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The Reality Creator's Handbook

- A Seth eBook -

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Author Online

Mark Allen Frost M.S., Counseling Psychology, has written ten books with Seth, the noted metaphysical author and educator. Mark channels Seth to provide phone consultation services to Seth's students around the world. He lives in Lake County California with his wife Carol Joy and his three cats.

To schedule a Seth Phone Reading, contact Mark at www.sethreturns.com.

Cover photo ***Seth in the Himalayas*** courtesy of The Goddess of Love.

Introduction by Mark

Welcome to *The Reality Creator's Handbook*. This book was created specifically for you to be used as a guidebook for creating your personal realities and for your awakenings. The Reality Creator's Project lasts for about 28 days, roughly the lunar cycle. Each day or phase of the moon is a Lesson. Each week or each Chapter is a leg of the Journey. You are setting yourself up for an awakening at the end of four weeks, as you read the text and do the exercises.

Seth teaches that each of us has Issues, and as we learn our Lessons by transforming those liabilities into assets, we awaken to our individual enlightened realities. We become awake in the [New Consciousness](#) of the Fourth Dimension and beyond.

I learned a lot about the Seth teaching when I was in India in May of this year. Seth told me before I left for the trip that I would be transformed when I returned to the states. He was right, as usual. But he didn't tell me that the transformation would continue and intensify. I am in the middle of it now. For the most part, it has to do with finding a way to re-create the higher consciousness I experienced in the Himalayas, here in my mundane reality. I will have more to say about it

on the website and possibly in ***Seth on Death and the Afterlife***.

Have fun with the new book! Remember, sometimes our Lessons are all about how to learn to have fun and enjoy ourselves in the physical dimension.

Introduction by Seth

Greetings, Dear Reader. This latest effort is a condensed version of my Teaching. However, make no mistake, these pages contain the vital essence of the Ancient Wisdom, the source of all of my material that I have created with my collaborators. Nothing of importance has been left out, yet much is implied in the words in this new volume. By “implied,” I mean subtext, and by subtext, I mean my particular definition for this word. Refer to the glossary for our accepted definition of [subtext](#).

You already know this material. It is imprinted in your DNA, as I have often suggested to you. It is our hope that through reading these efforts at spiritual literature, your consciousness will be catalyzed, indeed, initiated magically into a greater appreciation for your own personal reality.

Originally we were going to title this book The Co-Creator’s Handbook. We wished at that time to emphasize the necessary connection to Source that empowers these practices. Then we decided to present this simplified version of my Teaching for all students, even the agnostics. For in the end, we are all talking about consciousness by way of metaphors of various types. We should not direct these messages toward a

group that favors one metaphor over another. All metaphors are welcome here. Please note, Mark, that I am attempting humor at this time.

Mark: OK Seth.

This material I am providing to you as a service to humanity. I am attempting to bring you further along on the evolutionary trail, so that you may be comfortable functioning in the New Consciousness.

Please notice that I begin each Chapter with a segment I call One of My Students. This I do to give you a flavor of what is to come in the book. I believe this helps to draw you into these messages.

And as usual, please create Sanctuary for yourself before you conduct the exercises. We have provided the Ritual of Sanctuary at the back of the book.

Then we shall begin...

The Moon and Natural Time

Let me state the obvious, just for a moment... The sun rises and sets in the daytime sky. The moon rises and sets in the nighttime sky. From horizon to horizon you can easily see with your own eyes, these phenomena of light marking the passage of time. The sun as it lights your daytime may be a personal matter for you. You come to know this star, then, and you rely on it for its constancy. It is a very loyal friend, is it not, this distant star of yours? It is indeed a friend to Earth and those beings that live upon and within her.

Now the moon has a different quality, if I may say so. The moon is your friend after the sun is gone for the day. There is something that kindles your human emotions in this moon. Indeed, throughout your histories, the poet, the scientist and the average citizen have all agreed that moonlight is a potent catalyst in the emotional life of human beings.

Because most of our readers will be quite able to mark the progression of the moon through its phases, we have chosen this celestial timepiece to help us mark our way through this program of co-creating personal realities. We will suggest particular phases of the moon to appreciate and observe as you implement various aspects of the system I am teaching you in this

manuscript. You may use this information or ignore it completely, however. My assistant Mark finds it useful to note the passage of the moon. It assists him in re-initiating his sense of natural time within his consciousness.

The suggested meanings of the moon phases that I offer in the following pages, such as Intend, Initiate, and so on, are in fact inducements for you-the-reader to enjoy very positive [Altered States](#) of consciousness. They are my own interpretations, however, and if you would like to create your own personalized meanings of the phases of the moon, please do so. These suggestions, as with all of our suggestions in our new books, you may take, leave or edit to suit your individual awakening consciousness.

Your experience begins with the Balsamic Moon. This is that phase of the moon in which plans are made.