

PICK A CHANNEL - CHANGE YOUR LIFE

*Seth,
Abraham,
Bashar!*

All That You See Is Yourself

BY RICHARD GENTLE

Seth – Abraham – Bashar

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ISBN 978-1-6781-4048-9

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Keekoo Publications

Revised Edition 2022

First Published 2013 as 'What Ever You Think'

www.richardgentle.co.uk

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Dedicated to co-creative potential

Special thanks to Seth, Abraham, and Bashar

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Richard Gentle

Exploration of the hidden side of life began in 1980 when I realised that the physical world was not all that it seemed. Since then, I have viewed the Universe from a variety of perspectives, gaining an overview that is sometimes missed when otherwise focusing on daily minutiae.

My first booklet, 'How We Perform Negative Miracles' was written in 1987 and became the foundation for subsequent work. The miracles booklet was re-published in 2005 and revised in 2012 with the addition of drawings. This was also followed by two more books: 'Quantum Mass Superstructures – Creating the world you experience' and 'More Than You Think' – which was later superseded by 'What Do You Think?'

Since then, I have appreciated more than ever the almost impossible task of writing about something that is uniquely personal to every individual. No two experiences can ever be the same and although we may appear to share some common beliefs about experience and physical reality, we all live on separate versions of the Earth. How then can anyone share anything of true value with anyone else?

The channelled entity, Seth, offers us three common truths:

- You create your own reality
- Your point of power is in the present
- You are an unlimited being

With this as our starting point, and knowing that my view of the world is as unique to me as your view of the world is unique to you, all I can do is offer my own take on things (with support from the channelled entities via direct quotes) which some of you will resonate with and others will not. However, I do live in the knowledge that this information, as I am relating it, will reach those who it will resonate with. Since you are currently reading this, it's my belief that what follows will help you along the path of personal growth, understanding, and overall creative expansion.

Take time to read the quotes (sometimes repeated more than once, in this book) and give them consideration. The quotes (*italicised*) are recorded as they were delivered by the channels and not changed in any way. In between the quotes, I offer my own commentary which I hope will enrich your understanding without detracting from the original authentic messages.

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“Change your beliefs and your life changes.”

Seth – Jane Roberts (circa 1963)

“Before something manifests there is a vibrational essence of it.”

Abraham – Esther Hicks (circa 2010)

“Do you understand? ... Hesitation usually means no!”

Bashar – Darryl Anka (circa 1983)

“You cannot jump off the fence whilst still holding onto it!”

Richard Gentle (2012)

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Introduction

“No life as we know it.” Later used in a song parody of the TV series, Star Trek as: “It’s life Jim – but not as we know it!”

Joking aside, much about our lives is not as we think we know it to be – at least as we describe and live it in our popular and contemporary cultures. This is the starting point for this book.

Having asked the question: “If life is not as we think we know it – what is it like?” we might start to flounder on where to go next. Fortunately for us, we are not the first to ask this question. We are also not the first to receive an answer and, believe it or not, there are answers available to us. However, these answers are not always ‘delivered’ in what we would consider to be conventional ways.

There seems to be a couple of ways to access information about our human lives: one is through turning inwards and attuning to answers that can come from our own consciousness; the other is to have authentic information “channelled” through to us by someone external to ourselves and our perceived situation (i.e. not of our dimensional world view) more often than not by another person although occasionally, directly to, or through us, in person (i.e. if we are the person doing the channelling for others to witness, and also receiving the information for our self).

Whatever you may first think about receiving channelled information, it should not be dismissed without due consideration. I should add here that I am not talking about the sort of information channelled through the use of a ‘Medium’, where deceased spirits commune with living relatives. The channelling I am referring to is completely different and comes from entities, often part of a ‘collective’, who have much more expansive and knowledgeable experience of the universe beyond the confines of our perceived four dimensions – three of space and one of time.

I would like to mention that I have tried to credit where possible, the sources of key quotes used, but unlike the Seth quotes, easily referenced from books I have previously bought, or perhaps found on findingseth.com, some of the Abraham and Bashar quotes have been written down whilst watching YouTube video excerpts and because, at the time, I was simply taking notes for my own interest and not intending to write a future book, I

often cannot be sure, in hindsight, which quotes are linked to which specific publicly delivered live events.

So, with no further ado, I now invite you to explore, with as open a mind as you can, the notion that you create your own version of the world you experience – and by world I mean the Earth as well as your personally perceived situation on it. This means in short, that every person can actively choose the Earth experience he/she/they, wishes to have. It also means that ‘all that you see is yourself’.

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Seth – Abraham – Bashar

Meet the Channels



Seth by Rob

Jane & Rob Butts

Jane Roberts

Esther Hicks

Esther and Jerry Hicks

Darryl Anka

(Seth)

(Abraham)

(Bashar)

There are actually many people who have channelled, or are currently channelling entities and collectives of off-physical-world beings. To make one thing very clear from the start, I am not including here anyone who channels deceased relatives, such as normal Mediums or Spiritualists. The channels I am referring to are not of that nature. I am talking about individuals or groups (collectives) who have a more in-depth and broader knowledge of our physical existence and can supply us with information to help us – beyond Earth origin knowledge. These are not malevolent entities; they genuinely want to help us understand the reality of the lives we experience in the most positive ways possible. They are also not imposing or interfering with our lives and it is entirely up to each individual, what they want to take from what they hear and whether they want to use the information for their own developmental progression.

The first of these entities that I came across was called ‘Seth’ who was channelled by Jane Roberts.

Seth described himself as “energy personality essence no longer focused in physical matter”.^[1]

Jane Roberts (1929-1984) began ‘channelling’ Seth in 1963 and her husband Robert Butts took notes^[2]. The first book, ‘The Seth Material’ was published in 1970 and several more followed with some material being published posthumously. You can access more information on Seth via the website: sethcenter.com

The next channel I came across was ‘Abraham’, ‘interpreted’ from 1988 by Esther Hicks, who describes itself as a collective of non-physical source energy – a sort of collective of teachers.^[3]

Esther Hicks with late husband Jerry (deceased 2011) wrote books in collaboration with Abraham and also produces digitally recorded audio and video material of their many live tours. Learn more at: abraham-hicks.com

Finally, I came across ‘Bashar’, who describes himself as a ‘being of extra-terrestrial origin’, who has spoken since 1983 through channel, Darryl Anka. You can learn more at: bashar.org

As I said, there are many other channels and some of you will have come across them. However, for the benefit of this book, I am only going to relate to those mentioned above to maintain simplicity and support clarity of message.

There are some people who have expressed the view that some, or all, of these channels are complete hoaxes and I feel it right to mention this. However, having both read and listened to their channelled information over many years, I believe there is no ‘human’ way to make up much of what is said, or fabricate the style in which it is delivered. The often fast speed of delivery, with very little hesitation in answering the more complex questions from audience participants, is also beyond the capability of most humans who might be ‘making things up’.

Whatever your views regarding the channels I have chosen to quote from, I would ask you to consider the message that is being delivered through their words. If some of it is indeed a hoax, it is possibly one of the most helpful hoaxes ever! At best, you will make use of the information in your own life; at worst, it will give you something to think about.

Finally, I would suggest that it is perfectly reasonable to be sceptical, but it is unwise to remain blind out of stubbornness, if an option to see is available.

The Paradox

We think of ourselves as sharing the same planet – literally. However, it seems that this is not altogether true. Apparently, in the same way that we are told that no two individuals see the same cup on a table – that is to say each person present sees a different cup – we are further informed by the channelled collectives that we are not even seeing the same room that has the table and cups in it – or even the same Earth. Our vibrational frequency will only show us the version of the Earth that resonates with us. In the same way that we might tune into, and only listen to, ‘radio station one’, all the other radio stations we could have tuned into are still playing simultaneously with other people listening to them. This means that two people, both apparently standing next to each other on the Earth, are actually experiencing different versions of planetary reality.

Returning to the radio analogy, they could be physically perceived as next to each other, but listening through earphones to completely different radio stations. Or two people could be at the same party – one feeling happy among friends and one feeling lonely through not personally knowing anyone there.

Abraham says:

“When you walk into a room, you think you know what is going on in there – but that just isn’t true. You only have access to what’s going on in there that you are a vibrational match to.”

Bashar^[4] puts it this way:

“You experience different realities by agreement, but they are actually not the same.”

Bashar further informs us that:

“Everyone is a completely different parallel universe to each other... All lives are simultaneous but separated in frequency.”

To help put this into further context, consider a group of people in a room. They can agree on being in what appears to be the same room and perhaps for the same reasons – a meeting or a party, etc. However, each of those people will have a different personal experience of the room and the people and things apparent in it – whether due to what they think, feel, hear, smell, or observe, etc. The complexity of vibrational frequencies will result

in some aspects being shared, some aspects not being seen, and some aspects only being noticed by one person.

Bashar also comments on our notions of being able to ‘change’ things for others. He says that it is not for us to change anything except for ourselves and any effect on others is illusional:

“You will never actually change the Earth you’re on right now – or anyone on it. You, by changing, will simply shift yourself to a parallel reality that is more representative of the vibration you prefer and populate it with people who are also more representative of that frequency – the other Earth will still exist – and it will never change! You change and take yourself – shift yourself, to another parallel simultaneously co-existing Earth; there are an infinite number of them... So decide which Earth you prefer and that’s what you experience outwardly in the illusion of so-called change. It’s not that anything ‘out there’ has actually changed – it’s that you’ve taken yourself to another parallel reality and are now getting a reflection of a completely different Earth.”

This is to say that anything you are not a vibrational match to, cannot be perceived or shared in your personal sense of reality and that everything you experience is created by you for your benefit. Taking this further, you can watch a film with friends but you even create the friends who can watch the same film with you. Even their comments are based on your own expectations and beliefs of what your friends would say. You have created the set, written the scripts, and now act your part within your own movie – as if everything is a complete surprise!

Bashar says:

“What is ‘going on’, is only going on in your reality. Let me be very clear. When we talked about each of you having your own reality, this was not a metaphor. We mean it literally, physically. You are each your own discrete, distinct parallel universe; completely and totally different!”

Bashar further explains the nature of this difference by talking about objects. In this example, he describes passing a pen from one hand to the other:

“The object [pen] has a certain vibrational signature that you perceive it as a pen. Place the pen in the other hand – it’s now not the same pen, because it now has a different vibrational signature – because it’s in a different location. You create the illusion of continuity. An object does not

exist in a location. Location is one of the properties of the object. Any point in space has a locational equation to it.”

This might sound quite confusing, but the wider implications, if they could be harnessed, could result in teleportation or travel across great distances without movement or the consumption of large amounts of energy.^[5]

So if you cannot change anything, why would you create these experiences that create the illusion of change?

Basher puts it in the context of personal expansion:

“What do you, in your personal relationship, want to experience in relation to... [whatever] you have been introduced to?”

It’s a thought-provoking question. What indeed do I want to experience?

Bashar also comments on the nature of our collective agreement that transitional changes are occurring in our world and on the many versions of ‘what’s happening’ that we come up with:

“People are connecting to “symbols” of transitional changes. Decide what Earth you prefer.”

In other words, we can find signs of support for our beliefs in almost anything and manipulate this ‘evidence’ to make the choice of transition and future, personal to each of us.

Bashar continues to provide further clarity:

“These are just reflections of ideas going on in your consciousness – it doesn’t control you – it reflects you – so that you have another tool, another “permission slip” to learn more about yourself. All tools, all techniques, all knowledge is just permission slips to allow yourself to give yourself permission to be more of who you are. If that permission slip works for you, fine. It doesn’t necessarily have to work for someone else... you don’t have to hold onto any of these representations any longer than you know what the purpose of the representation is.

“You are going through an idea of a transformation and you are agreeing to do that in your own respective parallel realities together. Because this is the ‘age of awareness and transformation’ you are connecting to any symbol at all that represents the idea of change from darkness to light... These are all symbols you’re connecting to from this life now to aid and assist in reflecting to you the kinds of transitions you can

make within your own consciousness and within your own energy to determine once and for all what kind of a reality you would prefer to experience. And remember that when you change – any of you and all of you – you are actually shifting to another parallel reality that is more representative of the change you make.”

This dialogue is complex in its simplicity of delivery and may require repeated reading and consideration before a full understanding is comprehended.

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Does It Matter?

If you blindly follow your routines from one day to the next, it probably doesn't matter much to you. However, if you want to change your daily experience to something different than the one you currently experience, then it matters a lot. Without any conscious awareness, your life will still progress towards... well, somewhere... and you will experience everything in much the same way as you always do – perhaps a seamless stream of progressive linear events, interspersed with bits of good and bad luck, highs and lows, until you reach some sort of humanly accepted conclusion where you may, or may not, have found some joy, excitement, or meaning in life.

I would even suggest that many of you will attain the things you want out of life without any need to read this book. It seems in a way, that as individuals we can pretty much 'do no wrong' and our lives will unfold in the context of what we expect to happen according to our beliefs. On the other hand, a new approach of conscious awareness could be far more fulfilling for you. This is where you accept a full 100% personal responsibility for your life and everything that happens to you and for you. You then move into the territory of co-creator of your own experience. Now, that is exciting!

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The Arrival

As I mentioned in the book ‘What Do You Think?’, when we are born into the physical world our parents, and other people around us, have quite an influence on our early experience and creation of beliefs about reality. We develop and grow in size and awareness and learn about our new environment – exploring its possibilities (although mostly within the confines determined by those who are around us). Along the way, we develop understandings of pleasure and pain; joy and sadness; love and hate; security and fear, etc. Eventually, most of us make the break from the closeness of immediate family and friends and start to experience new things and further develop our personal beliefs about reality – modifying some, strengthening others and even developing some completely new ones. Before long, we have accepted a number of beliefs and assumptions about ourselves and the world we inhabit. I now simplify this next bit...

The strongest of these beliefs about reality become our ‘core beliefs’. That is to say, no matter what we may think at surface level, our core beliefs colour our perception of the reality we can experience in the physical world. This also produces within us a vibrational frequency or as Seth might say, ‘feeling-tones’^[6]. Our vibrational frequency is transmitted all around us – first as consciousness units (CUs) and then as electromagnetic energy (EE) units and these interface with the ‘All That Is’ consciousness (which is the creator of our universe) and then atoms – constructors of the physical framework we experience as Earth and our physically known universe.

In Seth’s words:

“These units of consciousness are within all physical matter, containing their own memories. Both biologically and psychically, then, you are aware of your multipersonhood.”^[7]

“We will call the basic units of consciousness “CU” — the letter “C,” the letter “U” — consciousness units. From them EE units are formed, and the first roots sent out into the world of physical matter. Period.”^[8]

Seth also mentions that the CUs are literally in every place and time at once.

“The EE units represent the stage of emergence, the threshold point that practically activates the CUs in your terms.”^[9]

So, to try and simplify again, we have the creative consciousness units of the ‘All That Is’ and we, as co-creators, have our creative consciousness that interfaces with our physical reality as electromagnetic energy. Now, I appreciate that if you want to get a fuller description of this process, you will need to read more of Seth’s original material on the subject. It is quite involved and my paraphrasing only touches the surface. For the moment, you do not need to become embroiled in the complexity and I have no wish to copy expansive chunks from Seth’s work.

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The Results

As a result of accepting certain beliefs about reality, we continue to look for evidence that supports our beliefs. We may not consider that we actively seek reinforcement, but at some level we expect our beliefs to be supported by what happens to us and around us. When a previously held belief does not hold true in our terms, we tend to go into a state of shock or denial – depending on the nature or magnitude of the new information being received.

Throughout this experience, most of us consider our change in awareness to be coming at us from the external environment we perceive as the physical world. Few of us stop to consider that what we are experiencing is being projected electromagnetically from our self and reflected back to us in our physical experience.

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Vibrational Frequency and Alignment

According to Abraham (and even perhaps now, science) everything in the universe has vibrational frequency. Every individual on our planet Earth is in a constant state of vibrational fluctuation with everything else.

Our channelled entities tell us that, in order to experience something, we have to be in vibrational alignment to that which we will experience or wish to receive:

Seth:

“Your feeling-tones are your emotional attitudes toward yourself and life in general, and these generally govern the large areas of experience.”

Abraham:

“Thought is vibration and law of attraction brings more thought to it.”

“You cannot want something that you don’t have and be a vibrational match to it. You have to be what you want – and then you can have it.”

Bashar:

“You cannot perceive of what you are not the vibration of.”

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Raising Vibration

I would encourage you to re-read what follows a few times, until you fully comprehend what is being shared. Thousands of books have been written about the nature of life and personal reality – not to mention all the supporting resources, talks and workshops. Despite this, most people around the world still do not understand, at an individual level, anything about the true nature of their lives and experience.

I can give you, in only one paragraph, the answer to everything you need to live a more fulfilling, worthwhile and abundant life – no lengthy book or expensive workshop required:

Your emotional thoughts and feelings create all of the personal physical experience that you witness throughout your existence. The combination of your most frequent thoughts and feelings produce your vibrational energy frequency. Your vibrational frequency emanates from you and this is what attracts all of your bespoke life experiences to you.

Let me break this apart (on separate lines and with text emboldening) to help clarity:

Your emotional thoughts and feelings

create all of the personal physical experience that you witness throughout your existence.

The combination of your most frequent thoughts and feelings

produce your vibrational energy frequency.

Your vibrational frequency emanates from you

and this is what attracts all of your bespoke life experiences to you.

If you meditated on the above paragraph, experimented with its message, and started to live by it, you would never need to read another book or attend another workshop or course on the subject again!

Actually, I could probably have reduced it to two helpful words:

Feel Good

I know the above may seem somewhat trite, but it's actually taken me several years to achieve a full understanding of what you have just read. This is how complex the apparent simplicity can be. This is why so much has been written about 'the human condition' and the nature of spirituality and physical reality.

Throughout human evolution, a few knowledgeable people have attempted to share this message with others. It has been passed down through generations and yet, despite the passage of several millennia, we are still, as a human collective, little wiser in comprehending the message – never mind consciously incorporating it into our daily lives.

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Why Channelled Information?

As I mentioned at the start of this book, I intend to make several references to the channelled deliveries of Seth, Abraham, and Bashar. Having both listened to and read their information over a number of years, I believe them to be authentic sources of direct knowledge relating to our universe and existence. Let me list my findings in relation to these sources:

- Information delivery is often at a normal fast pace without apology or back-tracking, and beyond someone having to work out an answer to a difficult question
- Style of delivery with certain words and phrases is only heard from these channelled entities and not commonly used in regular human conversation
- The channelled entities' core messages never contradict each other
- Some of the more complex and scientific information delivered since the late 1960s has subsequently been authenticated by modern-day discoveries in physics
- When followed with true personal understanding, the advice and suggestions given by these entities greatly benefits and enhances the lives of individuals and the world around them

Seth, Abraham, Bashar – Some Expressions

There are a number of expressions used by the channelled entities and these are some that I particularly hear used a lot:

Seth has two favourite sayings:

‘You create your own reality’

‘The present is your point of power’

Abraham is best known for using the terms:

The Vortex^[10] and the Grid^[11]

“Your point of attraction”

“Our physical friends”

“If we were standing in your physical shoes...”

Bashar often responds:

“Do you understand? ... Hesitation usually means no”

“You cannot perceive of what you are not the vibration of”

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An Explanation

Okay, so you may have heard about some of this so far, but do you *really* understand what it means? Intellectual understanding is very different to experiential understanding. Let's take 'changing vibration', which is about modifying personal vibrational frequency, thus changing and refocusing vibrational energy within and from you, to affect changes around you. This in turn directly affects your physical experience in the way that you perceive it.

Every person on the planet emits electromagnetic vibrational energy^[12] that carries information about the individual and this directly affects the building blocks of physical matter from [in understandable human terms] quantum particles to cities.^[13] The nature and frequency of this energy output directly affects the ensuing physical experience of the individual, groups, and societies everywhere.

So how do you know what your vibrational frequency is? Even when you think you know, how can you change it – and why would you want to?

There are two quick and easy ways to determine what I shall call the 'quality' of your vibrational output:

1. Look around your immediate environment and observe what you notice and how you feel about it.
2. Consciously notice how you feel most of the time, regardless of transitory moods.

When I say vibrational output, I am referring to the electromagnetic frequency from your creative conscious thoughts that affect material reality at a quantum^[14] particle level of physical existence.

When I say look at your environment, I am quite literally saying that what you see and what is part of your normal daily living, is produced (in physical form) from the vibrational energy you project outwards from inside yourself – your thoughts made manifest in your physical experience – shown back to you.

When I say notice how you feel, this is the underlying feeling that you have running through you, regardless of whether you are having a great day

or a miserable one. For example, when you are happy, do you expect that you will soon be unhappy?

Do you put a damper on pleasure for fear it will go, is not deserved, or must be balanced with its opposite? When you have some money, do you silently worry that it may run out, or do you know deeply that more money will follow easily?

When you sit on your own, without any distractions from others, what does it feel like? Does your energy feel high and positive or low, dulled and negative? Are you feeling vibrant or depressed?

Although I might call this your vibrational feeling level, Seth would probably refer to it as your “feeling-tones”^[15].

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Vibrational Resonance

An important thing to know about vibrational frequency is mentioned constantly and consistently by our channelled entities:

You can only attract into your experience, something that resonates with your own vibrational frequency.

This statement applies to everything, whether people, objects, or general circumstances. This is what we are told, time and again:

“You cannot want something that you don’t have, and be a vibrational match to it. You have to be what you want – and then you can have it.” – Abraham

“You cannot perceive of what you are not the vibration of.” – Bashar

“You get what you concentrate upon... there is no other main rule.” – Seth

Examples of the above in practice could include: going into a room and only noticing certain things and completely missing others; or buying a lottery ticket and not winning anything; or entering the lottery and winning something.

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Red Is Yellow

It's all very simple really. Stare at something coloured red and convince yourself that it's yellow.

Okay, that seems ridiculous I know. But the principle of the mental 'work' involved in changing vibration is also contained in that suggestion. The physical environment you see and interpret as being outside of yourself is only a reflection of your inner emotional environment originating from your personal beliefs about reality. The universe is very much about 'feeling'.

When most of us look out at the world, we say: "That is the world – out there – and it affects me". Very few of us say: "The world I see – out there – is a physical manifestation of the world within me – and I can change it".

So, if you want to change something 'out there', you can only do it from 'within here'. Do not look at the visible physical world and think: "This is how it is and I have to accept this as a truth of my understanding of my existence within it". Instead think: "I can change this from inside. I can see and feel in my being, something different to what I am physically seeing 'out there'".

"You must act like you are already in the state of the reality you want – as if it already exists in the present." – Bashar

"Most people let their vibration be in response to what they are observing... You tend to let the evidence that manifests be the criteria that makes you believe." – Abraham

"If you do not like your experience, then you must change the nature of your conscious thoughts and expectations." – Seth

The reason I suggest trying to see red as yellow, is because when you are getting a strong external impression of the world, and you are being asked to see something different, so that you feel different inside, it is often quite a leap of faith and belief to choose to see something different to what appears to be 'staring you in the face'. This exercise does not have to result in you changing red to yellow, but it will probably give you a very particular and significant feeling associated with the apparent challenge.

Remember this feeling; you will need to overcome it when you are imagining your new reality.

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How Do You Change Your Vibrational Frequency?

Here are two things you can do:

1. Think of something that you can feel emotionally good about.
2. When something ‘negative’ happens in your life that causes you to begin reacting automatically, consciously decide not to put your energy into it.

When I say ‘feel emotionally’, I mean that you feel a positive emotional-physical response, as if your thought has actual life and existence in the very moment you are having it.

When I say ‘reacting automatically’, I refer to the knee-jerk reaction, previously associated negative response that occurs in the immediate moment of something unfavourable occurring.

When I say consciously decide not to put your energy into it, I refer to the charged and emotionally driven energy of intensive thought and emotional feeling that starts to cascade into further feelings – like a storyboard of anxiety. At first, you are likely to find this quite challenging; you want to feel different, but you can’t. However, if you keep the intent alive, that you do want to react differently, this will come more easily on each subsequent occasion that you feel your emotions rising.

“The key is, you have to find ways of improving the way you feel from right where you stand before things can begin to change: By softening your attention to the things that are going wrong, and by beginning to tell stories that lean more in the direction of what you want instead of in the direction of what you have got, your vibration will shift; your point of attraction will shift – and you will get different results.” – Abraham

How Do You Know When Your Vibrational Frequency Has Changed?

Here are some things that you will notice when your vibration begins to change in a positive way:

- You feel happier for more of the time
- Situations that start to upset you no longer have the power to affect you so strongly, or prolong your upset
- You accept personal responsibility for less desirable situations in a positive way – willingly asking of yourself: “What is going on within me, that I am obtaining this situation?”^[16]
- Better and more positive things come into your life more frequently and with more rapidity

As your vibrational energy becomes more positive and balanced, you will actually feel lighter; the density of carrying a weight of anxiety will diminish and you will stop worrying about outcomes you cannot control. Instead, you will decide to direct positive focus on things working out for the best of all concerned.

Our channelled friends have something further to add to this:

“It is important to action your highest excitement every moment – the vibration energy that represents your true natural self. Act this way with zero expectation as to what the outcome ought to be and you will be walking the optimal path, no matter how it looks.” – Bashar

“To change the physical effect you must change the original belief – while being quite aware that for a time physical materialization of the old beliefs may still hold. If you completely understand what I am saying however, your new beliefs will – and quickly – begin to show themselves in your experience. But you must not be concerned for their emergence, for this brings up the fear that the new ideas will not materialize and so this negates your purpose.”^[17] – Seth

Notice the particular emphasis on acting without concern or checking to see if results are happening. (I mentioned this as part of a manifestation technique I included in the booklet, 'How We Perform Negative Miracles'). It's a bit like the old adage: 'A watched pot never boils'; or not digging up seeds to see if they have started germinating – just days after you have planted them.

It's as if the act of looking for changes in external physical feedback gets in the way of them occurring. I would now suggest this is due to having a limiting or controlling expectation of how you think something should or could happen and not trusting, or allowing, that alternative outcomes could be just as possible, more probable, or more appropriate, than those you can conjure up in your own mind at the time. One might even use the simile of 'too many cooks spoil the broth.' In other words, your constant mental intervention of what should occur becomes an opposing resistance to what could occur and you practically cancel out the possibility of a recognisable solution, in your terms of acceptance. If you want another analogy – opening the oven door too early to check on the cake may cause it to sink in the middle, just as it was beginning to rise.

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Testing Your Vibrational Levels

You can test your vibrational frequency in various ways. Here is just one suggestion. How do you feel when you read, hear, or think about the following words?

- Money
- Fun
- Work
- Leisure
- Holidays
- Partner
- Relationship
- Marriage
- Commitment
- Enjoyment
- Travel
- Responsibility
- Appearance
- Excitement
- Exploration
- Freedom
- Weight
- Life
- Death
- Love
- Fear
- Justice
- Party
- Age
- Retribution
- Relaxation

You can try out many more words. Just be conscious of how you feel inside when words are used. Do you feel good, bad, anxious, indifferent, joyful or fearful? How do you really feel? Choose to use more words that help you feel positive.

Another test of your vibration is to consider how often you impose your judgement on the affairs of others. When you do make a judgement of someone else, what is your reason or motivation for doing so? What makes you “right” and another “wrong”? Is it *your* opinion or someone else’s? Do you see something of yourself in the other person? Are you angry that the other person is doing something you would like to do but cannot – or that they are ‘getting away with’ doing something you would like to do but cannot bear to admit you might like to try? Is the other person involved in something that shocks or disturbs your personal ‘comfort level’ or perceived expectation of how you think something should be – or not? Are you being falsely ‘moralistic’?

When you view the behaviour or results of another person, or persons, instead of demonising what you appear to be witnessing, ask yourself the same question mentioned earlier:

“What is going on within me, that I am obtaining this situation?”

Start to notice how interesting it is that you can illicit from another, the response you are concerned with hearing or the action you are fearful you may witness. This is all valuable feedback to show to you very clearly, how your personal energy is resonating.

Here is an example of this:

A friend of mine once parked her car in a supermarket area normally reserved for taxis and dropping people off. She did not leave her car and was simply waiting for a moment to pick up a friend. Suddenly, an irate man stormed up to her window and berated her for selfishly parking in an area she should not have been using.

After relating this story to me, I asked my friend some questions that caused her to reflect on her experience and she admitted that she had worried about parking in that place and that someone might tell her off. This concern became such a strong unconscious fear that she attracted someone to appear in her physical reality, and outside of herself, to fulfil the role of punisher. This story demonstrates how easy it can be to build up strong emotional feelings that have the power to effect an immediate change in personal circumstances.

“Nothing is more important than feeling good. Don’t allow yourself to continue in the direction of what does not feel good. When you go in the

direction of that which is inspired from within you will rendezvous with something you have been looking for.” – Abraham

Although delivered in its most positive sense, you can see that the above quote from Abraham can easily apply in any direction of attraction.

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Personal Beliefs

This is probably the hottest topic for the aspiring co-creator and one that all our channelled beings go on and on about at great length. The reason for this is how our belief systems operate – namely:

Your beliefs form reality

This was Seth's remark just a few pages into the book, 'Seth Speaks':

“First of all, you must understand that no objective reality exists but that which is created by consciousness. Consciousness always creates form, and not the other way around. So my environment is a reality of existence created by myself and others like me, and it represents the manifestation of our development.

“We do not use permanent structures. There is not a city or a town, for example, in which I dwell. I do not mean to imply that we are off in empty space. For one thing we do not think of space as you do, and we form whatever particular images we want to surround us.”^[18]

He goes on to say:

“You have been given perhaps the most awesome gift of all: the ability to project your thoughts outward into physical form.”^[19]

And:

“The fact is that each of you create your own physical reality; and en masse, you create both the glories and the terrors that exist within your earthly experience. Until you realise that you are the creators, you will refuse to accept this responsibility.”^[20]

So how does this relate to personal beliefs? The point is, we behave according to what we believe, and what we believe colours our emotional feelings, which in turn affects our experience of life in physical reality. Seth in fact informs us that our events, our lives, and our experiences, are caused

by our present beliefs. He says that if we change our beliefs, our life changes.

Notice there, the emphasis on ‘present’ beliefs. He does not, as we might expect, include our past beliefs. Why is this?

Seth always linked his information about personal beliefs with another of his statements:

“Your point of power is in the present.”

In other words, you can only take action to change anything in your current moment of ‘now’ – your present. The beliefs you have at this moment are the only ones you are having and they are the only ones you can change – from this very point of now.

Of course, if you have the same beliefs in a few minutes time, and you remember having them for some time previously, you might be tempted to question your ability to change anything, whether ‘now’ or at any other time. However, the key point to make here is, you can only change beliefs in your ‘each present moment of now’.

Bashar offers this:

“Physical reality is a reflection of your strongest beliefs.”

And:

“All belief brought to consciousness that is out of alignment [with your true self] will automatically appear nonsensical. It will not sit with who you know yourself to be... The very act of identifying a nonsensical belief, releases you from it.”

However, if once recognised and continued with, Bashar will not accept that you may have formed a habitual behaviour that you cannot change:

“A habit once identified and done again is not a habit – it’s a choice.”

Abraham is a little softer with us:

“A sticking point is a habit of thought that contradicts something that I want... A practiced thought is a practiced vibration... Thought is vibration and law of attraction brings more thought to it.”

So putting these things together: Beliefs about reality cause you to have conscious thoughts based on those beliefs; those thoughts produce in you, emotional feelings; and those feelings form the basis of your next conscious electromagnetic frequency projections – which in turn take form in your experiences of physical reality. You then reinforce your beliefs by seeing them manifest and the process continues.

Once we recognise a thought that is linked to an unhelpful belief, we have an opportunity to change our feelings.

Abraham offers us some guidance:

“Shift beliefs before life can change. Belief is a habit of thought. Selectively sift. Care more about the way you feel than you care about the ‘facts’ you are observing. Tell the story the way you want it to be. Be aware of your emotion.”

We are also advised not to ‘beat ourselves up’ over putting extraneous effort into trying to force changes:

“Making peace with where you are, is the fastest way to getting to where you want to be.” – Abraham

And:

“Do only what you want to do. Have around you, those who are doing what they want to do.” – Abraham

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Mind Over Matter

When we want to alter the direction of our lives, we often approach change from a physical, action-oriented, perspective. Our channels consistently tell us that this is the wrong approach. Seth explains:

“It is vital that you realise you are working with beliefs in your mind – that the real work is done there in the mind – and not look for immediate physical results. They will follow as surely and certainly as the “bad” results followed, and this must be a belief: that good results will come. But the real work is done in the mind. If you do the work you can rest assured of the results, but you must not check constantly for them.”

Seth also makes a very interesting observation regarding our approach to beliefs:

“It is far simpler to recognise your own beliefs in regard to religion, politics, or similar subjects, than it is to pinpoint your deepest beliefs about yourself and who and what you are – particularly in relationship with your own life!”

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Change in Context

The complexity of your personal existence, and the arrival of where you are in each moment of your 'now', has a bearing on how you can bring about a change in your physical experience. This brings us back nicely to personal vibrational frequency and is perhaps best illustrated by some examples.

Let me begin with a very emotive example that many people can relate to: Money. You know you do not have enough and you want more. You want more because you feel lack in your life. You appear cut off from making choices or taking decisive action – simply because it requires certain amounts of money to follow or implement your desires. You believe that only by having more money can you take action to achieve your desires. The more you want more money, the more you feel its lack in your life. Instead of receiving more money, you begin to receive more lack. Unexpected extra costs come along. This is not what you wanted. You are in emotional turmoil on how you can pay for what you have to deal with – never mind anything you actually wanted in addition.

Someone then comes along and says to you: “Stop worrying about your money.” You feel like physically lashing out, but instead argue that this person does not understand your situation from their position of relative abundance in relation to your lack. You recite a list of reasons why you have ended up in the state you are now in – re-living every sorry moment with emotional angst and blame towards circumstances brought about by others. The person says to you again: “Stop worrying about your money.” You do not understand why this has been said again, after all the detail and reasons you have given for why you have no money! Angrily, you ask how this person cannot empathise with your plight. “It is because I empathise that I give you my answer.” is the response. “The only way you can receive the money you require is to feel that you already have it.”

Here are a few words from Abraham:

“You cannot want something that you don’t have, and be a vibrational match to it. You have to be what you want – and then you can have it. Feel prosperity.”

“Money comes to you because of what you think and how you feel – not because of what you do.”

“You do not have to have money to attract money, but you cannot feel poor and attract money. The key is, you have to find ways of improving the way you feel from right where you stand before things can begin to change: By softening your attention to the things that are going wrong, and by beginning to tell stories that lean more in the direction of what you want, instead of in the direction of what you have got, your vibration will shift; your point of attraction will shift – and you will get different results.”

Most of you can probably now see why it is easier to continue seeing red as red, rather than yellow. How can we believe we have something we clearly do not have? On a scale of 1 to 10 (where 1 is low) where is our average person’s vibrational energy level around money? Perhaps it would be generous to say 3. And where is this person in relation to taking responsibility for creating personal reality? Hardly on the scale at all.

Now perhaps, you begin to see the personal ‘mental work’ required to change your vibration. The more you take the emotional energy out of your knee-jerk responses to seemingly negative situations – situations that make you fearful, upset, or uncomfortable – the more you can focus on the opposite, to change your vibrational frequency to a higher level. Again, Abraham encourages us to be gentle:

“Find a place that feels good and let it do the work.”

And Bashar encourages a similar approach:

“Follow your passion. If you always act on everything that excites you, with zero expectation as to what the outcome ought to be, you will be walking the optimal path – no matter how it looks. It’s about aligning with the vibration of who you actually are.”

As humans, when we look out at the physical world, we often look for evidence of our position and status relative to others. We look for proof that we are correct in believing what we believe. Part of the process of changing personal vibration is to create a new situation, project it into physical reality, and then view the outcome of our projection as physical reinforcement of our new belief. This encourages us to send out new thought vibrations as rockets of desire and we now begin to look for

evidence of our conscious actions, rather than evidence based purely on what we see that does not fit with our desires. Once we attain this level of conscious creative ability, we are likely to be around level 6 or 7 on our imaginary vibration scale. Bashar encourages us to:

“Remember who you truly are – let go of all assumptions – the act of surrender is simply the act of total acceptance of yourself: it is only the giving up of the things that are not you. Know that you already have what it is you wish to have – gratitude – prayer in the present – not projected to past or present – denial leads to separation and blame. Responsibility is yours to have and responsibility is your power.”

Of course, our lives are made up of many personal beliefs and experiences and we might consider that in some areas of our vibration it is easier for us to ‘accomplish’ something than in other areas. Abraham suggests we could:

“...bridge a belief that isn’t working with a belief that is working.”

For example, we may be quite happy with our attraction of money, but find it impossible to find or maintain a close personal relationship with another person. Our lack of ‘finding’ the right person just reinforces the evidence that we perceive of our being alone. Perhaps consider how you feel about the ease with which you gain money and see if you could have some similar feelings about relationships. Emotionally, feel that you already have a great relationship. You do not have to select any specific person – simply, as Abraham would say, “go general” and feel what it is like being in the type of relationship you desire most.

“See the ideal story in your mind’s eye and see the way you are behaving.” – Bashar

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Practice Vibrational Change

Some of you – perhaps like me in the past – will now be thinking that if you can simply feel you have more of what you want, as if it already exists, that it will suddenly appear in your physical reality. Possibly, some of you may be so adept at being able to change your deepest beliefs and feelings that instant success will indeed occur. However, for the majority of us, we have spent many years putting our energy and feelings into ‘problems’ and ‘difficulties’, whether we are having a good time or not. Our modus operandi is deeply ingrained like a subliminal program (sometimes called an engram)^[21] that runs in the background of our daily life without surfacing to conscious awareness. Regardless of how we feel in the immediate moment, this little program of fear and lack is still running inside us. It is a long-standing component of a belief about our reality affecting our emotional feelings and in turn, our vibration. Because of this, we are effectively in conflict with what we desire much of the time. Taking the example of money; on the one hand we are feeling moments of imagined wealth, while simultaneously questioning its validity in our experience. This creates a push-pull vibration: I want it but I do not. We can say out aloud that we believe in our abundance, but as Abraham would say, and I have come to know in my own experience:

“Words don’t matter – it’s your vibration that matters.”

I would suggest that persistent use of words can help to reinforce beliefs, whether expressed negatively as angst or positively as affirmations of our new perspectives, but it is your overall underlying vibration that affects your relationship with experienced reality. You have to start living your new beliefs.

The issue is that you have developed a sense and feeling of ‘knowing’ about the existence of your lack. What you are now trying to accomplish is a feeling of knowing that you are abundant, but only at the level of tepid belief. It’s great to believe, but it’s much better to know. Belief implies room for doubt; knowing has no room for doubt. This, I suggest, is one reason why people do not either see new results, or they only see temporary or intermittent changes in their external experience of reality. This is also why many people give up on self-development towards positive personal

change and revert to their usual ways of carrying on. The magical things that occasionally happened are now labelled happenstance, coincidence, or a bit of good luck. The other thing I would mention here is a persistent 'false' belief can become an act of 'knowing' and reside in your vibration as a 'truth' about reality:

“A practiced thought is a practiced vibration.” – Abraham

In other words, because you have always believed in something, it is no longer a transitory belief; it is now firmly rooted in your reality of knowing it to be a truth. This is where your 'work' comes in. Start to practice a new feeling and create a new *helpful* belief.

“You cannot separate your beliefs about reality from the reality that you experience. That is, your beliefs about reality form it. Your ideas about what is possible and what is not possible are reflected in all areas.” – Seth

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Distractions to Change

Quite often, our biggest distractions to focusing on personal change are our existing routines. For most people, the most stubborn and often inflexible of these is formal employment – working for someone else; having your time and activity largely determined by your employer’s needs over and above your own. Whether or not you enjoy your work, it’s not easy to be divorced from it for long enough to explore your personal feelings and views on the life you are experiencing.

Another distraction is worrying about procrastination – putting off what you intended to do by choosing to undertake other tasks or activities instead. Abraham actually says of procrastination:

“You are trying to take action before energies are aligned; trying to move something along with action rather than alignment.”

People... Yes, people are a huge distraction to your personal development. People include family, friends, work colleagues, etc. People naturally distract one another, whether it is demands from your children or partner, or friends or acquaintances who want to share their personal experiences and distorted views of reality with you. Of course, if you can attract people who are full of love and enthusiasm for their lives, you can be inspired together in positive and expansive ways – egging each other on with new things to try and exciting adventures to embark upon.

Television, radio, Internet – in fact, any form of media-related source that you allow into your daily awareness, where someone is going to share an experience or opinion with you – directly or subliminally – can affect you, if you let it.

It has often been said that the two motivating forces to do anything in life come from fear or love. In many versions of our world, it seems that fear is kept public while love is kept private.

As you become more aware of what people say and more sensitive to what you notice in their behaviour, you might eventually conclude that the only real option left to you is to remove yourself from these distractions – i.e. avoid people and their views as much as possible – at least for enough time to bolster your personal inner strength and vibrational output. This is not to say that you will enrol in hermit training and eventually become a

certified recluse, but more that you have to find the time and space to consider your own values and beliefs, based on your own intuitive feelings. Start to focus on accepting the world and its people, knowing that everyone is playing out their roles and you do not have to put your energy into challenging them, saving them, or adopting their views of reality. Focus on your own choices and well-being. Mind your own business and keep your nose out of everyone else's. Once you are sending out an improved vibration, you will be able to engage in a world that reflects your new beliefs.

“You should tell yourself frequently “I will only react to constructive suggestions.” This gives you positive ammunition against your own negative thoughts and those of others.” – Seth

Remember too:

“[It’s] how things feel rather than how things look.” – Abraham

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Feeling Good

Well, you have to start somewhere and where better than to feel good about something. Since Abraham just mentioned the way things feel, we'll let their teaching start us off:

“Nothing is more important than feeling good. Don't allow yourself to continue in the direction of what does not feel good. When you go in the direction of that which is inspired from within you will rendezvous with something you have been looking for. Say: “I received an impulse. I trusted it and it paid off.” Play the game for a week and you will be free of resistance for evermore.”

Bashar also implores us to:

“Follow your passion. If you always act on everything that excites you, with zero expectation as to what the outcome ought to be, you will be walking the optimal path - no matter how it looks. It's about aligning with the vibration of who you actually are.”

And Seth says:

“Become more aware of waking experience and stray thoughts... See what miracles are there. Be gentle with your own spirit and not a disciplinarian.”

Notice the three key suggestions in those quotes:

1. Feel good
2. Follow your passion
3. Be gentle with yourself

And the additional messages of:

1. Trust and act on inspiration
2. Hold no expectation on outcome
3. Become more aware of stray thoughts

This is the best way to begin your vibrational change and realignment.

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Scripting

Sometimes it can be hard to focus the mind on something different to our default 'normal' long enough for change to begin. Abraham says that not only do we focus too much on physical action, but also for change to occur we have to mentally focus for at least 17 seconds – and ideally up to 68 seconds:

“Act a bit less and vision a bit more.

“17 seconds gets the ball rolling. Get to 68 seconds for law of attraction to kick in.

“Find a thought that would be helpful to you and turn it into an obsession... When observing the current environment, you are creating the future environment. So if you can choose from the current environment, the parts you like the best, and you could become obsessed with these bits, your future direction would turn in more the way you want it to be.

“Thinking clearly for 17 seconds equals 2000 action hours! The next 17 second mark is 10 times the first: 20,000 action hours. Each time 17 seconds of pure thought occurs there is an exponential rise.

“Don't visualize to 'make something happen'; visualize for the pleasure of visualizing.”

Abraham also jokingly tells us that we have 16 seconds leeway to think a thought before anything happens.

We also have to train our expectations:

“You cannot turn your attention to a problem without shining your attention on it, activating the vibration within you. Every thought is already vibrating, so when you focus on it you activate the vibration of it within you. If you stay focused there for as little as 17 seconds, it becomes a point of attraction that begins to expand.

“After 68 seconds, a thought so active, is a belief.

“Thoughts that you just think – they are just thoughts. Thoughts you keep thinking become chronically thought – easier to think. Those are what beliefs are. Those represent your expectation and once you’ve reached expectation, things start showing up in your experience. Now you’ve got proof, now you don’t just believe it, you know it! You expect it. You expect it to be the way that it is.”

If you are struggling to maintain a positive train of feeling thought for even 17 seconds, I would recommend writing down on paper, your thoughts as you think them. This is sometimes called scripting or journaling and forms a sort of story. You will find that as you think about what you want to say to yourself, you naturally start to focus your attention on what it is you are thinking about. Very quickly, following this method, you will get way passed 68 seconds – never mind 17 seconds!

As Abraham says:

“Nothing is ‘just the way it is’, because someone expected it into being. Pick and choose amongst the things that you are expecting and start liberally expecting the things that you want to be.

“Most everybody you meet are creating by default; they are just looking at whatever is easily see-able; letting ‘it’ train their vibration to ‘it’, then therefore creating more of ‘it’ and calling ‘it’ just the way that ‘it’ is.

“[Just say] I am going to train my expectation to satisfy the good feeling I am reaching for, rather than trying to satisfy some testimony of truth...

“...There are all sorts of things that are true that you don’t want to recreate in your experience! That’s a terrible reason to give your attention to something!

*“You train your expectation by your attention to a subject.
“Letting those ‘outside of you’ be your reason for attention to things. On either side, they know they have the truth and in no case does it have anything to do with you!*

“If what I expect, is what’s happening, and what’s happening is what I expect, how can I shift my vibration or my attention? You can’t. Introduce into the mix: “How do I want to feel?” Choose not on what you called fact; choose on the way you feel.”

Using scripting isn’t particularly mentioned by our channels, but I have personally found it can be helpful to try. It acts to reinforce Abraham’s suggestion:

“You can feel better now – just because you want to.

“Understanding of the vortex and deliberate application, and managing of your emotions, will give you success no matter what the subject of your interest – no exception.”

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Beliefs

Once you realise you are feeling happier with more consistency, you can move on to examining your beliefs. Let's begin with Seth:

“Your beliefs form reality – your individual beliefs and your joint beliefs and if you believe in very simple terms, that people mean you well and will treat you kindly, they will. And if you believe that the world is against you, then so it will be in your experience. And if you believe that you will begin to deteriorate at 22, then so you shall. And if you believe that you are poor, and always will be, then so your experience will so prove to you. Your beliefs meet you in the face when you look in the mirror; they form your image. You cannot escape your beliefs. They are, however, the method by which you create your experience. When I speak to you about beliefs, you think of negative beliefs. You see... the very joy of your being speaks of your positive beliefs...”

Abraham continues with this theme:

“Shift beliefs before life can change. Belief is a habit of thought. Selectively sift. Care more about the way you feel than you care about the ‘facts’ you are observing. Tell the story the way you want it to be. Be aware of your emotion.”

And Bashar concurs by adding:

“See the ideal story in your mind’s eye and see the way you are behaving.”

“What are you manifesting – based on what you believe is possible? What are you believing that is true?”

Bashar also talks about our motivation to do anything, based on the beliefs we hold:

“You always without fail, move in the direction of what you believe to be most beneficial. You always without fail, move away from what you believe

to be more painful. If you find yourself choosing the thing you know is more painful, than what you say you would rather choose, the question is: “why do I keep choosing something I recognise as more painful?” [The] only reason is an unconscious belief attached to that thing that you say should be what excites you that makes it more painful than staying where you are!”

As an example of what Bashar is saying, think of a situation where you really want something, but you also feel doubt as to whether you can have it.

A typical way this can happen is that an emotional feeling at an earlier time, possibly as a result of being told as a child that you could not have certain things, for whatever reason, or under whatever conditions, led you to form a belief based on this ‘false’ assertion – which you then projected into other areas of your view and expectation of life. Because you repeatedly witnessed the truth of this ‘belief’ in your physical experience, it continued to be reinforced as a condition of fact, or ‘truth’ about [your] reality.

Moving on a few years, you continue to see things you want in life, but for some reason you just know they are out of your reach. Furthermore, there is no point in putting effort into something if you ultimately know you cannot attain it. Therefore, what is the point of wanting something, only to be upset by not being able to have it? You decide it is less painful to accept defeat now, than it is to feel the pain of greater disappointment later on down the line.

Bashar is very passionate in wanting us to understand what is going on:

“Your reality has NO power to support you – it does NOT support you. You support your reality! If you support your reality, your reality will reflect the support back to you that you are giving to it. Supporting the reality that you know is true for you and supporting the reality that is a reflection of that knowledge and NO other reality: NO other reality!”

In other words, the reality we experience is created by us and if we are not seeing the results we wish to see, we cannot expect this reality to provide them. The only way we can change this situation is to project out a vibration that reflects an alternative reality that we then feel more supported by.

And when Bashar repeats that we should accept “no other reality”, he is I think referring to not being distracted from our ‘helpful’ belief by other opposing thoughts from our self, or the views of other people. This is a purity of thought that acts in our own best interests and gives us a feeling of “knowing beyond doubt”. All we have to do then is reach a point of “knowing” in everything that supports us in feeling good about whatever reality we desire to experience or perpetuate.

You can see from this, that “knowing” based on a false belief can be very powerful and we are encouraged by all the channels to examine our beliefs about reality to ensure that the beliefs we propagate to the point of “knowing” serve in our favour and not to our detriment.

As Seth says:

“...I want you to see where your beliefs conflict with each other ...Be aware of the contents of your conscious mind. ...The beliefs are not buried, unless you believe that they are. ...You are free conscious beings ...You will learn to be joyful conscious beings. ...Your events, your lives, your experiences, are caused by your present beliefs. Change the beliefs and your life changes.”

Abraham also supports this view:

“Shift beliefs before life can change. Belief is a habit of thought. Selectively sift. Care more about the way you feel than you care about the ‘facts’ you are observing. Tell the story the way you want it to be. Be aware of your emotion.”

As you start to see the results of your new attitude, for really, that’s what you have been changing first – your attitude to circumstances that appear in your reality feedback – you will begin to notice changes in the experiences that you attract to yourself. It follows the old saying: “If you cannot change your situation, change your attitude.” In changing your attitude, you almost cannot help but change your belief about something and therefore, your

situation. We hear lots of ‘wise-sayings’ throughout our lives. Some of them we understand and some of them we do not. Some we give thought to and others we simply ignore as trite platitudes of someone trying to be clever. However, many are rooted in a deeper knowledge shared by all of us, taken for granted, or the true meaning forgotten or distorted. Question such clichés. What, if anything, is their validity? Only keep what is helpful.

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What Can I Do Next?

Following on from feeling good about things, start to check on the way you feel about some of the situations that arise in your current reality. If you feel strong emotion in a negative way about something, see if you can locate the root of that feeling. If you cannot, decide to think about some positive things relating to the situation; try to feel the opposite emotion.

Try asking yourself: “What is it within me that is attracting this situation?”

For the first few occasions of experiencing situations that emotionally trigger you, it may seem that you struggle to take a step back. However, you will gradually notice that you soften a bit and this is the first sign of a positive change. Gradually, you will get triggered less often, until eventually you will not even get into situations where those situations arise in the first place. As our channels tell us, we cannot experience anything unless we are a vibrational match to it. Abraham says:

“What I am thinking or remembering – that which I am giving my attention to, is causing an emotional reaction in me which is an indicator of my vibration.”

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The Right Focus

At the time of writing this next bit of information, I had been mulling over in my mind how I could get a better understanding of vibrational change with my law of attraction manifesting. I had reached a bit of personal impasse with my experiments and felt compelled to request some personal assistance from Abraham. So as I lay in bed, just before going to sleep, I said aloud:

“I could really do with some help from Abraham with this.”

The next morning, I received my Abraham daily quote email:^[22]

“Begin modulating thought in terms of the way that it feels rather than in terms of the results that it will net you. The tendency is to flow a little Energy and then take score. Well, the problem is, as you flow the Energy, the Universe responds instantly. But when you take score, you’re right back in that reality again.”

This was a perfect answer to my request and a reminder of how we should all aim our focus. It was also personal reinforcement and a reminder that I was straying from the most helpful path. So although I have no direct ability to channel Abraham, the universe is still able to connect me to the help I am seeking.

I have previously mentioned the advice from our Channels of ‘not watching for results’, but this quote reinforces the nature of the process, so-to-speak. I might add too, that I had been focusing on my feelings more, but still relapsing into looking for signs that something had changed – and wondering how long it would be before *something new* showed up in my physical experience.

This is possibly one of the situations many people find themselves experiencing when developing their abilities in manifesting better circumstances. The level of trust connected to this – certainly at the beginning – is quite off-the-scale.

I think also, that some people (myself sometimes included) have become so used to being self-reliant and self-controlling with anything that might affect our lives that it is difficult to ‘let go’ and put ourselves in the metaphorical hands of the ‘unknown helper’.

Abraham offers some calming words about trying too hard:

“Action in alignment – not in fixing... Desires are born out of resistance:

- 1. Ask*
- 2. Source is responding*
- 3. Be easy – chill out*

“I’m eager for what’s coming; I’m happy where I am; it’s just perfect.”

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Manifesting

“Manifestation is just thought that has been thought upon longer.” – Abraham

“[Have] an attitude of gratitude in the present tense. All that you can manifest already exists. You already have what you are wishing for...”

“...Follow your passion. If you always act on everything that excites you, with zero expectation as to what the outcome ought to be, you will be walking the optimal path – no matter how it looks.

“You will get it when you need it in perfect harmony in exactly the right place at exactly the right time – not a moment before or later. Allow it to work – you don’t have to make it work.” – Bashar

“To change the physical effect you must change the original belief – while being quite aware that for a time physical materialization of the old beliefs may still hold. If you completely understand what I am saying however, your new beliefs will – and quickly – begin to show themselves in your experience. But you must not be concerned for their emergence, for this brings up the fear that the new ideas will not materialize and so this negates your purpose.”^[23] – Seth

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Manifestation Technique 1

In a booklet I once produced, 'Beliefs Cause Reality'^[24], I provided a manifestation technique. I would like to offer it again here:

1. Decide on something which is needed or desired. *(Keep things simple at first. Do not run through a long list – simply pick one thing. There is plenty of time to repeat the exercise again for something else later).*

2. Sit, stand, or lie down, in a comfortable position. Breathe in on a count of ten and out to the word RELAX *(not spoken audibly)*. Then in on 'nine' and so on until you get to one. *(Continue breathing)*.

3. Now, imagine in detail what it feels like to have what is needed or desired. *Emotionally feel how it improves your life. Absorb yourself into these thoughts and feelings.*

4. Think positively. Be positive and put all doubt or worry aside. *This is a game to see who can imagine and 'live' the best things.*

5. Try to get a feeling of knowing that you have what you need or desire. How does it feel?

6. Now release the thought. See your thought going into the universe where it will be processed. Allow yourself to be detached from your desire. It does not matter now, whether you get what you want or not. What will be, will be.

7. Quickly, come back to your physical environment and look around the room at anything. Try to concentrate on anything in the room whilst thinking about having a drink or visiting a friend. *(This, when done correctly, diverts your attention away from your need or desire, long enough for the thought to be released. It also has an important role in detaching your conscious mind from past and future – enabling you to be completely present in the moment of 'now'. It is only important for you not to revert back to thinking about your need or desire for an instant. There will come a moment when you will realise that you have forgotten what you*

were thinking about. It is then okay to let yourself think about anything again).

When you become proficient at this technique you will find that you can sometimes perform it instantly and automatically without any apparent conscious thought. You will know when you have reached this stage because your fleeting thought of desire will often manifest itself in your physical reality spontaneously and in such a way that you will only realise you desired something after the event of it coming into being. So just to express this technique in simple terms:

1. What is desired?
2. Relax (breathe and countdown)
3. Imagine having what is desired
4. Be positive, put doubt aside
5. Know that you already have what is desired
6. Release the thought. Let go. Give it up
7. Scan your physical environment to divert your attention

Following the practice of this technique, it is a good idea to emotionally respond to your new beliefs so that neurologically, the new message gets across. By this I mean that you should make some kind of gesture or statement NOW, in this reality, to show that what you just imagined exists.

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Manifestation Technique 2

I would now like to offer another manifestation technique from Bashar, together with his comments about it (*in italics*). You will doubtless see some similarities to the first technique:

1. **Vision** – have an image, idea, wish, dream, picture – of what you want.
2. **Desire** – *excitement, strong emotional energy – desire. “Energy in motion – energizes desire.”*
3. **Belief** – you must know, examine, explore, within yourself that you have the belief it is possible; that you deserve. *“What you believe, what you would prefer to believe, where they come from, why they motivate you, etc. Create new definitions. Then know.”*
4. **Acceptance** – You must totally accept yourself and the new belief as true – *“just as you accepted the old belief as true.”*

“The first 4 steps are the ‘set-up’”.

5. **Intention** – *you must intend to manifest it. “It must be a conscious choice – focus intention and will (not an effort) – you must intend it to be so: Your conscious commandment of your reality.”*
6. **Action** – You must act like you are already in the state of the reality you want – as if it already exists in the present. *“Body language is very telling of what you really believe exists for you at present.”*
7. **Allowance** – detach from any outcome at all. Let it go utterly; unconditionally. *“The power of paradox – the dark and the light – both sides of the polarities.”*

“You have to have, in order to manifest anything, an absolute intensity of what you want with absolutely no expectation that it has to manifest at all! This is the balanced state for effortless manifestation. Know that everything is already perfect and here. Once you accept that the way it is, is perfect – the way it is can become another way...

...Physical reality is a reflection of your strongest beliefs. Ask for the thing itself – not the process to that thing. Not “I need this to get that”; just the thing. All the details will work themselves out automatically – the path of least resistance and the best for all concerned.”

I would like you to read again, one of the phrases used by Bashar:

“Physical reality is a reflection of your strongest beliefs.”

Bear in mind, it is the thoughts that you most carry throughout your days that form your strongest beliefs. These thoughts affect your feelings and behaviour and become the foundation of your ‘modus operandi’ in everything you do.

For example, here are two bits of a conversation – one where feelings of lack surrounding money are concerned and one where no such concern exists:

Person A: Would you like to go out for the day?

Person B: Where? (*Thinks: “What will it cost?”*)

Person C: Would you like to go out for the day?

Person D: Yes (*Thinks: “I can’t wait! This is going to be great fun!”*)

You can see that person B is affected at a deep, automatic level by something that takes away all joy and spontaneity – simply because the first thoughts about anything have to relate to whether something can be afforded or not.

Here’s another example, this time concerning safety:

Person A: Would you like to go out for the day?

Person B: Where? (*Thinks: “Will it be safe to leave my house empty for that long?”*)

Person C: Would you like to go out for the day?

Person D: Yes (*Thinks: “I can’t wait! This is going to be great fun!”*)

Again you can see that person B is affected at a deep, automatic level by something that takes away all joy and spontaneity – simply because the first thoughts to anything have to relate to personal safety and security of possessions, regardless of any real likelihood that someone might intend to attempt a robbery.

Both of the above examples concerning B are fear-based and show little trust in universal love and protection. However, it is likely that in all present honesty, you will identify with those examples or similar fears in your own life. This is why it is so important for us to train our thoughts to reflect the feelings of the experiences we prefer to attract.

Those two examples also reflect another aspect of ‘leaving the universe to get on with it’ without constant checking for results. Because so much attention is given to the areas of lack or fear, in the rare moment of relaxing and being distracted from those feelings e.g. by going for a day out – everything suddenly ‘kicks in’ and manifests in your experience. One person rips his coat on the walk and will have to pay for a new one; and the other person returns home to discover someone tried to break into her house. Both experiences reinforce the beliefs in lack and fear respectively. The secret at this point, is to watch your emotional responses and not fuel the perceived physical experience. Accept what may have happened and focus your attention on its opposite – perhaps a feeling that ‘all is okay’ in the bigger picture. This is where Dr Hew Len’s Ho’oponopono^[25] expression can prove most useful:

What is going on in me, that I am obtaining this experience?

When you understand that you create your experience of reality, you have the opportunity to take full responsibility for what happens in your life – ‘good’ or ‘bad’ (in your terms).

Timeliness

Sometimes it feels as if our requests either do not appear or suddenly ‘turn up at the eleventh hour’.

Bashar implores us to be patient:

“You will get it when you need it, in perfect harmony, in exactly the right place, at exactly the right time – not a moment before or later. Allow it to work – you don’t have to make it work.”

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The Purpose and Meaning of Life

Over the centuries, we have often asked: “What is the meaning and purpose of life?” We have looked for deep and complex answers – supposed some “great cosmic plan” or simply resigned ourselves to: “I don’t know.”

Of our channels, Abraham is unequivocal in giving it to us straight:

“You exist for the joy of the existence. A triad of intentions: freedom; growth; and joy – equal in their offering. You are so free that you can choose bondage!”

Bashar supports this view:

“You are unconditionally supported by creation, so much so, that you are even allowed to believe that you are not unconditionally supported – that’s how unconditionally supported you are!”

He also says:

“Life is meaningless: There is no automatically built in meaning to anything. The meaning of life is for you to give it meaning. But the meaning you give it ultimately determines what effect you get out of it. The effect you get out of it is totally based on how you define your reality.”

Abraham adds:

“The spectrum of life experience is huge! There are people living amazing lives of luxury or joy. There are people living in discomfort nearly indescribable – and the spectrum is vast. But the emotional range is not vast – it’s manageable... No matter where you are in terms of conditions, you’re not that far from the vortex.”

And what of personal experience? Abraham says:

“One day someone had nothing and the next they are discovered. You say it was some ‘lucky break’ – we say it was ‘vibrational movement’ that allowed an ‘in-the-vortex’ rendezvous that led to that.”

Bashar puts it in starker terms:

“Relax the need and the insistence of abundance coming a particular way. If there was not enough abundance for each of you – you wouldn’t exist! The universe does not make more than it is capable of supporting.”

Bashar jokingly adds that his civilization calls this, *“the science of the obvious”*.

Abraham also says:

“The result of your focused thought brings expansion because you can’t be here without expanding; expansion is an inevitable result of existence.

“All of this exists because of the exhilarating experience, or moment in time, of making that movement from where you are to the next place. You say in physical terms: “The joy is in the journey”.

“If you don’t live enough life to pose a question, then you’ll never find the thrill of the answer – and there is thrill in answer. If you’re not willing to expose yourself to the potential of a problem, you’ll never feel the exaltation of a solution.”

Seth takes a more direct approach:

“...you are participating at a level of existence in which you are learning how to transform the imaginative realm of probabilities into a more or less specific, physically experienced world.”^[26]

“You will not progress individually or as a race until you realize that you form your own physical reality from your thoughts and feelings, and that you can manipulate matter through your mind because your mind creates it.”^[27]

Why Isn't My Life As I Would Like It To Be?

Abraham insists that:

“You can feel better now – just because you want to!”

Adding:

“Understanding of the vortex, and deliberate application and managing of your emotions, will give you success no matter what the subject of your interest – no exception.”

Seth also implores us to stop searching through our past experiences as being the cause of our current situation:

“...there is little difference if you believe that your present life is caused by incidents in your early infancy or by past lives over which equally you feel you have no control. Your events, your lives, your experiences, are caused by your present beliefs. Change the beliefs and your life changes.”

Seth has often said that focusing on unhelpful thoughts from an imagined past only causes, through reinforcement, a continued projection into present reality that we would rather not have.

Abraham offers help in simple terms:

“Decide what you want; Give thought to what you want; Project your thoughts with clarity; Let the picture come first to inspire you to action^[28].”

Abraham tells us again:

“[It's] how things feel rather than how things look. It's not the getting there – it's the going there... Shift beliefs before life can change. Belief is a habit of thought. Selectively sift. Care more about the way you feel than you care about the ‘facts’ you are observing. Tell the story the way you want it to be. Be aware of your emotion.”

I would like to mention this bit again:

“Care more about the way you feel than you care about the ‘facts’ you are observing.”

This is critical to making a positive change in your life. It is also an easy place to start your personal vibrational transformation.

So how should we proceed in life? Abraham says:

“Make a decision to look for the best-feeling aspects of whatever you must give your attention to, and otherwise look only for good-feeling things to give your attention to – and your life will become one of increasingly good-feeling aspects.”

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The Point of Now

“If you do not like your experience, then you must change the nature of your conscious thoughts and expectations.” – Seth

Seth and the other channels constantly have to remind us that our only true ‘point of power’ to change anything is in our every moment of ‘now’. Furthermore, it is our ‘regularly practiced’ thoughts that ‘colour’ our experience of personal reality:

“Your world is formed in faithful replica of your own thoughts... If you think positive suggestions to yourself about a situation you send telepathic ammunition for positive use. You must learn to erase a negative thought or picture by replacing it with its opposite.”

Thanks a bunch Seth! As most of us know on this journey, that’s often easier to hear than to do. However, the more we experiment with this, the more we can learn its truth. Mental practice seems critical in this area – learning to have more control over some of our stronger, knee-jerk thought reactions to both inner feelings and emotional reactions to [perceived external] physical experiences.

I was interested to hear a comment that Bashar made (circa 2012):

“Now is a time of manifestation – your physical reality is now becoming more malleable than ever before.”

This statement supports a view I gave in the book, ‘Quantum Mass Superstructures’^[29] where I suggested that as more people project creatively into physical reality, and more people bear witness to aspects of these realities in their own frameworks of perception (particularly through various social media networks), stability will lose its solidity. This is what I wrote:

“We are noticing fractures in our perception of what we thought was a solid, secure, reality. This is why we now experience, first hand, what it is like to live in a quantum universe.”

I go on to add:

“...when QMS touch, something has to change. If the quality of colliding QMS is too different and smooth blending isn’t possible, something new will be created – and in your perception, this may manifest in a number of different ways – appearing as unusual, exciting, or frightening.”

In other words, physical reality is indeed “becoming more malleable than ever before”.

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Denial of Negative Emotions

I have tended to believe (in my reality) that having ‘negative’ feelings – whether of anger, guilt, or other upset – is not a sign of weakness or failure to control one’s spiritual stability with non-attachment to an experience. Neither is it something to be ignored. We naturally experience a variety of emotions in different situations throughout our lives. I also believe that one should accept the emotion being felt and then ‘let it go’. Seth says quite a lot on this subject and reminds us of our power to change things. The following statements were posted on a Seth-related social media page and did not run concurrently:

“It does not do to repress negative thoughts, such as fears, angers, or resentment. They should be recognized, faced and replaced.”

“Say to yourself ‘That is in the past. Now in this new moment, this new present, I am already beginning to change for the better.’”

“Recognize resentment when it is felt, and then realize that resentment can be dismissed. Initial recognition must be made. Then you must imagine removing the resentment “by its roots” and replacing it with a positive feeling.”

“If an individual sees only evil and desolation in the physical world it is because he is obsessed with evil and desolation and projects them outward, closing his eyes to other aspects of reality.”

“If you want to know what you think of yourself then ask yourself what you think of others – and you will find the answer.”

“Negative, distrustful, fearful, or degrading attitudes toward anyone work against the self.”

“You are not your emotions. They flow through you, you feel them, and then they disappear. When you try to hold them back they build up.”

Seth also talks about how our beliefs can directly affect our health – something I too have drawn attention to in my book, ‘Crystal Wand Healing’.^[30] (Once again, the following statements originally did not run concurrently):

“You must watch the pictures that you paint with your imagination. Your environment and the conditions of your life, at any given time, are the direct result of your own inner expectations. If you imagine dire circumstances, ill

health or desperate loneliness, these will be “automatically” materialized, for these thoughts themselves bring about the conditions that will give them a reality in physical terms.”

“If you would have good health then you must imagine this as vividly as you fearfully imagine ill health.”

“You create your own difficulties. This is true for each individual. The inner psychological state is projected outward, gaining physical reality – whatever the psychological state may be... The rules apply to everyone. Knowing this, you should try to realize what your psychological state is and change your conditions for your own benefit.”

“You cannot escape your own attitudes, for they will form the nature of what you see. If changes are to occur, they must be mental and psychic changes. These will be reflected in your environment.”

“True self-knowledge is indispensable for health and vitality. The recognition of the truth about the self simply means that you must first find out what you think about yourself subconsciously. If it is a good image, build upon it. If it is a poor one, recognize it as only the opinion you have held of yourself and not an “absolute state”.

“You are independent of your thoughts and emotions. You have emotions. You use your thoughts and emotions in your mental composition.”

“Your nervous system knows how to react. It reacts spontaneously when you allow it to. It is only when you try to deny your emotions that they become a problem.”

Particularly note the comment:

“If changes are to occur, they must be mental and psychic changes.”

Escape

Sometimes in our lives, we think that changing our geographical or operational location can give us a fresh start from circumstances we feel trapped in, or not able to resolve. To some extent this may give us the impetus for change we are looking for and can create some positive outcomes for us, but bear in mind that wherever you go, you are still there.

Borrowing again, one of Seth's statements from above, we should be mindful of this:

“You cannot escape your own attitudes, for they will form the nature of what you see. If changes are to occur, they must be mental and psychic changes. These will be reflected in your environment.” – Seth

Therefore, unless you make some personal 'inner' changes, the situation you thought you were escaping will probably recur in your life, albeit in a new guise.

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Spontaneity

Spontaneity can be defined as: ‘coming from natural feelings without constraint’. This is the act of ‘going with the flow’ and not bringing too much rational thought into the process of action. I would include here, ‘acting on divine^[31] inspiration’. This is where you suddenly have a thought that feels good and makes you want to take some action in the direction of the received inspiration. Seth often says:

“Spontaneity knows its own order.” – Seth^[32].

When you feel this sort of motivation, act on it if you feel able to. Alternatively, keep a little notebook and write down the inspiration, in case you want to follow it up at some future time. Be constantly alert to any inspired thoughts or feelings of excitement. These are like messages in tune with who you really are.

“There’s no waiting in excitement – it does not contain the component of ‘waiting’... Excitement leads to more excitement. It will bring you what you need when you need it... The state of excitement is an expression of the state; it’s a part of your journey and not an interruption in it.” – Bashar

Probable Realities

According to Seth, probable realities are alternate or parallel versions of experience. Each of us has counterparts in other systems of reality; not identical selves or twins, but other selves who are part of our entity, developing abilities in a different way than we are in our perceived present time – or as Seth might say, our “spacious present”.^[33] Susan Watkins relates a point made by Seth:

“The ‘I’ of our dreams can be legitimately compared to the self that experiences probable events. Let us consider the following. An individual finds himself with a choice of three actions. He chooses one and experiences it. The other two actions are experienced also, by the inner ego, but not in physical reality... There is a constant subconscious interchange of information between all layers of the whole self.” – Seth^[34].

Bashar also adds that when we think about something...

“We scan probable realities. ...Whatever emerges is the most probable thing – otherwise it cannot emerge.”

This has some interesting implications. Whenever we think in terms of probable realities, we inevitably base them on what we feel is true or plausible in our lives now. That is to say, for example, that considering the probable reality of ‘winning the lottery’ may not be in keeping with our dominant belief that having a large amount of money is possible in both our experience, or in our imagination, and limited thinking of where else this could come from. Therefore, in mentally ‘scanning our probable realities’, we feel it is more probable not winning the lottery than it is probable to win – so any purchase of a lottery ticket is actually a waste of our money. The most probable outcome is that we will lose what we have put in, rather than receive anything out.

You can apply this analogy to any area of your life from wealth to health, sadness to joy, etc., where a default expectation is stronger than a pull on an alternative reality.

Put another way, until we feel comfortable in our belief that something can and will occur in our personal reality, it cannot manifest from ‘probable’ to ‘actual’ in our terms, unless it is stronger than the current result of existing events drawn from probabilities that are manifest in our ‘now’ moment.

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Bucking the Trend

One thing you will most likely discover when starting to follow the advice and teachings of our channelled friends, is that you initially find yourself in conflict with the views and expectations of those around you, such as friends, family and other associates. Following your real inner truth often means making changes in your current living patterns – from changing your behaviour at one end of the spectrum, to perhaps giving up your secure job and ‘normal’ lifestyle, at the other end of the spectrum. The more ‘out of alignment’ you are with your true self, the more evident these changes will appear to those closest to you – particularly if you start to rely more on their support through your transition process. This is reflected in the comments which follow.

Bashar says that the influence of others in our shared reality can often distract us into compliance with others’ beliefs of reality:

“[It’s] not always easy to change beliefs – the idea that you have agreed to a certain playing field... [However,] you can alter your relationship to the collective consensus agreement.”

Abraham says:

“[Listen to the] feedback of inner being, rather than from someone who is physically focused. It has to matter more what you feel, than what anybody else thinks.”

(I am reminded here, of one of my favourite books written about Nobel Prize-winning physicist, Richard Feynman^[35] entitled: ‘What Do You Care What Other People Think?’ – a title that derives from experiences and discussions Feynman had with his friend (and later first wife) Arlene.^[36]

Health and Wellbeing

Seth says:

“Within the basic framework of the body chosen before physical birth, the individual has full freedom to create a perfectly healthy functioning form. The form is, however, a mirror of beliefs, and will accurately materialise in flesh those ideas held by the conscious mind.”^[37]

Abraham’s quote (used a moment ago and again, below) also applies to health. Consider how many of us take on the views of others when it comes to our personal wellbeing – and how advertising and media constantly tries to worry us into states of fear concerning our health:

“[Listen to the] feedback of inner being, rather than from someone who is physically focused. It has to matter more what you feel, than what anybody else thinks.”

Seth tells us we can always change our health for the better:

“Feel and dwell upon the certainty that your emotional, spiritual and psychic abilities are focused through the flesh, and for five minutes only direct all of your attention toward what you want. Use visualization or verbal thought—whatever comes most naturally to you; but for that period do not concentrate upon any lacks, just upon your desire.”^[38]

He goes on to say:

“Use all of your energy and attention. Then forget about it. Do not check to see how well it is working. Simply make sure that in that period your intentions are clear. Then in one way or another, according to your own individual situation, make one physical gesture or act that is in line with your belief or desire. Behave physically, then, at least once a day in a way that shows that you have faith in what you are doing.”^[39]

The Nature of Multidimensional Being

“The self has no boundaries except those it accepts out of ignorance.” – Seth

This is a common theme in Seth’s teachings and one that our other channels would concur with. From our ‘entrapped’ human perspective, it may seem that this physical body is all that we are. However, there are many instances of humans experiencing other states of being – whether brought on through the use of certain drugs, near death experiences, or meditation exercises. Most people naturally experience what we might say are common altered states of awareness, for example, when sleeping and experiencing dreams, or awake but ‘day dreaming’ – both occasions where the mind is said to be in ‘alpha’.^[40] Two other states known to some include: mental ‘projection’ (where an individual can be aware of both the location they physically inhabit and at the same time, another location – sometimes referred to as ‘remote viewing’) and ‘astral projection’ (where a person feels they are actually in a different location to that of their physical body – often referred to as ‘astral travel’).

Some people have experiences of even more states of being and I know our channels would say that not only are there many more available to us, but that we often connect to, or are influenced by, other states of existence without consciously realising for much of the time – for example, the simultaneous interplay between past, present and future selves.

One exercise I have sometimes experimented with is improving a skill or solving a problem by tuning into, and drawing on, any part of my greater self that might have the experience or knowledge I need to assist me in my present moment – perhaps a probable self in an alternate reality who has already acquired the knowledge I need. Sometimes, I may send a request for help to non-physical, in more general terms. Often, by moving attention away from a problem, both mentally and physically, you leave a gap where new information suddenly becomes known.

For some people, we could perhaps suggest that all forms of channelling are examples of our multidimensional nature tuning into other states of awareness – sometimes delivered to us through an intuitive feeling about an answer and sometimes by a direct projection through us from a different personality or collective (as in the cases of Seth, Abraham and Bashar).

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Abundance

On the subject of abundance, Bashar says:

“Why do you care how it comes to you? As long as you know you have the ability to do what you need to do when you need to do it!”

and continues with:

“Relax the need and the insistence of abundance coming a particular way. If there was not enough abundance for each of you – you wouldn’t exist! The universe does not make more than it is capable of supporting.”

In my own experience of the times when I have manifested a situation or outcome successfully, I have often commented to friends that it often seems “a bit eleventh hour.” Bashar supports this view in his comment:

“You will get it when you need it, in perfect harmony, in exactly the right place, at exactly the right time – not a moment before or later! Allow it to work – you don’t have to make it work.”

Sometimes, it can feel as if you have been alienated by the universe you thought would support you. However, Bashar consoles us by saying:

“You are unconditionally supported by creation, so much so, that you are even allowed to believe that you are not unconditionally supported – that’s how unconditionally supported you are!”

This is a wonderful confirmation that we are not alone – if we choose not to be.

This book by no means covers every aspect of creating personal reality, nor can it provide every word of wisdom from our Channels. However, I do hope that it offers some help and support for those of you who want to change your lives for the better, but have perhaps felt overwhelmed by all the advice and information that has come your way up to this point.

The choice as to whether or not you wish to explore this information is entirely yours. The core message is so very simple and yet the complexity that we often attach to it can make conscious personal co-creation seem just out of reach. The biggest hurdle for most of us is one of trust and the tendency to ‘play it safe’ – keeping within our personal comfort zones. We look at the proverbial grass on the other side of the fence and it looks greener than the grass on our side – but what if we go to the other side and it makes our life worse? What if we jump and cannot get back again? Perhaps we will just sit on the top and dangle our legs over one side or the other – until we can be more certain of the best option. But remember:

All that you see is yourself

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Other books by Richard Gentle

How We Perform Negative Miracles

Quantum Mass Superstructures – Creating the world we experience

What Do You Think?

Good Thinking

Being Well

Crystal Wand Healing

Websites

www.richardgentle.co.uk

www.keekoo.co.uk

[1] Seth Speaks – January 1970

[2] Seth always called Jane and Rob by the names he felt were most associated with their whole personalities: Ruburt and Joseph.

[3] Abraham describes itself in greater detail here: “We are the vibrational essence that equals the culmination of all that has been lived, both physically and non-physically. We are an energy that is expanding consciously and constantly because of the willingness of physical experience and its contribution to the never ending want or desire. We are the expanded version of who each of you are, and we are the pure essence of that expanded version. We hold not any of the concerns that you hold, but we have benefitted from the concerns that you have lived. We are not stumped by your questions, but we ride on the stream of your answers. We are not bothered by your problems because your problems have inspired the expansion or solution. We are as broad or as deep as the question that you ask because law of attraction will not match you up with the part of us that is different than the part of you. We can only be as wise as your wisdom, as loving as your love, and as smart as your brilliance. We cannot be more than you allow us to be. So when you find something in us that you

deem worthy, or wonderful, or beneficial, you must understand that it is a pure reflection of who you are, because you could not get it from us if you were not it also... There is great love here for you... and as always, we remain, eternally, incomplete.”

[4] Bashar is the voice of an extra-terrestrial collective, who has spoken (since 1983) through channel, Darryl Anka, providing information and new clarity that explains in detail how the universe works and how each person creates the reality he/she/they experiences.

[5] I would guess that mapping the locational frequency of objects would be an infinitely more difficult task than mapping the human genome. I would further suggest that a link between human consciousness and any physical components would be necessary if physical teleportation or travel of this nature were to be possible. The concentrated focus of thought could possibly teleport its own body, but a machine without consciousness could not behave in this way.

[6] Feeling-tones represent the most inner portion of your experience. “This does not mean that they are hidden from you, or are meant to be. It simply means that they represent the core from which you form your experience ... They are the form your spirit takes when combined with flesh. From them, from their core, your flesh arises.” – Seth

[7] Seth – The Unknown Reality Volume 1, Section 1: Session 683 February 18, 1974

[8] Seth – The Unknown Reality Volume 1, Section 1: Session 683 February 18, 1974

[9] Seth – The Unknown Reality Volume 1, Section 2: Session 688 March 6, 1974

[10] “A vortex is a vibrational state of being that is a precursor of all positive motion forward of all that is.” – Abraham

[11] The Grid represents a mental picture of how different thoughts, beliefs and experiences, gradually come together to produce a coherent form that reflects in your physical experience. Abraham says: “The grid is the preparation of your expectation... There is an emotional, vibrational grid-like basis at the root of everything you want.”

[12] Seth refers to this energy as EE Units:

[13] I have written about this in Quantum Mass Superstructures – Creating the world you experience.

[14] Quantum - the smallest discrete quantity of some physical property that a system can possess.

[15] Your feeling tones are your emotional attitudes toward yourself and life in general and these generally govern much of your experience.

[16] Dr Ihaleakala Hew Len and Ho’oponopono

[17] The Nature of Personal Reality: Session 621 Oct 16 1972 9.40pm Monday

[18] Seth – Seth Speaks, Chapter 2: Session 513, February 5, 1970

[19] Seth – Seth Speaks, Chapter 1: Session 511, January 21, 1970

[20] Seth – Seth Speaks, Chapter 1: Session 511, January 21, 1970

[21] Engram – A postulated biochemical change (presumably in neural tissue) that represents a memory – probably based on a belief that does not serve in our best interest.

[22] Anyone can request the Abraham daily quote by going to: www.abraham-hicks.com

[23] The Nature of Personal Reality: Session 621 Oct 16 1972 9.40pm Monday

[24] From the booklet ‘Beliefs Cause Reality’(1988) by Richard Gentle

[25] Dr Ihaleakala Hew Len originally came to Ho’oponopono through the teachings of Mornah Simeona, who adapted the original practice, of a village elder working with individuals and families, to a method of working on oneself. She called her adaptation SITH (Self I-dentity Through Ho’oponopono). Mornah Simeona cured Dr Hew Len’s daughter of a long-standing skin condition, but as a more conventionally trained practitioner of medicine, it took time for Dr Hew Len to accept the full validity of this amazing transformational process. However, he later found, in his own testing with his own caseload of violent and criminally insane offenders, that the positive results he achieved with rehabilitation were more down to the use of Ho’oponopono than any other modern day clinical intervention.

[26] Seth, ‘The Individual and The Nature of Mass Events’ Chapter 4, Session 829, March 22, 1978

[27] Seth, The Early Class Sessions 3, ESP Class Session, March 23, 1971

[28] Abraham often talks about action in non-physical terms. However, in this instance, inspiration can trigger physical action, whereas physical action without inspiration or ‘good feeling’ will offer little to a satisfying outcome.

[29] ‘Quantum Mass Superstructures – Creating the world you experience’ by Richard Gentle 2012

[30] ‘Crystal Wand Healing’ by Richard Gentle (2006)

[31] Divine simply being the universe – the All That Is

[32] “For in the miraculous spontaneity of the sun, there is a discipline that utterly escapes you – and a knowledge that is beyond any knowledge that we know.” – The Early Class Sessions 1, ESP Class Session, April 22, 1969

and:

“The universe came alive through a divine spontaneity that knew its own order – a spontaneity whose creations would automatically fall into meaningful patterns.” – The Personal Sessions 5, Session 877 (Deleted) September 3, 1979

[33] “In actuality there is only a spacious present, so spacious that it cannot be explored all at once in your terms, hence your arbitrary division of it into larger rooms of past, present and future.” – The

Early Sessions 1, Session 41 April 6, 1964

[34] Conversations With Seth: Book Two: 25th Anniversary Edition, Volume 2 by Susan M. Watkins

[35] Richard Feynman (deceased 1988) was something of a maverick physicist who was also quite a proficient artist and bongo player and shared my love of problem-solving.

[36] Arline Greenbaum (deceased 1945) – allegedly often misspelt ‘Arlene’, but appearing in the book with this spelling.

[37] Seth – The Nature of Personal Reality, Chapter 5: Session 626, November 8, 1972

[38] Seth – The Nature of Personal Reality, Session 657

[39] Op. Cit. Seth – The Nature of Personal Reality, Session 657

[40] The Alpha brainwave state represents a state of relaxed mental awareness or reflection. Alpha brainwave states are typically associated with contemplation, visualization, problem solving and accessing deeper levels of creativity. The Alpha brainwave state corresponds to frequencies ranging from 8 Hz to 12 Hz.

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