

The Trilogy

- BOOK ONE -

All That Is



Seth Returns Publishing
Lake County California

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eBook PDF

Published by Seth Returns Publishing
Lake County California

Editorial: Mark Allen Frost
Cover Art, Design, Typography & Layout: Mark Frost

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ISBN 10: 0-9740586-8-8
ISBN 13: 978-0-9740586-8-9:

This book is dedicated with love and gratitude
to The Warrior. Thanks for everything Dad.

Many thanks to Walter Zweifel for his
generous contribution to this project.

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INTRODUCTION BY MARK

Welcome to the new Seth book. This one is based on what Seth calls his “little essays.” You could also call them extended talking points, inspired comments, or even jumping-off places for further discussion. On the surface it appears that he is making simple statements that the reader must take on faith. But if you work with this material I think you will begin to understand the deeper meaning.

Here again, Seth is keeping his promise to explore the spiritual aspects of reality. As he teaches me how to appreciate the spiritual within my own personal reality, he is also demonstrating the importance of Spirit for the reader. That’s his plan.

The experiments are presented as in past books, with a suggested hypothesis and a request to the researcher to document their Findings from the investigation. I am aware this may be an affront to some of our scientists. That’s OK. I think Seth is trying to make a point here about the value of this type of research.

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You can open the book anywhere and begin reading. It works because Seth put it together in a nonlinear fashion, perhaps reflecting the true nature of time. As he told me humorously in the second session when I asked him how he experiences time: “Time? Right! There IS no time.”

Seth chose the smaller format so that readers could take books “into the Field.” He spoke of the reader putting the book in their pocket and heading out to do research.

Key concepts are again capitalized. We have no Index but we do offer you pull quotes, descriptive heads, and a Table of Contents that lists the titles of all Seth’s essays.

... denotes a pause in Seth’s dictation.

Enjoy.

INTRODUCTION BY SETH

Seth, do you want to outline the All That Is project?

Yes Mark. Very simply now, as you have just perceived... a beginning, a middle, and an end; three acts, as it were. The first act notes the co-creation of realities in the moment by everything. Mark, you will be the visionary here as I inspire you with Holographic Inserts. It is a matter of opening up to your greater awareness and then documenting the moment-to-moment experiencing of this VISION. I would suggest you create Sanctuary before these voyages. Place yourself in a relaxed, focused state free from distractions for specific amounts of time. You may begin after these preparations by asking for inspiration.

Act two: your Lessons impinge upon your Reality Creation strategies and serve to spin you off onto alternate paths of development. You are born in Love, but you learn your Lessons through encountering the Negative Emotions.

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And Act three: conscious co-creation entails the intentional learning of Lessons. The Lessons of physical existence are not denied nor are they intellectualized. This is also what you call Enlightenment or Soul Evolution.

This will be a Seth book. I do not envision another *The God of Jane* type volume. We shall attempt to engage the reader in an understanding and appreciation of their divine heritage. No Q and A. We shall create a mood of sacred understanding. The book will begin at the beginning and end at the current Moment Point that the reader is reading The End.

YOU ARE AWAKENING NOW

In this conversation we are having within these pages, it will seem as though I Seth am the one who is doing all the talking. However, listen carefully to the inner voice of yours, the intuitive voice, and you may hear the give-and-take of divine information that occurs on the level of the Soul Self. Because I am speaking to you from within your own consciousness, you could say that these messages are a loving gift from yourself, as we are all of us a part of the great cosmic center of all realities.

To others observing you as you read this little book, it may appear that you are quite engrossed in the subject matter, with furrowed brow and mouth agape. Indeed, I suggest you surrender yourself to these messages. Allow your inner being to inquire of this communication stream the Lessons to be learned for you in your current lifetime. The answers will come to you mentally, as you continue to read, or perhaps when you have put down the book and are resting comfortably. We call these personalized messages Holographic Inserts. They are teaching aids created

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to further your understanding in the moment and to facilitate your awakening.

“What am I awakening to?” you might ask. You are awakening to yourself - your greater self. This greater self of which you are a part, and upon which you are based, is what we are calling All That Is in this manuscript.

PREFACE

We have divided the book into three sections and have created essays and examples that fall generally under the three separate headings. However, Dear Reader, we are always speaking of the same subject here in my new books. The subject is always Reality Creation - manifestation - and the goal is always the same: to attempt to not persuade, as much as to validate for the reader.

We are not in these books out to “change your mind,” nor are we trying to offend you with our unconventional theories. We are quite honestly reminding you of something you already know. The inherent contradiction in this statement holds the key to your understanding, if you wish to understand.

Then the other side of this issue - of purpose, of mission, you might also say - is this: we write these new books for a particular readership. Yes, we are reminding you of something you already know, something you have learned throughout your many lives. However, we are certain that you are of this group of humans that is trying to remember. You are most probably on a quest for understanding.

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That is why you are drawn to these new books. That is why you find the material intriguing. It reminds you of something.

If you have trouble understanding the concepts herein, consult the glossary at the back of the manuscript. Also, please be advised that there is a subtext here that you may tune-in on with your intuitive senses. There is more to the printed word, as usual. There is as much here, indeed, as you could possibly need for your explorations of consciousness. Dig deep, therefore, and take what you feel speaks to you personally. It may be that I have presented that piece expressly for you, to assist you in your awakening.