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Session 393

Time Is An Illusion

Your idea of time is false. Time as you experience it is an illusion caused by your own physical senses. Your physical senses force you to perceive action in certain terms, but this is not the nature of action.

You must perceive what you do of reality through your physical senses, but your physical senses distort reality. They present reality to you in their own way. The physical senses can only perceive reality a little bit at a time, and so it seems to you that one moment exists, and is gone forever, and the next moment comes, and like the one before it disappears. But everything in the universe exists at one time, simultaneously, and the first words ever spoken still ring throughout the universe; and in your terms the last words ever spoken have been said time and time again, for there is no ending and no beginning. It is only your perception that is limited.

Reality is not limited. There is no past, present and future. These only appear to those who exist within three-dimensional reality. Since I am no longer within it, I can perceive what you do not see. But there is a part of you that is not imprisoned within three-dimensional reality, and that part of you knows that there is no time, that there is only an eternal now; and that part of you that knows is the whole self, the inner personality that knows all of your lives.

When I tell you that you lived for example in 1936, I say this because it makes sense to you now; but you live all of your reincarnations at once. Only you are not aware, and you cannot understand within the framework of three-dimensional reality.

Pretend that you have seven dreams at once, and you the dreamer knows that you are dreaming. Within each dream 100 earthly years may pass – but to you the dreamer no time has passed, and there is no time to pass, for you are free of the dimension in which time exists. The time you seem to spend within the dream,

within each life, is only an illusion, and to the inner self no moment has passed, and to the inner self there is no time.

Session 424

Time Is The Pattern Of Perception

Now. Time is the pattern of perception. It is highly personal, and has no meaning without personal experience. To you, then, time is the result of your perceiving mechanisms. You know the senses force you to perceive experience in certain pattern. Because I have also followed this particular reality, it is meaningful, for me, and I can understand it.

There are personalities however to whom it is highly alien. It must be interpreted. Using concepts, I can relate my understanding of your time pattern to others clairvoyantly. Other portions of my entity are aware of it, by a process of mental osmosis, so to speak.

Those portions of my entity that have not had physical experience, however, do not operate within that time system, at any time, if you will excuse the pun. It is not beyond them. They simply have not chosen the particular experience, nor delved into that moment point.

Now words belong to your particular time system. Without it, they are not needed. Therefore communication is dependent upon your time system. The inner self is not so limited, as you know, and inner communications continue always beneath words. Word structures and language itself bears a unique mathematical precision. The placement of emphasis, the vowels and consonants, the length of time to utter them, all of these issues are intimately connected with your own nervous systems, and with the intervals inherent within your time system, between thought and action.

There are unities, barely contemplated, then, between language, exterior communication, the physical nervous system, and time or your idea of it. These merge so beautifully that they all serve to form a seemingly perfect picture of physical reality. The camouflage would not be effective were it less perfect.

You are beginning to perceive the holes in the camouflage, for I have pointed them out to you. They are doorways into inner realities, and other realities, as are these sessions. Those who have survived physical death in your terms, must use words in their communications, for you do not understand wordless communications. They themselves are far freer, however.

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We should perhaps differentiate between thought words and speech, or spoken words. Thought words are used by many for some interval. I am speaking of those who have survived death in your terms. They do not need the spoken word. Even thought communication however need not necessarily follow the form of words. There can be thought without words, in other words.

For simplicity's sake, let us say that there is a process of change. Those alive in your terms rely at least outwardly on the spoken word. Those who have left and survive, use thought words but do not need to speak, though they may. As proficiency grows and as the inner senses are more fully used, the necessity for even thought words vanishes.

Several other methods of communication occur. They do not spring from nowhere. You use them beneath conscious level to some degree now. They grow into prominence. Images are widely used, but these images would be fourth-dimensional to your way of thinking. They are far from flat. They have a reality, and these are, what you have read, referred to as thoughtforms.

Feelings become far more vivid, pulsating and alive, also. You experience these more directly, and yet conversely enough you do not identify with them falsely, as is often the case in your present situation. You can experience feelings more vividly and powerfully because you realize that they are not you, and your identity cannot be swept aside by them.

You have no fear of them. All of this is a progression, I will say for simplicity's sake. Now in such an environment, time as you know it does not exist. This is one of the reasons why some projections are so confusing, particularly when the ego is taken along for the ride. It is used to past, present and future, kept nicely apart.

I am giving you this as preliminary material, for you have asked how my big brother experiences time.

Session 425

Time (2)

Now to return to our discussion. The matter of time is highly important if you have any hopes of understanding the self in its entirety, or other personalities that do not operate within your system. The psychological frameworks are so different. The apparent cause and effect sequence is absent, and identity knows itself as itself through other means than continuity, in your terms.

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Your ego gains assurance from what seems to be the memory of its immediate past. A man who loses memory of past events feels insecure and lost, but other types of personality gestalts operate far differently. Instead of a time sequence that governs or seems to govern thought, mental activity of any kind, and overt action, you have associative processes, offshoots, and possibilities. To some extent you can gain an idea of this through an examination of your own stream of consciousness. But the comparison is highly superficial, for here too continuity reigns, even though associations are given greater play.

As we have to some extent mentioned earlier, here we have travel through probable actions, where each conceivable action is experienced. The self allows itself to change while retaining knowledge that it is the self who changes. It develops through the changes. Time can only be measured through experience. It is obvious that other gestalt personalities experience more in an equivalent amount of your time, but this is not the point.

The point is that as something that comes and goes and passes, that brings into existence and destroys, has no such reality outside of your own system. Now your own system includes not only your physical universe as you know it, but also any personalities, living or dead in your terms, who are physically oriented.

The spacious present is much more a vivid reality to those outside of your system. Your time seems marked, individually, by birth and death. When these are known for what they are, when the personality can change form at will, such quote "timing" is meaningless.

So also are all neurobiological structures that depend upon a time system, as for example your own nervous system.

As a personality learns to use its abilities it becomes more aware of complexity, and able to operate as an identity within it. Since I have known your time it is meaningful for me, though it no longer hampers me. I merely understand its reality for you. Other psychological structures have not been initially aware of this peculiar relationship between your physical framework and your time concept.

It is very difficult for them to understand your ideas of past, present and future. Now give us a moment. In other dimensions, or if you prefer at other stages of development, the multidimensional personality is aware of its prime identity, and is also aware simultaneously of personality offshoots that it has sent into many realities, into probable systems, as it pursues all of the probable acts and creations inherent in its nature.

It goes without saying that these are not haphazard developments, and that in pursuing literally infinities of probable actions, the prime identity has definite purposes in mind. These purposes cannot be fully explained here, and I am not aware of all of them.

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There is always a creative strain, in which consciousness attempts to express itself, and this has been explained earlier. The fact remains that All That Is is ever straining to be more. In all universes that we know, creativity and expansion are the rules.

All That Is is itself evolving. It is not aware of all of its own purposes, for some of these are ever new. In some respects therefore, there are no cut and dried answers. As far as your own system is concerned, I have told you that the past ever changes, and here we enter the realm of probabilities; for at any point in any man's life, where a decision was made, the other probable alternative actions were also taken.

There is in all of this an order. It is an order that the inner self is to learn. It is intuitively known, but it must be realized. There are personalities far more developed than my own; there are personalities that operate in a context that even I would find extremely alien, but no particle of individuality is ever lost, and no experience.

You will be able to look back on this and other lives, and see them as wholes. You will also be able to see your own performance in probable universes, that coexist with these, and from all of these you will learn as you watch yourself in this variety of roles.

Then you will move on to other systems.

My big brother does not have to tune in, you see, at the time of the session. The session exists in all time. It is available to him when he wishes the information – and he has, or is, or will, take advantage of it, you see.

Now he knows what I know, though some experiences that are uniquely mine, he can never know as I know them. When I know all he knows, then symbolically speaking I will be where he is – but then also symbolically speaking, he will be gone.

From what I have told you it is obvious that there can be memory of the future as well as memory of the past.

It is equally true to say that your deaths from this life are already accomplished, as it is to say that you have not yet been born in this life.

This does not mean that experience is a dream, by any means. It simply means that presently you perceive but a small portion of yourself, and in limited terms. I am already, in quotes, “Big Brother”, you see.

Now the time sequence, while followed physically by your animals, is psychologically experienced far differently. They are much freer. Your past, present and future does not concern them. They also have memory of the past and future,

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but always experienced within the context of the present; and this is quite at variance with your own experience.

They also emerge within realities, and can attain consciousness superior, in further developments, than that presently known by man.

Some systems are built entirely along these lines. Always there is the expansion of consciousness, though the lines of these progressions may be quite alien to your own. There are far too many complicated discussions along this particular line, so we will not attempt the matter now, but merely note it as one we will develop in the future.

Session 426

Time (3)

Your idea of space and time then is definitely determined by your neurological structure.

The camouflage is so craftily executed and created, of course, by the inner self, that you must of necessity focus your attention in the physical reality which has been created. The psychedelic drugs alter the neurological inner workings, and therefore can give some slight glimpses into other realities.

The realities, of course, exist whether or not you perceive them. Actually "time", in quotes, exists as the pulses leap the nerve ends. It is not a simultaneous procedure. You must then experience lapses. Past, present and future appear highly convincing and logical when there must be a lapse of time between each perceived experience.

There is no such lapse in many other personality structures. Events, many events, are simultaneously perceived. Reactions are also nearly instantaneous in your terms. Growth and challenge is provided not in terms of achievement or development in time, but instead in terms of intensities. Such a personality is able, in your terms, not only to react and appreciate event A, say, in your present time, but also to experience and understand event A in all of its ramifications, and all of its probabilities.

Now that is the challenge and the ideal, and it is met to varying degrees by personalities at various stages of development. Obviously such personalities need far more than the neurological systems with which you are presently equipped. For such systems such experience is literally impossible. Now your neurological system is physical but it is based upon your own inner capabilities as of, quote, "now".

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It is a materialization of an inner framework, an inner psychic framework. Many other personality structures do not need a materialized perceptive framework, such as this, but an inner psychic organization is always present. It also represents the personality's present capabilities.

Now your time, your past, present and future, as you conceive of them, would be experienced entirely as present to many of these other personality structures. However your past, present and future would be experienced entirely and completely as past, to still other personality structures.

You may consider past, present and future then as a single-line delineation of experience in your terms, the line however continuing indefinitely. Other personality structures from other dimensions could theoretically then observe it from an infinity of viewpoints. However there is far more than this. The single line is merely the surface thread along which you seem to travel. It is all of you that you perceive, so when you envision other dimensions you are forced to think in terms of observers far above the thread, looking down at it from any given viewpoint.

In actuality, following the image through, and strictly as an analogy, there would also be an infinite number of threads, both above and below your own, all part of one inconceivably miraculous web-work. Yet each thread itself would not be one-dimensional, but of many dimensions, and conceivably, if you knew how, there would be ways of leaping from one thread to the other. You would not therefore be forced to follow any particular thread in a single-line fashion.

Now there are personalities developed enough to do this. And each act of leaping, so to speak, forms a new thread. Now following through with our analogy, imagine yourself A. We will start you off in a physical reality at thread A, though you have already traversed many other threads to get where you are. We are merely beginning with thread A since this is your present situation.

Now. Any such self A would, without understanding or shortcuts, development, or even average progression, would travel thread A along the narrow line toward infinity. At some point however thread A would turn into thread B. In the same manner at some point thread B would turn into C and so forth.

At some inconceivable point all of the threads would be in turn traversed. Self A, now on thread A, would not be aware in his present, of the quote "future" selves on the other threads. Only by meeting one of these other selves however can he become aware of the nature of this strange structure through which he is traveling.

There is however a self who has already traveled these routes, of whom these other selves are but part. This self, in dreams and dissociated conditions, communicates with these various quote "ascending" selves. But as the self grows in value fulfillment, he can become aware of these other travelers on other threads, who might seem to him to be future selves.

“Later”, in quotes, he learns to become one or the other of those quote “future” selves by leapfrogging, so to speak, from one thread to the other.

Now all of this sounds complicated, but only because we must deal in words. Intuitively, I hope, you will be able to understand it. In the meantime the overall self is forming new threads of activity, you see. The frameworks that it leaves behind can be used by others.

All That Is And Existence

The purpose is, quite simply, being, as opposed to not being. I am telling you that I know, and there is much I do not know. I know that help must be given, one to the other, and that extension and expansion are aids to being.

Now. There is, and this will certainly seem a contradiction in terms, there is nonbeing. It is a state, not of nothingness in your terms, but a state in which probabilities and possibilities are known, anticipated, but blocked from all expression.

Dimly, through what you would call a history, hardly remembered, there was such a state. It was a state of agony in which the powers of creativity and existence were known, but the ways to produce them were not known.

This is the lesson that All That Is had to learn, and that could not be taught. This is the agony from which creativity originally was drawn, and its reflection is still seen.

All That Is, in your terms, retains a memory of that state, and it serves as a constant impetus toward renewed creativity.

Each self, as a part of All That Is, therefore also retains memory of that state. It is for this reason that each portion of All That Is, each most minute consciousness, is endowed with the impetus toward survival, change, development and creativity. It is not enough that All That Is, as a primary consciousness-gestalt, desires further being, but, that every portion of it also carry this determination.

Yet the agony itself was used as a means, and the agony itself served as an impetus, strong enough finally so that All That Is initiated within itself the means to be.

All That Is therefore knows the agony of what you would call not being.

Not being, in other terms, is impossible. It is being without the means of expressing being. Now, every portion of consciousness is imbued with innate knowledge towards the means of expression and creativity. If, and this is impossible, all portions but the most minute last unit of All That Is were destroyed, All That Is

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could still continue, for within the smallest portion is the innate knowledge of the whole.

All That Is protects itself therefore, and all that it has, and is, and will create.

When I speak of All That Is, you must understand my position within it. All That Is knows no other. This does not mean that there may not be more to know. It does not mean, and here words quite fail us, it does not mean that All That Is, in any terms that we can conceive of, may not be limited. It knows of no other.

It does not know whether or not others like it may exist. It is not aware of them if they do exist. It is constantly searching. It knows that something existed before it own primary dilemma, when it could not express itself.

It is then conceivable that it has itself evolved, in your terms, so long ago that it has forgotten its origin, that it has developed from still another primary which has, in your terms, since gone its own way. So there are answers that I cannot give you, for they are not anywhere known in the system in which we have our existence.

We do know that within this system, this overall system now, of our All That Is, that creation continues and developments are never still. Therefore we can deduce that on still other levels of which we are unaware, the same is true.

This first state of agonized search for expression may have represented birth throes of All That Is as we know it. There existed, and clearly, the possibilities of creation as we know it, but the means were not known. Pretend then that you possessed within yourself the knowledge, the sight, of all the world's masterpieces in sculpture and art, that they throbbed and pulsed as realities within you, but that you had no physical apparatus, no knowledge of how to achieve it; that there was neither rock, nor pigment, nor source of any of these, and you ached with the yearning to produce them – and this, on an infinitesimally small scale, will perhaps give you, as an artist, some idea of the agony and impetus that was felt.

And each self is endowed with the agony and the impetus, for it is a fabric from which All That Is made itself, and all that you know. Perhaps now you can understand why it is so difficult to try to explain matters to you in terms that you can understand.

All That Is loves all that it has created, down to the least, for it realizes the dearness, and the uniqueness of each consciousness which had been wrest from such a state and at such a price; and it is triumphant and joyful at each new development taken by each consciousness, for this is an added triumph against that first state, and an added security against that first state, and it revels and takes joy in the slightest creative act of each of its issue.

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It, of itself and from that state, has given life to infinities of possibilities. From its agony it found the way to burst forth in freedom, through expression, and in doing so gave existence to individualized consciousness that forever continues that process. Therefore it is rightly jubilant.

These connections between you therefore and All That Is can never be severed, and its awareness is indeed so delicate and focused that its attention is directed with a prime creator's love to each consciousness.

I have been sent to help you, and others have been sent through the centuries of your time, for as you develop you also form new dimensions and you will help others.

Session 427

All That Is And Primal Creation

Now. Desire, wish and expectation rule all actions, and are the basis for all realities.

Within All That Is, then the wish, desire and expectation of creativity existed before all other actuality. Some of this discussion is bound to be distorted, because I must explain it to you in terms of time, as you understand it.

So I will speak, for your benefit, of some indescribably distant past, in which these events occurred. The strength and vitality of these desires and expectations, in your terms then, became so insupportable that All That Is was driven to find the means to produce them.

Now when I say there was a state of nonbeing, and yet speak of All That Was, existing simultaneously in that state, I mean that All That Is did exist, itself, obviously in a state of being, but in a state in which it could not find expression for its own being. This was the state of agony of which I spoke. Yet it is doubtful that without this "period" of contracted yearning, that All That Is could concentrate its energy sufficiently enough to create the realities that existed in probable suspension within it.

The agony itself and the stupendous desire to create represented its proof of its own reality. The feelings in other words were adequate proof to All That Is that it was.

At first, in your terms, all of probable reality existed as nebulous dreams within consciousness of All That Is. Later the unspecified nature of these "dreams" grew more particular and vivid. The dreams became recognizable one from the other,

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until they drew the conscious notice of All That Is. And with curiosity and yearning, All That Is paid more and more attention to his own dreams.

He then purposely gave these more and more detail, and yearned toward this diversity and grew to love that which was not as yet created from himself. He gave consciousness and imagination to individuals while they still were but within his dreams. They also then yearned to be actual, so there was this final breaking-through that was still necessary.

Potential individuals in your terms therefore had consciousness before the beginning, or any beginning, as you know it. They clamored to be released into actuality, and All That Is, in unspeakable sympathy, sought within himself for the means.

In his massive imagination, he understood the cosmic multiplication of consciousness that could not occur within that framework. Actuality was a necessity if these probabilities were to be given birth. He saw then an infinity of probable, conscious individuals, and foresaw all possible developments, but they were locked within him unless he found the means.

This was indeed in your terms a primary cosmic dilemma, and one with which he wrestled, until All That He Was was completely involved and enveloped within that cosmic problem.

Now had he not solved it, All That Is in ways that cannot be understood, would have faced insanity, and there would have been literally a reality without reason, and a universe run wild.

The pressure, in one way, came from two sources; from the conscious but still probable individual selves who found themselves alive in a God's dream, and from the God who yearned to release them. On the other hand you could say that the pressure existed simply on the part of the God, since the creation existed within his dream. But in these terms such tremendous power resides in such primary pyramid gestalts that even their dreams are endowed with vitality and reality.

This then is the dilemma of any primary pyramid gestalt. He creates reality, period. Now. He also recognized within each consciousness massive potential that existed. The means then came to him. He must release the creatures and the probabilities from his dream.

To do so would give them actuality. However it also meant "losing" a portion of his own consciousness, for it was within that portion that they were held in bondage. All That Is had to let go. While he thought of these individuals as his creations, he held them as part of himself and refused their actuality.

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To let them go was to lose that portion of himself that had created them. Already he could scarcely keep up with the myriad probabilities that began to emerge from each separate consciousness. With love and longing, he let go that portion of himself, and they were free. The psychic energy exploded in a flash of creation.

All That Is therefore “lost” a portion of itself in that creative endeavor. Yet all individuals remember their source, and now dream of All That Is, as All That Is once dreamed of them. And they yearn toward that immense source, and yet to set it free, to give it actuality through their own creations.

The motivating force is still All That Is, but the individuality is no illusion. Now in this same way do you give freedom to the personality fragments within your own dreams, and for the same reason. And you create for the same reason, and within all of you is the memory of that primal agony – that urge to create and free all probable consciousnesses into actuality.

The session needs reading many times, for there are implications not at first obvious.

... The material I am giving you now is an offshoot from the material on time that you requested, that will shortly return to that subject, and the electrical-reality material will follow in there naturally.

Session 428

Use Of Analogies

Now it is important that you realize that we have used analogies rather freely in our last two sessions, for there was no other way to give you any clear concept of the material I wished to present.

Your physical brains simply cannot handle certain kinds of information. Again, the neurological structure has much to do with this. You are used to handling certain kinds of concepts, and interpreting them in thus-and-thus fashion, that the pathways for more complicated data simply do not as yet exist in physical terms.

They would emerge. The neurological structures would create new pathways to accommodate such knowledge when the knowledge itself was sought for. The brain structures of your race therefore grew more complicated as the inner knowledge sought to make itself known to the physical creature.

I am speaking now in terms of evolution. The material in the last two sessions was given to you therefore in terms that you could understand. Multidimensional

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concepts cannot be received, nor interpreted, at this point by the physical brain. The mind and the inner self can become aware of such concepts.

Assistance From Other Dimensions

... (*“What frameworks, left behind by the traveling self A can be used by others?”*)

You know that a star may light a dark universe, and help a wayfarer on his way. It will serve a purpose and be a reality in your time. In like manner can personality structures be of assistance and be realities to you within your time, although they have long since entered other dimensions.

That is as close as I can come to answering the question.

There is one difference of course. The star does not know upon whom its light falls. It is blind to the landscape that it brightens. It cannot see that which it illuminates. In the case of these psychological structures however, because of the multidimensional aspects, there is understanding and purpose. A portion of that kind of personality structure knows well that while its main focus of consciousness has gone into other dimensions, it will nevertheless be perceived by others at any given point.

It allows the light of its personality to shine purposely down those paths from which it has come, in order to help others who will follow; but the light is the light of vitality, and carries with it traces of the personality who lets it shine.

Mentally and emotionally such a personality may even travel down to help another. This is a very simplified explanation, for you are not ready to study the reality of multidimensional personality thoroughly. As thoughts set up traces and new patterns, new electrical pathways in the physical brain, it then becomes easier for the brain to entertain these habitual lines of thought.

It is easier then for similar thoughts to follow. So in a larger sense, as personalities leave your system, as they travel into other dimensions, they also set up electrical pathways, and each personality who does so makes those paths easier for others.

Now because the spacious present exists, in other terms, these selves are actually in all places at one time. As you seem to approach different dimensions however, then you seem to approach a personality who exists at the time of your perception of him.

Progression And Purpose In The Spacious Present

This would seem to deny the idea of progression, since I tell you that all portions or all guises, or all aspects and all levels, of any given personality exist at once. The

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immediately conscious selves however do progress in their realization. It is not enough that the inner self knows. The various immediately conscious portions of personality evolve and change as they recognize these truths.

They come to understand then their basic oneness, while still retaining their own identity, since change is never still. "By the time" this realization comes, inner value fulfillment has already created new realities. The answer, as closely as I can approximate it for you, is this: the purpose is being. This is something different than your idea of brute survival.

Life and consciousness, without the means to express them, are not meaningless, for life and consciousness have their own purposes; and of these purposes I am not prepared now to tell you.

You must realize, again, that nothing is static, psychological activity least of all.

In your state of development you cannot easily understand the meaning of the word "purpose", for to you the term itself implies an eventual rigidity, a goal with an end, a progression, literally, toward a nothingness that it would have to follow once a goal in those terms was achieved.

The word purpose implies limited dimension. Value fulfillment has no such implications, and the purposes of which I have spoken are multidimensional. This is all I will tell you now in that regard.

One aside here: while I am myself as you know me, I am also the other personality that sometimes speaks. This does not mean that what I am as you know me, ends, or is finished, in what he is.

I am overjoyed to be the self that you know, and I do indeed take pleasure in that existence, and in meeting its responsibilities. The other personality, which is also myself, has a warm spot in its heart for me, though again, he would not put it in those terms. He enjoys his own existence.

Both of us are obviously then portions of a larger self, and manifestations of it, but one does not end in the other, and one's purpose is not to become the other. We all, quite simply, are. Keep this sort of thin in mind when you think in terms of purposes. For the word can distract you, and lead you into narrowing concepts.

Session 429

The Entity and Time

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As I have told you, there is duration of a kind. What would correspond, in any case, to your idea of duration within the spacious present; it is a matter of intensities however. Now the entity is in itself composed of such intensities. Simply for the sake of analogy, imagine the image, a humanoid one of an entity giant-sized, spread out anywhere in your physical universe. And if the image were projected against a midnight sky, within its apparent boundaries then you would see a multitude of planets and stars. Let these represent moment points. On one hand they are a part of the entity, as your cells are a portion of your body. On the other hand the entity's consciousness can travel through these. They are doorways within his own psychological makeup, into experiences.

It is as if you could consciously come to terms with each of your own cells and become aware, in your terms, of their future and their past. This traveling-through obviously changes the nature of the moment points. It is, again, action working within itself. The time element, as you understand it, hardly exists.

Now the image analogy is in some respects distortive, but good enough for our present purposes. For as you think of the matter of your cells as only matter, then it is hard to follow our analogy. But when you realize that your own body cells are much more than physical, contain their own capsule comprehension, then you will see that they could, at least theoretically, operate in such a manner if you could throw your own consciousness into them, and perceive their seemingly alien experience.

The entity and its time are not separate. They are one. Basically time is simply psychological experience, regardless of the lapses between perception or the manner of perception. The entity is its own experience.

Time could be thought of as the tissues of the entity. These would be ever-changing. In our analogy, the projected image would seem to float, including ever-different stars and planets within its boundaries. Your own time structure would be very minute in this picture.

Now the moment points could also represent various personalities belonging to the entity, portions of its own consciousness that it sends upon the journeys of exploration and discovery. It is as if the nuclei of a cell could travel through itself. The boundaries of the entity would be imaginary, taking in as many moment points as the entity felt it could handle.

Now. Some personalities can be a part of more than one entity. This is something I do not believe we have discussed before.

The entities, being action, always shift and change. There is nothing arbitrary about their boundaries. The personalities have the same freedom. Like fish, they can swim to other streams. Within them is the knowledge of all their relationships.

Seth Extracts On Time

Any personality may become an entity on its own. This involves a highly developed knowledge of the use of energy and its intensities. As atoms have mobility, so do psychological structures in their own way. They move through the value climate of psychological reality as freely as atoms move through your time.

Value fulfillment corresponds to your time in that area.

Now. What I am trying to tell you is that a thought or a feeling, with all its varieties of intensities, is more like time, like the true nature of time, than all of your minutes or hours.

A thought can be intense, then partially fade and grow intense again. Its own nature regulates its intensity, rather than any rules inherent in the nature of intensity itself. Some of these concepts are difficult to explain to you. In your terms it would be as if you experienced a future event, then a past event, then a moment from the present. You would not understand what was going on, nor see the inner logic within.

There is some slight analogy here in your associative processes, where you might think of a person as you have known him in different periods of time, and hold that idea in your present; but that does little to give you the concept's complexity. This session, for that matter, will have to develop into others, for I have concentrated some material about which you will have many questions when you read it.

You must simply and practically try to divest yourself of all ideas of time as you know it, for this discussion. Basically, what you call time does not exist. I am trying to tell you what does exist instead. The question of time and entities then, you see, cannot be truly answered in the manner in which you asked it.

Nontime and entities – now that is another matter. For that is what we shall really be discussing.

Now you cannot hold too many thoughts in your head “at the same time”, and many of your own thoughts escape you consciously. Entities are aware of all of their personalities, and keep track of them far better than you keep track of your own thoughts.

These personalities themselves are constantly developing and changing, as one thought can change into another, or bring forth another. The subjective experience of these personalities, the psychological existence of these personalities, is composed of dimensions of value fulfillment, as considering your time, hours are composed of moments.

In this case however, the hours as well as the moments would be themselves conscious and alive. I do not know how much you will get from this session. We will have to clear up many points for you, but we have to begin somewhere with various analogies to make a dent.

As a sort of shock treatment, we must forcibly rip out your stereotyped ideas of time before we can carry this particular subject matter further.

You must remember that the word, time, is itself distorted. It projects limitations upon other systems of reality that do not exist. We must use it for our explanations, but nontime comes far closest to the reality.

No time is my time ...

Session 430

Identity And Time

The term, identity, like many other terms, is limited, for you think of identity as being one indivisible unit. Now. Identity is not dependent upon any sort of structure, as you know it.

Psychic identity does not need to set up barriers in order to recognize selfhoods. One personality can therefore be a portion of more than one entity, and still retain its own identity, its own individuality. Various groupings of experience exist. It is your concept of time that highly limits your idea of individuality.

It seems to you that any personality worth its salt must have a series of memories, of events that existed in the past and progressed to a present and a future. Since time does not exist in such a manner, then you must not project your ideas of time upon basic reality.

In the experience of personalities outside of your system, events are not recalled nor held in such a manner. A personality outside of your system does not therefore recall events from so-called previous lives in any serial form. The events are held simultaneously.

The various ego structures therefore exist simultaneously. They are entirely outside of any such framework. They are aware of your perception of time, but it means nothing to them. The various egos of any personality do not think of themselves as having existed one before the other.

Even in reincarnation for example, an ego who experienced a Civil War life is now aware of another ego who may have experienced life in the year three thousand. Within the earthly cycle, such knowledge is not transmitted to the physical brain, but it is always known.

Seth Extracts On Time

It follows then that I am aware of the other Seth personality, and he of me. Because of your time misconceptions you make serious errors whenever you attempt any predictions into life after death, or life within other systems than your own. It is most difficult for you to conceive of an ego who experiences events not in serial form. When any contact is attempted in so-called mediumistic situations, then it is expected that the survival personality will “remember” events as you do; but events no longer exist in that way.

The associative processes determine not only which events have meaning, but also the “order”. Any event happening say in 1948, of great importance to the sitter, may no longer have any meaning to the survival personality.

Now. If such is the case with personalities so closely allied with your own, then you can perhaps understand how alien your idea of time is to personalities that have never existed within your physical system. They are used to experiencing events not in any time sequence. Instead moment points are experienced fully, developments opening simultaneously, and “events” are recognized as psychic and psychological happenings not necessarily connected with any exterior circumstance.

In some systems therefore exterior camouflage is not needed.

You must understand that in any way your situation, and any that you know of physical reality, is highly artificial. It is the mass creation formed by your inner ideas. The time concept is but one example, and it is responsible for your most cherished misconceptions. You must form ideas into physical materialization in order to recognize the force behind the ideas you are learning to use and understand. However such materializations are only necessary at certain levels. The time scheme appears valid only within that framework.

When idea no longer needs physical materialization, then the time concept is useless. Intensities of experience and value fulfillment take time’s place. Developments open, in your terms, at once. Organization of inner events is managed according to the inner interests of the various personalities and the intensities with which any given event is experienced.

In your terms then, a future event would exist before a past event.

Therefore you are hampered in your attempt to understand personalities who do not exist within your system, for identity is not therefore structured in any kind of a time sequence, and what you call memories flies out the window.

An entity does not “remember” when a portion of it existed within your system. In its time that portion simply is. The time concept leads then to a limited idea, for you cannot conceive of an identity without memory of the past in your terms.

Seth Extracts On Time

This is also responsible for the fact that it is difficult to understand how one personality, while retaining its individuality, can be a portion of more than one entity, and we will have more to say on that subject as we continue with the time concept.

Now. Understand that you cannot pigeonhole such material as this.

An over-insistence upon sticking to one subject imposes limitations. There is no boundary line between for example experience and time, nor any natural separation. Such artificial ones may make neater paragraphs, but they limit the intuitional leaps that can be made otherwise. There will be a general overall organization in any case in our material, but let us not treat subject matter like a fence, with everything put into neat categories.

True organization is not logical in any case.

What Is Time?

To the question, "What is time?" the following answer might quite rightly be given: Time is an apple. Time is no apple. Time is a worm in an apple. Time is a worm not in an apple; and yet such definitions will be absolutely meaningless to most people, for they can only think of time in terms of days or hours, and they do not think of time as experience itself, or quite simply, being.

And yet such definitions are far more near the truth than those that have to do with measurements. There are no measurements of any kind. Reality, of itself, forms an apple. Your perception of the apple enables you to see it piecemeal.

The apple is time. It is an event. It is the so-many-odd days or months that have gone into its production in your terms, or years that have gone into production of the tree. It is as much an event of time as it is an event of space.

Here I am merely using your terms to make the point. There are such natural things as apples, you see. There are no natural things such as minutes or hours. These are concepts imposed upon reality, but this does not make them real in themselves.

An individual, and I am speaking in your terms now, again to make a point: an individual is the 60 or 70-odd years of his earthly existence, as much as he is the 150-odd pounds that he may be.

My last remarks were meant to clear up if possible some of the misconceptions that you have concerning your own time concept. Keep in mind that the concept is only valid within your present circumstances, however.

Session 431

Seth Two On Identity And Time

Let us discuss numbers in terms of identities.

This is in connection with the lectures you are being given having to do with time and identity. Though numbers are abstract they can serve our purposes well here. One number, for example 7, can be considered itself as an identity. Now, it may become a portion of other numbers in infinite varieties, and yet it is always itself.

It may be a portion of many groupings yet still retain itself. Three and four will add to seven, yet three and four are their identities and will always be so in your terms. The numbers on the other side of zero, the minus numbers, represent identity in that time of relative nonbeing. The paradox is that the numbers therefore cannot be conceived of as not being, so the minus sign is used.

The unit of the numbers alone however signifies their existence. Now, mathematics is not nearly understood within your system. A fourth and fifth-dimensional mathematics cannot be initiated from within inside your own system.

It is as if each number represents not only the number itself, not only a unit to be added, subtracted, multiplied or divided, but also as if each number had infinite varieties of intensities that you do not perceive. I am not talking of smaller units within that number, but of the nature of the unit itself.

These multidimensional intensities would be considered as inherent qualities belonging to each number. They would represent other dimensional realities inherent in the number itself, since numbers are only symbols they would therefore represent other dimensional realities inherent in the unit for which the number stood.

As one number quite simply can be added to another without denying the validity of either number, nor the individuality of either number, so a different kind of grouping takes place involving mathematical manipulations of these other intensities that reside within the number units.

In no way does this alter the individual character of any unit number. Since we are involved in this discussion I will give you a simple analogy, and please understand that it is an analogy, meant only to simplify the idea.

Pretend that behind or within but unseen by you, behind or within the number 1, for example, there are an infinite number of other 1's, lined up so to speak behind

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the one that you see. The one that you see is the self that you see or recognize within your system. The 1's behind are not serial, nor identical, nor duplicates.

They are all however variations, but neither one is patterned upon any other. Each number in our original quote "row" that you see has therefore within it these other individual units.

Behind 1 then imagine the infinite other 1's, literally for the analogy's sake one behind the other. Now this long line of 1's may seem to stretch out indefinitely, or may seem to snap together into one. There is expansion and contraction within this simple number 1 then, with any number or unit.

This sort of expansion and contraction has nothing to do with addition or subtraction, multiplication or division; but it is an inherent quality of all units.

Now imagine number 2 placed beside number 1, number 2 also having behind it infinite variations. These variations incidentally should be thought of in terms of intensities. The intensities are themselves individual. Take the two main numbers, 1 and 2; as they stand beside themselves they become 12, and yet the 1 and 2 remain unchanged.

In the same manner any of the unit intensities behind each number may change position while still remaining itself, and retaining its individuality as a unit. If you use x and y rather than 1 and 2, basically the same is true. Now this analogy applies to identity. You are in a world where you see one particular intensity unit – belonging to say number 1.

You do not perceive the other intensity units to which it belongs. You perceive – in other terms – the 1, say, as a flat line on a flat surface, and are unable to imagine the existence, the intensity, within that simple unit number.

I am trying to tell you that numbers are only symbols for your kind of reality.

They are not multidimensional symbols. Your physicists can theorize to a certain point. The blockage occurs because the symbols used to portray reality are themselves limited by the reality that you know. They are like keys that will only fit your own doors. You can open endless doors with them, but only doors within your own system.

For this reason your ideas of time and identity remain limited. Now. Other dimensional realities do appear within your system but you do not recognize them. We can acquaint you with some of these. We can tell you what they appear like within your own reality.

You can learn to experience some of these, and the experience of no-time is a particular facet to which I am referring. The experience itself will automatically to

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some extent allow you to understand the dimensions of your own identity, but old familiar props will not be available.

One of us will give you directions shortly, and they should be followed when you are ready, without any changes made on your part. You will to some small extent at least experience for yourself what it is like to be a personality outside the context of time as you know it.

This is the best learning process. To tell you this was the purpose of the session. We will now close it.

Session 432

The Personality And Time

Now. All of this does not mean that personalities within other systems do not construct their own kind of time structures, but in all of these cases the personalities realize quite well that the structures are adapted for the sake of organization of experience.

They do not suppose any given time system to have any reality of its own. Such systems do not use the consecutive structure of your own however. In much the same manner materializations of a kind may be utilized, but the personalities do not give the materialization any reality outside of themselves. They know the origin of images.

It is rather difficult for those who have not been in your system to understand that you give time and images a reality of their own, as if they existed apart from you. Form does not necessarily presuppose the existence of images.

Form is not dependent upon mass. This comes closer to what I am trying to tell you. In your time system the growth of mass seems to be dependent upon continuity of moments. Time has nothing to do with form, however.

The personality who sometimes speaks (*Seth's larger entity*) can change form at will. He was never imprisoned by believing that one personality existed within one form. To your way of thinking he would change form according to his mood; as he thinks, he is.

His development began in your terms in such ancient times that for all intents and purposes you could say that in terms of value fulfillment he was so far advanced as to be alien entirely.

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Now some personalities from one system aid other personalities within other systems, but highly developed personalities, those in your terms so far advanced, will set for themselves the task of aiding an entire civilization; of assisting the development of a new system, and sometimes initiating the existence of that system.

I have told you that there is much that I do not know, and for practical purposes there is much that is not known. Now you are aiding in the development of those consciousnesses that compose the cells and molecules within your own bodies.

They learn from you almost through a process of osmosis. Dimly through many cycles of such activities, they become aware of the existence of conceptual thought. At the same time they support you. The capsule comprehension within them will evolve more and more toward the direction of conscious endeavor.

Each will itself learn to organize larger portions of energy. It is difficult to put this into words that you will understand. They are incipient and latent personalities. This does not mean however that they will all materialize within your own system, but they do represent in your terms the future inhabitants of your system.

Now it is quite possible for the advanced personalities of which I have spoken to take upon themselves the camouflage of a particular system, enter it, become for “a time” dependent upon its rules in order to help those who dwell within it; and this has been done on occasions too countless to mention.

In other cases contact is made through a personality within the system. The personality within the system may or may not know that such contact has been made. Ideas may be inserted in your case through the subconscious while the individual sleeps. When this happens then following your own psychological patterns the ideas would emerge more or less naturally, with little hint of their origin, and, the individual involved could well consider them his own.

The well-advanced personality then is aware of nontime, but can use the time illusions of others and can enter the particular camouflage structures. The nontime principle however operates in such a manner that a personality can only participate in the ways that I have described, in systems with which he has some familiarity because of his own experience.

It would be extremely difficult for our friend, for example, to limit himself to existence within your time schedule. Its illusion is far too apparent to him. He could however send other portions of his entity who were familiar with it.

(“Like you?”)

Like me, indeed.

Seth Extracts On Time

In parentheses: (This is why the father did not go himself, but sent his son, according to the religious story.)

Now. There are also those who stay within your system, in your terms, returning again and again in order to help its development.

Such personalities will concentrate their main activities in such a way that they can best affect conceptual thought, and bring about necessary changes. Many large families are representative of this group. They appear and reappear in your histories, always as dominant and significant entities. Here the family represents an entity who has taken upon itself the nurturing of your civilization. Knowing intuitively those changes which must come about in your future, they try to bring them about by appearing in your past; though to them your future and the past are the same they must still work within probabilities, you see, and what they are doing is affecting probabilities within your system. Even your time is basically plastic, though it does not seem so to you.

Such personalities try to affect the feelings and thoughts of a civilization, for these thoughts and feelings will alone bring about events. Personalities may be born within your system and find that it does not challenge them, or it is not to their liking in any case.

They may leave the system then, sometimes as aborted infants, but if they grow through childhood the first time, in your terms, then they must work out their development within the system.

You block out the realization of nontime, and accept your ideas of time along with the camouflage structure, for one is dependent upon the other. Once you accept physical matter as you know it, then the time system is indispensable. In those projections still within your system, you are still bound by a time relationship, in that it seems to you that perception operates as usual.

There are some freedoms ever here however, for mobility is not constrained by time. You can travel instantaneously in many projections. Some projections will involve you in nontime, but these are advanced projections and would be chaotic to you unless you were prepared.

In nontime images need not have the seeming permanence of your own. They may or may not appear permanent. Images may change their form, according to the intensities behind them. You could not now navigate within such an environment. That is you could not knowingly. In some dream states you do enter these environments, but they are meaningless to you upon awakening, for the experience there seems jumbled and without organization.

Time is useful only as a method of organizing perceptions. Perception itself does not require time. Within your system however perception does seem dependent

upon it. Using your terms nontime is as plastic as space seems to be. Space can be formed into tables and chairs, mountains and continents, but space is not dependent upon tables or chairs, mountains or continents.

Session 433

Time Structure Limits Perception

Now. Any time structure is an aid, organizing experience along certain lines. To a large extent it limits perception, and is a protective device. You are learning to handle perception and experience, and time gives it to you in slow and small doses.

The doses become larger. Finally you can sample experience without these limitations. Nontime represents the freedom to do so. You organize experience along your own lines because you have learned now to do so. You do not misuse experience when you have reached that point.

You understand the basic reality of subjective life. You will then still organize experience, but you will not need artificial aids such as time to lean upon. You will not need to see thoughts materialized in physical matter, for you will have long since learned that the thoughts and not the matter are the basic reality. You will be able therefore to dispense with many seemingly permanent mass images, but when you form them you will realize why and how.

It is important that you understand that time puts limitations and barriers in the way of perception. This does not mean that each individual at such a stage is isolated, nor that he dwells in some universe of his own, for interactions always exist.

In nontime you perceive at your own rate. You organize experience in your own way. These experiences however will always involve you with others. Indeed you can go far further in such relationships. The relationships between multi-dimensional personalities is far more complicated than those you know.

Relationships Between Multidimensional Personalities

Entities, if they prefer, and under various conditions, when they become acquainted with others, may introduce to each other if they prefer, various portions of their personalities. These various portions will be able to help each other and to aid in development. Take for example entity A and entity B. Self 4 personality of entity A may get along quite nicely with B's self 6. A's self 2 and B's self 2 may not get along

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well at all, so the entities will shift to those personalities which have the greatest rapport, and use them to establish a relationship.

In nontime these portions of the entity exist quite freely, without any time barriers to separate them. Many such relationships have been established, as indeed I speak with you because we get on so well. I am also familiar with your particular system, and found it emotionally satisfying.

Multidimensional personalities can therefore establish contact at various levels. Their relationships involve a trust that yours do not have. They have many areas of agreement open.

Now your physical relationships may or may not have anything to do with personal affiliations after any given existence within your system. There are mothers and fathers that you have forgotten, and children that you do not know. Psychically and subjectively the relationships did not take. You are not burdened with them, nor they with you.

This simply means that you did not spark creative impetus of any kind within each other.

Now, you did not bring forth response from one another. This perhaps is more important. You did not challenge one another. You may have gotten along quite well with each other.

No strong love was generated. If ever a hatred was generated, then the relationship continued in one way or another through several existences. It would be worked out, you see.

In almost the same manner some personalities are more remote from the entity than others. They may even move out further into another psychic organization that offers more promising development, or to them a more pleasing psychological climate.

In such instances the entity does not try to hold the personality back. The personality itself may simply pull away, exist by itself. It may become a part of another entity, as it searches for support. It may on the other hand attract, because of its strength, personalities who are searching for support. They may join it in a new formation. This may ultimately turn into another entity.

There are no barriers as far as development and experience are concerned, nor to creativity. A personality then, starting out with one main purpose, may find itself involved in experience that opens new areas, and it may pursue them. In nontime there is full recognition and sometimes use of time systems, but the personality realizes that it dwells in nontime, and it forms a time schedule or system to get where it wants to go in the same way that you would make a road or path.

Use Of Time Systems By Multidimensional Personalities

Sometimes the road or path may be used by others, and sometimes not. Now, many personalities may work together to form a time system, as many men may labor to form a national highway. One personality may also form for his own purposes a time system of his own, as a man might make a path to his own garden.

Sooner or later the man will cease walking merely from his house to his garden, and use other roads or forge new paths. Sooner or later the personality will use or form other time systems in which to achieve developments, but nothing forces him to do so.

Now. Time then is an aid in one way, and it is used by multidimensional personalities for their own benefit. Use again the analogy of a road. Other dimensional personalities realize that they are perfectly free to leave the road, and that much more exists on all sides.

In your theory of time however you believe yourselves bound to the road, do not realize that you have made it, and are unable to perceive other realities. You have chosen to do this however. Since you are learning and can only handle so many perceptions, you have forgotten that you have created the road. Multidimensional personalities do not need to forget. They are also aware of different such devices formed by others.

They don particular types of clothing to travel these roads, or they use certain vehicles. They do not believe that they are bound to those vehicles. There are certain time structures that are used by many. Well traveled. There are certain systems of reality that are well traveled. In these to some extent mass perceptions predominate.

There are others, far less numerous, where highly venturesome personalities chose to set up new trails and strike out in new ways. There are ruined time structures as well as ruined physical structures.

There are realities that are used no longer. The purpose for which they were constructed, in your terms, no longer exists. In your terms again there are incipient time structures and realities, probable systems that may or may not become a part of any mass venture.

Time therefore is formed out of and from nontime. Non-time is psychological experience, psychological reality, and time is always at its service. Entities then form the time in which they seem to dwell. Experience itself is always plastic, and again, form is not dependent upon mass. Mass belongs to your camouflage system. Form does not.

Seth Extracts On Time

Form adopts mass within the physical system, but form is not dependent upon it. Form can exist and does exist without mass and without physical matter. Form, like time, is an aid, an organization of experience. Form is used as time structures may be used, but multidimensional personalities know that they construct form as they may construct various time systems as an aid toward organizing perception.

There are in other words many other kinds of time systems that are constructed, beside the one you know, dealing with continuity of moments. The probable systems could be called time systems, only their experience is highly organized in a different fashion, and continual moments do not exist in your terms.

Now, there are some systems that do deal with a serial time unit, but in these the personalities are well aware that the serial time is of their own construction. Certain types of personalities will construct or be attracted to certain time systems. They will find certain patterns of development, particular perceptive mechanisms, that go with it more to their liking.

You could say that various time systems are like games, and there are many of them; and in each one the rules and the goals are different. In your system one of the rules is that you forget you are playing a game in order to concentrate better on the affairs at hand.

The game however is for a purpose.

You cannot apply the rules of your game to the universe however, nor project them in such a manner and expect any valid results. Still, playing the game will sharpen your perceptions and give you certain qualities that will allow you to understand reality once you cease playing the game.

How you do in the game will affect your score elsewhere, in other words. Time then is superimposed upon nontime, as mass within your system is superimposed upon form.

Now to some extent, to some large extent, time as you know it with its continual moments is a highly specialized illusion, even within your physical system.

Your own race is the only one who plays with any facility. Other myriad life forms have nothing to do with it at all. You merely transpose your values upon them. They do not experience time as you do.

This does not mean that they are not advanced enough to understand the reality of your time. They do not share the illusion. Almost all animals, plants, birds, insects, rocks and trees perceive according to intensities. The intensity of an experience is their present; but in many ways that I will not explain to you at this point, their present is of wider duration than yours. This does not necessarily mean that they

Seth Extracts On Time

perceive more of the past and future within their present than you do, for they do not in those terms. But in terms of quality and value fulfillment there is greater duration and the “moment” is more intensely perceived.

Be reminded here that they are not concerned with moments in your terms. Each experience is highly intense, however. The organism responds to an acute degree. This applies to both birds and rocks, though there is a large scale of difference between the extremes.

Session 437

Time And “Notime”

Now. You come out of notime into what you think of as time, and back to notime again.

In notime experiences are far more direct. Words in your terms are not needed to describe them. In notime is the energy that provides the basis for time as you presently experience it. All individuals and consciousness cooperatively form and sustain the frameworks that you know.

There is less differentiation, in your terms, in notime, but far more differentiation in terms of consciousness, and psychological experience. All probabilities have their reality in notime, and the creative accomplishments that take place within notime generate all the probable realities that will ever exist or have existed within the various time systems. In various dream states you do delve into notime, and it is of course here that you have your primary existence and ground of your identity.

It therefore pervades your time system, which is only transposed upon it.

Session 438

Time And “Notime” (2)

Now. All probabilities and all possibilities have their origin in notime.

Some of these are perceived and experienced as definite events within your own system. It is you who choose among the probabilities, and from these you form the given collection that compose any particular event.

Seth Extracts On Time

You use probabilities like blocks to build events. You choose.

Now. This presupposes inner knowledge and calculations, for you must be aware of the probabilities in order choose from them. The inner self therefore has and uses this knowledge. These probabilities include web works and probable action and reaction, involving not only yourself but others.

Your computers are toys when compared with these inner workings. The main nature of events, the majority of events, do not “solidify” until the last moment, in your terms. According to your understanding and interpretation of the word, events, none are predetermined by a source outside of yourselves.

The given environment of your childhood for example was chosen by you and determined by you. Within this framework you also gave yourself the freedom to manipulate and change. The main events of a civilization are chosen by its people, but because a course is begun this does not mean that it cannot at any point be changed.

Events are materialized in your time from their origins in notime, then. There is no end in those terms to the source or supply of probabilities, therefore notime is not a static, completed cosmic storehouse. It is being continually added to. Each event that you form from any given set of probabilities automatically gives rise to new probabilities.

The nature of any given probable action does not lead to any particular inevitable concluding act.

Probabilities expand in terms of value fulfillment. One given act does not necessarily then lead to act B and C, and hence to a concluding action. Instead it has offshoots in infinite directions, and these offshoots have offshoots. Sessions on the creative dilemmas and the sessions dealing with relative non-being will help here.

This is what I know of reality, but there is more to be known.

“Outside” of the realities of which I am aware and others are aware, there are systems that we cannot describe. They are massive energy sources, cosmic energy banks, who make possible the whole reality of probabilities.

We are moving in that direction. Portions of the entity “arrive” before other portions, and send us communications that we can hardly understand. The other personality who speaks is on the edge of such a system. The other system is the inside of the inside. It has seen the birth and death of many physical universes such as your own; and the entities within it “at one time” were the inhabitants of such universes.

Seth Extracts On Time

They have evolved beyond all probabilities as we understand them, yet outside of probabilities they still have existence. This simply cannot be explained in words. They form energy sources. Yet also all of this and all of probabilities does not minimize nor deny the individual, for it is the individual upon whom all else rests, and it is from the basis of the individual that all entities have their existence, and from which all kinds of evolutions spring.

Nor are the memories and emotions of an individual ever taken from him. They are always at his disposal, and those who have had connections with one another are always free to renew them, or to ignore them.

Most of these probable systems, returning to our earlier discussion, are open. You simply do not realize that this is the case.

In your system it seems as if you have chosen one course, and that is the end of it. On other existences however you choose other probabilities. Now your own system is relatively closed, in that within it as a rule only one ego predominates, and you think of yourself as that ego.

In other systems this is not necessarily the case. The time system within them is entirely different than your own. In these the inner self is aware of itself as more than one ego. The inner self can play more than one role at once, consciously in other words. Simply as an analogy, it would be as if within physical reality you lived, say, the life of a rich man of great talent, the life of a poor man with entirely different talents, and the life of a mother and career woman. You would be aware of yourself in each of these three roles, and find qualities being developed in each of the separate lives.

Again this is an analogy, for in several respects it could lead you astray if you took it too literally. In such a system there would be no breakup of time for example, since time does not exist in the same manner.

You would not spend for example part of a day as one personality and part as another. This will all be explained in good time.

Session 442

Psychological Identity

There are several points I would like to make concerning psychological identity. For the sake of analogy only now, imagine your present self at the center of a circle of endless spirals. You are yourself, and yet one of the spirals that form the circle. You

Seth Extracts On Time

are a vortex for the circle. You do not have to contact it nor its other spirals, in that you already belong to it.

Now the same is true of other portions of your entity, if you consider any other given portion as being the vortex of its own circle. In any psychic investigations or endeavors you will often gain assistance and support from these others who make up the circle of which you are a part.

Now I am speaking simply, for I am speaking of a circle as you understand it in three-dimensional terms, but there are more depths and dimensions to a circle than you can imagine when you picture, say, a globe; and so of course in this analogy identity has other dimensions that do not appear.

There are points or identities more easily reached from any given viewpoint within such a multidimensional structure. Imagine a superstructure of a circle, put together like a pie, except that each segment is also in itself a globe, and that this structure is in itself an exterior one, the multidimensional equivalent of the pie's crust or the apple's skin.

Now the circumference of these circles interlap and bisect each other. Nor are the dimensions of circumference or radius stationary in your terms, for they exist in value fulfillment rather than in space, and their measurements in terms of intensity rather than in inches or miles.

They are to a large degree, but not entirely, self-perpetuating, as if the seeds of an apple, instead of falling down to the ground, fell backward into some mysterious dimension within the core of the apple itself. And yet because of the creative abilities of this mysterious dimension, more than inbreeding would be concerned, for it of itself could provide entirely fresh and new elements out of which further creativity could come.

Now this is identity as it is not generally known, and in this analogy lies the truth of the nature of identity. Later you will understand it better.

You and Ruburt have changed since our sessions began. I have also changed. Because I have changed you have changed; and each new encounter continually changes, yet in a way that has nothing to do with developments, not single-line continuity.

From my standpoint your various reincarnated selves are not seen separately, but as your earthly personality.

Our contacts now are not just contacts with Robert F. Butts and Jane Roberts, and that is why I have always used your entity names. The contact is also with other reincarnated selves that you do not presently recall. I see a larger portion of your identity than you do.

Seth Extracts On Time

And when I speak to you I speak also to other portions of you that I have known and do know.

("What do you see right now?")

Right now I see you symbolically speaking, in your terms, as the sum of the various people I have known in past lives as you, plus the you that is present, in your terms. In terms then of vision, I see Joseph rather than Robert. And I speak through Ruburt rather than the less – rather than the more limited concept of Jane.

Now. Our relationship, simply in these terms, is multidimensional. For you also react to me unknowingly on the basis of other relationships with me that you do not consciously recall.

In the future now that Ruburt has loosened, we will deal with your reincarnational backgrounds in some detail.

In terms again of the image set up earlier, there are various reference points where overlapping areas of the various circles penetrate each other; and as has been mentioned earlier, Ruburt's personality presently is in such a psychological location.

Your reinforcement is necessary however, for you act as an amplifier. One of the reasons is obvious, to me. My own personality, as simply as possible, also represents such a reference point or entry point between you and Ruburt and myself. Because, again as simply as I can explain it, because of our natures a certain field has been set up of receptivity, and though our positions change, the quotients within it do not.

Now mathematicians will not like this, but in your terms within the multidimensional circle image, we form a triangle. The triangle is mobile, but we are to some extent eternally allied. We were always formed something more than we are individually, in your terms.

Now this is not unique by any means. There are numberless other such situations, and I mean numberless. Comparatively speaking however, the situation is unique.

Now within our relationship as a triangle, dimensions are open and constantly changing. Because of it we have all a rather unusual freedom. Now, I am part of another triangle still, that is within this circle, and through my contacts with this other triangle there are abilities, perceptions, insights, talents available to you that you have barely begun to tap.

You will (*to me*) particularly since Ruburt makes his way from his own dark age. One of these developments will occur in our sessions, one in particular through

Seth Extracts On Time

Ruburt outside of a session, I believe, and another should take place initially Joseph through you. Or with you as main agent and instigator.

The other personality for which Ruburt has spoken is a part of this other triangle. Which leaves you with two unknown elements you see. Surprises are not surprises unless their main elements are withheld. I tell you this so that later when developments occur, you may find that within our sessions, again, that the ground has been prepared.

The circle image that I gave you is meant to represent the basic meaning of each individual's entity. Within it each individual is free. In the simplest of terms I have tried to suggest through analogy the multidimensional aspects of a basic self.

You sleep and dream and waken daily, and know that you are you. So in your physical life you die and begin a new life, with little memory of the one that has gone before, as you find it so difficult to recall your dreams. Through exercises you can consciously remember some dreams. Through exercises you can consciously remember some reincarnations.

If you are interested I will give you such exercises, but whether or not you remember these lives consciously is of little importance, for you have subconscious knowledge of them. This is your last reincarnation, in your terms. At death you will consciously realize the sum of your reincarnated selves. To me that is your personality, but this is only a small part of your overall self. To me it is as if you had finished one life, you see. To you it will seem as if you had finished many.

Then the integration will take place, and you will realize that the various incarnated selves were as but days in your present existence.

(To me.) I speak to you as Joseph, and all unknowingly you react as Joseph; for Robert F. Butts alone, or Jane Roberts alone, would never have met me.

Session 443

Seth Two On Physical Reality And Illusion

You are like children, in your terms, with a game, and you think that the game is played by everyone. Physical life is not the rule. Identity and consciousness existed long before your earth was formed.

You see physical bodies and suppose that any personality must appear in physical terms. None of you are physical; that which is enduring is not physical. In that respect at least you are no different than I. Consciousness is the force behind

Seth Extracts On Time

matter, and it forms many other realities beside the physical one. It is only because your own viewpoint is presently so limited that it seems to you that physical reality is the rule and the mode and the purpose of existence.

The source and power of your consciousness is not and has never been physical, and where I am many are not even aware that such a physical system exists. You have chosen your own illusion, and so you must accept it, and from its viewpoint must you try to understand the realities that exist beyond it.

There are many illusions, but the illusions are also real since they are created and since they exist. Yours is simply not one that I have pursued, and one of the purposes of any appearance at these sessions is to acquaint the one you call Ruburt with inner travel, for he must leave the system as you know it, and in doing so set up habits and paths that can be used to advantage.

The situation is not quite stable at this point however. Those where I am have not been acquainted with your system directly. We have not been a part of it, though some of us have watched its developments, and interacted within it in other ways.

We have helped nurse it along by our energy. Others like yourself have introduced various concepts to it and been more directly involved. We were long before your beginning in physical terms ...

Seth One On Our Fixation On The Illusion Of Physical Reality

Now that big brother has had his say, I will bring our Ruburt back to you, and let you take a break. He will be quite here, very shortly.

You have been so immersed in physical reality through reincarnations, that even your dreams involve you with objects; and even in your dreams you hardly escape the physical units that you have constructed.

It is highly difficult for you to perceive any knowledge or reality unless it is interpreted in physical terms, even though such interpretation highly distorts the information itself. When you allow yourselves freedom in the dream state, when you allow yourself direct experience of reality, when you do not remember it.

In dreams you continue to create pseudo-objects; even in your travels into experiences in other fields of reality, you continue to insist upon the paraphernalia of objectivity until it imprisons you, and you cannot see beyond it.

The inner portions of your own identity and reality are not known to you, for you cannot objectify them and therefore you do not perceive them. So much of your energy is used in these productions that you cannot afford to perceive any realities

Seth Extracts On Time

except your own. Like children playing with blocks your focus of attention is upon physical blocks.

Other shapes and forms that you could perceive, you do not; even in explaining other realities to you I must use word shapes and forms, or you would not understand what I mean.

You have your mathematics from us. You have a shadow of mathematics, for here again you have insisted upon hemming in realities, of applying larger elements of thought to your blocks. Your idea of progress is building bigger blocks, like children sitting upon the floor. Yet none of us would think of kicking aside your block constructions in ire, or telling you to put aside children's toys, though one day you shall do so.

Later in your time all of you will look down into the physical system like giants peering through small windows at the others now in your position, and smile. But you will not want to stay, nor crawl through the small enclosures, nor have we any intentions of doing so.

In all ways we protect all such systems. We do not have to be aware of them. Our basic and ancient knowledge and energy automatically reaches out to nourish all systems that grow –

(... Jane suddenly cried out and began to shake her head violently from side to side as she sat in her rocker. Her movements were so violent I feared she would tip over in the chair. John jumped up to steady her from her right. A glass of beer hit the floor. A second later I was at her left side, having to go around the coffee table to reach her.

(Jane's eyes had been closed, and remained so. Oddly enough her glasses were on; nor did she lose them in the violent shaking. She was quiet now but it took some minutes before John and I could coax her out of trance. Needless to state the sudden end and reaction had been most startling to us. When her movements started I called loudly to her but did not get through.

(When she could finally talk Jane revealed that she had been experiencing a concept to accompany the personality's words; this she has done before when speaking for Seth's entity, and we have been told before that this is one of the reasons or purposes for her speaking for this new personality. But this one was a rough trip, Jane said. This experience, Jane said, "wasn't great".

(It wasn't clear, Jane said, extremely difficult to put into words, but she found while speaking the appropriate lines that she was a giant, looking at John and me in the room, although her eyes were closed. She then experienced a tremendous feeling of growth. She felt her "organs growing", along with John and me and everything in the room. Everything maintained its relative scale, but there was this enormous feeling of growth, as though each of us grew to the size of elephants, Jane said.

Seth Extracts On Time

("I don't know whether he left me or not", she said, "but suddenly I was me and all this was going on. It was fantastic. I was so completely enveloped by it ... I can't describe it. I was so aware of everything in the room, but my eyes were closed all the time. It wasn't great, this experience.")

(I hoped this meant the end of the session, but after a while it was obvious that Jane wanted to continue, or at least was willing to, in spite of the upsetting experience. I tried to talk her out of it. Her eyes kept closing. Finally she decided to continue.)

("I'm on my way to the other guy," she said. "I just passed Seth and he joked with me – something about a massive encounter.")

("Why don't you just back down?" I asked.)

(I don't know how to.)

Seth Two Continues

The blocks of physical reality appear very real to you when you dwell within their perspective.

Your Ruburt experienced a transmigration of systems. It was not meant to be unpleasant. This was his subjective interpretation. First he was involved in a microscopic adventure. Consciousness does not take up space. You must understand this. He then entered your own system of physical blocks, and by contrast that system then appeared huge and monstrous.

When we make contact his personality and consciousness in concentrated form makes its journey, in your terms like a speck in space, the consciousness reduced to its essence, and from this experience we then let him fall back into the physical system. Children's blocks then become massive by contrast. It was an experience in concepts, and therefore an advance on your parts.

Session 444

Entity And Personality – Jane And Seth Example

For our friend Ruburt, in simple terms now. He should know that the Jane self, the Jane personality, is not divided into highly specialized though effective units, as he has been wondering.

Seth Extracts On Time

Jane does not call herself Jane as a writer; Ruburt on other occasions; Seth on other occasions, and so forth. There would be nothing wrong in such a framework, providing the various subdivisions worked together well. The Jane personality as a whole in that case would still be integrated, various portions of it simply designated for different kinds of work and ability.

Such an arrangement would indeed allow more freedom and creativity than usual. However this is not the case. There is instead not a working arrangement between various portions of one personality but a working arrangement among quite independent personalities. They exist in various dimensions, and all of them have access to knowledge that Jane does not possess.

This is not meant as a slur upon Jane's own excellent abilities. On Jane's part this would instead be an extension of her personality into areas far beyond the personality's own capabilities at her time and in her space.

I am far more than Ruburt's "best self". The emergence of the Ruburt episode leads me to speak to Jane in these terms so that there will be no misunderstanding.

Now. Jane is correct in the idea she received from me this afternoon. Ruburt does not have my knowledge. I will always be your main communicator. The other two personalities (*Ruburt and Seth's entity*) have been involved at my request, for purposes having to do with our material and purposes.

Now apropos Fodor's book (*The Unaccountable, by Nandor Fodor*), yes, Jane, there is a Seth and I was not born a psychic infant from your own personality. Nor was I formed in such a manner.

Fodor's idea is that personalities loosely in the same category as myself are indeed legitimate. He nicely concludes that we have a right to existence, and even possess a certain consciousness. However, he believed that we were divergent portions of a medium's consciousness, that had gained relative independence.

Now this is a more respectable theory than many, but in my case it is not the correct one. Again, the theories of personality that are taken for granted within your system still manage to confuse you. It is a highly simplified version of the truth to say that I am a spirit, in those terms, though in those terms I am indeed.

I am utterly independent of Jane in any terms that have practical meaning in generally held concepts of personality. I did not emerge from Ruburt's personality nor person in any way. I have lived often in physical existence. But in larger terms, quite unacceptable at present to psychology, all of us are part of the same entity.

Now the same is true of Ruburt. I have always addressed Jane as Ruburt, as you know. Therefore the emergence of Ruburt confused Jane. Quite without knowing,

Seth Extracts On Time

Jane has always been aware of Ruburt's existence. Now again, Ruburt is not part of Jane's personality, in your terms, nor did he emerge from it.

Part of the difficulty lies in the use of words. For analogy's sake, then, consider the serial selves that we have sometimes discussed to make issues clearer. I told you once that in those terms I would be considered as Jane's number 6 or 7 self.

Ruburt then, would be considered Jane's third self in approximate terms. In the analogy these future selves would dwell in other dimensions, and usually self one, or Jane, would be relatively unaware of their existence or knowledge. In this case self one is able to make such contacts however.

These selves are each completely independent from the other, making their own decisions as individuals, as in the most precise meaning you can apply to that term. Following our analogy, Jane's self 2 is in another position where contact is not possible at this time.

Now Ruburt, compared to Jane's self 2 in these terms, is closer to Jane, so close that Jane has often accepted inspiration and ideas from Ruburt without realizing it. Ruburt is the sum of the earthly personalities, intimately aware of all past lives.

He is temperamentally closer to physical existence. He is very at home with Jane, you see. Since I mentioned self 2, and again remember this is an analogy – self 2 has embarked upon a completely different adventure, in a different direction in another system.

There were certain capabilities and potentials, always present, that could not be fulfilled through physical reincarnations. Probabilities that never became actualities through any life, a latent personality then that went its own way, and, quite literally was never a physical person.

These concepts can be grasped intuitively. Unfortunately the words used to describe them are the same that must be used to describe currently held concepts. In spiritualistic terms, Ruburt would be the guardian angel, you see.

I have always addressed Jane as Ruburt, since this is the last reincarnation physically.

Now. As you know, and we will return now to the familiar name, Ruburt was experiencing a concept. The unfamiliarity of the experience frightened him.

(See the 443rd session.) Rather naturally he placed emotional connotations, or superimposed those upon the experience. He will not have such difficulties as he learns. There was obviously no intent to discomfort him, and it was Jane who became alarmed.

Seth Extracts On Time

Other concepts, as vividly felt you see, might not have bothered him, or he might have found them extremely supportive. His own abilities were at a high level. The circumstances were relatively good, though somewhat unstable; a period of three days was particularly beneficial however, which is why it appeared that so much was happening at once.

Jane should be able to contact Ruburt rather easily. It was because of the conceptual experience in our session that Ruburt emerged in practical terms. Again now, we are all independent with our own futures and pasts, in your terms. We are all however connected ...

Each of the personalities alive on your own earth are connected. When such contacts occur, say between Ruburt and myself, then I draw upon those connections and activate certain common pathways.

We will have much more to say here at a later date. Suffice it to say, using again our analogy, that although both self 6 and self one are independent, there are certain connections between them, and that these can be activated.

Suffice it to say also that in this analogy, self 6 is far more than simply a future self one.

In those terms then, in some inconceivable future, Jane will not become me, nor grow into me. I am not the oak that the seed will become. By then, in your terms, I will be far different than I am in your now.

Now. Ruburt's has been the voice, the inner voice, that often has given Jane inspiration.

Ruburt has always been highly involved with Jane's writing, imparting intuitive truths, and Jane's psychic abilities were precisely what made the inspiration possible. You cannot separate creative and psychic ability. When Jane seriously questioned her psychic nature, she was without realizing it questioning also the basis of her own creativity, and this interfered with the writing.

In this life Jane has always been able to utilize psychic abilities very well, without knowing it. The basis of her work then was psychic. Without this, the development into what you call mediumship would not have occurred. In Jane's case the personality was able to mature enough to consciously handle more and more data, to let further developments occur. Otherwise, for example, I would only have been able to communicate to Jane in her dreams, or through Ruburt.

I am telling Jane therefore that the channel is open for creative inspiration from Ruburt, and the channel is clear. Ruburt can also be counted upon when it is advantageous to interpret my material, though he could not himself originate it.

Seth Extracts On Time

Now this information should be highly useful to Jane. Ruburt has at times for that matter passed information from me to Jane. Now it is Jane's responsibility as a present physically oriented creature, to use the psychic and creative abilities that she has to their fullest, and as a legacy to help others.

She is far more than an open channel in other words. I think perhaps we are coming very clear in this session, explaining in simple terms where all of us stand –

Now. You, Joseph – I will speak to you as Ruburt. You and Jane are a part of the same entity. You know that you are not Jane. Jane knows that she is not you. In the same way I am not Jane, and Jane is not me. You share some general joint memories with Jane, even before your acquaintanceship and despite the difference in your physical ages. These having to do with national and cultural events, so they are common to you both. This does not mean because you have some general common memories, that you and Jane are one individual.

Yet a psychologist would come to this conclusion if the same statement were made about myself and Jane. Now we as portions of one entity, have certain memories that could be compared to the general cultural ones that you and Jane share, even before you met. These however, that you have, are obviously felt by you both in an entirely different manner, because of your own different viewpoints and so forth.

The same is true of entities and various personalities that are allied with them. Your own creativity, your painting, has always had a psychic basis, and in your case – back to our analogy – self 3 has helped you. Self 2 followed the same path, relatively speaking, as Jane's self 2.

Now, self 3 has been your inner inspiration often, and it is possible that you will find little difficulty in subjectively contacting Joseph.

Session 446

Seth Two On The Human Race

(... The article led me to wonder why we behaved as we did, as a species, with seemingly little change throughout recorded history; I wondered what purposes, what real sense, lay behind our attitudes and actions, etc. ...)

There is a point where all realities intermingle.

It can only be reached from the inside. Many of the questions you have asked cannot be answered in the manner in which you have asked them. The ideals of which you

Seth Extracts On Time

speak are your protection, built-in survival mechanisms that warn of danger; invisible fences like psychic signs saying beware.

You are being allowed freedom within limits. The human race is a stage through which various forms of consciousness travel. The ideals keep the race pointed in beneficial directions. Thoughts and emotions form the basis. You learn by seeing these turn into physical reality. You may be killed by what you have created. If so the lesson is doubly learned.

Before you can be allowed into systems of reality that are more extensive and open, you must first learn to handle energy, and see, through physical materializations, the concrete result of thought and emotion. As a child forms mud pies from dirt, so you form your civilization out of thoughts and emotions, and then see what you have created, and you must deal with it on its terms.

In other systems energy is more directly felt, more extensive. Consciousness has much more freedom in its utilization. The lessons must be properly learned before such responsibility. There are other training systems, each dealing with various aspects of such understanding and discipline. You cannot do any basic harm. When you act within your system however you act within others.

When you leave the physical system after reincarnations, you have learned the lessons, and you are literally no longer a member of the human race in those terms, for you elect to leave it. Only the conscious self dwells within it in any case, and it is other portions of your personality who simultaneously dwell within the other training systems. In other more advanced systems, thoughts and emotions are automatically and immediately translated into action, into camouflage, into whatever approximation of matter there exists. Therefore the lessons must be taught and learned well.

The responsibility for creation must be clearly understood. You cannot hurt others within your system. To some extent you are, comparatively speaking, in a soundproof and isolated room. Hate creates destruction and in that room, until the lesson is learned, destruction follows destruction.

In the terms of other systems that particular kind of destruction is meaningless and does not exist, but you believe that it does, and the agonies of the dying are sorely felt. A vivid nightmare is also sorely felt, but quickly over. It is not that you must be taught not to destroy, for destruction does not actually exist. It is that you must be taught and trained to create responsibly.

Creation, creativity is natural under all systems and all circumstances, but your system is a training system for emerging consciousness; for have a talent does not yet know how to use it, and must be trained.

Seth Extracts On Time

The ideals are like instructions on a blackboard that will not be erased. When you have learned the lesson you realize that the ideals were not necessary, but until you learn the lesson they are all you have as guidelines. The ideals are mere shadows of instructions. They are however your own translations of truths as nearly as you can comprehend them within the system.

They are the rules of the game, and within your system you cannot go against them without courting madness. The system itself would appear insane without them, and only they impart any sanity. In terms of value fulfillment over a period of reincarnations, there is as startling a psychic growth as there is physical growth from a fetus into an adult.

Your system is a training ground only for those however who have chosen to go beyond into particular other systems. These systems are interrelated ... other training systems are set up for those who embark on entirely different patterns.

The training gained in your system then will serve you for existence in a variety of interrelated systems. If the sorrows and agonies within your system were not felt as real, the lessons would not be learned. The teachers within the system are those who are in their last reincarnation, and other personalities who have left the system but have been assigned to help those still within it.

You are dealing with the transformation of emotional energy into action and form. You then manipulate within the system which you have yourselves created, and by its effects learn where you have succeeded and where you have failed. The system always includes some fragments who are entering for the first time, as well as individuals in their third or fourth reincarnations.

Those in the later grades you see are to help the others. The system also provides practice in the methods of transforming energy into form, and of maintaining intensities, of manipulating energy in various aspects.

As you dream, and have a dream existence while still involved in the physical dimension, so is the physical dimension a dream within another dimension in which your consciousness is far more acute. And as in your dream you set up situations and work out problems, so you do the same in your physical existence.

You do not feel guilty for those you kill in your dreams. You do not feel that your dream existence is useless, hopeless or beyond redemption, and it seldom occurs to you to think of your dream existence in such a manner.

That existence is a very valid one however, fulfilling significant functions and containing many levels. It is a more comprehensive existence in one way, in that while you solve problems that exist in your life, you are also free of physical life to some extent within it, and free to travel to other dimensions.

Seth Extracts On Time

There is a reason why you view daily physical existence in a different manner while you are within it. In your dreams you are able to know what progress you are making, and where your failures lie. This information is compared to the ideals that have been reached in the manner I have told you; and the ideals themselves originate in the dream state, and are then translated into terms that are practical physically.

Even while immersed in physical reality, you are then to some extent free of it. Physical reality itself is still a dream within a larger existence, so from that existence you seem to yourself to be dreaming while you are immersed in physical life. Often in physical life then, you are also working out solutions to problems that exist in a quite different manner, and in a completely different context in this other dimension.

Often you are aware that you are dreaming, and you are sometimes aware while in physical existence that you are dreaming. You can change an unpleasant dream by realizing that you are creating it, and that the problems are of your own making. You leave physical reality when you come to the same realization. The problems that you solve while in it are quite legitimate. You also know when you no longer need the particular context.

Humanity dreams the same dream at once, and you have your mass world. The whole construction however is like an educational play in which you are the producers as well as the actors. There is a play within a play within a play, mazes of understanding. There is no end to the within of things. The dreamer dreams and the dreamer within the dream dreams, and sometimes the dreamers are aware of each other. But the dreams are not meaningless, and the actions within them are highly significant. The whole self is the observer, and also a participator in many roles.

Problems leading to world wars also cause worldwide natural disasters. These are merely another materialization of energy projected by those who have not learned how to handle it. Such reactions fire through the dream universe also, and are reflected through all phases of your activity. The whole self compares the performance of various portions of itself in physical reality and in dream reality, and draws its own conclusions.

Session 491

Issues Facing Mankind (2)

Now, remember: in one way your reality is a probable system. In some other realities mankind has taken different roads.

Seth Extracts On Time

In some for example he never was a meat eater. In others the aggressive instincts, as they are called, were almost automatically channeled toward what you would call constructive areas.

The progression in that system incidentally was not swift or certain. Individual development suffered in many ways. The problem of how to handle energy constructively was put in far simpler terms. There was less free will involved. The inhabitants of the system were far more fearful – so fearful that little change was allowed for.

The problem of aggression is simply the problem of using your own energy constructively. When you are forced to use it constructively you learn little. It is true that in this system of which I am speaking, there was a stronger focus upon the arts, and yet there were fewer great artists.

The only way to avoid facing the problem you see was to limit the amount of free energy allotted to the individual, and available en masse. Also safeguards were automatically built into the physical structure so that accumulations of energy could not be repressed – so no buildup could then emerge with violent overtones. Those in this system take further steps very slowly, and it will be more difficult for them to learn to handle large amounts of energy constructively. Those in our own system are more venturesome, more daring. Consciousness is far too varied. No one system could contain it or satisfy it. Generally speaking then, individual entities choose the system which suits their personalities and general leanings. Your system presents a rather abrupt, explosive entrance into largely organized consciousness, but on an individual basis.

Those in your system are relatively impatient, have decided to work with large amounts of energy. Your physical system itself rapidly responds and mirrors the use of this energy. Results are seen quickly. Large groupings and regroupings occur within the mass psyche, huge waves of energy as the race makes important decisions. All of this is done on an unconscious basis, but as a teaching method the results must be seen physically.

Because you respond as physical creatures you respond best of all to tangible physical results. You do not know how far you can go in any given waves of activity until you see it objectified, or nearly so. If you knew how to handle energy effectively, if you fully realized that your thoughts were the motivating factor, were the realities, then you would not need a physical existence, for that is the reason for the physical environment.

It is the clay which you form so that you can see the results of your mental work. You become extremely engrossed in the activity, but you also know in deeper layers of your personality that your existence and the existence of the race will continue.

Seth Extracts On Time

Quite frankly, your earth is expendable, for it will be created again as often as it is needed. I use the term again, speaking in terms of time again for you. But understand that others are forming their own clay of realities simultaneously. If they do not like what they have created often they throw it away but always with the idea of learning from their errors, and forming another from the knowledge they have gained.

Not one portion of consciousness is lost in this process, you understand. When you think of a possible destruction of your planet, you imagine perhaps the mutilation of nature as you know it, the species changed. Or you imagine the race of man vanishing, or starting all over again as it were from scratch.

Each epoch that ever existed within your planet in one way you see still does exist, and any consciousness that was involved with it still exists. Each consciousness retains memory of all its experiences, of each gestalt of which it has been part, and of the errors and of the successes in which it has been involved.

In one way all of this happens in the blinking of an eyelid. But in terms of value fulfillment you see, you explore it thoroughly. As you know, there is no destruction, and yet in other terms you must believe for a while that there is, if you are going to work for the good of yourselves and others, as you must.

There are many roads leading to that goal however. Various personalities will find various ways. You help others whether or not you realize that you do, whether or not others realize that you do, whether or not you plan to help. You help others even when your intentions are precisely the opposite.

Many who would seem to set a very poor example for others help others for exactly that reason. Quite simply they are examples of what not to be precisely for this reason. In their avarice and hatred they serve a purpose.

This does not mean that they will not have to progress, that they will not have to learn, but it does mean that they will not be allowed to pass through without helping others regardless of their own intent. In some cases such a situation may be set up by a portion of the personality itself, though this is not usual.

Some automatically soak up the hatred of others like a sponge. They have quite hateful characteristics. In some cases they have chosen these roles, attracting aggressions that others cannot handle. There is so little that you do know that many situations appear meaningless or chaotic.

There is no probable solution, you see, to mankind's difficulties, that is not being tried out in some probable system. There are systems where no violence is allowed, but full energy is given. The teaching process there is different. The system, the body system, short-circuits itself at the contemplation of violent behavior.

Seth Extracts On Time

Now you must understand that this continues throughout the entire system – animal and plant life. Change is gradual. In many ways it is a sleeping system, change taking place so slowly and nonviolently that the danger is in a constant status quo. The mental associative patterns are completely different from your own. Even abruptness of thought, you see, carries implications of violence, of abrupt change – the breaking of one pattern for another.

Incidentally, I only know of the existence of such systems – I have had no experience with them.

It is not necessary that you know what is going on in these other systems of reality. Some are so alien that you would not recognize them, nor would I, as any indication of conscious life.

There are purposes beyond those that I can tell you. Their meanings unfold as your own development does. Within consciousness all things are incipient, and all creations are lovingly nurtured. You cannot step out of existence or reality even if you try.

It goes without saying that many entities have no experience with your physical reality, and never will. The information gained in each probable system is known, however, and correlated. You must realize the advantages, challenges and peculiar beauties that your own system provides, and that many of your own accomplishments as a race are unique.

These accomplishments are not the ones for which you pat yourselves on the back however. Nature as you know it is also a result of your decision to handle large amounts of energy without strong imposed restraints. The beauties within it are often the result of violent changes, of strong energy, used to change pattern and form, and yet maintain a definite stability. The end products – your foliage, landscapes and skies for example, are of the highest esthetic nature: as esthetic productions they are unequalled.

They are indeed art, though you would never think of them as such.

Now. Accepting the problem of aggression and of the use of strong energy necessitates rather quick reactions, strong unconscious mass communication, quick abilities to transform energy from one kind to another.

Highly unstable explosive energy may lead you to a tragic war. At the last minute however a transformation may occur in which the energy is used instead to form a massive earthquake; the birth of an island or new continent.

It may be used as a thrust to bring forth an invention, literally of earth-shaking proportions. It may be also used to bring forth a gigantic constructive event of equal proportion, according to the inner abilities and intent of the race at the time.

Seth Extracts On Time

When the race is in deepest stress and faced with great problems, it will call up someone like Christ. It will seek out and indeed from itself produce the very personalities necessary to give it the strength it needs. It makes little difference what circumstances are involved. The myth will grow to a reality, and the reality is far stronger than any purely physical event could be.

There were three men whose lives became confused in history, and merged, and whose composite history became known as the life of Christ, for example. Each of these were highly gifted psychically, know of their role, and accepted it willingly.

It made no difference to your history. The three men were part of one entity, gaining physical existence in one time. They were not born at the same date however. There are reasons why the entity did not return as one person. For one thing the full consciousness of an entity would be too strong for one physical vehicle. For another the entity wanted a more diversified environment than could otherwise be provided. The entity was born once as John the Baptist, and then he was born in two other forms. One of these is a personality that most stories of Christ refer to.

I will tell you about the other personality at another time. There was constant conscious communications between these three portions of the one entity, though they were born and buried at different dates. Yet the race called up these personalities, so to speak, from its own psychic bank, from the pool of individualized consciousness that was available to it.

Session 507

Comments on a Portrait of Joseph and Ruburt

The portrait is of Joseph and Ruburt. These are not portraits of yourselves as past personalities in your terms, or of particular reincarnational selves. They are pictorial representatives of the whole selves that you are. In your terms the selves that are the sum of your reincarnational personalities. These whole selves then are a part of your entity. Your probable selves are also a part of your entity, however. If you want to think in terms of guides, “angels”, then you have the reality behind those terms. Ruburt and Joseph are the names I use for you, for these names themselves imply your greater goals. These personalities are aware of your present existence, and give you advice when you are in the sleep state. They are a source of strength. You can draw upon their knowledge, and you can also draw upon the knowledge of your own reincarnational selves, “past” and “future”.

Seth Extracts On Time

As that newspaper portion was a whole of the entire paper, and there to be read, so is the whole self present in the portions of your personality that you know.

Natural Inclinations Affect Perception

... (... I talked about cases we had read about, where hypnosis was used to get the subject to focus only upon the test item, ignoring any other data even if relevant. The discussion veered around to our wondering how Jane would do under such conditions, when Seth abruptly resumed.)

That course would not give the results you might think with Ruburt, or anyone else. When that course works it is because knowingly or unknowingly the suggestions given follow the natural inclinations. In extrasensory perceptions, so to speak, as in so-called normal perception, the natural inclinations of the personality dictate the kind of information that will be sought from any available field of data. The basic inclinations can be extended, for example, but not completely redirected, unless there is an extraordinary impetus.

There are many areas of knowledge in which any given individual is uninterested. He will not bother to use normal perception to obtain it. Much of the material dealing with perception that I have given makes this point quite clear. Ruburt is correct. I give him access to large fields of focus, I help him change the energy that he uses in perception into other directions, to turn it inward. I made information available to him. Then according to his basic characteristics, he used that information accordingly. I gave him nudges to lead him in the proper direction.

Session 509

Electromagnetic Structures Carrying Perception (EEU) (4)

(Today Jane had been reading Experimental Psychology, by C. G. Jung)

Now. There is one large point, underestimated by all of your psychologists, when they list the characteristics or attributes of consciousness. I am going to tie in this material with our discussion on what you call our EE units (*electromagnetic*), as there is a very close connection.

Now let us start with Jung for a bit. He presumes that consciousness must be organized about an ego structure. And what he calls the unconscious, not so egotistically organized, he therefore considers without consciousness, without consciousness of self.

Seth Extracts On Time

He makes a good point, saying that the ego cannot know unconscious material directly. He does not realize however, nor do your other psychologists, what I have told you often – that there is an inner ego; and it is this inner ego that organizes what Jung would call unconscious material.

Again, when you are in a state that is not the normal waking one, when you have forsaken the daily self, you are nevertheless conscious and alert. You merely block out the memory from the normal waking ego. So when the attributes of consciousness are given, creativity is largely ignored. It is assigned instead primarily to the unconscious. Creativity is one of the most important attributes and aspects of consciousness. We will differentiate between normal ego consciousness then, and consciousness that only appears unconscious to that ego.

Now the inner ego is the organizer of experience that Jung would call unconscious. The inner ego is another term for what we call the inner self. As the outer ego manipulates within the environment and physical reality, so the inner ego or self organizes and manipulates that physical reality with which the outer ego then deals.

Now all the richly creative, original work that is done by this inner self is not unconscious. It is purposeful, highly discriminating, performed by the inner conscious ego, of which the exterior ego is but a shadow, and not you see the other way around.

Jung's dark side of the self is the ego, not the unconscious. The complicated, infinitely varied, unbelievably rich tapestry of Jung's "unconscious" could hardly be unconscious. It is the product of an inner consciousness with far more sense of identity and purpose than the daily ego. It is the daily ego's ignorance and limited focus that makes it view so-called unconscious activity as chaotic.

The conscious ego rises indeed out of "the unconscious", but the unconscious being the creator of the ego, is necessarily far more conscious than its offspring. The ego is simply not conscious enough to be able to contain the vast knowledge that belongs to the inner conscious self from which it springs.

It is this inner self, out of the massive and unlimited scope of its consciousness, that forms the physical world, that provides the stimuli to keep the ego constantly at the job of awareness. It is the inner self, termed here the inner ego, that organizes, initiates, projects, controls the EE units of which we have been speaking lately, transforming energy into objects, into matter.

The energy of this inner self is directed and used by it to richly form from itself, from components and inner experience, a material counterpart in which the outer ego then can act out its role. The outer ego is most in the role, acting out a play that the inner self has written.

Seth Extracts On Time

This is not to say that the outer ego is a puppet. It is to say that the outer ego is far less conscious than the inner ego or the inner self, that its perception is less, that it is far less stable, though it makes great pretense at stability; that it springs from the inner self, and is less rather than more, aware.

Now. The ego is spoon-fed, being given only those feelings and emotions, only that data, that it can handle. This data is then presented to it in a highly specialized manner, usually in terms of information picked up by the physical senses. The inner self is obviously not only conscious, but conscious of itself, both as an individuality apart from others, and as an individuality that is a part of all other consciousness.

In your terms it is continually aware, both of this apartness and unity-with. The outer ego is not continuously, in your terms, aware of anything. It frequently forgets itself. When it becomes swept up in a strong emotion it seems to lose itself. There is unity then but no sense of apartness. When it most vigorously maintains its sense of individuality it is no longer aware of unity-with.

The inner ego however is always aware of both aspects of its reality. In the deepest sense, this inner self is organized about its primary aspect, which is creativity. It constantly translated the components of its gestalt into reality, either physical reality through the EE units I have mentioned, or into other realities equally as valid.

Now. The EE units are the forms basic experience takes when directed by this inner self.

These then form physical objects, physical matter. Matter is the shape that basic experience takes when it intrudes into three dimensional systems. Matter is the shape of your dreams. Your dreams, emotions, feelings, thoughts are transformed into physical matter purposefully by this inner self.

An individual inner self, then, through constant massive effort of great creative intensity, cooperates with all other inner selves to form and maintain the physical reality that you know, so that physical reality is an offshoot or by-product of the highly conscious creative inner self.

Buildings appear to be made of rock or wood or steel. They appear fairly permanent to the physical senses. They are actually oscillating, ever-moving, highly charged gestalts of EE units, organized and maintained by collective efforts on the part of inner selves. They are solidified emotions, solidified subjective states, given physical materialization.

The powers of consciousness are clearly not understood then, nor its multidimensional aspects. As I have told you, the self is literally unlimited. Each individual has his part to play in projecting these EE units into physical actuality. Therefore physical matter can be legitimately described as an extension of the self, as much as the physical body is a projection of the inner self.

Seth Extracts On Time

Now it is obvious that the body grows up about the inner self, and that trees grow out of the ground, whereas buildings do not ordinarily spring up like flowers of their own accord; so the inner self has various methods of creation, and uses the EE units in different ways, as you shall see as we continue with this discussion.

Having determined upon physical reality as a dimension in which it will project itself, the inner self therefore first of all takes care to form and maintain the physical basis upon which all else must depend – those physical properties of earth that can be called natural ones.

We have to a very brief extent begun to explain that phenomena in a recent session. The inner self has a vast and infinite reservoir from which to draw knowledge and gain experience. All kinds of choices are available, and the diversity of physical matter is a reflection of this deep source of variety.

With the natural structures formed and maintained, other physical secondary properties, secondary constructions, are projected. The deepest, most basic and abiding subjective experience is translated however into those natural elements, the ample landscape that sustains physical life.

Now we will continue with this discussion at our next session. Jung enlarged on some of his concepts shortly before he died. He has changed a good many of them since then.

Suffice it to say however that in the future what I am telling you will be more generally known. Men will become familiar to some extent with their own inner identity, with other forms of their own consciousness.

Throughout the ages some have recognized the fact that there is self-consciousness and purpose in certain dream and sleep states, and have maintained, even in waking life, the sense of continuity of this inner self. To such people it is no longer possible to identify completely with the ego consciousness. They are too obviously aware of themselves as more. When such knowledge is gained, the ego can accept it, for it finds to its surprise that it is not less conscious, but more conscious, that its limitations are dissipated; now it is not true, and I emphasize this strongly, that so-called unconscious material, given any freedom, will draw energy away from the egotistically organized self in a normal personality.

Quite the contrary, the ego is replenished, and rather directly. It is the fear that the unconscious, so-called, is chaotic, that causes psychologists to make such statements, and there is also something in the nature of those who practice psychology, a fascination, in many cases, already predisposed to fear the so-called unconscious in direct proportion to its attraction for them.

Seth Extracts On Time

The ego maintains its stability, its seeming stability, and its health, from the constant subconscious and unconscious nourishment that it receives. Too much nourishment will not kill it.

Only when such nourishment is for some reason cut off to a considerable degree, is the ego threatened by starvation ... We will have more to say concerning the ego's relationship with the so-called unconscious. In a healthy personality the inner self easily projects all experience into EE units, where they are translated into actuality. Physical matter therefore acts as a feedback.