



Living a Safe Universe: A Book for Seth Readers (Volume 1)

Lynda Madden Dahl

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Lynda Madden Dahl is the award-winning author of eight Seth-based books, including her popular Living a Safe Universe series. Her whole focus since reading her first Seth/Jane Roberts book in 1984 has been to understand the nature of reality and integrate that knowledge into a working order in her thoughts and, by extension, life.

Seth tells us, “You live in a safe universe.” He also reminds us we create our own realities through our mental acts. Which means while we live IN a safe universe, we don’t always LIVE a safe universe, because we don’t always safely create within it.

What does it take to live a safe universe? There is only one answer—Trust. After years of focused effort, Lynda found a path within the material—not obvious at first, but there nonetheless—that resolves all trust issues, if one is but willing to try.

BOOK REVIEWS BY SETH READERS:

“Lynda takes the reader deep into the heart of Seth's teachings, and one emerges with a new vision and understanding of concepts that will transform one's personal world, and thus the world in general. Highly recommended for all Seth readers who wish to take Seth’s material to a whole new level.”

— Rich Kendall, author of *The Road to Elmira*, member of Jane Roberts’ ESP Class

“I love this book. Living a Safe Universe brings us to a new understanding of the Seth material, and how to apply this understanding to trust. Lynda drives home the point that we are primarily consciousness which exists in the spacious present, as opposed to being an ego in time, and then explains why that fact changes the playing field entirely.”

— Lawrence Davidson, member of Jane Roberts’ ESP class, founder of California Seth Conference

“I can only recommend this book to every Seth reader around the world. Living a Safe Universe inspires us to examine substantial ideas in the Seth material that lead us to a deeper understanding of ourselves in a larger context. A new kind of fascinating journey through the material.”

— Masa Nishio, founder of Seth Network Japan

"I have no doubt that somewhere, some-when, in a cozy country den, Seth is lighting a cigar and raising a glass of brandy in celebration of Living a Safe Universe. This outstanding book is more than a ‘must read’ for anyone truly dedicated to understanding and living the Seth material – this book is essential!"

— Lucy Gillis, author of *Dream Secrets: Unlocking the Mystery of Your Dreams*, and co-editor of the online magazine *Lucid Dreaming Experience*

“Lynda Dahl has studied the Jane/Rob/Seth material extensively and once again shares her understanding and insights. Practical methods are included to assist others in their journey into the self. Lynda’s dedication to comprehending and applying the ideas is an inspiration to all of us.”

— Mary Dillman, ad hoc pro bono researcher and organizer of the Seth/Jane Roberts/Robert Butts material

"As a 30+ year student of the Seth material, I looked forward to reading Lynda Dahl’s new book. Not more five pages into it, all I found myself saying was...Wow! Lynda is able to draw on the Seth teachings and

guide us through the ‘why and how’ it all works. And there is excitement and energy in the text. I highly recommend this book to all Seth readers.”

— Jeff Kiefer, Clinical Case Manager and publisher of the website Seth Forums

“Coming at the Seth material from a new angle, Lynda Dahl takes us on a journey from a macro-view of the universe to how we can learn to trust ourselves in our lives and our creativity. Each chapter contains nuggets that explode on the printed page, that can be read and reread to gain more insight. Highly recommended.”

— Richard Wolinsky, member of Jane Roberts’ ESP class and syndicated talk show host

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From reader reviews:

Jewell Garza:

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Danny Jarosz:

Information is provisions for folks to get better life, information today can get by anyone on everywhere. The information can be a expertise or any news even a problem. What people must be consider if those information which is from the former life are hard to be find than now's taking seriously which one is acceptable to believe or which one typically the resource are convinced. If you receive the unstable resource then you get it as your main information it will have huge disadvantage for you. All those possibilities will not happen with you if you take Living a Safe Universe: A Book for Seth Readers (Volume 1) as your daily resource information.

Hattie Adkins:

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Carmen Bell:

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