



SAY THAT AGAIN IN A NUTSHELL

Your Inner Senses



The following is my interpretation of Seth's description of the inner senses. I have presented them in accordance with the three groups outlined in Chapter 11 of the New Edition of *It's About You! Know Your Self*. In essence, (literally!) "the inner senses are equipped to perceive basic inner realities of the inner universe."¹ As Jane Roberts remarked, "You must, first of all, cease identifying yourself completely with your ego, and realize that you can perceive more than your ego perceives."²

🌈 **Inner Vibrational Touch (empathic group):** An instant understanding of the *being-ness* of any organic structure within your field of perception. Without losing your sense of individuality, of who you are, it is an ability to expand your conscious awareness to experience the nuances of consciousness expressed by the other organism, "rejoicing in its vitality."³ In the case of other individuals, engaging this inner sense can bring "greater understanding and compassion."⁴ Empathy relates to this inner sense, though it is far more vital. Use of this inner sense does not imply any form of psychical invasion.

🌈 **Cognition of Knowledgeable Essence (empathic group):** This is a stronger and deeper form of Inner Vibrational Touch. It involves the penetration of another Essence's containing energy perimeter—the "tissue capsule." This is not to imply any form of take-over of another Essence. Even though all Essences have a protective, energy retaining tissue capsule, they are still connected to other Essences.

The inner sense utilizes this connection by providing direct knowledge of the fundamental being of another, including their feelings and emotions. Presently, we are ill-prepared for the conscious use of this inner sense, and although the inner ego uses it constantly in the understanding of others, very little information received by this sense enters the subconscious mind—let alone the conscious-mind of the ego-self.

🌈 **Expansion or Contraction of the Tissue Capsule (empathic group):** The tissue capsule prevents energy forming our Essence from dissipating and is a necessity for all individualizations of Consciousness in any dimension of existence. "Astral Body" approximates to this energy containment membrane of the Self. It is a flexible skin, able to expand and thus "enlarge" the Self to include a broader conscious understanding.

It can also contract for the Self to enter and explore other realities. This inner sense "allows for an expansion or contraction of this tissue capsule,"⁵ thereby enabling us to experience projections of consciousness, as in out of body experiences (OBEs), and lucid dreaming.

🌈 **The Conceptual Sense (conceptual group):** As with thoughts, concepts originate within the subjective area within consciousness and possess electrical and chemical components. Similar to Inner Vibrational Touch, this inner sense allows for the direct cognition of the broadest expression of a concept or idea—its own *being-ness*. Utilizing this inner sense will bring comprehension of an idea far beyond an intellectual recognition. By way of experiencing this inner sense, Seth recommends:



You can best achieve some approximation of an idea by using Psychological Time [see below]. Sit in a quiet room. When an idea comes to you, do not play with it intellectually, but reach out to it intuitively. Do not be afraid of unfamiliar physical sensations. With practice and to a limited degree, you will find that you can 'become' the idea. You will be inside it, looking out—not looking in.⁶

- 🌈 **Innate Knowledge of Basic Reality (conceptual group):** This is an important fundamental inner sense concerned with your Essence self's innate knowledge of the basic principles that power the vitality of the universe. It is in constant use by your inner self in the construction of physical reality. Without it, Seth says, there would be no physical constructions. Comparable to what we call "intuition," this inner sense displays itself through moments of inspiration and flashes of instant knowing.
- 🌈 **Disentanglement from Camouflage (conceptual group):** "Camouflage" is a term used by Seth when referring to the construct of a reality such as our physical one. All realities have camouflage "rules" that occupants of that reality regard as its inherent nature. By adopting the rules, we are thereby able to operate within it. Disentanglement from Camouflage is a process rarely experienced at present as full use of this inner sense would be difficult for our ego-selves to comprehend and manage.
It involves the inner self disengaging from the physical camouflage reality it is familiar with before adopting another camouflage set of rules of another form of reality or dispensing with camouflage entirely. It generates a shift from one frequency of energy vibration to another and can even suspend the laws of physics to produce phenomena such as levitation and shape-shifting.
- 🌈 **Psychological Time (time-based group):** This inner sense is a gateway between the inner realities of the subjective area within consciousness and the outer reality of the objective physical world. The sense originally facilitated our switch between the two psychological environments. It brings an appreciation of the universal principle (Seth's inner law) of *duration*. Importantly, practicing this inner sense "leads to development of the other inner senses."⁷
- 🌈 **Perception of Past, Present and Future (time-based group):** This is a progression of the empathic sense of Inner Vibrational Touch. It takes the perception of the essence of a living thing into the spacious present where time barriers do not preclude the perception of past and future expressions of that essence. Precognition is a phenomenon related to the use of this inner sense.
- 🌈 **Diffusion by the Energy Personality (time-based group):** In this case Seth is referring to an inner sense utilized by your Essence Self. It is to do with the process of physical birth, your Essence fragmenting itself for entry into the physical system and the initiation of a new personality that will eventually add to the collection within Essence.
It can also play a part in a personality's communication (usually through a medium) with the physical realm when recently returned to Essence after physical death.

Remember that due to our detachment from these inner senses over many generations, a full appreciation of them would be a shock to the ego-self as well as to the nervous system. We are unlikely to be able to handle the considerably increased stimuli and should approach re-engagement of these senses carefully and with guidance.

References:

1. Seth. (Jane Roberts) *The Early Sessions: Book 2 of The Seth Material*. Manhasset, NY; New Awareness Network Inc., 1997, p.16.
2. Roberts, J. *The Seth Material*. Englewood Cliffs, NJ; Bantam Edition, Prentice-Hall Inc., 1976, p. 275/6.
3. Ibid., p. 280. 4. Ibid., p. 280. 5. Ibid., p. 285. 6. Ibid., p. 282. 7. Ibid., p. 280.