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## **Introduction by Seth**

Dear Reader, this volume is experimental in nature. It is unlike our previous books we have presented to you over the years, in that, this project depends largely on Mark's ability to experience his future probable self, and use that material to create the document. As you know, we normally create books through a collaborative process I call "mental overshadowing." In this process, I present material to Mark's consciousness. He picks it up, in a manner of speaking, studies it momentarily, and then transcribes this Inner Senses data into words. I have left my "mark," you might say, in a very definite sense, on these earlier works of ours. Here with this effort, I will not leave such a profound mark on the text. I am observing the effort with a very

light assessing. I do not want to interfere with these delicate operations, and so I will keep my nose out of it. (humorously) I will provide inspiration, however, when the situation calls for it. I will at those times, open some energetic doors for my friend Mark. I will attend to the breakthrough into the extra-dimensional states of consciousness. In other words, I will clear the way forward through this path into the Unknown Reality, at least somewhat, so that fear, frustration, lack of confidence need not stifle the effort and bring this journey to a premature conclusion. Please enjoy our book. 10/13/2015  
2:42 PM

# Introduction by Mark

Here's how I created this book with Seth.

I took Seth's dictation including time stamps to the second to create material. But on reading the manuscript later, I decided to remove the time stamps except for the dates. It made for easier reading, I thought. I have also added bold location heads to make it easier to go through the material and I put in bold some key concepts, again, in the interests of easier reading and study. I designate my entries with an **M** and Seth's entries with an **S**. **My Out-of-time Insert:** means I am adding to information recorded months or years earlier. **Insert End** means that **My Out-of-time Insert** is complete.

Just as in the other books, I took Seth's dictation wherever I could. Primarily I worked on a lap-

top computer that I took with me on my travels throughout Lake County California.

I like this book. I hope the reader can see how the Visionary Path - Seth's term - is certainly not straight and strong, at least the way I am experiencing it under his instruction. You will see how I was struggling with my Issues for most of 2016. I can look back on it now and chuckle, but while in the midst of it, it was not funny. Maybe you can relate. I'm out of the Abyss now. I'm up out of the personal underworld now.

What happened? Well, I started to take Seth's advice instead of avoiding it. Things began to improve almost immediately. As I write this, I can feel Seth himself smiling. As you know if you have read the books, he guides through the of-

fering of truthful information. He knows about our past and future. But we have Issues that make us deny and intellectualize everything. So now he is smiling at my confession that I wasted about a year being in my Issues. But still I did manage to write this book with him. I acted as a stenographer, basically, and took dictation without editing. So even as I was struggling with my feelings of powerlessness, shame and so on, the vital, active truth of the Seth Teaching was flowing through me and onto these pages. It is kind of funny. I know why he is smiling. It's a private joke. This week we heard that we will be back on the Coast to Coast AM radio show in a few days. So we have come full circle. We are taking this as an indication we need to publish this book. Really, it was finished some time ago. I do think though, that waiting until now to put it

out there is very good timing. The Seth People, those who read our books, need this info now. A year ago, six months ago, three months ago, it would not have had the impact it will have now as we publish in the midst of all of these interesting changes that are occurring in the individual and collective realities on Earth: The Awakening of Humanity Seth calls it. Thanks to everyone for your patience..