The Developmental Seth

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Overview

I: An Integral Review

II: The Physical Universe As Idea Construction

III: What Does Seth Mean By Development?

IV: Explore Basic "Levels of Selfhood" According to Seth & Jane Roberts

V: Who is the "You" Who Creates ALL Your Reality?

VI: Space Continuums

VII: How Does No-thing Create Some-thing?

VIII: So What?!

I: An Integral Review

- The Integral Map consists of 6 core, irreducible elements for All Framework 1 Constructions:

1. **Quadrants** (Innate Perspectives: interior, exterior, individual, collective)
2. **Waves/Stages** of Physical Development ("Transcend yet include" Physical/Mental Structures = permanent structures)
3. **Multiple Intelligences** (Streams: develop in stages)
4. **States** (waking, dreaming, deep dreaming, altered, meditative, etc. = temporary/fluid)
5. **Types** (Myers-Briggs, Enneagram, Families of Consciousness [Seth], Orientation [Elias])
6. **The Self-System** (The Integrator and Navigator of all the above)

What is Integral Conscious Creation?

- It's a method based upon scientific, artistic, and moral perspectives within physical, mental, and spiritual domains.
- It is also grounded in the ancient knowledge that consciousness is Causal and Primary, and creates everything, not the other way around, and YET understands that matter plays an important role.

What is Integral Conscious Creation?

- The intent is to look at *any* body of work, including the Seth Material, from a wider lens including:
  - *All* relevant perennial wisdom sources (e.g. Buddhist, Hindu, Taoist, Sufi, Kabbalah, Christian mystics, etc.)
  - Other channeled sources, and relevant science, psychology, art, etc.
- Provides a set of checks & balances to reduce/prevent "Seth in a Vacuum" (Sethism)

What is Integral Conscious Creation?

- The integral approach forces us to break out of "Seth says" or "Einstein says" as proof of final truth, and cross reference with other systems of thought to see what they add to the mix.
- An integrally informed interpretation thus aims to mine new gems, *while building bridges* between the domains of science, art, morals within body, mind, and spirit.

II: The Physical Universe As Idea Construction

- September 1963:
- "Energy is the basis of the universe.
- "Ideas are mental transformations of energy by an entity [inner ego/source self] into physical reality.
- "Idea constructions are transformations of ideas into physical reality.
- "Space is where our own idea constructions do not exist in the physical universe.

The Physical Universe As Idea Construction

- "The **past** is the memory of ideas that were but are no longer physical constructions.
- "The **present** is the apparent point of any idea's emergence into physical reality
- "The **future** is the apparent lapse between the disappearance of one idea construction and its replacement by another in physical reality
- "**Aging** is the effect upon an idea construction of the properties of matter of which the construction is composed.
- "**Growth** is the formation of an idea construction toward its fullest possible materialization following the properties of matter.

The Physical Universe As Idea Construction

- "Each **evolutionary change** is preceded and caused by a new idea. As the idea is in the process of being constructed onto the physical plane, it prepares the material world for its own actuality and creates the prerequisite conditions.
- "**Evolution** is energy's movement toward conscious expression in the physical universe, but it is basically nonphysical. A species at any given time is the materialization of the inner images or ideas of its individual members, each of whom forms their own idea constructions.

III: What Does Seth Mean by Development?

- Seth's Kosmology:
  - All-That-Is = Multiverse of Frameworks of Consciousness/Being (**Ontology**)
  - Inner, Mental, and Physical Senses = High Intellect (**Epistemology**)
  - Dream-Art Science (**Methodology**)
  - Innate Intention, Purpose, and Meaning (**Teleology**)
- In other words, a Kosmology of *Being*, *Knowing*, *Doing*, and *Meaning!*
- So how does the notion of growth, development, change-in-time factor in?

What About Simultaneous Time?

PAST/past	PAST/present	PAST/future
PRESENT/past	PRESENT/present	PRESENT/future
FUTURE/past	FUTURE/present	FUTURE/future

The Spacious Present

Evolution & Involution

- Evidence Strongly Posits a Big Bang (Seth's *In the Beginning* = Evolutionary "Current" or linear processes in Framework 1)
- But What Happened *Before The Beginning*? (Seth's Before the Beginning/ Dream Time = Involutionary "Current" or nonlinear processes Frameworks 2, 3, 4…)
- How Do We "Postmoderns" Reconcile Time & No-Time, Linear and Nonlinear "Currents" in the context of Framework 1 development?

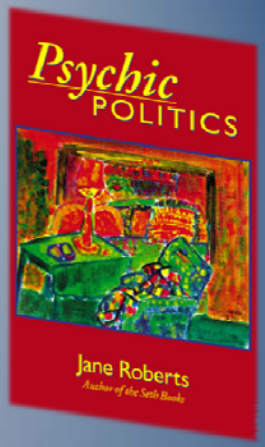
Evolution & Involution

- In Framework 1 terms, there are clear "trends" that indicate linear "transcend yet include" sequences.
  - Matter = quantum fields (Framework 1)
- Yet in Simultaneous Time Frameworks 2, 3, 4: **Master Events** & **Blueprints for Reality**
  - Non or Pre-matter = EEs, faster than light (Framework 2, 3, 4…)
    - Causal Consciousness = CUs, Consciousness with a "C" (All-That-Is)
- Even Further Inward/Beyond Framework 4: **Life Clouds** (Seth), **Clans/Clusters** (Kris), **Pools** (Elias)…

Evolution & Involution

- Back to Framework 1!
  - Macro = Evolution
  - Micro = Growth & Development
- Random sample of The Seth Books:
  - 1162 instances of "development"
  - 24 instances of "stage of development"
  - 10 instances of "stages of development"
- Quotes

Evolution & Involution

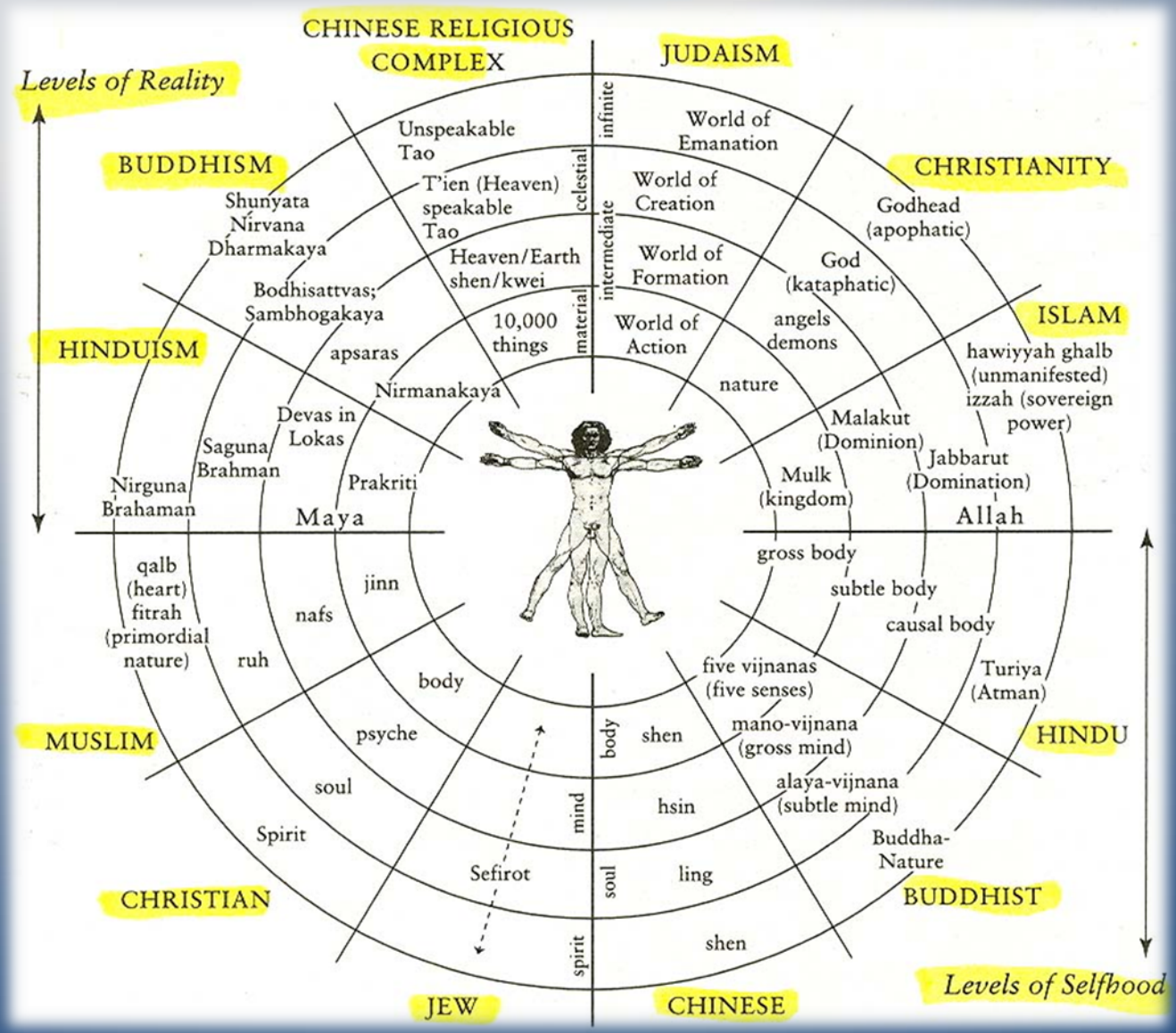


- **Stages of Consciousness** ~ *Psychic Politics*, Chap. 24
  - ***Stage 1*** = beginnings of unofficial information, major attention-getting!
  - ***Stage 2*** = religious or pseudo-scientific interpretations dominate
  - ***Stage 3*** = focus personality fully accepts new orientation, similar to religious notions of "death of self, or will"
  - ***Stage 4*** = multiple perspectives (aperspectival), relativistic
  - ***Beyond*** = *states* of ecstasy, the mystical *state*….

Evolution & Involution

- The Integral Model's Stages
  - Wilber's Generic (Egocentric [me], Ethnocentric [us], Worldcentric [all of us], Kosmocentric [All-That-Is])
  - Kohlberg's Moral Stages (Preconventional, Conventional, Postconventional)
  - Piaget's Cognitive Stages (Preoperational, Conventional Operational, Formal Operational…)
  - Jane Loevinger's Ego Stages (Symbiotic, Impulsive, Self-protective, Conformist, Conscientious, Individualistic, Autonomous…)
  - Spiral Dynamics Worldview Stages (Survival, Tribal, Individualistic, Traditional, Modern, Postmodern, Integral…)

IV: "Levels of Selfhood"



"Levels of Selfhood"

- Seth's Levels/Structures of Selfhood
  - Outer Ego
  - Subconscious
  - Inner Ego (Entity, Soul)
  - Pyramid Energy Gestalts/Life Clouds
  - All-That-Is
- Jane Roberts's Aspect Psychology
  - Focus Personality (physical body-mind)
  - Nuclear Self (subconscious, probable selves)
  - Source Self (nonphysical self)
  - All-That-Is (Nondual Spirit)

"Levels of Selfhood"

- Many interpretations of YCYOR or conscious creation deal primarily with outer ego, and pay mostly lip service to the subconscious and inner ego, and omit All-That-Is altogether.
- In other words, it's inaccurate to imply that thoughts, emotions, beliefs, and expectations *alone* create ALL reality.

“Levels of Selfhood”

- Further, ignoring the deeper mental structures listed earlier, that definition also marginalizes the impact our brains, neurochemistry, and other bodily functions play in our experience, perception, and cognition.
- As such, the “you” of “you create your own reality” is quite alien to most of us and resides in the “unknown” reality of nested Frameworks of Consciousness.

V: Who is the "You" Who Creates ALL Your Reality?

How to identify my outer ego?

Try This: Hold your breath as long as you can to the point of passing out. Seriously, go ahead try it, take a hands-on experiential approach.

What Role Did Your Outer Ego Play?

- The moment you either passed out (hopefully you didn't take me that seriously) or gasped for your next breath, who was the "you" who breathed?
  - It most likely wasn't your outer ego, *that* was the Aspect wondering *why* you were doing this ridiculous exercise in the first place, *noticed* that your eyes began to bulge with the onset of asphyxia, *experienced* the fear of breathlessness, *wondered* when that awful music would end, etc.

Who is My Subconscious?

- Who is the "you" who breaths when you sleep or fall unconscious from doing a stupid breath-holding exercise?
- Who is the "you" who filters your blood, grows your hair and nails, digests your food, etc.
- Welcome to the body-subconscious!
- Its counterpart, the mind-subconscious is the Aspect of you that holds all your core beliefs. It's invisible, in the background managing incredible arrays of body and mental data (sensory experience) 24/7.

The Subconscious Body/Mind

- Simply notice that though your outer ego has the ability to think about and feel about how your meals are digesting, your hair is growing, your lungs and diaphragm are breathing, *that is not necessary for those actions to occur*.
- This is the domain of the subconscious body/mind.

The Subconscious Body/Mind

- Try This: Take 50 seconds and simply be present with and observe your breath, your stomach, your kidneys, your intestines, your hair and nails, your heart pumping…
- Who manages all of that when "you" aren't thinking about it?
- Is it a who? An it? How do you personify this Aspect of Self?

The Subconscious Body/Mind

- Try This: Take 30 seconds to imagine a loved one or pet and *feel* the love.
  - What is the source of this love?
  - Where does it go when your thoughts and feelings move on?
  - That is the domain of your subconscious mind = the repository of all beliefs, feelings, and experience.

Conclusions

- The subconscious is a meditating or translating region of Self.
- It is not really sub or under anything. That's a limitation of our language and sense of space-time.
- The subconscious is quite invisible to the microscope, scales, and other material measuring devices.
- However, psychologists since the 19th century, from Freud, James, Jung, Mesmer, Meyers have demonstrated this invisible inner, subconscious, whether through neurosis like Freud and Jung, or hypnotism like Mesmer.
- Unfortunately, all of these great pioneers never were able to penetrate to the inner self, or soul.

Can We Identify Our Invisible Inner Ego?

- What Aspect of your consciousness experiences waking, dreaming, and deep dreamless sleep?
- That is your inner self, which is not a "self" in terms the outer ego holds in its belief systems, but a type of lucid, ever-present witnessing consciousness or sense of Be-ing.

Psy-Time Practice

- Adapted from Ken Wilber, *One Taste* (2000), abridged, p. 80-82.
- Seth's outer ego, subconscious, and inner ego are all Aspects in our normal, waking awareness 24/7!
- These Aspects more accurately outline the "you" who creates ALL of your reality.

VI: Space Continuums

- The **Three Glasses Analogy**
- "None of you sees the glass that the others see.... Each of the three of you creates your own glass, in your own personal perspective. Therefore you have three different physical glasses here, but each one exists in an entirely different space continuum." ~ Session 68, July 4, 1964

Space Continuums

- Seth implies that there isn't any single pregiven physical reality. In other words, it's individually constructed and mutually co-constructed.
- Postmodern constructivist philosophers call it the "**myth of the given**" = the erroneous assumption that we're studying a modern Newtonian universe "out there" that we have no part in constructing and co-constructing.
- Thus, we can more accurately call Framework 1 a **multiverse**.
- This also means that there is no singular or absolute flow of linear time (Einstein's relativity theory also formalized this in terms of quantum science).

Space Continuums

- So this concept alone – *consciousness constructs* – would revolutionize our all of our sciences (e.g. quantum, biological, psychological, etc.), as Seth suggests.
- There has been a lot of work in the 24 years since Jane passed away toward creating a viable theory of consciousness.
- Physicists like Amit Goswami, Fred Wolf, and Peter Russell, and Philosophers like David Ray Griffin, Christian de Quincy, and Ken Wilber have made tremendous strides.
- This is something to keep in mind when reading Seth's critique of modern sciences. His critiques are no longer applicable to *certain* breakthroughs in post-1984 science. However, they *still* apply to modern materialist science (reductionism).

Space Continuums

- The three glasses analogy shows that each outer ego literally creates its own space-time continuum and perceives/creates/ constructs/ manifests/makes/forms its own version of objects and events.
- Thus, the physical body/mind is literally *a time machine*.
- Its neurological structure, created by Causal Consciousness, is an *idea construction* designed to simultaneously create space-time, *while creating within space-time* (Framework 1).

VII: How Does No-thing Create Some-thing?

- A Conscious Creation KOAN
- Don't expect completely rational answers. Instead, begin to sense what Seth calls "high intellect" = intellect informed by the direct experience of deep intuitions, or inner senses.
- Thus, we're pushing the rational mind toward transrational answers that include transpersonal awareness. This is what the previous "pointing out" exercise is designed to do *over time*.

How Does No-thing Create Some-thing?

- Primary & Secondary Constructions (many subdivisions and other types - Quotes)
  - The attempt of Initiating Consciousness to construct physical form (The order of play" in *Dreams, "Evolution," & Value Fulfillment*, Vol. 1):
    - *Physios* – quantum fields, nebulae, galaxies
    - *Bios* – sexual/asexual reproducing, cellular systems
    - *Noos* – self-reflexive awareness = focus personalities
    - *Psychos* – The Shift?
    - *Theos* – Teleological Omega Point?
  - Initiating Consciousness = Sleepwalkers/Seth, Dream Walkers/Elias, Dream Ancestors/Kris

How Does No-thing Create Some-thing?

- Value Fulfillment and Growth in Framework 1 terms (Quotes):
  - Seth emphasizes that matter is NOT causal, Consciousness is, but matter IS very important in F1 terms (Right-hand Quadrants).
  - "Again, there is absolutely no continuity in the matter that composes the seeds, and the matter that composes the grass. What you have instead is the value fulfillment of the consciousness behind matter, as it expands and expresses itself in various forms." ~ Session 71, July 15, 1964

How Does No-thing Create Some-thing?

- However, this is not to say that there aren't developmental stages occurring within primary & secondary constructions!
- Why? Because there *are* stage sequences inherent within the "blueprints for reality," not as absolutes but as guidelines, tendencies toward value fulfillment.
  - For example, caterpillars don't grow into bananas, babies don't grow into oak trees.
  - Babies grow into toddlers, then children, adolescents, adults, seniors, and corpses consistently across all cultures.
  - All physical stages, which are some-thing are constructed by Causal Consciousness, which is no-thing (Quadrants).

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VIII: So What!?

- When we consider how various developmental sequences work together in systemic harmony (Quadrants/Framework 1), we get a more complete, balanced, integral view. (Einstein)
- F1 Human Growth Generally Moves From:
  - Prerational => rational => transrational
  - Subconscious => conscious => superconscious
  - Preconventional => conventional => postconventional
  - Prepersonal => personal => transpersonal
  - Id => Ego => All-That-Is

So What!?

- Acknowledging developmental sequences means that some things, IN F1 TERMS, *are* better *and* worse, wider *and* narrower, mature *and* immature, and dare I say, healthy (good) *and* pathological (evil).
    - Good and Evil exist in Traditional Worldviews (and narrower).
    - Health and Pathology exist in different forms in Modern, Postmodern, and Integral Worldviews.
- Judging is not bad, we do it all the time!
- The point is to learn to use great care, concern, and compassion with whatever developmental stage models we use:
    - Why? To avoid the horrors of Nazi Germany's "Social Darwinism," Eugenics (racial hygiene, human experimentation, genocide…)

So What!?

- The Seth Material emphasized the individual, as such, it has yet to scale up to the collective in any significant way. For example, there are only three books dedicated to the collective:
  - *The Individual & the Nature of Mass Events* (1981)
  - *Dreams, "Evolution," & Value Fulfillment, Vol. 1 & 2* (1986)
- By taking an Integral Approach to the Seth Material, I believe we can further mine its gems, help scale it into the collective dimensions of being, and help provide new solutions to the many challenges facing us today.
- Thank You!

Questions?

Integral Metaphysical Assumptions in F1 Developmental Sequences

- What is the role of metaphysics?
  - Every system of thought has SOME metaphysical assumptions.
  - So we must do our best to *objectify* our metaphysical assumptions.
- I *emphasized* development in F1 terms, but we also need to consider F2 and inward…
- Seth tends to emphasize development in F1-F4 terms.

What Are My Integral Metaphysical Assumptions?

1. *Eros*, Evolutionary, "Ascending" Currents.

2. *Agape*, Involutionary "Descending" Currents.

3. *A Morphogenetic Gradient*, a "field of potentials, defined not by their fixed contents and forms but by their relative placement in the sliding field." (Wilber)

4. *Prototypical forms or patterns*, such as the twenty or so tenets of all "holons" (Wilber), "blueprints for reality" (Seth, Elias), or "innate tendencies" toward value fulfillment (Seth, Elias).

Summary

- Integral Approach = Checks & Balances for inner, outer, individual, and collective perspectives, stages, multiple intelligences, states, types, & "you"
- The Physical Universe As Idea Construction = Jane's Early Version of Idealism
- Seth's Definition of Development = linear/nonlinear, physical/nonphysical processes
- Who is the "You" in "You Create Your Own Reality"?
  - Basic "Levels of Selfhood" = multidimensional psyche
- Space Continuums = The myth of the given, relativistic, simultaneous creation/co-creation
- No-thing Creates Some-thing! = Primary & Secondary Constructions are involved in how Causal Consciousness – You! – Creates *All* Your Own Reality