

The Seat of the Soul – Gary Zukav

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Introduction – Part I

Evolution: The development achieved by man working under spiritual law. It is the result of the development of ideas in mind. What we are is the result of the evolution of our soul. (Fillmore R.W.)

- A. What did we learn in school about evolution, and what does our current understanding of evolution result from? Pgs 19-21
1. The evolution that we learned about in school is of physical form. We learned that a fish is more complex than a sponge; a horse more complex than a snake; a monkey more complex than a horse and so on, up to human beings which are the most complex. We are taught that evolution means the progressive development of organizational complexity.
 2. Our current understanding of evolution results from the fact that we have evolved by exploring physical reality with our five senses—until now, we have been five-sensory human beings.
- B. Discuss “external power.” Pgs 22 & 23
- C. What does deep (spiritual) understanding lead us to? Pg 26
1. Our deeper understanding leads us to another kind of power (other than external power) that loves life in every form, a power that perceives meaningfulness and purpose in the smallest details. It does not judge what it encounters. It is authentic power.
 2. An authentically empowered person is one who is so strong that the idea of using force against another is not a part of his or her consciousness.
- D. Discuss the process of being a five-sensory human being to becoming a multi-sensory human. Pg 27

Karma: The whole ethical consequence of one's acts considered as fixing one's lot in future existence (Fillmore R.W.). Webster says it is: The accumulated effect of sins of the past lives, the burden one is expected to carry for ages or until they work out of it.

There is **no such hopeless** fate in the teachings of Jesus. He came to bring a full consciousness of abundant life, complete forgiveness, redemption from all sin, and victory over death. There is, however the "law of cause and effect," the law of sequence; the balance wheel of the universe. "Whatsoever a man soweth, that shall he also reap." (Gal. 6:7) We live in two worlds, the world of cause, (within) and the whole of effect (without). (RW)

A. What does **personality** contribute to? Pg 34

1. Personality contributes to the evolution of the soul.
2. It also contributes to the experiences of love, tenderness and fear and anger—all serve the evolution of the soul.

B. Discuss the **"splintered"** aspects of the soul and the part personality plays in this process. Pgs 36 & 37

C. What is involved in the healing of the soul? Pgs 38, 39 & 42

1. Realizing that thoughts, feelings and actions are motivated by our **intentions** and that we are responsible for each **intention**.
2. Understanding that if we participate in the cause, it **is not** possible for us **not** to experience the effect.
3. To become aware of our intentions and choose them according to the effects we desire to experience.
4. The soul must balance its energy and heal the splintered parts of the personality.

D. Discuss the effects of being judgmental. Pgs 43-45

Reverence: The attitude of reverence is an important feature in developing the Christ consciousness. Without it the mind loses a certain necessary connection with Spirit and lacks that central poise of faith that gives a religious tenor to the process. (Fillmore RW)

A. What is the importance of reverence? Pg 48

1. The attitude of the personality with respect to its approach to the evolution process depends heavily on reverence.
2. Discuss the attitudes.

B. What is reverence according to the author? Pgs 50-52

1. Reverence is contact with the essence of each thing, every person, plant and animal.
2. It is an attitude of honoring Life.
3. It is simply the experience of accepting that all Life is of value.
4. It is a perception of holiness.

C. What does approaching Life with reverence mean in practical terms? Pgs 55, 56

1. It means challenging the perceptions of the five-senses.
2. Approaching Life with reverence requires courage.
3. Becoming a reverent person means you are essentially becoming a more spiritual person.

Heart: The affectional consciousness in man; the faculty through which man receives love from Being (God). The heart is the visible expression of an invisible center of consciousness. We use our heart center when we send forth a loving thought. Luke 6:45 says, “Out of the abundance of the heart his mouth speaketh.” (Fillmore RW)

A. What happens when we close the door to our feelings? Pgs 60-61

- 1. We close the door to vital currents that energize and activate our thoughts and actions.**
- 2. Without an awareness of emotions, we cannot associate the effects of anger, sadness or joy within ourselves or others—with their causes.**
- 3. Without an awareness of feeling we cannot experience compassion.**

B. Emotions reflect intentions. Discuss the 2nd and 3rd paragraphs on page 61.

C. Discuss the case history of characters mentioned on pages 63-66.

- 1. What is the “force” that Hank’s life did not encounter? Discuss.**

D. What is the dynamic of the absence of Light? Pg 70

- 1. Evil is the absence of Light.**

The Revealing Word on evil: “It is that which is not of God; unreality, error thought, a product of the fallen human consciousness. It is a parasite—it has no permanent life of itself. Evil is the result of ignorance, and when Truth is presented, the error disappears. There is but one presence and one power, God the Omnipotent.”

- 2. Every soul will eventually be fully enLightened. Pg 71, discuss.**

CREATION, PART II

Intuition: The natural knowing capacity. Inner knowing; the immediate apprehension of spiritual Truth without resort to intellectual means. It is the wisdom of the heart, and when one trusts Spirit and looks to it for understanding, a certain confidence in the invisible good develops. This faith awakens the so-called “sixth” sense, the intuition. Through intuition, man has direct access to all knowledge and the wisdom of God. (Fillmore RW)

A. What is one of the main differences between a multi-sensory personality and a five-sensory personality? Pgs 77-79

1. The central perception of the multi-sensory personality is that he/she is never alone.
2. They do not rely solely upon their own perceptions and interpretations of events for guidance because they are in communication with more advanced intelligences.
3. The five-sensory personality is not alone either, but it is not aware of the assistance that is continually available.
4. The multi-sensory personality can:
 - a. Learn more rapidly than the five-sensory personality.
 - b. Understands more quickly the meaning of its experiences.
 - c. It does not need to experience numerous painful episodes to learn a major lesson.

B. Discuss the illustration in the third paragraph—an issue of trust. Pg 81

C. What is the intellect meant to do? Pg 83

1. The intellect is meant to expand perception, to help us grow in perceptual strength and complexity—and not do harm.
2. The intellect experiences knowledge and we are held responsible for how we use it.

D. What are the techniques that will engage and discipline the use of the intuition? Pgs 84-85

- 1. The first technique is to honor emotional cleansing at all times. By using this technique, emotional negativity cannot reside in us. This requires that we clear our emotions each day.**
- 2. The second technique is a cleansing nutritional program. Being physically toxic interferes with intuition.**
- 3. The third technique is to honor the guidance that your receive.**
- 4. The fourth technique is to allow yourself an orientation of openness toward your life and the universe.**

Light: The understanding principle in mind. In divine order it always comes first in consciousness. **Light** is a symbol of wisdom. When Jesus said, “I am the light of the world” (John 8:12). He meant that He was the expresser of Truth in all aspects. (Fillmore RW)

A. What is the challenge for the advanced or expanding mind? Pg 92

The challenge is to expand to a level at which questions that cannot be answered from the accepted understanding of truth, can be answered.

B. What is non-physical reality? Pg 92

Non-physical reality is your home—you came from non-physical reality, and will return there.

C. How does your level of consciousness shape energy and influence others? Pg 94

1. You are a system of Light, and the frequency of your Light depends upon your consciousness.
2. If you choose to forgive someone who has wronged you rather than hate them, you shift the frequency of your Light.

D. What is the vertical path compared to the horizontal path? Pg 99

1. The vertical path is the path of awareness—the person who chooses to advance in spiritual growth is on a vertical path.
2. The horizontal path is one that aims at satisfying the personality.

E. Discuss the author’s interpretation of the Garden of Eden. Pgs 102-104

Intention I: The act or fact of intending; determination to do a specific thing or act in a specific manner. Anything planned, aimed, or purpose. Generally intention implies having something in mind as a plan or design. (Webster)

A. How important are intentions? Pgs 106-109

1. With every thought and the intention behind it, we form energy.
2. Each experience reflects an intention, but if you have conflicting intentions and are not aware of all of them, the strongest one will manifest.
3. Intentions affect relationships and set into motion processes that affect every aspect of life.
4. You create your reality with intentions.
 - a. Intentions shape (form) Light.
 - b. They set Light into motion.

B. Discuss the multi layers of human reality. Pgs 111-115

Intention II:

A. How does the soul evolve? Pg 120

1. The soul incarnates another personality.
2. What is not learned in each lifetime is carried over into other lifetimes along with new lessons that arise for the soul to learn.

B. Describe the effects of high and low frequency energy? Pg 127

1. If we chose to focus our attention on the weaknesses of others, on their shortcomings, we draw to ourselves low-frequency energy currents such as anger and hatred.

- 2. If we choose to focus our attention on the strengths and virtues of others, we run through our system the higher-frequency currents of appreciation, acceptance and love.**
- 3. It is through high-frequency that we become powerful instruments for constructive change.**

Responsibility - Part III

Choice: The act of choosing; selecting. The right, power, or chance to choose.
(Webster)

A. What are some of the aspects of a splintered personality? Pg 136

1. One aspect may be loving and patient, another may be vindictive.
2. Do you agree the author's illustration? Yes/No—Why?

B. What is responsible choice? Pg 138

Responsible choice takes into account the consequences of each choice. To make a responsible choice we should ask these questions:

1. What will this choice produce?
2. Do I really want to create that?
3. Am I ready to accept all of the consequences of the choice?

C. What happens each time you challenge a negative emotion? Pg 146

It loses its power and you empower yourself.

Addiction: The condition of being addicted; of giving oneself up; a strong habit. (Webster)

A. Recognition of an addiction requires: Pg 149

Inner work, looking clearly at the places where you lose power in your life, where you are controlled by external circumstances.

B. Why does the personality resist acknowledging addiction? Pg 149

The personality resists acknowledgment of addictions because that would force it to choose to leave a part of itself out of control, or to do something about it. It is human nature to resist change (we are essentially spiritual).

C. What are the ways out of addition? Pg 155

1. Walk yourself through your reality step by step. Discuss what is real.
2. Become more aware of the consequences of your choices.

Relationships: The quality or state of being related; connection by marriage, or kinship; a particular instance of being related. (Webster)

- A. How far-reaching is our archetype of spiritual partnerships? Pg 164
Spiritual partnership affects not only the partnership with an individual, but also affects the community, nation and the global village.
- B. What life lessons do we learn about love, commitment and trust?
1. We learn that love alone is not enough, that without trust, we are not able to give and receive the love that both people have for each other.
 2. We learn that our commitment must be translated into a form that satisfies the needs of both people.
 3. We learn to value the needs of our partner as much as we value our own.
 4. We learn that the partnership requires two healthy and secure people.
 5. We learn that we put our partnerships at risk by avoiding the thing which we are most afraid will destroy it.
- C. A soul that agrees to incarnate and has a significant potential to affect the lives of others, is a great soul. Discuss—name some of these souls.

Soul: Man's consciousness; in man, the soul is the accumulated ideas back of its present expression. In its true sense, the soul of man is the expressed idea of man in Divine Mind. Soul makes the body, and the bodily health is in exact correspondence to the health of the soul. (Fillmore RW)

A. Do we ever overcome duality or double-mindedness? Pg 181

Yes. Discuss the author's perspective and RW.

B. Do all human beings have equal potential? Pg 185

Discuss the author's point of view.

C. What is the author's position on curing the body? Pg 187-189

Discuss the author's position.

POWER – PART IV

Psychology: The science dealing with the mind and with mental and emotional processes; the science of human and animal behavior. (Webster)

Refer to the Revealing Word—Psychology and Religion

A. What is necessary in order to develop/nurture/heal the mind and body? Pgs 194-195

B. Is suffering meaningful? Discuss. Pg 195

C. What is the prerequisite for loving and being kind to others? Pg 195

Loving and treating yourself kindly is necessary before you can share that with others.

D. Does psychology recognize intuition? Discuss. Pg 199

Illusion: An erroneous perception of reality. The condition of being deceived by a false perception or belief. (Webster) Thoughts objectified—they are nothing except mind projections (Fillmore RW)

A. How are illusions created? Pg 207

Illusions are created by the intentions associated with the soul.

B. How do illusions affect the personality? Pg 208

The illusions hold power over you when you forget who you really are.

C. How does the author illustrate the law of attraction? Pg 209

We draw to us the same consciousness/frequency level that we mirror to others.

D. Should we judge another soul that is involved in a learning process?

Pg 214-215

We cannot judge others without creating negative karma for ourselves.

Power: Man's innate control over his thoughts and feelings. A quickening from on high must precede realization of dominance. "Ye shall receive power when the Holy Spirit is come upon you." Acts 1:8 (Fillmore RW)

A. What does it mean to be a **truly powerful** human being? Discuss. Pg 221

B. What is power?

1. Power is **energy** that is formed by the intention of the soul.
2. It is **Light** shaped by the intention of love and compassion.

C. What are the **characteristics** of an authentically empowered human being? Pgs 224-228. An authentically empowered person is:

1. All inclusive, responding to the beauty of each soul.
2. One who forgives.
3. One who is clear in his/her perceptions of thinking.

D. What is **clarity** and how does it function? Pgs 229-230

1. Clarity is the ability to see the soul in action in the physical world.
2. It sees perfection in the smallest details everywhere.
3. It allows you to understand the dynamics beneath addictions, and enables you to see that your contribution to the evolution of your soul is based on the decisions you make each moment.

E. What is **love**; how does it function? Pg 231

1. Love is what heals the personality.
2. It is the active force that brings peace and harmony where there is conflict.
3. It brings Light and washes away the concerns of the personality.
4. Love is the energy of the soul.

Trust: Confidence in the integrity, ability, character, and truth of a person or thing. Reliance on something in the future.

A. For what purpose do our experiences serve? Pg 235

Our experiences serve to awaken within us the memory of the contract that we have with the Universe and how we are expected to fulfill the contract.

B. What happens when you are determined to have your life unfold in a particular way and no other way? Pg 238

The Universe cannot help you in the same way that it can if you are trusting of it, because it cannot overshadow or penetrate your choice/

C. When you ask for guidance, assume that it is pouring forward immediately. Discussion point: How do we block this guidance? Pg 240

D. Pray! It is impossible for you to come to the place of empowerment without prayer. We must pray, meditate, ask, and believe.

E. How does trust function? Pg 245

1. It allows you to give and to experience bliss. When you trust the Universe to provide the needs of your soul, you are free to enjoy your interactions with others.
2. Trust allows you to laugh and play while you grow rather than become serious and overwhelmed.