

## The Nature of Personal Reality: A Seth Book

Jane Roberts



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Late in 1963, Jane Roberts and her husband were experimenting with a Ouija board when a personality calling himself 'Seth' began forming messages. Soon, Miss Roberts began passing easily into trance - her gestures, her eyes, her voice 'borrowed' by Seth himself. Now for those who want to put his theories to use, Seth has dictated this new book, The Nature of Personal Reality explains how unquestioned belief structure your experience - and how simply listing them can help remove barriers you have uknowingly thrown in your way. Along with other specific exercises for transforming your personal reality, Seth spells out the pitfalls that doom mere "positive thinking": "[Such] books do not consider the habitual nature of negative feelings, aggression, or repressions. The authors tell you to be positive without telling you what to do to get out of the predicament you may be in, and without understanding the vicious circle that seems to entrap you..." No though is truly "unconscious" and Seth shows exactly how to open All corners of your mind to comfortable scrutiny.. In addition, The Nature of Personal Reality offers a breathtaking new view of how your body continually re-creates itself; of what happens during an LSD "trip"; of the actual mechanics of trance and hypnosis, love and aggression; and the direct links between collective human beliefs and storms, floods, and catastrophes in the natural world.

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