



SAY THAT AGAIN IN A NUTSHELL

Thoughts: What You Need to Know



Thought is a *mechanism*

Thought is mechanism used by our conscious-mind to translate and interpret information gathered by both our inner and outer senses. Because of our ego-self's narrow understanding of the nature of feelings and emotions (providing us with information from our inner senses) many of us only oil this mechanism with information provided by the outer physical senses.

Such exclusion of crucial, big picture information is detrimental to the goal of our conscious-mind—to determine *how to respond* to the perceived situation.

A “psychoelectric pattern”

Seth describes a thought, in its purest form, to be a “psychoelectric pattern” that begins its existence in the electric field.¹ Transformation from a psychoelectric pattern to a thought begins when our inner self presents the pattern's information to our body-consciousness. Our body-consciousness transforms and translates, communicates and coordinates—along with initiating the transfer of information from the electric field to the physical field. Thought is thus the result of a projection of psychoelectric data into the physical realm via the processing systems governed by our body-consciousness.

Who's doing the projecting?

Well, you are—more accurately, your inner self is. Your inner self, able to operate in the electric field, filters out psychoelectric patterns that it wants to bring to your physical self's attention. To do this, its first step is to gather them together and give them over to your body-consciousness. Your body-consciousness begins to process this electrically coded data into thoughts and feelings, which are then presented to the conscious-mind for translation and interpretation to continue.

An independent identity

According to Seth, once a psychoelectric pattern becomes a thought (by entering human consciousness), it takes on its own identity, it becomes an “*independent electrical action,*” an “*energy sphere,*” measurable in terms of “*an intensity*” within the electric field from which it originates.²

Because a thought exists in the electric field (and is thus *unconfined* by linear time), it is possible for a thought to be available to our (*and any other*) inner self, *at more than one particular moment in time.*

This is a hugely important property of thought. A thought, produced by our physical self's processing systems from a psychoelectric pattern, can live within many dimensions of existence because it gains an electrical signature, a vibrational frequency—an *identity*. It does not require a human mind or brain to maintain its existence. Remember that *patterned energy with an identity is inviolate*, and from our point of view in this time-based physical realm, immortal. A thought's lifetime (more accurately *durability*³) is



established by the level of electric charge enjoyed at its birth—this also applies to its durability within the subconscious area of our own mind. It is worth noting that any emotional energy present at a thought's birth *amplifies* the strength of this charge.

Your thoughts create your reality—well, sort of

Many familiar with the New Age movement will be aware of the phrase “thoughts create reality.” Seth says this many times, but it’s simplistic to assume that it’s *only* our thoughts that create our reality. To take this one expression out of context and concentrate solely upon changing our thoughts to accommodate our wishes will not guarantee success. The reality we have before us is the result of a multidimensional information processing system, one which includes our thoughts, beliefs, feelings, emotions, desires, personal intent, energy processing chakras, and inner and outer senses—all organized at a subconscious level under our inner self’s guidance in the formation of our *perception*.⁴

Keeping an open mind

Thoughts of a similar vibrational frequency or resonance draw to each other in our mind, while differing signatures repel each other—birds of a feather, as it were. It is this attraction and rejection process that helps build and shape our personality. Our personality thereby attains a *climate of attraction*, created by the electrical fields of our thoughts—as well as those of our beliefs and emotions. Abraham refers to this as our “*Emotional Set-Point*.” Importantly, rejecting new thoughts becomes a habitual action of our conscious-mind as it will resist thoughts of a differing climate to that of our personality. This is why it can be extremely difficult to keep a truly open mind.

Our thoughts are an example of our connectivity

Our thoughts affect others, as every thought we create produces energy fluctuations in the aura surrounding our physical body. Our inner senses notice these fluctuations, giving us a *feeling* about another’s mood. Ultimately, we are each constantly influencing everyone else through the connected subtle fields that produce our expression in Consciousness. Every iota of energy we transform, such as a psychoelectric pattern into a thought, affects everything else.

Growing our thoughts

Because we create them, we tend to nurture thoughts as our own, as we might a seed or bulb planted in the garden of our beliefs. A seed of thought can easily gather energy, growing into a *belief*, then an *attitude*, and with sufficient energy growth, becoming a *personal truth*. Habits of thought, re-running certain ones repeatedly, is a common growth process—a practice that can lead to problems if the blossoming thought presents a distorted view of ourselves. Any thought or thoughts given too much attention can grow to dominate the personality.

With regard to our health

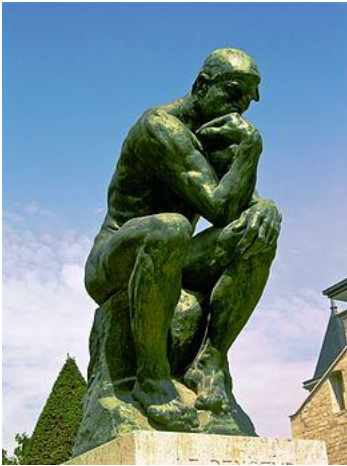
It isn't difficult to realize that malignant or disparaging thoughts can be problematic for our physical expression—they can affect our personality and our physical body. Additionally, as we are now aware, because of a thought's independence from time, it can affect us both now and in the future. Imagining that our conscious-mind simply needs to expel negative thoughts and introduce positive ones, remains a one-



dimensional solution. Our approach to attaining psychological *and* physical health needs to include our *feelings*, and any *emotions* that may follow them into the conscious-mind, as well as our thoughts. Continuing to ignore all the psychoelectric energies in our mind is by itself the predominant reason for any form of ill health.

Our conscious-mind needs to consider both its thoughts and its feelings when determining how to respond to the perceived situation. An over reliance on thought as *the* way to process information can create a psychological disturbance born of the inner self's frustration that other processing systems, not least our feelings, become denigrated.

The simplest way to maintain good health



On a more positive note, the metaphysical guides remind us that the more we enjoy each and every moment of our lives, less problems will occur. By enjoying life, being grateful and appreciative, compassionate and forgiving, cooperative and patient, open and vulnerable, and living as fearlessly as possible, our thoughts become *naturally* pleasant and attract similar thoughts that give rise to more beneficial circumstances. It is important for us to remember and *think* about the fact that we live in a safe universe, one that supports us.

According to Seth, the truth is that although habitual negative thought patterns are the main cause of ill health, the converse is not necessarily true—ill health does not cause negative thought patterns.

ENDNOTES:

- ¹ The *electric field* is a term used to encompass a variety of electromagnetic energy fields based in the dimension of existence “closest” to the physical dimension.
- ² For a definitive explanation of thoughts within the electric field, see Roberts J. *The Early Sessions: Book 3 of The Seth Material*. Manhasset, NY: New Awareness Network Inc.; 1998, pp. 219-225.
- ³ According to Seth, time does not control the continuity of existence. His “inner law of the universe,” *durability*, does.
- ⁴ Perception is the vital instrument through which we create our reality. It incorporates and employs the sum total of all the energies and functions that constitute our Self. It forms our worldview.