



SAY THAT AGAIN IN A NUTSHELL

Seth's ten inner universal laws



Here's my understanding of what Seth describes as the "laws of the inner universe." It is my preference to substitute the word 'law' for 'principle':

- 🌈 The first principle is the existence of **Consciousness** itself. Consciousness is an ever-present property of any dimension or plane of existence. Consciousness instills itself within *all* creations, giving each creation *self-awareness* to some degree. As Seth remarks "There is no case where this is not so."¹
- 🌈 Consciousness uses the universal principle of **creation** to expand and evolve through experience, which is its intent. It creates an infinitesimal number of theaters or playgrounds, some physical (as we might perceive them) like our own world, some nonphysical or other dimensional, to our way of thinking. Creation is the principle by which idea constructions (and thereby our desires) manifest in the physical realm.
- 🌈 To help Consciousness explore the complexities of this principle of creation, it formulated the universal principle of *value fulfillment*—also referred to by Seth as **Divine Love**. Divine Love, as you may remember from earlier, is a principle through which all creations can reach fulfillment of their individualized expressions while also aiding other creations in their own expression.
- 🌈 For Divine Love to work efficiently, Consciousness requires the universal principle of **cooperation**. It gives rise to the myriad structures we observe within the physical world. The less complex structures, such as atoms and molecules, apply this principle when forming more complex, multifaceted gestalt structures present within inorganic matter, as well as living organisms. These cooperative structures form their own identities, without the identities of the less complex structures losing theirs. By cooperating, the particulate structures (for example, atoms and molecules) gain in their ability to express themselves through mutual regard and joint endeavor, acting within the universal principle of Divine Love. Cooperative structures are an expression of the principle of creation inherent within the universal principle of Divine Love.
- 🌈 When Consciousness creates a physical or nonphysical reality, it requires a further universal principle by which to transform its energy. Scientists have not yet realized that Consciousness, or *Source Energy*, can transform from a nonphysical state of existence into a physical one. We may think energy has created itself from nowhere—thus breaking the empirical law of physics (energy can neither be created nor destroyed)—but the universal principle of **energy transformation** supersedes this law.²



The following path of transformation, derived from Seth and other channeled information on how energy converts from nonphysical expression to physical expression, may intrigue the physicist in you:

Consciousness \equiv Energy > CUs > EEs > QFs (Quantum Fields) > space-time continuum

This transforming sequence is essentially about slowing the vibrational frequencies of energy to within those of the electromagnetic spectrum we call *light*. Energy *transforms* itself across all dimensions of Consciousness, and this universal principle is continuously occurring.

- 🌈 In transforming energy into our dimension of physicality, Consciousness employs the dimension of *time*. You can view this fourth dimension of our physical realm as a way by which experiences can be more thoroughly examined. Time draws out an experience into all its nuances of expression, just as each frame on a film reel captures the detail of an action.

Our personal understanding of time is implicitly involved in the process of perception.³

From the viewpoint of Consciousness, time is an interesting (and probably amusing) psychical construct. From its perspective, only one *moment point* exists, which enables Consciousness to express itself both outside and inside the dimension of time. Seth refers to the moment point as the *spacious present*. The concept of a spacious present, or one moment point, helps in our understanding of another universal principle: **spontaneity**.⁴

Consciousness behaves in a spontaneous fashion; when time is not a factor, it cannot be otherwise.

- 🌈 Given the spacious present and lack of any real concreteness about time, you may wonder how anything might *last*. What would give something *continuity*, not least in the nonphysical realms of Consciousness?

Continuity is our mind's time-confined interpretation of the next universal principle. Because we view things through the spectacles of time, we assume that physical things continue to exist because of it. They don't. Time does not control the continuity of existence; the universal principle of **durability** does.

The length of *duration* of a physical construction is in direct proportion to the construct's embodiment of the universal principle of Divine Love and its ability to sustain the universal principle of energy transformation.

Death, or cessation of focus upon the physical dimension, occurs when durability ceases to operate for the physical construct.

- 🌈 Consciousness also incorporates the universal principle Seth describes as the **capacity for infinite mobility**. Because we are individualized expressions of Consciousness, our inner self can utilize this principle in transcending any psychological barriers to our experience.

- 🌈 **Changeability and transmutation** is a universal principle that expands upon the principle of energy transformation, in that energy has the capability to not only transform into any cohesive structure in our physical dimension, but also change that structure within the spacious present (i.e., at any "time"), should the need arise. It can do this because energy *is* Consciousness and vice versa.



In other words, *any* creation contains within it, at a molecular level so to speak, knowledge of the inner universal principles and can thus act upon them instantaneously. This explains why so-called miraculous events happen, such as instant remission from chronic illness (also referred to as *spontaneous* remission).

Your inner self exploits this inner principle when utilizing one of the inner senses called *diffusion*. The principle and the inner sense combine to bring about materialization of the Self within the physical realm.

- The final basic law of the inner universe named by Seth is that of **quality depth**. It's a particularly difficult concept to understand (and you were doing so well!), as little in physical terms demonstrates its existence. Its primary influence is upon the psyche. As the inner principle of cooperation plays out in the observable universe, with structures joining together to enhance their expression of value fulfillment (Divine Love), so too is this process mirrored in "pyramids of psychic comprehensions"⁵ —the psychical equivalent of obtaining value fulfillment through cooperation.

Quality depth is a psychical space for all idea constructions and psychic action to enjoy and expand through infinite dimensions. It is a space driven by the winds of Divine Love.

¹ Roberts, J. *The Early Sessions: Book 2 of The Seth Material*. Manhasset, NY: New Awareness Network Inc.; 1997, p. 71.

² Considering Seth's inner universal law of energy transformation, we can surmise that the empirical law of physics pertaining to energy is a scientific *belief*—a *relative truth* (explained in a later article)—rather than an absolute law or *absolute truth*. This belief underpins the notion that the universe is of finite energy resources. This notion in turn encourages our collective pseudo-Darwinian belief that all living things are in competition with each other because of finite resources.

³ Your perception is the vital instrument through which you create your reality. It incorporates and employs the sum total of all the energies and functions that constitute your Self. These are the nonphysical and physically oriented structures of your consciousness, along with the creational keys of your dreams, thoughts, beliefs, feelings, emotions, and impulses your Mind entertains. In essence, your perception is how you view and interact with your Self, the physical world, and others that share the physical experience. It forms your worldview.

⁴ Our conscious-minds are unable to perceive that time is relative, as we rely so heavily on our physical senses, which take time (!) to interpret the environment and the expression of an experience. When we awaken our conscious-minds to our inner senses, we will be better able to sense and perceive what Seth refers to as the spacious present.

Seth makes continual reference to the spacious present throughout his works, particularly to illustrate how the present moment is the only point of action, the "now point," or "point of power." Eckhart Tölle provides an excellent alternative explanation of this notion of the spacious present in his seminal work *The Power of Now: A Guide to Spiritual Enlightenment*.

⁵ Roberts, J. *Ibid.*, p. 133.