

Tenets of the Seth Material

The Seth Material covers a wide variety of topics, including the nature of physical reality, the origins of the universe, the theory of evolution, the Christ story, the nature of God, and the purpose of life. The Seth personality made the following assertions, among many others:

In an argument reminiscent of the "many worlds hypothesis", there are multiple realities, each as valid as any of the others. Some realities are physical and some are mental or spiritual, and each has its own natural laws. All realities are, to some extent, camouflages since all beings have an existence which is independent of any system of reality. The number of realities is essentially infinite since new realities come into existence constantly.

Reincarnation is the rule, although many misconceptions abound. For example, human beings never reincarnate as animals; cause-and-effect does not operate from one life to the next; and reincarnation does not end in a state of nirvana. Each individual must experience fatherhood, motherhood and childhood, and thus must incarnate at least twice; the maximum number varies greatly, depending on the temperament and needs of the individual. There is a period of rest between incarnations. When an individual's reincarnational cycle is over, the individual moves on to other systems of reality. There is no heaven or hell, only continued existence.

Each self has many layers, most notably an "outer ego", which interacts with physical reality, and an "inner ego" or "inner self", which is concerned with the mechanics of constructing and maintaining the outer ego's physical world, and which existed prior to any incarnations. A new outer ego is born with each incarnation, thus paralleling the Christian concept that the human soul is conceived at inception. The entire self (which Seth referred to as an "entity") is actually a gestalt consisting of the inner self plus all the outer egos or reincarnational selves. According to Seth, human beings are generally unaware of the inner ego, although it comes through as intuition and the "inner voice" that many people believe they hear. The inner self is aware of all reincarnational selves.

Each incarnated self exists in four universes simultaneously: the physical universe, which is the result of coordinated mass mental projections on the part of its inhabitants; a dream universe, which is created in the same way but has less rigid natural laws; an adjacent electrical universe, where the inner self resides and all mental activity occurs; and an anti-matter universe of which Seth said very little. According to Seth, it is the inner ego which dreams, and the dreams continue when the outer ego is awake.

Time and space are illusions, and both the past and future coexist with the present in what Seth referred to as a "spacious present"; therefore, a person's incarnations in different time periods are actually lived simultaneously, as opposed to consecutively. Time appears to exist in a linear form because of limitations inherent in the physical brain.

All individuals create their own circumstances and experiences within the shared earthly environment, similar to the doctrine of responsibility assumption. The inner self is responsible for the construction and maintenance of the individual's physical body and immediate physical environment; events, however, unfold according to the outer ego's beliefs and attitudes. Both productive and unproductive attitudes are translated into reality, and thus one of the tasks of the individual is to learn how to direct his or her thoughts in positive directions. In a private session given to a friend of Jane Roberts, the Seth personality said:

- *You must watch the pictures that you paint with your imagination, for you allow your imagination too full a reign. If you read our early material, you will see that your environment and the conditions of your life at any given time are the direct result of your own inner expectations. You form physical materializations of these realities within your own mind.*
- *If you imagine dire circumstances, ill health, or desperate loneliness, these will be automatically materialized, for these thoughts themselves bring about the conditions that will give them reality in physical terms. If you would have good health, then you must imagine this as vividly as in fear you imagine the opposite.*
- *You create your own difficulties. This is true for each individual. The inner psychological state is projected outward, gaining physical reality -- and this regardless of 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.*
- *You cannot escape your own attitudes, for they will form the nature of what you see. Quite literally you see what you want to see; and you see your own thoughts and emotional attitudes materialized in physical form. If changes are to occur, they must be mental and psychic changes. These will be reflected in your environment. Negative, distrustful, fearful, or degrading attitudes toward anyone work against the self.*

There is a God, whom Seth referred to as "All That Is". God is composed of self-replicating and inexhaustible mental energy, and God contains all of Creation within it. God, therefore, is a gestalt of all life, as in Pantheism and Panentheism. The mental energy of God is the composite substance of all things, including all beings, all universes, and all events and phenomena. For this reason, God's consciousness extends into all things and is omnipresent. Also for this reason, all things in existence, including physical matter, have life and consciousness. If there is reality outside of God, the Seth personality was not aware of it.

Creation is constant and ongoing. Most Creation occurs, not as a direct command from God, but as a result of the activities of the individuals that exist within God. God's consciousness extends into all new creations. Since God is a gestalt of all things, God is constantly in a state of change and transformation. Christ, who still exists, is a highly evolved entity who has existence in many systems of reality. However, Christ has the same relationship to God that all other individuals do -- i.e., he is part of God.

At the time of Christ, the Christ entity incarnated as three individuals -- John the Baptist, Jesus of Nazareth, and Paul or Saul of Tarsus -- and each was to some degree aware of his role in founding a new religion (although Paul/Saul was not aware of his role until after his conversion to Christianity). Seth said that Jesus was not crucified, and that it is not in the nature of enlightened individuals to sacrifice themselves. Rather, a willing and deluded surrogate, who believed himself to be the Messiah, was substituted in Jesus' place, and it was this surrogate whom Judas betrayed (and who was then crucified). Jesus was then able to be "resurrected" because he had not actually died. Seth said that the crucifixion of Jesus *did* occur as a shared psychic event, but it did not occur as a physical event.

Paul/Saul will reincarnate in the 21st century to correct mistakes that he made that set Christianity on the wrong course, and a period of spiritual awareness will ensue. Paul/Saul will not identify himself as Christ, and some will view him as the anti-Christ since his appearance will hasten the decline of traditional Christianity, along with other organized religions. Paul/Saul will be known as a psychic; he will strive "to straighten out Christianity, which will be in shambles at the time of His arrival", and he will form "a new system of thought when the world is sorely in need of one". The events surrounding the return of Paul/Saul will substantially be complete by the year 2075, but the ensuing changes to society will take a century to unfold.