

The nature of personal reality / Most important Material ever

This is a best of the bests of Seth Material from the 4 audiobooks that are in itself a bestof of thousands of pages spoken by a channeled personality that has no material form. Most of it The material was mainly channeled in the 70ies by Jane Roberts, yet its more current than anything else and will always be most current. It has to be installed again and again in order to realize and imprint the power within. the basic statements that turn all we know is that we create all reality, the context in which our body takes place and all physical world, that there is no outside, that we dwell in GOD and we are the masters that can change through conscious intension and intensity not only the future but the past. Its a completely different concept of time: all things ever happen simultaneously, at once and our point of power is in the present. I regard this material as the most important ever, because it matches with what can be experienced in shamanic realms of Ayahuasca / DMT (body-own neurotransmitter) and Salvia Divinorum (see LucidDream 2&3 for more information about these) - it's building up on the knowledge that comes from the deepest portions within. It also matches with what we can grasp when we dismiss our outer senses and focus on the inner realms. These statements are such a great support, that they are already manifested in form of books, because the same statements just told out of dmt-

hyperspace journeys would not be taken so serious. So here follows a bestof of the Seth quotes, mixed with lifestream comments that happened with me during recording. During the records i am connected through Ayahuasca to all higher dimensional selves, so that my kind of speaking is also a kind of channeled information.

you can change the picture of your life at any time, if you realize, that it is simply the one portrait of yourself, that you have created, from an unlimited amount of probable ones

whenever you are trying to rid yourself of a dilemma, make sure, that you do not concentrate your attention upon it instead

this acts to cut out other data and to further intensify your focus upon your difficulty. when you break that focus - the problem is solved

a sudden conversion may completely rid an individual of physical symptoms - any kind of conversion

under that general term, i include a strong emotional arousal and fresh emotional involvement, affiliation or a sense of belonging. this may involve religion, politics, art ... or simply falling in love

Seth shows, how everything you experience is a theater,

where you are the actor and the director - at the same time. You just forgot that you also wrote the act that you are now playing with your life.

(Many ways that it will happen, because it already happens now - your fulfillment to this higher dimensional entity, which is a tree that has many souls and many selves, and your present reality is just one bud of a tree, this little dot, where everything is inside and that is what your life is, this tree of life of many many souls and personalities that you have)

(What Seth tells - and realize: seth is not an external character, that has a strange name, and you don't know what you should correlate with it ... its a character that you formed - you manifested him - the book that you read or that audio that you hear - because this information somehow has to reach humanity)

(you will feel like it is happening now - and it is happening now. it is just that we have to drop off our linear experience of time. there is no sooner and no later it is all now and you overlay all probabilities and parallel realities. also of all your lives, how your incarnations went - it is not one defined line)

remember these mental associations are living things. they are formations of energy assembled into invisible structures. (so what thoughts create is not material form,

but it creates your structure, your world line. your world line is connected to ... in a higher term, if you derivate it and derivate it, that means what is the change of the change, the structure behind the structure ... so what do you paint in your life with your world line? where you are at which time and what do you create with your life, what effect do you create that has a effect to later and former and ... like sprouting seeds and flowering them. Ayahuasca is so helpful to see your life and what you do and the meaning behind as a sparkling artwork. universe is inside of you.)

thoughts thrive on association. so realize that your thoughts have a imprint of self-protection. (you have to take a higher seat in the cinema of your life and to see that your thoughts are the ones that created also the proofs for your thoughts, that you're caused to think they are true and real. but it was only the thought that protected itself. and when you change the belief system behind then you find the proofs for your new reality. just have to look behind the structure and then you see that you created this system with all its politics and consumption of 11 planets and whatever and whatever in order to dense up and speed up the process of evolution to bring you this printed media as maximum denser ... i also couldn't do it without our beloved capitalism and the system that is ... it is just a story, there is no ... it was just until you realize why it was there )

(it is very important to be balanced in your energy and when there are things that annoy you, that shape states where you don't want to live in, then don't deny it and don't get along with it - but change your life... this is not something minor, because this will make you sick if you are in a frequency field of things that do not fit to how you want to be. and for many people this means that they should first go out of a relationship and find the highest joy in being alone and self love and the inner world. and when you're strong and a flowering wonderful being that is just perfectly not addicted to any other people and whatever patterns then the ones that fit to you in symbiosis will settle and dwell around you.)

(and the best thing to do so is start and go on a rainbow gathering and watch lucid dream audiobook 4 about rainbow gatherings. this is not optional this is really one of the basic things to learn how humans will live and already live for centuries on this planet in balance in harmony in peace and what highly developed swarm and community being and living means.)

about reincarnation. on the one hand it is highly distorted. on the other hand it is a creative interpretation as the conscious mind plays with reality as it understands here

but in the terms here there is no karma to be paid off as punishment, unless you believe there are crimes for

which you must pay. in a simultaneous time, punishment makes no sense, the punishment as an event and the event for which you have been punished, exist at once. And since there is no past, present and future, you could just as well say, that the punishment came first. In larger terms there is no cause and effect either, though these are root assumptions in your reality.

we return once more to that moment of reflection. for it is here that both causes and effects first appear. animals each in its own degree far less than yours, show that reflection. in some for all intents and purposes, it does not exist at all, yet it is there - latent. so there is no cause and effect because time is not linear, but all, everything ever, all events happens at once, simultaneous. this changes all.

these multiple existences are simultaneous and open ended. in your terms the conscious mind is growing toward a realization of the part it has to play in such a multidimensional reality. it is enough that you understand your part in this existence. if you fully comprehend that you form what you think of as your current reality, all else will fall into place. (you 'just' have to realize this, that there is no reality, it's all illusion you created out of yourself.) your beliefs, thoughts and emotion are instantly materialized physically. their earthly reality occurs simultaneously within their inception. but in the world of time lapses

between appear to occur. so you say one causes the other, and i use this terms to help you to understand, but all are at once. so are your multiple lives occurring at the immediate realization of your being in the natural extension of its many faceted abilities.

at once does not imply a finished state of perfection nor a cosmic situation in which all things have been done. for all things are still happening, you are still happening, but both present and future selves and your past self is still undergoing what you think is done.  
(it is so interesting to get this new look upon everything, every event that is happening ... when you switch to simultaneous time. )

think of your thoughts as living electromagnetic cells differing from the physical cells in your body only in the nature of their materialization. your thoughts direct the overall functioning of your bodies cells even though you do not consciously know how your cells operate.

If all of your believes, not just your fortunate ones, were not materialized, you would never throughly understand on a physical level, that your ideas create reality. if only positive believes were materialized you would never understand the power of your thought ... for you would not completely experience its physical results. this is what he says, we have to take responsibility for our thoughts.

Like breaths, so your lives go in and out of you. You and yet not you and a portion of you while letting them all go, remembers them and knows their journey. So the lives you have lived are not you, while they are of you.

Close your eyes. Think of your breaths as lives, and you the entity through which they have passed and are passing. Then you will feel your state of grace and all artificial guilts will be meaningless. Think of the greater you, call it the entity if you want to, as forming a psychic structure, quite as real as your physical one, but composed of many selves. As each cell of your body has its position within your corporeal space and boundary, so each self within the entity is aware of its own time and dimension of activity. so the entity or greater psychic structure of which you are part, is aware of a much larger dimension of activity then you are.

In this regard now and for the sake of our analogy, think of the life of your self as one message, leaping across the nerve cells of a multidimensional structure - again as real as your body and consider it also a greater moment of reflection on the part of such a many sided personality. take your time to let this sink.

You own present identity contains the knowledge and memory of all those simultaneous existences, f.e. i am dead for other i's who carry me as a memory.

Consciously because of your time concepts, you will interpret those simultaneous lives in reincarnational terms one seemingly before the other - yet they are all happening simultaneously. You however have free will - as opposed to the cells. For while the entity's psychic structure can be compared to the body, it is a part of and inhabits far greater dimensions.

All of this may seem to have little to do with your personal reality yet your daily experience is as connected with your self or entity as it is with the cells of your physical form. You are a part of your soul, the entity or greater self is composed of souls.

The entity has its existence in multitudinous dimensions. Its souls free to travel within boundaries that would seem infinite to you. Souls make up the life of the entity in those terms, yet the entity is more than the soul is.

When you are aware of the existence of the entity and the soul, you can draw upon their greater energy, knowledge and strength. The results will be felt down to the smallest cells within your body and will affect even the most seemingly most mundane events of your daily life.

Your understanding and desire are so important. The processes initiated are beyond your normal awareness. They occur automatically with your intent, if you do not block them through fear, doubt or opposing beliefs.

Here is an exercise. Imagine yourself as a portion of an invisible universe, but one in which all the stars and planets are conscious and full of indescribable energy. You are aware of this. Think of the universe as having the form of a body. If you want to visualize its outline brilliant against the sky. The suns and planets are your cells, each filled with energy and power, but awaiting your direction. The whole universe is your body! Then see this image exploding into your own consciousness which is unbelievably bright. Realize that it is a portion of a far greater multidimensional structure spread out in an even richer dimension. Feel the entity sending you energy as you send energy to your cells. Let it fill your being and then direct it physically any place within your body what you choose. (This is what you can experience so 1:1 in Ayahuasca, where it is not theory, but what you experience deeply. )

Any event of your life is written in the memory of the universe - as you think of it (basically senseless statement since any idea is physically materialized at its inception, at the moment of its inception / injection) - even if not experienced later. Every idea materializes physically.

Know that later, you will still operate through another form but that the body in the material world are your present modes of expression. This material world is a paintbrush of your expression. What you think of as the

self dyes and is reborn constantly as the cells of your body do.

what you call the ego is a portion of the inner identity that rises to face the world of physical existence. Its the surface of your identity that faces the physical existence.

the greatest idea of all and the greatest step to any illumination is the realization that your exterior live springs from the invisible world of your reality through your conscious thoughts and believes for then you realize the power of your individuality and identity. you are immediately presented with choices. you can not longer see yourself as a victim of circumstances. you create not only the body, but its entire experience, the context in which it takes place. (So you create any physical world and material and everything just springs out of you. There is nothing external that you were just born into. You, your higher self, gives birth to all this. All time, all events, all matter, all trees, all animals, all people as well - they are cells inside of you. Its all one collective dream. )

The natural healing of sound can happen also, when you do such a simple thing as listen to the rain. You don't need drugs, hypnotism or even meditation. you only need to allow and direct the freedom of your conscious mind. Left alone it will flow through thoughts and images, that provide their own therapy.

(therefore i recorded how it sounds in a trailer, when its raining, you really miss this part when you live in a flat - to be found in youtube / sound cloud in my channel).

What do you think of yourself, your daily life, your body, your relationship with others? Ask yourself these questions. Write down the answers or speak them into a recorder but in one way or another objectify them. (<- really a important step, take time to do this. otherwise you will not realize and once you started to realize your patterns of beliefs, you get aware of even more fine structured beliefs that are set on different levels in your daily live.)

Even the intent to know yourself, to face the reality of your experience can be of great benefit generating emotions that will provide you and energy an impetus to begin - your inner sense of balance. It is not a matter of rising above your nature but evolving from the full understanding of it. There is a difference - get a full understanding of your nature - and from this point on you evolve.

You can learn more from watching the animals then from a guru - or from reading my book. (oh yes, just draw back into nature and watch and be silent)

Natural aggression is the creative loving thrust forward, the way in which love is activated, the fuel through whose

agency love propells itself.

Belief systems are as necessary as physical organs are. In fact their purpose is to help you direct the functioning of your biological being.

Satan represents the part of all that is - or God - who stepped out of himself, so to speak, and became earthbound with his creatures offering them the free will and choice, that previously had not been available. (He is also part of us, part of the free will)

The birth of imagination initiated the largest possibilities and at the same time put great strain upon the biological creature whose entire corporeal structure would now react not only to present objective situations but imaginative ones. This is why self healing works so well via just going into meditation and illusioning your self that you are healed. your cells can not make the difference between something that happens real and something that is just imagination.

Because you have free will you have the responsibility and the gift, the joy and the necessity of working with your beliefs and of choosing your personal reality as you desire.

(about the benefit of more than one sleeping period)  
Kess: yes, when you have almost every night lucid

dreams, where you control every single thing, and when you have not only one night, but two sleeping periods - as he suggests - then you are much more used to controlling all reality and controlling all reality - in both states. this is why this can really be beneficial. but to live this you have to get far away of any patterns, and not working and not have any date and schedule, you have to live in ... then this works when you get one in nature, then you can make a siesta and use this for your second dream period. And when you get a light human (ger = Lichtmensch, breatharian, the ones that live just without needing food), then you need much less sleep, you meditate and rest, but you need only 3 or 4 hours sleep and you have almost every night then lucid dreams, automatically (without training) because your digestive system is not distracting you. You can eat what you want but many things are distracting you from what is really of importance ... therefore, the raw food movement has a big living energy behind.

The body itself can be physically refreshed and rested in much less than 8 hours. And after 5 hours the muscles themselves yearn for activity. This need is also signal to awaken, so that unconscious material and dream information can be consciously assimilated.

One of the biggest quotes: We are IN God. We were never externalized. Everything we imagine and know is inside. There is no outside.

Because of your psychological and psychic structure, there is within the rich makeup of your being endless variety of what you may call probable selves. In one reality or another, these will all be experienced. In your present existence however you will utilize only those psychological characteristics that you believe you possess.

The overall private experience that you perceive forms your world, your experience. But which world do you inhabit? For if you alter your beliefs and therefore your private sensations of reality, then that world, seemingly only one would also change. You go through transformations of belief all the time and your perception of the world is different. So you seem to be no longer the person that you were. You're quit correct, you are not the person that you were. Your world has changed and not just symbolically.

(This is how we change everything. We go conscious, we realize that we are the manifestors of our world. And we manifest is firstly in our mind and in our emotions. And secondly and much much later in what we do in 3d and what we do in material and with our hands and whatever. So first go into your mind and clean everything up that you have to. )

If you alter your beliefs, your world will change (cannot repeat this often enough).

You seem to be at the center of your world, because for you, your world begins with this point of intersection where soul and physical consciousness meet.

In surface terms, the sense of 'I' that you possess, is the result of constantly emerging probable identities. Giving continuity in time, through the physical apparatus of the body with its built intervals of nerve reaction. The nerve patterns activity therefore causes the illusion of a present in which your consciousness appears focused and alert.

Impulses poses a far different reality than physicists or biologists suppose. As you think now, past is still occurring. Past events continue. Consciously you only experience portions of events with your corporeal structure, yet the structure itself records them.

(You get into these states via Meditation, via Dream, via DMT, via Psylocybin, that is similar to DMT / acting DMT-like ... but the most direkt way is Ayahuasca)

The past does have its own past, present and future therefore. (This is really multi freaky, it remembers me so much of what happens, when you open up and go into Salvia Divinorum. You see all this parallel, past and futures - in one moment you are all of these events at the same time. And really in a conscious Salvia experience lies the experience of ego death, all surface that you thought that is you, it is just melting down and you see

everything and you are everything - past future present and items and everything - and it loops and loops - and you get a much better feeling for this what also Seth tells. And it was 40 years ago that it was recorded, and it is more current than anything, and it will always be the most current topic of all - even in the next and next and next reality. That is why this should be in stone. And why i feel i have to do this, this is one of my last tasks, to make here this bestof as a version that everyone can understand, therefore in two languages and i hope many will feel inspired to share it more and more. Because its easy language and easy to understand for everyone and this is the biggest awakening that you don't have to wait for any outer things that it will get somehow better - you really have to change everything inside of you.

Here he talks about that the past has its own past, present and future. From a given past event you will only materialize a particular future but the event itself continues and possesses a dimensionality of its own, or rather a multidimensionality, that you also possess... you can dip into cellular memory for example. Using memory you follow but one recognized sequence of remembered events backwards. There are elements in your past, that are as unpredictable however as the elements in your future now appear to be. There is creativity in your past waiting for you - even as there is in your future.

But to utilize such experiences you must learn to alter

your believes and to some degree escape from the particular kind of limited conscious focus that you habitually use. Sense data can be organized in different fashions. Mechanisms, physical ones and pathways exist making it quite possible for you to see sound or hear color - although that is not your primary habit at this time. (This is funny, your senses can be organized that you see sound or hear color - this is also what you can experience in deep Ayahuasca)

A new believe in the present can cause changes in the past on a neuronal level. You must understand that basically time is simultaneous. Present beliefs can indeed alter the past. (!) For example in the spontaneous disappearance of disease. Certain alterations are made that affect cellular memory, genetic codes, or neuronal patterns in the past. A sudden or intense belief in health can indeed reverse a disease. But in a very practical way, it is a reversal in terms of time. New memories are inserted in place of the old ones, as far as cells are concerned. You have to consciously let this happen. So get rid of any memory about any disease. This kind of therapy happens quite frequently on a spontaneous basis, when people rid themselves of diseases they do not even know they possess.

Learning is also passed on through the bodies present corporeal reality sometimes entirely changing the messages to past cells that in your terms no longer exist.

A strong belief in a particular ability, generated in the present, will reach into the past and effect whatever changes would have to occur there, in order to now make the ability apparent. (So just by conscious mind, you can from one day to another have a new talent. Try it)

Accelerated learning takes place when under hypnosis or otherwise a present individual is convinced that he or she is f.e. a linguist or a painter. The present belief activates latent abilities within each person.

The biological structure as it existed in the past is therefore affected. Experiences built into the organism that it did not have before in your terms.

As far as you are concerned, the present is your point of action, focus and power and from that point you form both your future and your past. Realizing this you will understand that you are not at the mercy of a past over which you have no control.

You may say: I was born in a house in a certain street in a certain town and no present belief to the contrary will change that fact. If in the present one past event can be altered within your neuronal structure however, then basically no event is safe from such a change. (So he supposes that you could even change where you have been born - because there already were multiple realities where your mother could have given birth. This was not

up to now into our focus but it comes more and more - why this life is the transformative one.

You really have to youtube / google Mandela Effect and watch some videos, it is arbitrary. They are all telling the same and they are using lots of proofs that are in the end irrelevant but you have to spend this time to realize that we are already living in a world where all history is not one line but there are many proofs for different lines how history went that can be found. Because it's up to the observer. We are the observer that is defining what he wants to measure - like in quantum physics. )

Cellular memory can be changed at a point. Present beliefs can insert into the past new memory both psychologically and physically. In daily practical experience concentrate for a while upon seemingly subordinate abilities. Ones you think of as latent (=existing but not yet activated). If you do so consistently using your imagination and will then those abilities will become prominent in your present. The current beliefs will reprogram and alter past experience. It is not simply that past forgotten unconsciously events will be put together in a new way and organized under a new heading, but that in the past - not now perceivable the entire body response to seemingly past events will change. Definite reorganisations in the past will occur in the present, allowing you to behave in entirely new fashions.

During certain states in sleep states you short circuit deep neurological structures and perceive experiences of a multidimensional nature, that you then attempt to translate as best as you can into stimuli that can be physically assimilated. Hence you often convert these into symbolic images that can be understood and to some extent reacted to by your bodily structure. Such constructions often bear a similarity to the inner architecture of the cells and to planets.

Your dream images are biologically structured then. The experiences behind them bring you in contact with the deepest portions of your non-physical reality. The unconscious translates these for you into recognizable images and forms. In the same way your unconscious also transforms for you from an otherwise undifferentiated maze of reality fields of activation into recognizable objects and events of your daily life.

The same way as dreams translates your higher self, this is how your life translates your higher self, your higher entity.

(Your higher entity, this is so helpful to see you functioning like a cell, like an organ in your body, that does not know about the reality you perceive. It would say ,wow, really crass' if it knew. This is what you say when you know about, what it means to be the being of ... you

can switch into this, it is like the cell would be able to switch into your experience for a while, so you can experience, your live as a cellular structure and it has so many cells and organs clustering together to one big artwork of expression and creativity and love and intensity and joy and all this. )

So the entity in its own way possesses what you can think of as future neuronal structures. You form your corner of the universe which is itself a part of another one. Within this the actions and beliefs of one affect all.

---

Each part is vital. There is an instant communication between the smallest and the largest and each spins its own web of probabilities from which other universes continually spring.

And here he unites the sides. Wisdom and foolishness would be seen as aspects one of the other.

You can draw into your present life some knowledge and intimate connections with your own probable realities.

If you think in terms of a multidimensional self, then you realize that you have many more avenues open to expression and fulfillment than you have been using.

Your imagination can be of great value, allowing you to

open yourself to such courses you can then use to help you to bring this into be.

(And my imagination goes into metamorphosis, literally cellular, biological metamorphosis. Multidimensional, where every cell grasps its multidimensional memory, past, future,... and projects how the transformation to this multidimensional always aware ... where you are just flowing in dmt hyperspace all the time and you into physical realities and then you jump into non-physical realities - all conscious. And you are not anymore a slave of any habit, anything in your thoughts, any words and any food, any outer relations or any material or patterns. ... you are just, ... yes, i will map it, i will fulfill it ... thats why i draw back sooner or later into a cave ... then thats it :)

in your mind see those probable abilities or events taking place ... as you do the intensity of your desire brings them into your experience. There are no boundaries set about the self.

So there is nothing that is not possible. Imagine that, you can run out and say juhuhu... it is the best thing about life, just did not yet realize ... but once you did, ... really, this is the stuff that is sacred, the only reaction that you can bring is to cry deeply touched.

There are no boundaries set about the self. There are literally many other probable yous. You can draw upon

their energy and experience for you are all intimately connected.

You must realize that you indeed are a probable you. Your experience is the result of beliefs. Your neuronal structure necessitates a certain focus, so that other experiences counter to your conscious assumptions remain probable or latent (not yet experienced with your senses). Alter your beliefs and any probable self can within certain limitations be actualized.

What you must understand is this: Each of the events in your life, was one probable. From a given field of action then, you choose those happenings that will be physically materialized.

Each belief can be seen of a powerful station, pulling to it from fields of probabilities only those signals to which it is attuned and blocking out all others. You can change the picture of your life at any time, if you realize, that it is simply the one portrait of yourself, that you have created, from an unlimited amount of probable ones. The abilities, strength and variants that you may want to actualize, are already there, in your terms, and at your disposal.

Your present convictions will act like a magnet, activating all those past issues, happy or sad. Your present is at the point where flesh and matter meet with the spirit.

Therefore the present is your point of power in your current life as you think of it.

Sit with your eyes wide open, looking about you and realize that this moment represents the point of your power through which you can affect both past and future events.

If you learn to get hold of this feeling of power now you can use it most effectively to alter your life situation in whatever you choose.

Exterior conditions can always be changed. As your knowledge grows, so your experience becomes more fulfilling. Your point of reality and power is in your current experience. (You don't have to wait for a later life or dying). A realization of this would allow you at any age to draw upon qualities and knowledge that existed in your past or will exist in your future.

Your ages are probable. (This is one of the artist's paintings we play with)

Time does not basically exist as you know it. You are neurologically forced to perceive your life as a series of passing moments. Animals do not deteriorate in the same way.

Action is thought in physical motion - outwardly

perceived.

Here comes a point of power exercise. A correctly utilized 5 minute period of time, can be of great benefit. In this period concentrate upon the fact, that the point of power is now. Feel and dwell upon the certainty, that your emotional, spiritual and psychic abilities are focused through the flesh and for 5 minutes only direct all your attention toward what you want. Use visualization or verbal thought - whatever comes most naturally to you. But for that period do not concentrate upon any lacks, just upon your desire. (This is a quite mighty workshop - that you can install regularly, manifesting your godly multidimensional reality)... Use all your energy and attention, then forget about it. Do not check to see how well it is working. Simply make sure that in that period your attentions are clear. Then in one way or another, according to your individual situation make on physical gesture or act that is in line with your belief or desire. Behave physically then, at least once a day, in a way that shows you, you have faith in what you are doing. And act as if you were in complete abundance. The belief in the present, reinforced for 5 minutes, plus such a physical action will sometimes bring literally awesome results.

You form your reality now, through the intersection of the soul in flesh and in your terms the present is your point of power.

There is a constant interaction in this multidimensional point of power. Therefore one incarnated self draws from all the others what abilities it wants, according to its own specific localized beliefs. Your beliefs act like a hypnotist then. As long as the particular directions are given, so will your automatic experience conform.

The one suggestion that can breakthrough is this: I create my reality and the present is my point of power.

Hypnosis is merely a state of concentrated attention in which you focus upon beliefs. The only prerequisite is an intense concentration upon specific incoming data, to the exclusion of everything else. Therefore the orders given are clear out - to the point no conflicting information is received, no cross messages.

The shutting out of superfluous data and the narrowing in of focus are the two most important ingredients. That is why you have to shut off your outer senses - don't see, don't hear, don't whatever and then you can connect into this higher dimensional entity.

Relaxation can help simply because the body messages are also quieted. And the mind not concerned with them.

Quite without any inductions you have hypnotized yourself into all the beliefs that you have. One of the best: Your Reality is the result of a hallucination, if by this you

mean that it is the only picture shown by your senses.

But also a variety of subsidiary beliefs grow upon the main one.

here its about a self hypnosis exercise  
what should you do then?

first of all, you must realize, that you are the hypnotist

you must seize the initiative here - as you have in other positive aspects of your life. Whatever the superficial reasons for your beliefs, you must say: For a certain amount of time i will momentarily suspend what i believe in this area and willfully accept the belief i want. I will pretend that i am under hypnosis - with myself as hypnotist and subject. For that time, desire and belief will be one. There will be no conflict because i do this willingly. For this period i will completely alter my old beliefs - even though i sit quietly, in my mind i will act as if the belief i want, were mine completely. (This is a good idea on how to program reality - your experience of it)

Don't think of the future, but only of the present. If you are lonely belief that you are filled with the feeling of companionship instead. Realize that you're exerting your initiative to imagine such situations. Here there can be no comparison to your normal situation. Use visual data, or words - whatever is most natural to you. No more than 10 minutes is required. If you do this faithfully within a

month you will find the new conditions materializing in your experience.

(about food) moral values become attached to food - with some seen as good and some as bad. You are what you think - not what you eat. And to a large extent what you think about what you eat is far more important. What you think about your body, health and illness will determine how your food is used and how your chemistry handles fats for instance or carbohydrates. Your attitudes in preparing meals are highly important. (Yet I always say you cannot think it away that your stomach has to digest what you eat and this is work in materialized form that is done in your body and the next morning you are filled with shit. And it is ok, you get energy out of the food and it is always better when you think it is so good for you whatever you eat, yet the more you change on organic and raw and living, you really feel the 1:1 power that is placed inside that is not just making you not hungry anymore but giving you loads of energy with just a fraction of what you eat before and then you can swing and then your frequency the whole day is much much higher because your digestive system is not constantly distracting parts of your energy. And also when you look at food with dmt-optics active, when you are in Ayahuasca f.e., then you can really see a difference between things that are cooked, that are alive, that are organic and non-organic, you see the fine structure and what it does with your body. Yet anyway you can go on for years perfectly

also with cooked food and normal food but sooner or later a detoxification is really a suggestion - feel the difference. And you need much less sleep and have more energy and are much more concentrated. And you are not anymore in that you want all the day sugar and eating, this is a addiction that normal food causes and when you switch then you are much more satisfied with best stuff but just less. )

Love as it is often experienced allows an individual to take his self worth from another for a time and at least momentarily let the others belief in his goodness supersede his own belief in lack of worth. (I think it is better to go into periods where you are alone until you find 100% self-love and then you can go into relationships and things like that. But do not compensate what you cannot feel for yourself. And to reconnect your 100% motherly love to you, its so much of importance - this is where you get reborn ... all this what is told in Seth material and also lots of other books is in the inner walls of an deep Ayahuasca experience. Yet you have to do it not only once but at least 4-5 times until it can show you what it is about. It has to install itself. And after you installed it, then you can trigger dmt bodys own much more easy and in dreams and in daily telepathic expericene and sun gazing and many occasions ... it is like in Matrix - it is a plug in cable that connects all your neuronal and your cells and everything that you are to the higher entity to all where everything ... and i quote

here Eddy who has more than 100 Ayahuasca experiences and what he says is: 'For 10 seconds of this state, you would die 100 times' ... and its so so true ... its the biggest ... and joy is no word and satisfaction is no word what is there awaiting you. you will be overwhelmed and filled with cosmic with every pure essence of love ... because what Ayahuasca basically is is pure love)

Here another definition Seth brings: Natural aggression is simply the power to act.

Biologically the reach and capacity of your physically oriented consciousness is directly connected with the length of your days and nights and of course with the seasons. There are chemical interactions when thoughts occurs and memories ride on the smooth flow.

The night and day represent the innate rhythms of your consciousness physically materialized through natural phenomena. For you are not yet equipped to perceive longer duration days. Your nervous system would find great difficulty in a rhythm in which a day was stretched out to be 3 or 4 times as long, for instance. As your body is in a constant state of constant flux and chemical interaction so is the atmosphere which reflects on another level all the psychic chemical and electromagnetic properties that exist within the body.

You are inside the body of the earth, in those terms.

Like cells within your body influence it, so does your body affect the larger body of the earth. The weather faithfully reflects the feelings of the individuals in a given territory. Overall weather patterns follow deeper inner rhythms of emotion.

There are great correlation between thunderstorms and psychic storms and between unstable electromagnetic properties of both feeling and thought.

When lightnings stroke the earth it changes it. There are also changes that come through the impacts of your thoughts upon the atmosphere. The great overall inner trust in which you were born is the encompassing reliability of the physical earth.

Your body dwells in the earth - as you dwell in your body.

You were born with a faith in your existence that automatically directed the proper functional of your personal corporeal self. As nothing else can, a great encounter with the full energy of the elements, puts man face to face with the incredible potency from which he springs.

Your emotions are quite as real as rocks. Your collective feeling the flow of energy and their force in terms of natural phenomena. This can be seen quite clearly in a thunderstorm which is the exteriorized local

materialization of the inner emotional state of the people experiencing the storm. Storms or tornadoes are brought about by angry man - precisely as wars are. They are simply versions of the same phenomena.

Since all is simultaneous your present beliefs can alter your past ones - whether from this live or a previous one.

Existences are open-ended. Not with your ideas of progressive time and resulting beliefs and cause and effect. Realize this is difficult for you to understand. Yet within the abilities of your creaturehood your current belief can change your experience. You can restructure your reincarnational past in the same way you can restructure the past in this present live.

The point of power is in the present. This experience present also represents your psychic touchstone of all your other existences. You consciously aware of certain events and unconsciously aware of much more that in one or another way you're learning to bring into conscious form - into conscious focus. The same applies to all of your other incarnations selves - they are unconsciously aware of your conscious experience, as you are unconsciously aware of theirs. You draw on their knowledge as they draw on yours and this of course applies to personalities that you would consider future.

You have a gigantic pool of information and experience to

draw upon but this will be utilized according to your present conscious beliefs. If you understand the pop is in the present, then you have an inexhaustible realm of ability and energy at your command.

You must remember that beginnings and endings are realities only within your own system of 3 dimensional life. The 17th century is not dead. You follow a one-line pattern of history pursuing certain actions as reality and identifying with these so completely that they are all you perceive. Other probable actions are always occurring however and are as quite as valid as the ones that you happen to choose and thus experience.

Your incarnations selves have as many probable lives as you do. You're beliefs and actions in your present alter their experiences as each of them in their present change yours. If you see all reincarnational selves as one entity, then this becomes quite natural. Every individual possesses the abilities of its entity in latent (in not-yet-used) form.

In the dream state you meet and interact with your own reincarnational selves. Great interchange of information with there other portions of yourselves. You travel outside of 3 dimensional world while dreaming - as yet undiscovered bizarre changes in the brain during certain dream states. An acceleration that quite literally propels the consciousness out of its usual space time continuum

into those other realities from which it comes.

The 7th dream of any given night is the most important.

In miniature form each day contains in its own way clues to all of your simultaneous existences. The present self does not exist in isolation. The adventures of your simultaneous selves again appear as traces in your own consciousness, as ideas or daydreams or disconnected images or sometimes even as sudden intuitions. They can be drawn upon, drawn out to help you understand current problems.

There is simply no time as you think of it. Only a present in which all things occur.

Not matter what your current situation is, the answers lie within your own aspirations and abilities. Because your imagination transcends time it is one of your greatest touchstones to your own identity. Realize that on all levels you are biologically and psychologically connected with that greater identity, that is your own.

Physical reality springs from the imagination which follows the paths of your beliefs. The other dimensional information will often appear in ordinary guise through an intuitive hunch, a sudden idea or some solution that has already occurred to you but has not been acted upon.

Such work with the imagination acts as a trigger drawing information to you from other levels of your greater reality and concentrating it at the specific problem at hand. It will then appear in terms understandable to your own experience.

By suggesting before sleep that solutions to problems will be given to you, you automatically begin to utilize your dream knowledge to a greater extent and open the doors to your own greater creativity.

Many of the most powerful aspects of consciousness are at work precisely when it seems to you, that you are relatively unconscious and asleep to physical reality. It would be impossible to you to handle the vast amount of material available in the context of time as you presently experience it. (You will be able to handle it so perfectly and learn it, this is what you can choose in this live to get along with what i call 7d experience, 7 because of ... the Maya say and there is a lot of logic in this 13:20 system and you have only 13 dimensions and it has no mirror dimension and 1-6 are dimensions and 7 is in the middle its the stem, the tree of life, it is the entity and there is this picture at [luciddream-wave.info](http://luciddream-wave.info) at the maya articles, there i placed this 7d artwork by Neil Gibson, that you can imagine how it is in thousand fractal walls, it is literally skins and on the skins are projected all these realities and lives and you can perceive everything and understand

and it ... klick klack... like you command it, it all reacts to you, this is what i 7d experience, this is where the Maya surf the Zuvuya, Zuvuya is the hotline to all remembering ever. And you stay in synchronicity, in harmony, you never leave this, this is surfing this ... this is where you can get every day with wonderful: Ayahuasca, soul rank

In sleep your consciousness fluctuates between ranges of intensities, literally flowing into and out of the physical matter, grouping and forming from more plastic, pre matter stages the final shape that matter will take in your world.

You have within you what you might think of as a set of blueprints for the particular kind of physical reality that you want to materialize. You are the architect.

Request the answer to any problem and it will be given but you must trust yourself and learn to interpret your own dreams. Working with your own dreams will awaken your intuitive abilities and give you the knowledge that you need. (and i add: whenever he talks about dreams you can also 1:1 map this into dmt experience and Ayahuasca experience)

Love is a great insider to action and utilized dynamos of energy.

Genuine self pride is the loving recognition of your own

integrity and value. True humility is based upon this affectionate regard for yourself plus the recognition that you live in a universe in which all other beings also possess this undeniable individuality and self worth.

By accepting yourself and joyfully being what you are you fulfill your own abilities and your simple presence can make others happy.

You are HE (=God) manifesting as you.

People who can ignore the physical evidence of wars and purposely think thoughts of peace will triumph.

(aside of Jane Roberts) There is a phantastic correlation between seasonal variations and the lengths of thoughts that nobody suspected. Thoughts make traced on an interior level, you could make graphs of your thoughts and they would match up with the seasonal changes with the tides and the phases of the moon. A lot those things that seem to be outside, are just the manifestations of your bodily rhythms. (about the rhythms: I love the winter, there is nothing more i love so deeply ... everyone can summer, but in winter, there is nothing to do and you can go into this inner nest, and your inner walls can flourish... summer you can also choose to do little bit in 3d and afternoon go into your light meditation instead of eating and whatever you else would do, you get all regeneration out of this space, its so perfect. And when

you spend your afternoons like this, you can within this deep dimensional meditation support it with Ayahuasca, then you have too much creative power in the evening, and have so much efficiency and focus and you know what you do ... its just wow... and its not just for those who call themselves shamans, its really for everyone, and you don't need someone who cares for you, you'll get very soon very experienced and it answers all. The only alternative is to go in dark retreat for at least 5 days and up to 20 days and then you also experience bodies own ... but you have to fast for this and all this stuff ... and with Ayahuasca and Honey, and you can even eat some wild food salad this is so great and you don't need more... you're getting lighter and better and the light shines out of you and you are singing ,inner and outer we are light' ... this is how you feed yourself, in singing)

And this, that you experience this higher dimensional world mainly when you shut off all your outer senses, i call this the 4 monkeys: one with hand before the mouth, before the eyes before the ears - not speaking, seeing, hearing ... and the 4th monkey is just sitting there in meditation and represents: doing nothing - so important, so it is balanced.

The affirmation involved is of transcendence in which for a time a person affirms his reality in flesh and at the same time states its independence from it. And realize that both of these conditions exist simultaneously. You are

independent of flesh and matter. Everything is all one. When you grow aware of this, then you are confronted with making conscious decisions and choices.

Affirmation always involved the acknowledgement of your power in the present. So affirmation is the acquiescence of your ability as a spirit within flesh to form the physical reality of your creature hood. Now you can alter your present through altering the past or you can change your present from the future. Many people have at one time changed their present behavior in response to the advise of a future probable self, without ever knowing to have done so. In other terms, the self, that you have projected into the future is sending you back encouragement from a probable reality that you can still create. The focused self operates from its present. The early affirmation of yourself projected into the future makes such an incident possible. In the same way your acceptance of yourself and your own integrity can at any moment in your present alter your past and your future. (All this stuff can not be repeated often enough until it is installed in you in every habit, in every aha that you ... every ... it will take time ...and never think you are not yet ready for it)

Do not place my words higher than the feelings of your own being. You can learn much from others but the deepest knowledge must come from within yourself. (Of course it is you yourself where you find truth)

You make your own reality. Where ever you travel and in whichever dimension you find yourself.

It is very important then, that you understand the true innocence of all feelings, for each feeling, for each of them if left and followed will lead you back to the reality of love. There is nothing within yourself to fear. (And always remember f.e.a.r. = feel excited and ready)

My life is mine and I form it. Tell yourself this often. There is no condition that you cannot change, except one indisputably, physically accepted at birth - the condition that you have been born. (But everything else, even the material world or everything ... consciousness is not bound to matter, we will break through - and I'm so much looking forward to it ... after digitalizing here what is so important and everyone can in his own reality then grasp it and get it, as it will somehow arrive to everyone in every incarnation ... and then you go the way of enlightenment, what literally means to... in the end get transparent and be filled with light and create all light and spectrum and dimensions and realities and everything out of yourself. But conscious it will not just happen to you ... you know then and you know how to control it and you know how creation there out intensity and playfulness and joy and all this excited state feelings emerges and comes into place.)

You are used to thinking in single line thoughts - so you

think of events that you know as complete things or actions - not realizing that what you perceive is but a fraction of their entire multidimensional existence. In greater terms it impossible to separate one physical event from a probable event for these are all dimensions of one action. The dimension of one action has many probable events.

It is basically impossible to separate the you that you know from the probable you's of which you are unaware for the same reasons. There are always inner pathways, however, leading between probable events, since all of them are manifestations of an act in its becoming. You are also in a state of becoming. And the dimensions are illusions. (It is just the in between - that the steps in your consciousness happened. They span the time between it).

The physical brain alone cannot pick up these connections with any great success. The mind which is the inner counterpart of the brain can at times perceive far greater dimensions of any given event through a burst of sudden intuition or comprehension that cannot be described adequately on a verbal level.

As i said frequently, time as you think does not exist, yet in your terms times true nature could be understood if the basic nature of the atom was ever made clear to you. In one way an atom could be compared to a

microsecond. It seems as if an atom exists steadily for a certain amount of time. Instead it phases in and out so to speak. It fluctuates in a highly predictable pattern and rhythm. It can be perceived within your system only at certain points within this fluctuation. So it seems to scientists that the atom is steadily present. (Yet its a pulse, everything is pulsating its just very very fast going on. This is what you can see in Salvia Divinorum where everything is 100.000 times sparkling out of itself and pulsating.) The scientists are not aware of any times of absence as far as the atom is concerned. In those periods of non-physical projection, the off periods of fluctuation, the atoms appear in another system of reality. In that system they are perceived in what are on-points of fluctuation and in that system also then the atoms, appear steadily. There are many those points of fluctuation but your system is of course not aware of them nor the ultimate actions universes and systems that exist with them. Now the same sort of behavior occurs on a deep basic, secret and unexplored psychological level. (Your psyche, you are pulsating and you are switching into all dimensions any time simultaneously you just can not yet perceive it. You will can perceive it once your body own multidimensional neurotransmitter opens up and you produce it bodes own via your pineal gland, your first eye ... body own dmt... and you can produce masses of it, every day and every month - this is where evolution goes.)

The physically oriented consciousness responding to one

phase of the atoms activity comes alive and awake to its particular existence, but in between are other fluctuations in which consciousness is focused onto entirely other systems of reality. Each of these coming awake and responding and each of them having no sense of absence and memory only of those particular fluctuations to which they respond.

We are individualized portions of energy materialized within physical existence to learn to from ideas from energy and make them physical. This is idea construction. We learn by viewing our own creations in other words. We learn the power and effects of ideas by changing them into physical realities and we learn responsibility in the use of creative energy.

The entity is the basic self, immortal, non-physical. It communicates on a energy level with other entities and has an almost inexhaustible supply of energy at its command.

The mouth creates words, the ears create sound. The difficulty in understanding this principle is due to the fact that we have taken it for granted, that we have taken it for granted, that the image and sound already exist for the senses to interpret (yet its vice versa). Actually the senses are the channels of creation by which idea is projected into material expression. (Therefore if you shut your senses, then you can create in other dimensions. If you

use your ears and your eyes - your eyes create pictures and images, your ears create sound - this is a perspective change: we create with our senses).

The intensity of a thought or a image largely determines the immediacy of its physical materialization. Its the intensity. There is no object about you that you have not created. There is nothing about your own physical image, that you have not made.

The physical environment is much a part of you as your body. Your control over it is quite effective, for you create it, as you create your fingertip.

Objects are composed of the same pseudo material that radiates outward from your own physical image. Only the higher intensity mass is different.

You must watch the pictures that you paint with your imagination. Your environment and the conditions of your life at any given time are the direct result of your own inner expectations.

You create your own difficulties. This is true for each individual. The inner psychological state is projected outward gaining physical reality - and this regardless to the nature of the psychological state. The rules apply to everyone. You can use them for your own benefit and change your own conditions, once you realize what they

are.

(Greater self) If you sell yourself short, you say: I am an physical organism and i live within the boundaries of my environment. If you do not sell yourself short, you will say: I am an individual. I form my physical environment. I change and make my world. I am free of space and time. I am part of all that is. There is no place within me, where creativity does not exist.

The ego can be compared to the bark of a tree. The bark is flexible, vibrant and grows with the growth beneath. Its a trees contact with the outer world the trees interpreter and to some degree the trees companion. So should mans ego be. When mans ego turns instead into a shell, when instead of interpreting outside conditions, it reacts to violently against them, then it hardens and becomes and imprisoning form, that begins to snuff out important data and to keep enlarging information from the inner self.

The egos purpose is protective. The ego is also a device to enable the inner self to inhabit the physical plane. (And when the ego dies and is dissolved, then you are not any more in any physical plane. You can dematerialize and you can have this literal experience in deep, double deep Ayahuasca state).

The ego should not react to violently that it remembers

and reacts to past storms in the midst of a clear and sunny weather.

About psychological time. Within any given 5 minutes of clock of time, f.e., you may find an hour of rest which is independent of clock time.

Dream locations are composed of electrical mass, density and intensity. Definite work may be done in the dream but the physical arms and legs are not tiered. This would seem contrary to your known laws, but no one has looked into this. It is most difficult to hint to the myriad complexity and dimension of the electrical actuality as it exists. Each of your own thoughts is composed of a unique intensity of impulse shared by nothing else that the same way maybe said for every dream you will have in your life and that all your experiences gathered together in particular ranges of intensity - they cluster through and by intensity - again completely unique and the summation of all that you are exists in one minute range or band of intensities - then you see how difficult this is to explain in words.

All motion is mental or psychological motion. And all mental or psychological motion has its electrical reality. The inner self moves by moving through intensity. Each new experience opens up a new pulsation intensity. To move through intensities within the electrical system gives the result in the physical field of moving through

time. (We move actually through intensity in the electrical system like the nerves in your brain tips - its all electromagnetic information change that happens 100000 times, these unconscious body functions and its the same for your existence in respect to the higher entity that you are - this is how you work for it)

All versions and possibilities of each event must be actualized in the limitless multiplication of creativity. Any one moment in physical time is a warp opening into these other dimensions of actuality and one moment can be used as a passage way or bridge. The act of crossing will be reflected in a million other worlds - but these reflections will be themselves alive and the act of perceiving itself will create still another vortex of actualization. (So greatly how it is described, of course its like this how nerves and information works electromagnetically - you are nothing but information)

Slide imaginatively into a world where you will not perform the next small action you will perform in this world. Cough, smile, sneeze - in some other actuality your actions are non-actions and your non-acts are realized (this is deep: in some other actuality your actions are non-actions and your non-acts are realized).

Development of the inner senses is a method of perceiving other realities and followed correctly the ego is not only stronger but more flexible. (yes, much more

flexible - it can change from dissolution into knowing about itself that it is the surface tension that creates this skin of the reality we perceive).

Portions of the self perceive physical reality in an entirely different fashion - free of the tyranny of objects and physical form. Here your experience concepts directly without the needs for symbols. (All that surrounds you are symbols. And you don't need this in dimensions and worlds and realities that are not necessarily materialized. Seth says it is not the norm, physical realities - even though we may think it is the norm.)

Time and space are both a part of something else. They are merely the camouflage patterns by which you perceive reality. (Time and space are camouflage). Space as you perceive it in the dream state, comes much closer to reality. The dream universe is obviously closely connected with your own since pseudo objects are present.

True motion has nothing to do with space - the only real motion is that of the traveling consciousness.

Reality creation. As I have told you before, in a manner of speaking, you are given the gifts of the gods. Your beliefs become reality. What you believe is and becomes real in your experience. There is no area in your life, to which this does not apply.

Spontaneity. Seth says: So, the only constant of this multidimensional life is: spontaneity. In basic terms civilization is dependent upon the spontaneity and fulfillment of the individual. Your civilization is in sad straits. Not because allowed spontaneity or fulfillment to individuals, but because you denied it. (We have a schedule plan that really permits any kind of spontaneity. You have to be from 8 to 5 o'clock in the work and then you have to drive to a shop and then you have to do this and react in this way ... just do something unexpected. Behave like your life was a movie - then you would behave maximum spontaneous.)

Beyond myself there is another self and still another self, of which I am aware. And that self tells you, that there is a reality beyond human reality and experience, that can not be made verbal or translated in human terms and to that self, physical reality is like a warm breath forming in the winter air.

Future Seth speaks about the nature and purpose of communications. Names are arbitrary and we use them mainly for our convenience. Seth name or mine isn't important. Individuality is important and continues in ways you do not suspect. Seth is learning as I am. Other portions of me are concerned elsewhere for I am aware of my existence in other dimensions and keep track of them and direct my many selves. (This experience I can

also tell about - in this 7d Ayahuasca experience you feel yourself literally a thousand times split up and you feel yourself in many parallel realities acting and in many worlds and realities you feel the essence of what your many selves are, just in this moment, are acting what their effect is, what their impulse and their thrive is... it is golden dropping ... have to make this Zuvuya audiobook there these multidimensional deep dmt space wonderfully described, its an adventure story, you will love it, it is much more ... not so theoretical describing analytic stuff like this one, i know it is sometimes hard to follow it, and you have to hear it again and again to fall not asleep or feel bored and the other one is really a adventure story and will arouse a lot of feelings in you, its quite different, but both have its importance to get installed on different ways in your consciousness).

So this Future Seth and Seth also is simultaneously aware of all this selves in many many realities.

We are Seth and whenever we have spoken we have been known as Seth. Our entities is composed of multitudinous selves with their own identities - many of whom have worked on this behalf. Their message will always be basically the same.

Physical life is not the rule. Consciousness is the force behind matter and it forms many other realities besides the physical one. The source and power of your present consciousness has never been physical, and where i am

many are not even aware that such physical realities exist.

Yours is a training system for physical consciousness. 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 materialization the concrete result of thought and emotion. When you leave the physical system after reincarnations, you have learned the lesson and you are literally no longer a member of the human race, for you elect to leave it.

In more advanced systems, thought and emotions are automatically and immediately translated into action. Into whatever approximation of matter there exists. Therefore the lesson must be taught and learned well. The responsibility for creation must be clearly understood. It is not that you must be taught not to destroy - for destruction does not actually exist. It is that you must be trained to create responsibility - the control, the compassion that is finally aroused - and that final and last lesson: The positive desire for creativity and love over destruction and hatred. When this is learned, the cycle is finished. (So mighty words - after you installed this material, you can say: thats it)

The teachers within your systems are those within there last incarnation and those who have left the system and have been assigned to help those, still within.

Humanity dreams the same dream at once. And you have your mass world. The whole construction 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. There is no end to the ,within' of things. The dreamer dreams and the dreamer within the dream dreams, but the dreams are not meaningless and the actions within them are significant.

When a person dies (having chosen their own death, although not consciously), you must tell the person, that they are free to leave and that you joyfully give them their freedom. Let them know that they don't have to stay close, because you realize, you will be reunited.

If you want to know what you think of yourself, then ask yourself what you think about others - and you will find the others.

The recognition of the truth about the self, simply means that you must first find out what you think about yourself, consciously. You are independent of your thoughts and emotions. You use your thoughts and emotions in your mental composition. You must learn to trust your own spontaneous nature. You must live in faith, that your purpose is and will be fulfilled.

Through our dreams we change physical reality and our physical daily experience alters our dream experience. The dream universe possesses concepts, which will someday completely transform the physical world.

The ego is not present in dream reality. The waking consciousness is not the ego. The ego is only that portion of waking consciousness, that deals with physical manipulation. The waking consciousness can be taken into the dream state, but the ego can not as it would falter and cause failure there.

The past is seldom what you remember it to be, for you have already rearranged it from the instant of any given event. The past is being constantly recreated by each individual as attitudes and accusations change. This is an actual recreation, not a symbolic one.

This child is indeed still within the man, but he is not the child that he was, for even the child within the man constantly changes. Difficulties arise when such alterations do not occur automatically. Severe neurosis is often caused precisely, because an individual has not changed its past. An individual's future actions are not dependent upon concrete finished past - for such a past never existed.

There is a part of you that is not locked within physical

reality. And that part of you knows, there is only and eternal now. From within this framework you will see, that the physical time is as dreamlike as you once thought inner time was.

You will discover your whole self, peeping inward and outward at the same time and find that all time is one time and all divisions are illusions.

---

if you find yourself now overwhelmed, take part in the great potluck. Share superflous wealth to support the blooming of fairys land. There is a donation button at [www.luciddream-wave.info](http://www.luciddream-wave.info)