

LOVE BEING  
WAKING UP  
IN THE  
NEW CONSCIOUSNESS

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This book is dedicated to the members of the Visionary Project. Whether you are officially a participant or you are working on your own, welcome and good luck with your Regimens.

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## Introduction by Mark

Hello everyone. Here we are with our tenth book in our tenth year with Seth. It still seems miraculous, even after a whole decade of collaboration. We are deeply grateful here that Seth has hung-out with us over all these years.

As usual, I will say a few words about the material and then keep quiet while Seth states his case.

First, I think you could also title the book, *How to Use Positive States of Consciousness to Improve Your Life*. The premise is that as you deal with your Issues and Lessons, you can create these higher states of consciousness. By “living” in these states, you change your reality for the better. But it begins with encouraging catharsis and healing through personalized Regimens. This is what Seth spoke about in *Resonance*. In this new book, Seth teaches you how to create a Regimen of Love.

Each chapter begins with a Dialogue, a short “chat” between Seth and myself on a topic relevant to the subject matter of that chapter.

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Seth told me to stop noting when he is being intentionally funny, so we will not use (Humorously) in this manuscript. He wants to allow the reader to get the humor on their own or perhaps not get it at all. He thinks we were being somewhat pretentious in some of our books by over-using this.

We are including Findings from The Visionary Project. Turn to Page 93 and see how Seth's clients are creating their own Regimens.

That's about it. This is a great book, and a very useful one, for those of you who are eagerly participating in Seth's Teaching. Good luck and have fun.

## Introduction by Seth

Welcome. Now let me get directly to the point. We propose to demonstrate a useful system, in which the solitary Practitioner may use Rituals of Love to initiate themselves into an experiencing of the New World or New Consciousness. That is indeed our goal and we will attempt to keep the exercises and experiments focused on that precisely-defined end.

The New Consciousness is inhabited by awakening humans and their non-physical Guides. Here, we take it for granted that the reader is already quite familiar with my works in this awakening matter. You may experience greater rewards if you have worked out the exercises in the previous books beforehand, contacted your Guides, and so on. It makes sense, does it not, to prepare yourself for the task at hand: your personal awakening to your greater reality?

In a similar vein, we are including in this manuscript the Findings from personal Regimens of some of our students. It is our hope that you may turn to these narratives

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to see how others are doing it. You may notice that each of the participants in the Visionary Project interprets this material in their own way. Also, they must individually apply the material, using “what works,” to coin a phrase: using what works best for the individual explorer.

I am very proud of my students who are creating their own Regimens of Reality Creation. This is what it is all about, you see, from my perspective. This is where the magic occurs: in the practice of the techniques and in the experimentation.

## Preface

Now please do not misunderstand me. The past books have served their purpose. You have learned the breadth of knowledge regarding this Ancient Wisdom. This is your foundation for the task at hand. All of the Findings you have identified in your past experimentation will assist you in creating Love moment-to-moment. I hope you see what I am driving at here. Your studies over these years were not in vain. They represent the Value Fulfillment of actually DOING. Knowledge becomes wisdom through reading, experimenting, engaging and learning. Then, the application of this accumulated wisdom is achieved, for our purposes, through this simple exercise of embodying Love.

Let us speak in terms of basics to cover, then, in this new book. I believe the Human Virtues, humor, and other initiators of the positive states will be studied. The Sanctuary is intact, you see, as these powerful therapeutics are invoked. This is in the style of the great wonder-workers, magicians, shamans and such, of your per-

ceived past. So we will be revealing their methods in the book. I think it is time to do this. In a sense, it is just IN time that we offer these potent systems of Reality Creation to humanity.

Agreed, this is NOT new information to students of the mainstream and other religious practices. Intentional consciousness change lies at the heart of many of your religions. Here, let me say that we are simply simplifying these practices for the easy implementation of the methods.