



## The Nature of Personal Reality: A Seth Book; Specific, Practical Techniques for Solving Everyday Problems and Enriching the Life You Know

*By Jane Roberts*

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Soon after the completion of Seth Speaks, Seth began this book for those who want to put his theories to use. According to Seth, simple "positive thinking" isn't enough. Such theories "do not consider the habitual nature of negative feelings, aggression or repressions. The authors for such theories 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." The nature of Personal Reality offers a breathtaking new view of how your body continually re-creates itself in line with conscious suggestion, the effect of LSD on the psyche; the mechanics of love and hate; and how floods, earthquakes, and other natural catastrophes may be related to collective human aspirations. Along with specific exercises for transforming your personal reality ( simply listing your unquestioned assumptions can help you remove barriers you've unwittingly thrown in your way) Seth, speaking again through Jane Roberts, offers directions for opening all corners of your mind to comfortable scrutiny and becoming, as described in The Seth Material a "co-creator of the universe as you know it."

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