



**Where is the Toolbox and
What are the Tools?
Or Putting Theory into Practice**

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Overview:

Who, What, When, Where, and Why?

1. An overview of Seth/Jane's theories
(context for the toolbox and tools)
2. Becoming a Conscious Creator
(the toolbox)
3. Conscious Creation - A Road Map
(the tools)

The Multidimensional Psyche

- ☞ other words = soul, spirit, entity, energy personality essence, source self
- ☞ iceberg analogy
 - tip = outer ego
 - air/water boundary = subconscious mind
 - submerged aspects = inner ego/inner self
 - camera analogy = with a “million” lenses
 - entity names
- ☞ the three primary “orders” of perception

More on the Psyche

- ☛ Jane's Aspect Psychology
- ☛ Seth's conscious mind, multipersonhood
- ☛ fragments (York Beach encounter)
- ☛ probable selves (enfolded aspects)
- ☛ counterparts (UR2)
- ☛ families of consciousness - innate intention
 - ☛ nine families (UR2)

“Paranormal” Perception

- anything “beyond” the five physical senses, sixth sense (second attention)
 - altered neurological pathways, a focus using more of the inner senses - Alpha 1–Alpha 5 (SS, CWS)
 - psi phenomena (telepathy, clairvoyance, precognition, psychokinesis)
 - channeling
 - projections
 - lucid dreaming

Enhanced Perception: The Inner Senses

- ✦ Journey to the center of the psyche, the “Unknown” Reality
- ✦ prejudiced perception (AIC)
- ✦ five physical senses as camouflage (outer ego)
- ✦ three basic types
 - empathic, conceptual, time-based (a way to begin)
- ✦ Seth’s nine - inner ego uses in pure form (SM, ES)

More on Perception

- ☞ alternate presents and multiple focus:

Alpha 1 – Alpha 5

- ☞ A1a (creativity, concentration, study, refreshment, rest, meditation)
 - ☞ A1b (horizontal into alternate realities)
 - Group/mass probabilities, racial matters, civilization
 - ☞ A1c (greater mobility, moving further “away” from present root assumptions)
- ☞ A2 (reincarnational selves, issues, and beliefs)

More on Perception

- A3 (mass issues, geographical histories, racial info, species of animals)
- A4 (“beneath” matter, source of civilization-changing inspiration, available in sleep state, personal conversions originate here)
- A5 (seldom reached, meeting ground of clear communication for any aspect self, no-time, OOBES can occur here, interaction with Speakers imaged as angels, gods, disciples)

More on Perception

Summary: Alpha 1 - Alpha 5

- all experiences require accurate translation for any utility (art of discernment)
 - i.e., learning to divest from root assumptions
- making the subconscious, conscious
- access is related to individual intent, desire, and expectation

Altered Neurological Focus

☞ Jane Roberts's Perception

- channeling
 - Seth 2
 - Seth
 - other focus personalities
- autotyping
 - Cyprus & Oversoul Seven
 - World Views books
- helper, Sumari, psychic library
- super-real, psychedelic, wholeness, lucid dreams

Perception: The Art of Dreaming

- ☞ physical reality = “waking” dream = camouflage
- ☞ the dreaming psyche
 - everything dreams, inner senses, omnipresence
- ☞ lucid dreaming and projections
 - three forms of the “astral” body
- ☞ role models: dream-art scientist, true mental physicist, complete physician (UR1)
 - bridging science and religion

Frameworks of Consciousness

- ☞ other terms = spacious present, fifth dimension, value climate of psychological reality, etc.
- ☞ a holistic view, holiarchy vs. hierarchy
- ☞ Framework 1 (ME)
 - physical, linear, cause and effect, five senses, sixth sense, idea constructions, camouflage, outer ego
- ☞ Framework 2 (ME)
 - source energy, master events, inner senses, inner ego

Frameworks of Consciousness

- Framework 3, 4 = further “inward,” Bohm’s super-implicate and super-explicate orders (ME, GJ)
- another way of understanding the vastness of All-That-Is
- context of simultaneous time - nine forms:
 - PAST / PRESENT / FUTURE
 - relative Framework 1’s
- probable and reincarnational selves

Source Energy

- ☞ All-That-Is = pyramid gestalts
 - a vast spectrum of consciousness, Framework 1, 2, 3, 4 and “inward” (SM, ES)
- ☞ consciousness units/CUs (UR1)
 - other words = prana, chi, etc.
- ☞ inner ego uses inner senses in pure form to manipulate and translate “source energy”
- ☞ energy personality essence (personality tone)

Seth's Laws

of the Inner Universe

- ☞ the nature of Universal Truth (inner ego)
- ☞ belief systems (outer ego) vs. Universal Truth (inner ego)
- ☞ camouflage vs. “Source Energy”
- ☞ the ten laws:
 - Value Fulfillment, Energy Transformation, Spontaneity, Durability, Creation, Consciousness, Capacity For Infinite Mobility, Changeability & Transmutation, Cooperation, Quality Depth

Origins as Myth

- ☞ world myths (the Western Myth)
 - master events, time overlays, “before the beginning,” sleepwalkers (dreaming the world into existence, ever-new within every nano-cycle = blinking in and out) (DEV)
 - aboriginal “Dreamtime” “Dreaming”
- ☞ we are witnessing the emergence of a new world myth (2075 probabilities, the shift, the change, white hole in time, etc.)
- ☞ we are witnessing the emergence of a “new mental species” (homo noeticus)

Seth Overview:

Who?

- the multidimensional psyche = us!

What?

- All-That-Is = CUs

When/Where?

- Frameworks of consciousness

Why?

- The Laws of the Inner Universe (value fulfillment, etc.)

How?

- Belief systems, inner senses, origins of the species and universe

Conscious Creation Overview

- ☞ individual (ego) vs. collective (environment, nature, biosphere) relationships
- ☞ subjective (inner) vs. objective (outer) perception
- ☞ you create your reality! (ego-belief systems)
 - Personal relationships, abundance, health, well-being - promoting maximum value fulfillment
- ☞ root assumptions vs. Inner Laws
- ☞ The God of Self concept (GJ)
- ☞ Jane's American Vision (GJ)

The Basic Tools for Conscious Creation

- ☞ we have direct access to everything we need
- ☞ fun, creativity, personal expression, humor
- ☞ belief systems; noticing, identifying, recognizing, changing (NPR)
- ☞ natural hypnosis, ego-self (NPR)
- ☞ Seth/Jane's books and many exercises (more than 60)
 - ☞ seen in the context of Jane and Rob's everyday lives
 - ☞ Sufi concept of *baraka* (utility, potency)

The Basic Tools for Conscious Creation

- ☞ Jane's Aspect Psychology books (the Codicils)
- ☞ The Oversoul Seven books
- ☞ Jane's poetry
- ☞ mirror of self metaphor = YOU are the "toolbox!"

Love & Light vs. the Dark Side

- ☞ limitations of good vs. bad thinking, success vs. failure
- ☞ taking responsibility for all of our creations while still immersed in a consensus reality that constantly reinforces beliefs in victimhood and others creating our reality for us.
- ☞ coming to terms with Jane's "death"

Love & Light vs. the Dark Side

- ☞ learning to deal with our own fears (dis-ease, abandonment, death, poverty, security)
- ☞ learning to deal with happiness, joy, compassion, infinite love
- ☞ duality of separation from All-That-Is, the Buddhist “world of suffering”
- ☞ the Practicing Idealist! (ME)

Becoming a Conscious Creator

- ☞ no single way, use what works, put aside the rest, these are nonlinear stages:
- ☞ **Stage 1** – conceptual, learning the theoretical framework
 - ☞ noticing, observing the ego-self, belief systems
 - ☞ becoming aware of your multidimensional identity
 - ☞ experimenting with hyperception (altered focus, inner senses, dream recall, interpretation)

Becoming a Conscious Creator

- ✦ **Stage 2** – putting theory into practice, still mostly conceptual
 - ✦ starts and stops, “where’s the money?”
 - ✦ identifying, recognizing WHAT beliefs are creating your obstacles
 - ✦ unlearning old habits/beliefs
 - ✦ embracing your “dark side”/fears (the madness...)
 - ✦ directly experiencing altered focus, inner senses, multidimensional aspect Selves
 - making the subconscious, conscious (A1-A5)
 - ✦ moving into “shades of gray” in terms of ethics, values, belief systems

Becoming a Conscious Creator

- **Stage 3** – piercing the veil of Self, outer ego meets the inner ego!
 - conscious use of the inner senses develops here (the madness continues but begins to dissipate...)
 - full acceptance of your own “death,” because there is no such thing!
 - no longer think in terms of “black and white”
 - ethics are situational, relative, case by case, moment by moment

Becoming a Conscious Creator

- ☛ **Stage 4** – conscious awareness of your multidimensional Self, Aspects
 - ☛ waking, lucid use of the inner senses
 - ☛ knowledge and acceptance of who and what we really are
 - ☛ becoming the multidimensional (outer) ego (homo noeticus)
 - ☛ 2075-focus
 - ☛ hyperception (inner senses)
 - ☛ participating joyfully in your own “death”

The Hero's Journey

- ☞ the call, resisting the call
- ☞ the leaving, the point of “know” return (the leap of faith)
- ☞ the trials and tribulations (the madness)
- ☞ finding the Grail of Truth (piercing the veil of Self)
- ☞ the Hero's return (returning to our “tribe” and sharing what we've learned)
- ☞ we are all on the Hero's Journey into the “Unknown” Reality!

Summary:

- ☞ The toolbox and its tools are a means to an end!
- ☞ Putting Theory into Practice:
 - Seth's exercises, the Codicils, etc. are contextual, not absolutes, where Rob, Jane, and students were at, during the late 1960's and 1970's.
 - use what works, put the rest aside, don't get obsessed with the jargon, it can become an obstacle
 - be playful, imaginative, use child-like innocence, humor, be creative!

Summary:

- ☞ goal = understanding your true multidimensional nature through your own direct experience!!
 - lucid use of the inner senses (dream-art _____)
- ☞ there are similarities with other traditions
 - their tools are freely adaptable too!
- ☞ never forget: Seth is a fallible source! (session #47)
- ☞ a closing thought from session #45: