from 30 to 50 letters and packages a week" from readers of their various books. Some "Practice Elements" were even given so that the readers could see how a few of the concepts could be practically experienced. Roberts had spent consecutive days in a hospital in Elmira, N. The immediate causes of her death were a combination of protein depletion, osteomyelitis, and soft-tissue infections. These conditions arose out of her long-standing rheumatoid arthritis. Butts remarried, and his second wife, Laurel Lee Davies, supported his work during the more than twenty years that they were together. They did not actually marry until Butts died of cancer on May 26, Jane Roberts Butts and Robert F. The vitality of the teachings they helped to bring to the world continues. He remains a constant source of knowledge and inspiration in my life. Albanese, professor of religious history at the University of Chicago, stated that in the s the Seth Material "launched an era of nationwide awareness" of the channeling trend. She believes it contributed to the "self-identity of an emergent New Age movement and also augment[ed] its ranks. Newport, in his study of the impact of New Age beliefs on contemporary culture, described the central focus of the Seth material as the idea that, for each individual: Eventually those beliefs become manifested in our physical lives and health. Fuller, a professor of religious studies at Bradley University, wrote that Seth filled the role of guide for what Fuller called "unchurched American spirituality," related to concepts of reincarnation, karma, free will, ancient metaphysical wisdom, and "Christ consciousness. The poet Charles Upton, in his collection of essays titled *The System of Antichrist*, posited that Roberts multiplied the self due to a fear of death. His opinion was that the Seth texts are based on a misunderstanding of both Christianity and of Eastern religions. Alcock opined, "In light of all this, the Seth materials must surely be viewed as less than ordinary. There certainly was the time and talent for fraud to play a role, but we cannot discriminate between that possibility and the possibility of unconscious production" at any rate, given these circumstances, there seems little need to consider the involvement of any supernatural agency. Bibliography of Jane Roberts Books: Later retitled and reprinted as *The Coming of Seth*. Reprinted, by New Awareness Network.

Chapter 5 : The Nature of Personal Reality | Believe It

The Nature of Personal Reality. In this perennial bestseller, Seth challenges our assumptions about the nature of reality. He explains how the conscious mind directs unconscious activity and has at its command all the powers of the inner self.

The Living Picture of the World Chapter 2: Reality and Personal Beliefs Chapter 3: Suggestion, Telepathy, and the Grouping of Beliefs Chapter 4: The Living Flesh Chapter 8: The Soul in Chemical Clothes Chapter The Conscious Mind as the Carrier of Beliefs. Only You Can Answer. Inner Storms and Outer Storms. Affirmation, Love, Acceptance, and Denial Chapter The world as it appears to you is like a three-dimensional painting in which each individual takes a hand. Each color, each line that appears within it has first been painted within a mind, and only then does it materialize without. In this case, however, the artists themselves are a portion of the painting, and appear within it. There is no effect in the exterior world that does not spring from an inner source. There is no motion that does not first occur within the mind. The great creativity of consciousness is your heritage. It does not belong to mankind alone, however. Each living being possesses it, and the living world consists of a spontaneous cooperation that exists between the smallest and the highest, the greatest and the lowly, between the atoms and the molecules and the conscious, reasoning mind. All manner of insects, birds and beasts cooperate in this venture, producing the natural environment. This is as normal and inevitable as the fact that your breath causes a mist to form on glass if you breathe upon it. All consciousness creates the world, rising out of feeling-tone. It is a natural product of what your consciousness is. Feelings and emotions emerge into reality in certain specific ways. Thoughts appear, growing on the bed already laid. The seasons spring up, formed by ancient feeling-tones, having deep and abiding rhythms. They are the result, again, of innate creative aspects that are a portion of all life. These ancient aspects lie, now, deeply buried in the psyches of all species, and from them the individual patterns, the specific blueprints for new differentiations, emerge. The body of the earth can be said to have its own soul, or mind whichever term you prefer. The inner world of each man and woman is connected with the inner world of the earth. The spirit becomes flesh. The smallest blade of grass, or flower, is aware of this connection, and without reasoning comprehends its position, its uniqueness and its source of vitality. The atoms and molecules that compose all objects, whether it be the body of a person, a table, a stone or a frog, know the great passive thrust of creativity that lies beneath their own existence, and upon which their individuality floats, distinct, clear and unassailable. So does the human individual rise up in victorious distinctiveness from the ancient and yet ever-new fountains of its own soul. The self rises from unknowing into knowing, constantly surprising itself. As you read these sentences, for example, some of your knowledge is conscious knowing and is instantly available. Some is unconscious, but even the unconscious knowledge is knowing in its own unknowing. You always know what you are doing, even when you do not realize it. Your eye knows it sees, though it cannot see itself except through the use of reflection. In the same way the world as you see it is a reflection of what you are, a reflection not in glass but in three dimensional reality. You project your thoughts, feelings, and expectations outward, then you perceive them as the outside reality. When it seems to you that others are observing you, you are observing yourself from the standpoint of your own projections. Now you may take a break.

Chapter 6 : Jane Roberts - Wikipedia

Amber-Allen Publishing, Inc. is with The Nature of Personal Reality and 3 others. April 10, Â· "We are sparks from the mind of God, imbued with the power to create, because as part of All That Is, we share its characÂ-teristics.

I never had a problem with it because the concepts of how our beliefs create our reality are so thoroughly explained, making perfect sense to me. It is the "how to" create your ideal reality guide. We have the power of gods, but much of what we are contributing to has already been created. Our world is mostlyâ€”second handâ€”physical solid mass. A mass creation stays in place by our attention to it, rather than using our imagination to create. Seth explains all creation â€”springs upâ€” from within us. One of the tips given by Seth was to built a "mental city" orbiting outside If I could buy everyone on the planet one book â€” it would be this one! I go there every day to meditate on an ideal reality. I do this by "believing in what I cannot see". I focus hard, then rest for a fortnight, 14 day repeating. This creates a WAVE in the quantum field, which creates what we call our physical reality. I gave it to my son as a Christmas gift. Can you imagineâ€”his face when I handed him an Invisible Quantum Cityâ€”above his night club. Below is the gift description. It is open for anyone to meditate in. We are going to a small village in Latina. Each time I re-read this book I learn something new, like this quote, "Perfection is a closed in box". I am not looking for perfection, but rather making sure that each step I take is ideally suited for the outcome I wish to achieve. Love, Kelly Granite Enck, author of "From Hollywood to God" the story of my seven year journey around the world in search of god and a husband. During this I learned about the raw food diet, which was easy by comparison.

Chapter 7 : Amber-Allen Publishing | The Nature of Personal Reality

In this perennial bestseller, Seth challenges our assumptions about the nature of reality, and shows us how we create our personal reality through our conscious beliefs about ourselves, others, and the world.

There is no other rule. You have the conscious mind for good reason. You are not at the mercy of unconscious drives unless you consciously acquiesce to them. Your present feelings and expectations can always be used to check your progress. If you do not like your experience, then you must change the nature of your conscious thoughts and expectations. You must alter the kind of messages that you are sending through your thoughts to your own body, to friends and associates. Only when it abdicates its functions does it allow itself to become swayed by negative experience. Only when it refuses responsibility does it finally find itself at the seeming mercy of events over which it appears to have no control. The inner self chose them. To a large extent, the inner self can even now alter many of them. So the race of man also has individual consciousness and a gestalt or mass consciousness, of which you individually are hardly aware. The mass race consciousness, in its terms, possesses an identity while still being unique individual and independent. You are confined only to the extent that you have chosen physical reality, and so placed yourself within its context of experience. While physical, you follow physical laws, or assumptions. These form the framework for corporeal expression. The ego and the conscious mind are not the same thing. The ego is composed of various portions of the personality. But the conscious mind automatically changes its focus through life. The ego, while appearing the same to itself, ever changes. It is only when the conscious mind becomes rigid in its direction, or allows the ego to take on some of its own functions, that difficulties arise. The ego allows the conscious mind to work in certain directions and blocks its awareness in others. And so it is from your larger identity that you form the reality that you know. It is up to you to do this with joy and vigor, clearing your conscious mind so that the deeper knowledge of your greater identity can form joyous expressions in the world of flesh.

Chapter 8 : The Nature of Personal Reality Quotes by Jane Roberts

Thank you for listening to my reading of The Nature of Personal Reality. If you want to be AWESOME and leave a tip for all my efforts reading the Seth books aloud.

I knew it was important to do so. It took awhile because these were concepts that were not talked about in those days at all, so in that way revolutionary, but so very true to my heart that I knew it was very important for me to examine myself before making any life altering moves. As a result I have never regretted leaving my marriage even though things got more than rough more than once. The Nature of Personal Reality Channeled by Jane Roberts You cannot escape your own attitudes, for they will form the nature of what you see. Quite literally you see what you want to see; and you see your own thoughts and emotional attitudes materialized in physical form. If changes are to occur, they must be mental and psychic changes. These will be reflected in your environment. Negative, distrustful, fearful, or degrading attitudes toward anyone work against the self. If you continually expect an individual to behave in a particular manner, then you are constantly sending him telepathic suggestions that he will do so. Each individual reacts to suggestion. According to the specific conditions existing at the time, such an individual will to some extent or another act according to the mass suggestions he receives. These mass suggestions include not only those given to him by others, both verbally and telepathically, but also those he has given to himself, both in the waking and dream states. If an individual is in a state of despondency, this is because he has already become prey to negative suggestions of his own and others. There are obviously ways in which you mold your own conditions, protect yourself from your own negative suggestions and those of others. You must learn to erase a negative thought or picture by replacing it with its opposite. What you see in others is the materialization of the projection of what you think you are not necessarily, however, of what you are. For example, if others seem deceitful to you, it is because you deceive yourself, and then project this outward upon others. If you want to know what you think of yourself, then ask yourself what you think of others, and you will find your answer. True self-knowledge is indispensable for health or vitality. The recognition of the truth about the self simply means that you must first discover what you think about yourself, subconsciously. If it is a good image, build upon it. If it is a poor one, recognize it as only the opinion you have held of yourself and not as an absolute state. The initial recognition must be made, however. Then have him imagine plucking out the resentment by the roots and replacing it with a positive feeling. But he must imagine the plucking-out process. This is the difference between repression and positive action. In repression the resentment is shoved beneath and ignored. With our method it is recognized, imaginatively plucked out as being undesirable, and replaced by the thought of peace and constructive energy. If desire for health leads instead to an emphasis upon symptoms to be overcome, you would be better off to avoid all thoughts of health or illness and concentrate in other directions, such as work. Such an emphasis can lead to a focus upon obstacles that stand in the way, and this reinforces the negative condition. People react to negative suggestions only when their own frame of mind is negative. Then we close ourselves off from the constructive energies we need. You are a multidimensional personality, and within you lies all the knowledge about yourself, your challenges and problems, that you will ever need to know. Others can help you in their own way. But my mission is to remind you of the incredible power within your own being, and to encourage you to recognize and use it. Beliefs are strong ideas about the nature of reality. Your thoughts have a very definite vital reality. Beliefs are thoughts reinforced by imagination and emotion concerning the nature of your reality.