

The Next Chapter  
in the Evolution  
of the Soul



*Communications from Seth on the  
Awakening of Humanity ~ Volume Two*

The Next Chapter  
in the Evolution  
of the Soul

Mark Allen Frost



Seth Returns Publishing  
San Rafael, California

Copyright © 2006 by Mark Allen Frost  
First Printing

Published by Seth Returns Publishing

Editorial: Mark Frost  
Cover Art, Design, Typography & Layout: Mark Frost  
Printed by: Technical Communication Services

All rights reserved. No part of this book may be reproduced in any form or by any electronic or mechanical means, including photocopying, recording, or information storage and retrieval systems, without permission in writing from the publisher, except by a reviewer, who may quote brief passages in a review.

Library of Congress Cataloging-In-Publication  
CIP 2005928178

ISBN 0-9740586-1-0  
Printed and Bound in th

Dedicated to my family: Carol, Allen, Joy,  
Marianne, Paul and Gracie, without whose help  
this project would not be possible.



# CONTENTS

<i>Introduction by Mark.....</i>	<i>xv</i>
<i>Introduction by Seth.....</i>	<i>xix</i>
<i>New Expressions of The Seth Entity.....</i>	<i>xxiii</i>
<i>Preface.....</i>	<i>xxv</i>

## CHAPTER 1

THE STUDY OF YOU-THE-SOUL.....	1
Dialogue: Purpose of the Book	
The Physical World	
Scientists of Consciousness	
Methods	
Dialogue: Co-Creation	
Up to the Light	
Probabilities	
Time	
Consciousness Units	
The Personal Reality Field	
Illustration: Time, Probabilities and the Personal Reality Field	

# THE NEXT CHAPTER IN THE EVOLUTION OF THE SOUL

Fifty-Five Foot Radius  
Dialogue: Creating Sanctuary  
Experiments: Ritual of Sanctuary  
The Personal Field of Manifestation  
Clearing the Emotional Body / Meditation

## CHAPTER 2

### A BRIEF HISTORY OF HUMANITY.....27

Dialogue: Crystals of Atlantis  
Lessons  
Early Humans  
Created Histories  
Among the Stars  
Inter-Dimensional Travel  
Mystery Civilizations  
GA the Matriarchy  
Dialogue: Atlantis Hologram  
Children of Atlantis  
Atlantis the Technological Power  
Atlantean Healing  
Lemuria  
Dialogue: Bleedthroughs  
Experiments: Connecting with Your  
Historical Past / Daily Forecasting and  
Projections of Consciousness  
Connecting with the Mystery Civilizations

## CONTENTS

### CHAPTER 3

THE NON-PHYSICAL UNIVERSE.....	51
Dialogue: The Inner Senses	
Your Inner World	
Accepted and Rejected Fields of Reality	
Dialogue: Impulses	
Inspiration	
Special Impulses	
Your Simultaneous Lives	
Mark's Ancestor	
Illustration: Impulses & Simultaneous Lives	
Gentle Persistence	
Dialogue: Witchcraft	
Intention	
Experiments: Discovering the Inner Senses	
Recognizing Special Impulses	
Cultivating Synchronicity	

### CHAPTER 4

CONTACTING THE ENERGY PERSONALITY.....	73
Dialogue: Proof	
The Energy Personality	
Encouragement and Caution	
Making Contact	
Dialogue: Learning to Communicate	

## THE NEXT CHAPTER IN THE EVOLUTION OF THE SOUL

Picking up the Thread  
Signs of Integration  
Dialogue: Seth Leads Mark into Trance  
If You Already Know Your Guides  
Experiments: Contacting the Energy  
Personality / Techniques for Collaboration  
The Energy Personality as Self-Observer

### CHAPTER 5

THE MAGICAL PERSPECTIVE.....	91
Dialogue: Visualizing Specifics	
The Great Work	
The Magical Perspective	
Dialogue: The Magician of Old	
First Scientists	
Magician Shaman Witch	
Dialogue: Karma	
Natural Magic	
Dialogue: Conscious Co-Creation with CUs	
Healthy Wealthy Wise	
Creating Health	
Natural Healing	
Dialogue: Dream (Havingness)	
Creating Prosperity	

## CONTENTS

Lessons and Wisdom  
Experiments: Slowing Down Time  
Dream Interpretation / Healthy Wealthy  
Wise / Natural Healing

### CHAPTER 6

CULTIVATING THE HUMAN VIRTUES.....	119
Dialogue: CPA and Depression	
Spontaneity	
Negative Thinking	
Loving Understanding	
Collective Manifestation	
Belief Change	
If You Want Peace	
Your Reality is Feedback	
Dialogue: Converting Negative Thoughts	
Consecutive Positive Assessments	
Experiments: Consecutive Positive	
Assessments / Transforming Fear and Anger	

### CHAPTER 7

THE FOURTH DIMENSION AND BEYOND.....	137
Dialogue: Beings of Light	

## THE NEXT CHAPTER IN THE EVOLUTION OF THE SOUL

Dialogue: Proximity to Seth  
The Soul Family  
Sleep and Astral Travel  
Extraterrestrials  
Dialogue: Relationships between Guides  
The Intergalactic Brotherhood of Light  
Dialogue: IGBOL  
Experiments: Contacting the IGBOL  
Becoming Aware of Astral Travel  
During Sleep

### CHAPTER 8

YOU ARE THE VANGUARD.....	153
Dialogue: Being Exposed	
Giving Up Power	
You Are the Vanguard	
Dialogue: Troubled Friend	
Your Single Loving Thought	
Effects of Terrorism	
The Negative Leaders	
Dialogue: The Seth Reunion	
Experiments: Other Lives in the Vanguard	
Responding to Negative Realities	

# CONTENTS

## CHAPTER 9

### THE FOURTH-DIMENSIONAL SHIFT.....173

Dialogue: The Seth Reunion

Prophecies

Mother Nature

Experiment: Tuning-In to Friends and  
Family in their Home Dimension

## CHAPTER 10

### A NEW WORLD.....183

Dialogue: Core Beliefs

You Are Already There

Spirituality

Seth Lecture Series

Loving Criticism

Control and Submission

Experiments: Ritual of Power / SimeTime  
Salon

*Epilogue: Into the Field.....199*

*Questions and Answers with Seth.....201*



## INTRODUCTION BY MARK

The definition of dialogue is “to talk through.” This is also a good description of mediumship or channeling as I have come to know it. Over the last three years of my collaboration with Seth, I have gradually learned how to simply stand out of the way and let him “talk through.” For the most part, I have transcribed Seth’s dictation into spiral bound notebooks: one for book dictation, a different one for personal messages, one for readings for family and friends and one for what I am calling the Dialogues. These short personal sessions, sometimes only ten or twenty minutes in length, I provide in the hope that you may sense the vitality, intimacy and clarity of thought Seth provided as he assisted me in creating his second book. I also believe they reveal the distinctive non-linear methods Seth used to bring the material together for this project. Here is one of the early Dialogues.

### Dialogue - Diary Notes

4/6/04 9:25 am

**Mark** ~ *Was it your idea to use my diary notes as part of Book Two?*

## THE NEXT CHAPTER IN THE EVOLUTION OF THE SOUL

**Seth** - *Yes, in a way. We are part of the same Entity. I am your Energy Personality and you are learning how to communicate with me. Now, the establishing of communications with the Energy Personality is the main feature of Book Two, so you can give your diary entries as a form of exchange and as a living example to readers on how to do this. Mark, the pieces of the book are coming together. You can see that it will have a different feel to it than Book One. You can see the progression from Book One to Book Two and you can even see how Book Three will be created. And Mark, we can use humor here. We have humor to share and we shall. As Beings of Light we will BE light and we will lighten up the reader as we do so.*

*To reiterate: your impulse - idea - was from a Simultaneous Self of which I am part. You chose to act on it by remembering it, considering it and asking your question. Now you have chosen to actualize it by giving it energy. See how the probable becomes actual? You are using your free will in the moment to select from the infinite probabilities, those that you wish to manifest. Now All That Is will create that reality via your crystallized intent. Do you follow me?*

**Mark** - *Yes, thanks Seth.*

I am also hoping that by reading these personal messages you can learn something about how to create a dialogue with your own Energy Personality. For me it was like walking in the dark for many weeks and then finally making contact with “something.” Then it was exciting and even

## INTRODUCTION BY MARK

fun to search for and finally discover the link to The Seth Entity. That was the most important event of my life. I am still awed and grateful for my good fortune.

Before I present Seth's new book to you, I must describe the events that transpired between the creation of Book One and the creation of this current book. Cas Smith, the co-author of the 9/11 book, has left Seth Returns Publishing. She is no longer creating books with us as she is pursuing other projects. We at SRP wish her much learning and success in her activities, and we respect her privacy in this matter. Thank you Cas for your vital contribution to the new Seth material.

As you may discover on reading this book, this is uncharted territory, and so more questions will be generated than answered. I encourage you to join the discussion on our website, write letters or in some other way participate in this growing community. Contact information is at the beginning and ending of the book.

One more item: I feel I must speak to those who are receiving medical treatment. Please do not consider the material in this book as diagnostic or as treatment for any medical condition.

And now, may I present, Volume Two in the series

**Communications from Seth on the Awakening of Humanity**  
**~ The Next Chapter in the Evolution of the Soul ~**



## **INTRODUCTION BY SETH**

Welcome to our discussion. This present book concerns mainly two broad subjects: the Energy Personality and the Fourth Dimension or the Unity of Consciousness Dimension, as we often call it. Therefore it will be somewhat easy for me to ferry back and forth from one topic to the other, without having to explain myself to a great degree. And I will do just that. You see, I trust that much of this material will be already known to you, for you will have read my first book since my return, or perhaps you are a reader of my earlier works with my First Subject and you are now taking a peek at the new Seth books. Now we will certainly provide background information before presenting the difficult material. However, please note that I will often refer you to my classic texts that reside in bookstores and in libraries, if you should prefer more illumination than I provide.

You may notice in this second volume in our series of books, that we are utilizing different labeling conventions than we have in the past. That is for a very good reason: this

volume DOES INDEED signify a break with the past in that The Seth Entity is speaking to you in no uncertain terms now. The Seth that I am - meaning a particular set of personality aspects expressed from the broader context of The Seth Entity - is laying to the side some of the attributes that you may have held dear to your heart. The reasons for this change are that Mark, my Third Subject, is a unique personality that I must use my skills to adapt to, in order for the transmissions to begin and continue. But secondly, I am letting go of some aspects that may have been counter-productive in my earlier discussions with you. I will not go into detail on this second point, as I wish to have it remain as a lesson for readers of my earlier works to learn. But I will say that where I may have been pedantic, I now strive to be precise. There is no time for flowery language that may not have practical utility with regards to your Spiritual Evolution.

Now for those of you who are new to the material, I simply hope in this volume to keep your interest long enough for you to try out the experiments on your own. As humans you learn by doing. This seems to be a hard and fast rule in your physical reality.

There is another group I wish to welcome to this current effort of ours. This would be The Seth Entity human counterparts. Many of you I am sure will recognize this material. Perhaps you will remember some of it as ideas you have entertained recently. These ideas may have been presented to your awareness within the last several years,

## INTRODUCTION BY SETH

to help you recognize your membership in this collective, and to help you to seek out these messages.

Finally, it is certainly my sincerest desire that ALL OF YOU who pick up this book, will consider and take to heart the ideas herein. There is nothing to lose in this endeavor but your anger and fear, and only loving understanding and courage to gain.



## **NEW EXPRESSIONS OF THE SETH ENTITY**

This is my second book since I have again been speaking to you through my human counterparts. The subject matter of this volume concerns your place in the non-physical reality. Another way to express this is that we will be discussing the evolution of the human Soul, just as we touched on in the first book, but we will be getting quite more specific. We will be using my good friend Mark's life experiences a great deal in this volume, as examples from which to create material.

As with my first two subjects, there are certain ground rules that Mark and I must obey to keep the connection. For example: he uses his free will to "call" me into his consciousness, so that I can make the adjustments to communicate with him. I have his approval for entering, in other words. When we are done with a session I will either simply disconnect, and Mark will notice that I have left, or he will give me a time limit at which he ends the session by reminding me that "the time has come." Then I will simply say goodbye and disconnect. I must mention that I have

found this simple two-way communication is definitely an improvement. The information is transmitted directly from The Seth Entity into Mark's consciousness and into his computer, onto the written page or vocally channeled before groups of people and electronically recorded. There is much less room for reinterpretation or mistakes to be made, as you can well imagine, than with another human consciousness in the mix. So I believe this bodes well for our future books.

I would also like to add that these new books are for the benefit of all. I did not specifically slant the material toward the understanding of readers of my older works. Therefore it is odd that some of these readers seem to feel they are "authorized" to censor my new material. I have urged Mark to be loving and kind to these ardent students of mine. Everyone is welcome to participate in this new network I am forming with my early readers and members of The Seth Entity. This is critical information that you will need to take the next step in human development. I wish all of you good luck in this enterprise.

## **PREFACE**

Currently you are at a culmination of countless years of evolution. The transition to the Fourth Dimension is at hand. The mass consciousness has created a highly probable potential for humanity to shed the bonds of ego and allow the Soul Self of each of you to shine through. As you can imagine, metaphors are clumsy substitutes for what is truly about to occur. In the words of your religious manuscripts, you might say that the people of Earth are about to be enlightened: brought into the light of Higher Consciousness. Whatever the terminology you wish to use - and I do not mean to spite any spiritual path or religion by not including their terminology in this explanation - you are all, my beloved readers, in for a dramatic transformation that will alter you fundamentally. Indeed, it will transform you down to the core elements of which you are composed.

This volume is one of techniques and experiments you may use to contact your Energy Personality and explore the Fourth Dimension. The message here and the message we will be attempting to convey to readers in future books, is

quite simple: you are awakening to your greater self in this lifetime. The recommendations we offer here are for your greater learning in the evolution of your Soul. Now, in this moment, as you are reading this book, you can begin your private journey by acknowledging that these words have meaning for you. Listen to the variety of responses that come from within when you do so. Feel the loving acceptance that supports you on this journey. Recognize the countless other beings who are accompanying you. Some of them have been with you since the inception of consciousness into your world. You are not alone. You have never been alone. Those such as myself have been watching over you and guiding you throughout eternity. We welcome you and we accept you wherever you are in your Soul development.

The experiments in this book are designed to give you some familiarity with the Unity of Consciousness Dimension, so that you will not become disoriented when the shift occurs. The methods for conducting your experiments are given in as simple a way as possible. Everyone should be able to get beneficial results through consistency and a positive attitude. Instructions for creating a personalized Ritual of Sanctuary are provided, to secure your voyage through these unknown waters, and a return to your Third-Dimensional reality.