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

- Frameworks 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 hyperperception (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: