

# ***Seth: "You create your own reality!"***

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Way back in 1980 I started to read some of the Seth books, which were channeled by Jane Roberts. I found Seth to be wise, insightful, compassionate and humorous. I quickly felt comfortable with his refreshing ideas and applied the material to my life, as best I could.

Seth often joyously proclaimed, "You create your own reality!" In my opinion, this means that you create both your own emotional state of being and the circumstances that arise around you. Let's take a look.

Let's start with these two important points:

- 1) Your core beliefs are the key factor in the creation of your state of being.
- 2) Your circumstances are a reflection of your core beliefs.

Since your core beliefs are at the beginning of this creative process, this is where all effective change takes place. Once you understand this, your focus will be on monitoring your state of being and examining your core beliefs. You will no longer focus on trying to fix your outer circumstances by directly manipulating them.

And here is one more very important point: *You cannot just create anything you want.*

This is true even though all outer circumstances are a reflection of your core beliefs. For example, if you believe that you are not good enough to be loved, you will feel unloved and your examination of your circumstances will seem to verify this belief. Yet even if you do believe that you are good enough to be loved, you still will not be able to dictate that certain people will love you in the way that you want. But you will now be open to the love that God will bring you through the kindness of some of the people around you, perhaps in ways that you did not even expect.

So the universe is not your personal mail order catalog simply waiting for you to clearly make up your mind and place your order as some people have claimed. This is not about creating specific outer circumstances so that you can then become happy. If you are not happy most of the time, then you must first change the core beliefs that are preventing you from being happy.

Your most natural state of being is the one of joy and peace. Think about that for a while. It takes no effort to simply be in your natural state. When you let go of fear, this is what you relax into. And in a very beautiful way, this is the optimum state for God's love to flow through. It is easier for a happy person to be a loving person.

At its deepest level, this is about releasing limiting beliefs such as "I am not good enough to be loved" or "I don't fit into this world" and embracing the core beliefs that *you are good enough to be loved* and that *you do fit into this world beautifully*. This allows you to be open to the changes that God's love, wisdom and power will bring you.

Your trust in God will put you at peace, no matter what shows up. This allows you to comfortably put your values of caring and sharing into action with a spontaneous aliveness that you have not

known before. You will discover a deeper, ever-present Divine Bliss that unconditionally flows from within. How beautiful is that?

So I am not going to tell you that you can get a new car by visualizing it in every detail or that you can increase the money in your bank account by repeating affirmations that proclaim that the money is already there now. You can try that if you want, but I just don't think that is the correct teaching.

Please don't misunderstand me. I am not "pushing back" on the ideas offered in *The Secret* and other popular books in order to make you go back to the conventional approach of trying to improve your life by working directly on your outer conditions without changing your core beliefs. Instead, I am inviting you to move farther down the path to a deeper wisdom. Although I don't think that the claim of *The Secret* that you can be, do and have anything you want is really true, the good news is that you can still live a happy and fulfilling life in your own unique way without getting everything you want. What a relief!

And I am sure that you have noticed by now that you cannot just create anything you want. Are you ready to be honest about that? The process of spiritual liberation does not culminate in the power to create whatever you want. Liberation means that you are free of all selfish and self-centered desires and tendencies and that you clearly understand that your state of being is your own choice in every moment. Your peace and happiness do not depend on any of your outer conditions and together this peace and joy bring forth more and more of God's unconditional love for everyone, including yourself.

If you are open to a deeper understanding of this important subject, then you are ready to make some significant progress.

### **Seth's Prime Belief and Some Affirmations**

First let's consider Seth's suggested prime belief: *I am a worthy and deserving person.*

Notice that this is an open belief about receiving continuous support. It does not focus on any specific outer conditions, which would be stated as a limited or closed idea.

***The shift from thinking "I am not good enough to be loved" or "I don't fit into the world" to an open, receptive posture for the love and support from the ever-present divine power without any specific expectation is the most important shift in core beliefs that most people can make.***

Again, this is about removing blockages rather than pursuing specific outer circumstances.

Here are a few affirmations that I used to do this:

I, Thomas, joyfully fit into the world beautifully.

I, Thomas, open to and receive the continuous support of God's infinite love and power.

I, Thomas, joyfully step forward and receive all that is good for me in harmony with everyone.

I, Thomas, wake up to the dream, let go of fear and allow God's love to flow through me in miraculous ways.

## Seth's Exercise – Embracing Wholesome Core Beliefs

Seth's exercise for embracing wholesome core beliefs is so simple that it might surprise you and it only takes about five or ten minutes a day. You can certainly do this.

Before Seth presents this exercise, he talks about natural hypnosis and he points out that we have all been hypnotized into a certain way of thinking about ourselves, our world and how we fit into it. This happens throughout our lives yet Bashar, as channeled by Darryl Anka, points out that much of our belief system is in place by the time we turn three. That surprised me. He says that we start telepathically seeking the approval of our parents even before our birth. The influence of our teachers and the peer pressure from our friends and the popular culture also come into play. Our attitudes and values often mimic what's in hit songs, popular movies, hip TV shows and even the slick advertising that makes those shows possible. Not all of this is coherent and we do our best to sort it all out in our own unique way. Notice that even brothers and sisters can develop completely different belief systems.

Once our belief system is in place, most of us reinforce it by constantly hypnotizing ourselves with our habitual thoughts and corresponding actions that spring from the core beliefs that we have chosen. Both the thoughts and the reinforcing actions play essential roles in this continuous process of both helpful and not-so-helpful self-hypnosis. This is why we will use both thoughts and actions to replace our unwholesome beliefs with wholesome ones.

So here's the exercise. It comes from Chapter 16 of Seth's book, *The Nature of Personal Reality*.

For no more than ten minutes a day, concentrate your attention as vividly as possible on one simple statement that captures the essence of your new belief. With your eyes closed, repeat this statement aloud or silently while feeling the depth of its meaning. You might be able to feel this in various parts of your body, including your brain. Try to avoid any distractions, but if your mind wanders, bring your mind's words and pictures back in line with the essence of this new belief.

Seth says that repetition is necessary to establish the new corresponding biological patterns in your body and Bashar also supports this view, particularly with regards to your brain, its structure, and its connection to your higher mind. This exercise does not require a lot of effort so you should not have to strain at all and the more you practice, the more you will improve your ability to concentrate without distractions.

Spending more than ten minutes is often just a way of telling yourself that you believe that you have really big problems that are going to be extra tough to fix. This is an unnecessary limiting belief and Seth advises us to simply do the exercise for only five or ten minutes.

During this exercise, your new belief will be installed in your conscious mind, and it will provide the new instructions that your subconscious mind will automatically follow. This is a lot like installing a new app on your cell phone or a new program on your computer. Once the software is installed, you can use your phone or computer in a completely new way. Notice that you are not changing (or "reprogramming") your subconscious mind per se, as some people claim, you are only changing the instructions that your subconscious mind must follow.

Now, just like it is helpful to repeat the phrase for five or ten minutes, it is also important to repeat the exercise daily. This will continue the process of establishing the biological changes and

get them to “stick.” As the inner channels between your brain and your higher mind are repatterned, and as your body and brain adjust to the new belief, you will most likely feel different. You may feel happy for no apparent reason.

Seth says, “You may experience spectacular results at once, but continue the exercise even if this happens.” He also points out that you may have to experiment a bit in order to find the proper wording of your new belief. If it doesn’t feel right, adjust it or try something completely different, but make sure it is simple and on target. He suggests that three days (at the very least) are necessary before you can tell how effective this has been, based on your state of being. Again, it is important to note that you are looking at the nature of your experience; you are not necessarily looking for any specific set of circumstances to come or go.

In my case, the belief that I did not fit in created a set of circumstances that reflected that belief. When I changed the belief, new circumstances arose that reflected this new belief. But I could not have predicted the precise set of circumstances that arose.

### **But What If It Seems Like It Is Not Working?**

Bashar says there are a few reasons why we don’t create the change that we say we want. First, we give up too quickly and second, our actions don’t demonstrate that we really believe what we say we believe. I might add that perhaps we are not dealing with the actual core limiting belief or perhaps we are still making our happiness conditional. And finally, perhaps we are not making any adjustments if we haven’t seen a shift in the nature of our experience.

Let’s check out an example of a new action. Let’s say your new belief is that you are well supported by God or the universe or whatever word you are comfortable using. Do something that clearly proclaims this to be true and make sure this action is an action that you would not have taken in the past when you doubted that you were supported.

Now, don’t go out and buy an expensive car or house that is clearly beyond your means. You don’t want to create trouble by overextending yourself. But if you usually do not buy vine-ripened tomatoes or nice avocados because they are too expensive, buying them is the perfect new action to take. It’s simple and doable. It is a clear statement that proclaims that you believe that you are supported. Even though this is only a small amount of money, this action is a significant statement that confirms your new belief and leads to a new reflection.

Notice that this action is not being offered to God (or the universe) in the sense of you turning your homework in to your teacher in order to receive your reward. This action is for you to see. It is the essential, new reinforcing action that validates your new belief. Now you know that God supports you because you see that support with your own eyes. So make yourself a delicious avocado and tomato sandwich! Mmm, one of my favorites!

### **God Is the Only Creator There Is**

Now let’s step back far enough to get the big picture from what is often called a “nondualistic” point of view. Source-Awareness (God) is the only Creator there is; there are no other creative forces or creative entities. Source-Awareness emanates as this dynamic, ever-changing world we see all around us. This is just a type of dream, and it all unfolds through the will and power of God. This dream is witnessed by the One Awareness via all the perspectives provided by each and

every unique person.

And here is the key point:

*God creates the totality of created reality in a way that makes it seem as if each person creates their own reality.*

Now, even though God creates everything, I will still often speak about you (the person) creating your own personal reality. This is just speaking from the perspective that sees the character doing things on the stage rather than the wider perspective that reveals that it is the actor (God) who is really doing everything. It is okay to speak from this narrow perspective since everyone easily understands what is being said. We do not have to burden ourselves with the awkwardness of only speaking from the wider perspective.

This is why it is okay for me to start my affirmations with the words “I, Thomas.” What we have is Source-Awareness (God), the One Invisible Actor, speaking from the perspective of the character (the person). So I am comfortable saying “I, Thomas, open to and receive the love of God” rather than “God opens Thomas and pour the love of God into him.” God is polishing up the person by repeating these affirmations through the person and this is why it is fine to speak from the point of view of the person.

Since all of creation is just a dream, you have no reason to be worried or upset about any difficulties. Nothing has any absolute or lasting substance of its own. And yet, it is God that is taking form as everything in the dream, so paradoxically everything is divinely precious.

This perspective allows you to emotional accept all of life without any pushback against what you dislike or any desperate clinging to what you do like. And yet paradoxically you still lovingly and fearlessly work for a better world in all the ways that you are joyously and unselfishly inspired. In the deepest way possible, this will automatically bring forth what is best for you and also what is best for everyone. So everything matters and we always work for the good, as best we can.

*The greatest gift you can give the world is the gift of yourself as polished up by God. So let God's infinite love continue to flow to you and through you, polishing you up in every moment!*

The End

This essay is an edited excerpt from my book, ***Living the Paradox of Enlightenment***.

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Well, that'll wrap it up for today. I hope you found this helpful. If you did, perhaps I can inspire you to check out more of my free essays where you can learn about enlightenment and spiritual awakening. And since this wisdom unfolds more freely when there is a dynamic two-way conversation, please feel free to get in touch with me via email from my website.

In truth, I honor your divine nature,  
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