A PRIMER OF THE ZETA RACE

A Primer of the Zeta Race

William Treurniet and Paul Hamden
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Acknowledgements

We thank the many other participants in the sittings who asked the Zetas innumerable intelligent questions that needed to be asked. There was usually time pressure since lags in the conversation could cause the connection with the Zetas to weaken. It could be difficult to think of appropriate questions quickly when the answers often led in unexpected directions. Your efforts are very much appreciated.
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The information that the medium, Paul Hamden, passes on from extraterrestrial beings does not fit into most people's limited world view. Rather, it is consistent with the view that physical reality is a part of a much larger energetic reality populated by many kinds of beings. In terms of what we can understand, this energetic domain has the properties of frequency, magnitude, and resonance. For example, borders in this domain appear to be established by energy structures that do not resonate with each other. So to cross a border, an energetic entity must first learn to resonate with the energy that defines the border. We have learned that they use frequencies as an analogy for ordered states of consciousness, and resonance may occur between compatible states.

Even though our physical world view should fit inside such an expanded perspective, many people understandably believe that the larger view is a delusion. The reason is that the energetic realms are not easily recognized by our physical senses. Further, we have come to believe that mental phenomena such as dreams are not real. Therefore, other realms also cannot be real since access to those realms is controlled by our mental apparatus. We need to learn that there are other forms of experience that are just as real as our physical experience.

The information given through Paul comes from different races of conscious beings that can live in the energetic environment. The most prominent is the Zeta race said to be from the Zeta Reticuli star system. Like us, beings of this race have a physical and an energetic existence, but are able to project their energetic body and/or their consciousness to other places in the energetic realms. This ability enables them to interact with Paul's body in order to speak using his physical vocal apparatus.

While Paul is in the altered state of consciousness, he gives control of his body to the ET communicator. He becomes a passive observer, able to monitor any conversation in the 'now', but unable to participate in any conversation. He does not hold any received information in memory.
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and he is typically unable to remember it later in his normal state of awareness. Therefore, audio recordings of the sittings are always made.

This process is difficult for most people to comprehend, and so I offer a number of reasons why I believe that Paul interacts with extraterrestrial beings. These include the nature of some errors in the use of language, the complexity of the subject matter discussed, and direct personal experiences that seemed to originate with the Zeta being.

Communication errors

The Zeta uses Paul's vocabulary and language skills while Paul is in the altered state of consciousness. In some cases, though, they use a word that misses the mark. The word is a synonym of the intended word, but the synonym is not quite appropriate for the given context. Examples are discussed in the chapter, A model of communication.

Such errors could arise if the Zeta were accessing a semantic network in Paul's mind where words are most strongly associated with others having similar meanings. They would choose a particular word according to its meaning, but would lack the experience of a native speaker to sense subtle differences in usage among the related words.

Complexity of subject matter

Some complex answers given by the Zeta are likely beyond Paul's capability to devise. For example, the Zeta's discussion of the synthetic quantum environment (SQE) brings in quantum entanglement as part of the process for creating a copy of an original environment such as the surface of the planet Mars. They then say that "this is a mirror image process" when referring to the creation of the SQE. This exactly reflects the idea that the quantum states of two entangled particles are mirror images of each other. Paul has a minimal understanding of quantum physics, so is unlikely to have constructed this scheme himself. This is discussed further in the section, Synthetic Quantum Environments.

In another example, discussed in the section on Zeta cosmology, the Zeta described the process by which they generate anomalous phenomena in the séance room. This description is analogous to a
similar procedure humans apply in the signal processing field. Paul does not understand this procedure, so it is unlikely that he would have been able to express such a process himself.

In a third example, the Zeta commented about two years earlier that the etheric body is energized when a process involving oxygen in the blood expels electrical energy. They did not elaborate on the nature of the process. Now two years later, with no awareness of the Zeta's comment, I proposed a similar process based on the difference in EM absorption spectra of oxygenated and deoxygenated blood. Paul did not know of this and would not have recognized the implications if he had, so he could not have made the connection expressed by the Zeta. This is discussed further in the chapter, *Possible energy for the etheric body*.

**Personal experiences**

There were two separate experiences clearly not mediated by Paul that were very unusual and I attribute them to actions by the Zetas. One was subjective and so was not witnessed by anyone else. The second left a trail of evidence.

The first experience happened before my initial communication with the Zeta using typed messages on an internet chat system. Just after midnight before our first conversation, I was awakened from sleep by a whole-body buzzing sensation that lasted less than five seconds. The Zeta confirmed during the subsequent evening conversation that I had been "prepared for connection".

The second experience, which occurred during that conversation, was a demonstration of telepathic communication. I inquired about the meaning of the buzzing sensation during the previous night. The chat system logged the time for each communication, and the relevant section reads as follows.

[12-07-13 6:47:47 PM] **Zeta**: Your preparation, the preparation for connection

[12-07-13 6:48:02 PM] **Zeta**: was established prior to this conversation

[12-07-13 6:48:13 PM] **Zeta**: by other beings
[12-07-13 6:48:12 PM] **William**: Did you come to me this morning when I felt the buzzing sensation?

[12-07-13 6:48:27 PM] **Zeta**: We have answered

Clearly, the answer to the question came before the question was asked. The question was sent at 6:48:12, and the answer was received in three bursts from 6:47:47 to 6:48:13. The start of the answer was received about 25 seconds before the question was sent. The most likely explanation is that the Zeta became aware of the question while I was in the process of composing it.

Curiously, after awakening on the morning following the conversation, I found the metal stopper from the kitchen sink on the floor about two meters away from the sink. This remains unexplained, and may have been a related paranormal event. Others have reported poltergeist activity in their homes after an ET contact experience ([Marden URL](#)).
There are many extra-terrestrial races, countless races. So far in my estimation, there are around a thousand of them within our reach.

We deal with four races, but my main contact is from the Zeta Reticuli star system. I have had a physical visit via a craft from the Zeta being who was accompanied by a companion of the same race.

We were not able to speak to each other then, as this initial meeting took place at a distance of around fifty meters. I wondered for a time why there was no closer contact, but now I realize the craft was emitting a frequency and I would have sustained burns if I had gone too near. At this encounter I had three friends with me, three human witnesses who saw the two beings as well.

We have encountered energetic beings from other races who have physical form and live in our galaxy, as well as some non-corporeal beings. We deal primarily with four races who introduced themselves using our language as Zeta, Anunnaki, Sirius, and Pleiadian. The main guide, a Zeta, is in physical form and it does occasionally connect to me telepathically under the right conditions.

After many years of development, we have been able to connect successfully to the races of beings and, via a controlled trance-like state, they have performed the functions of discussion, healing, and manipulation of physical electrical items.

During the trance sessions, the Zeta has been seen by others from this planet.

An appropriate energy field was needed for me to be blended by the ET entities. The field which was created took many years to develop.

After the initial three years of development, the Zeta race took a further two years to develop the proper connections. After this, connection to the Annunaki took another year, and now we are working to integrate the Sirius beings.
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Each race has its own defined energy, and when they come, the energy has to change to accommodate their race. Each race acts semi-independently of the others, as one race must step away to allow another to access the blended energy, change it, speak, and then relinquish control to the main guide.

When I first started allowing beings to speak through me, or even come anywhere near me, I ended up like I had been sunburnt. The redness would dissipate after a few hours. I think I needed to be changed on two levels, the physical and the etheric, to accommodate the visits.

Once the etheric changes were in place, I was able to receive huge amounts of energy while being immune to the energy's ability to make me unwell. Physically, I am stronger and am able to support the connection process. The beings who have adapted come regularly, but even a new visitor from one of the same races, like a second Zeta being, causes energy changes. This puts me in an energetic state so that I am unable to sleep all night. I become restless, but am not tired at all the next day - it's exactly the opposite, I'm energized!

Let me state clearly, I do not hear from the ETs every day, and I do not hear voices speaking to me. I have a set protocol that no being is to interfere with me while I am working, going to work, or living my daily life. So, if they wish to connect to me, we use the energy of connection to create the correct process, and a portal allows them to speak to us.

I always felt I would like to have a solid visitation via a craft, so years later we contacted them and asked them to come again in a craft, and they did.

A group of us (about 15 people) were sitting in a circle around a camp fire on a large rural property. It was a cold night and the sky was clear, only stars were visible. To our right, a mist slowly moved over the hillside and then completely enveloped the group. Suddenly all of the dogs for miles around were howling, some of us saw a craft land and then we heard footsteps all around us. We felt the energy of the beings (like you would feel a person standing behind you). The dogs continued
to howl and would not stop until the craft left. It was a wonderful experience, one I would wish for all people to have.

The ETs say that a human must ask for interaction. They don't “just turn up” and support people. Permission on many levels must be given by a human before they will aid individuals. Intent is the most powerful process.

One race called the Anorians often state “So you think, so you are”. This is a very powerful concept.

I always ask for the best and highest good when dealing with a race, but unfortunately, some experiences may occur with some entities, including those who may occasionally be attached to humans. But everything is an experience of a sort, and we always learn from each process to become more refined and stronger in the journey.

There are many realms and races within realms. Not all of these beings are “full of love and light”, and from what I have personally witnessed, it takes great effort and skill to properly clear one's etheric field of unwanted races and devices. Any development process that a person undertakes must be a full commitment. A human must fully consider what the ramifications of the changes may be in the life of the individual and their family if they have one.

A being interacts with a human by entering information via the etheric body. This information filters into parts of the brain and manifests in various ways. For example, the words selected by the being come out of the human's mouth. The being automatically thinks in the human's "word pool". My Zeta guide has used words unknown to me, and often I need to look them up. As such words are so distant from the way I think, I know that words are also taken from other pools of information.

Changes made to the human involve the level of energy available to the whole reception process. The ETs spent a long time learning how to move my hands and fingers, how to breathe, and even if need be, have a sip of water. After all those changes, my personality is still the same. I am a very grounded person, and I am monitored closely by those who
know me well. They would have told me if I had been affected in any way.

I am fastidious in regards to recording and documenting every sitting. Over the five years we have been collecting data, we are able to cross reference all information to see if there are patterns, or if there are inconsistencies in what’s been said. Over the five years, we have found no inconsistencies.

**Transformation**

Many people talk of ascension as a time of transformation, but those who think that this involves a particular date will be disappointed. The ET race has said, there will be no ascension on any given date. What many humans want is an external process for change, but whatever changes that take place are internal. No race will take on the burden of ascension for another race. They may aid and support a race to increase consciousness, but never will they cause a race to ascend. This would be an onerous process, and not sustainable for that race.

Everything you can be, you have the ability to develop now. Everyone has the ability now to access their energetic form and the connection and communication that goes with that. What ultimate ramifications that would have for humans globally is not known by me, but that level of consciousness would certainly make for a better world.

Humans are good at giving their power to others, but the ETs do not want that. The Sirius, Zetas, Pleiadians and other beings say that all humans have the ability to develop, but it's up to them to set the intent, to develop and experience for themselves, and to discover who they really are.

**The spirit world**

The spirit realm was created by the Anunnaki to hold the developing consciousness of humans. They saw that human consciousness had become self-aware after transition. The spirit realm is a dynamic existence, and the spirits' understanding of reality comes from prior knowledge and from what they perceive their reality to be. As a result,
they are unable to recognize what is happening in totality. They do try to give humans a good answer about the structure of the spirit realm when asked, but it does fall short. Most times they don't even know of ET races. Spirits cannot move outside of their understanding of their existence unless they are under the influence of another higher form.
1. Introduction

Many people know, some with more certainty than others, that we are sharing this world with non-human races of beings. Their presumed craft are seen in the skies from time to time, and occasionally entities are seen beside craft on the ground. Very detailed contactee experiences suggest that some extraterrestrial (ET) entities have a physical presence on earth. Who are these beings, who are these races with whom we seem to have very little physical contact, but much contact in other forms?

Communications with these beings are usually received via channeling the thoughts of unseen entities. If the messages are indeed from an extraterrestrial race, we should expect to learn more about that race than just its sense of divine purpose. For example, we are often only told that we are all one, that we should love one another, and that we should reach for the divine in our thoughts. But beyond that, the information should also include some of the race's history, its social structure, its culture, its science and technology, its biology, and its relationship with other races in the cosmos.

Such information has, in fact, been given to Paul Hamden, one of the authors of this book. He has been communicating for several years
with members of the Zeta race, purportedly from the Zeta Reticuli star system. The Zetas, also known as *Greys*, are now commonly recognized in our culture as the appearance of the extraterrestrial being. While in an altered state of consciousness, Paul is able to adjust his “connection frequency” so that it matches that of another being. He then mentally steps aside and allows the consciousness of the being to use his body to interact with other people around him. The being uses Paul's knowledge of language to generate speech or written output. A model of Paul's interactions with the Zetas has been developed and is described in a later chapter, *A model of communication*.

The book is meant to familiarize readers with various aspects of the Zeta race and to understand its agenda whilst dealing with this planet and its peoples. The beings from this race are seemingly able to move around the planet unnoticed, interact with humans on many levels and then leave the humans in some cases with a “screen memory”. The race has often been accused of abducting people, and in some cases taking genetic material for their own purposes. On other occasions they have openly interfered with technology, shut down machinery and interfered with electrical devices.

The Zetas tell us that there are forms of existence different from what we understand as the physical. These arise from the ability of the consciousness of a being to be in separation from its physical form and to exist as a being in an energetic environment. While in separation, an entity's consciousness may exist in the physical realm of a distant planet. The being can be accessing levels of information of a race on that planet, but be unseen by its host inhabitants.

Another process is existence in physical form, such as the ET being in full consciousness on their own planet or craft, while a portion or aspect of their consciousness is within a physical being's form. The fully conscious ET still performs all functions related to its own existence, and is conscious of both its existence and the existence of the physical being it has entered.
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But the preferred process for the Zetas is placing a physical Zeta body in stasis, and allowing the consciousness of the Zeta being to be transferred into a full “higher self” consciousness of the human form (or the form of some other physical race). The human appears like any other, and is usually unaware that its energetic body has an extraterrestrial point of origin. When the life on earth ends, the experience is retained by the original Zeta consciousness in the revived Zeta body.

Humans experience something approaching this separation process while in altered states of consciousness such as lucid dreams or out-of-body experiences. But how far this process can go depends on the level of consciousness of the being. Humanity as a whole has yet to master the act of separation of consciousness and entry into another form. It lacks the technology and understanding of “the how” of the process. Humans certainly do possess the capability of reproducing this process, but are unable to unlock how to do it.

The Zeta ETs that communicate with the medium exist as physical beings on their own planet, but have the ability to separate the energetic body from the physical body. The energetic body holds the being's consciousness which is projected at the speed of thought to the far away location of the medium. They say via the medium’s body, “I am here in my thought processes, my friend, and so I move my consciousness to the consciousness of the being and am able to speak through him now.” The Zetas have shared much information with us about their culture, history, science and technology, philosophy, cosmology, and the nature of reality in the larger environment. The following sections summarize much of what we have learned so far.

Throughout this book, direct quotes from the Zetas are in the italic font.
2. About the Zeta race

2.1 Background
During the conversations held with the Zetas, many details of their history and current status were revealed. The race has developed over many eons. At one time, the home planet in the Zeta Reticuli star system was attacked by the Reptilian race. The planet’s surface suffered a process of destruction from which it would never recover. After this destruction, the Zeta race rose up to defend itself and successfully repelled the aggressors. Since their stand against the Reptilians, there has been no more war. When asked if they were at peace with the Reptilians, they replied, “Peace, my friend, peace is a tenuous word, isn't it? Peace. Sometimes there is an unsteady truth between races, that if one comes to another, that all may be as friends. Yes, many races have attacked each other. But we have come to the understanding that it is no longer beneficial to be at war with each other.”

The Zetas developed technologies enabling them to form an alliance with other races. Eventually, their accomplishments included advancements in time travel, dematerialization, healing, space travel, and communication via telepathic processes. Over many generations, the race evolved to the point where its consciousness became a single entity as they developed the consciousness shifts available to them.
The Zeta race lives on many planets and some Zeta cultures live on craft. The home planet has no moons, and a year there is equivalent to about 1020 earth years. It is always dusk, with no more than a faint glow on the horizon. There is no surface water, and the land is bare. The planet's atmosphere, which supported the growth of life on the surface, is now corrupted, and the temperature ranges from -30 to 70 degrees C.

The city inhabited by the Zetas is a single planet-wide catacomb. Transportation through the city is via shafts and elevators. Energy needed by the community is gathered by large towers positioned around the planet's circumference. Vegetation is grown inside the planet, and any animal life there are copies of earth fauna. The Zeta do not like bright lights so they live in semi-darkness. Clothing is optional and is worn mainly on ceremonial occasions. Their social structure is hierarchical in nature, but without dominance. Leaders are respected, and never lead with violence or by suppression of another being.

2.2 Biology

The Zeta being is a carbon-based life form. There is said to be significant variation within the race, some having skin colours other than grey, such as black, brown, dull red, yellow and white. The hand has three fingers, and each finger rotates in a socket to provide the dexterity for picking up small objects. The Zeta’s visual sensitivity is in the infrared part of the spectrum. Each of it's oval eyes slants slightly downward from the periphery, with a nictitating membrane that closes in the same direction. It breathes an oxygen gas and has a circulatory system with a heart situated on the right side of the body. The heart “has three conjoined chambers, beating one after another, providing a high flow of fluid.” A single organ carries out the functions of the human spleen, kidney, and liver. The brain is a storage unit for information. It does not contain the self and is discarded with the rest of the body at the appropriate time. The blood contains copper instead of iron, suggesting that the oxygen-carrying molecule is hemocyanin instead of the hemoglobin
of human blood. The Zeta DNA is “of an eight-sided nature so you would class it as a cylindrical process”. The race has evolved so that they now have an atrophied digestive system. Food is a vegetable gel that is ingested by rubbing on the skin. Anything that is not used is excreted in the breath or through the skin.

2.3 The collective
The Zetas say that “our culture is of a collective consciousness - what one being knows, all beings know”. Such a concept is foreign to humans who prize individualism and who would feel threatened by the lack of autonomy implied by belonging to a collective mind. Popular entertainment media have even called it a hive mind that should be feared. Yet the Zetas appear able to function as individuals while, at the same time, being elements in the collective. The Zeta says, “All beings know, but as all beings do not wish to know all, then the collective is accessed to answer questions”. That is, it is accessed when needed.

Also, a Zeta does not always represent the entire collective. Only as large a part as necessary is represented, as revealed in the following conversation.

Interviewer: Are you the spokesperson for a larger group?

Zeta: In these matters I speak for a collective process.

Interviewer: Who belongs to this collective?

Zeta: The beings of our race.

Interviewer: Your race has trillions of members. Do you speak for them all?

Zeta: If the collective will is for one to speak, then yes, that can be the determination. But one never speaks for a race, but normally for a section of a race. We will use your human words to describe. Each section of the race interacting with this planet are based into groups. These groups are utilized into working groups to form various functions in regards to working with individuals and groups, so I
speak for the group. There are other bodies, which are seeking to coordinate the groups, and so it is so.

Interviewer: Your function is teaching. Are there other functions performed by other groups?

Zeta: Yes many, connection, clearing of entities, travel, collecting information, storage of information, dissection and understanding of that information, modifications of energies for connection, teaching, processes related to the younger beings in our race for the progression of our race as a group.

We are also told that the Zetas' spacecraft are “designed by our best technical and scientific beings”, suggesting that this is another division within the collective that takes on scientific and technological projects.

2.4 Reproduction

The lifespan of the Zeta's physical body is approximately 1500 earth years. Because of this long lifespan, a pair of male and female parents has only one child in all that time. The reproductive process has become somewhat depersonalized as it no longer includes an “act of integration”. This step in their evolution is now regretted, since they miss the emotional body that develops between two people sharing a “partnership of energy”.

Genetic material is now taken from the prospective parents, and the child develops outside the body. Two pairs of parents will each decide to create a child at the same time so that the two offspring may be mated together for life when they reach adulthood. The Zeta childhood lasts about 80 earth years.

A premature failure of the physical body may occur accidentally or otherwise, and a process exists to accommodate such an event. A Zeta explains, “A consciousness would move to the collective mind of the race and stay in a symbiotic relationship with the mind of the race until a new container was prepared from the pool of genetic
material. Then, simply, the consciousness re-enters the animated state and exists once again in its former role.

But in regards to a catastrophic failure of a child, if a child was to be harmed in an accident or some process, there is a technology to assist in the extraction of the consciousness from the child, or to capture the consciousness. The child does not have the potential to move into the mind of the race. The consciousness is encapsulated until a functioning container is created for the child. A biological entity is utilized in allowing the thought processes to exist where an environment is created for the child. It believes it to be in a state of existence.”

2.5 Society

Occasionally, a Zeta offered information about their society in response to questions.

Interviewer: How were you given the choice to preserve the race and move to the less emotional state?

Zeta: A global realization took place, and this is something that you as a race are coming towards. The technology enabled all of us to connect to each other. We were able to be in agreement as a race. At one point the decision was made to move forward in separation from what had held us back as a race, being physically trapped within a container. So an associated level of consciousness was created that was comparable with the physical construct of existence. We were then able, as a global entity, to interact with each other by placing our attention toward the collective mind of the race. And so, we basically turn our thoughts to the created process of the consciousness of the race, and make those decisions based on what is the overriding factor for the race.

For the ones who chose not to enter into the collective mind, they were given freewill to leave, and so generationally, others have left and continue to procreate using the human method. The only facet of the race that is excluded from the collective mind are the abductor race. They are entities that have decided that they will journey on
their own path, that they will take upon themselves a new construct, that they do not wish to be part of the collective.

Interviewer: How does that affect you, that another part of your race abducts people?

Zeta: That is a difficult situation for us and, in all of our sitting processes and discussion, we have faced that question, that we do have a portion of the race that are disassociated from us because they refuse to abide by the non-interference policy. Just as you cannot stop a human from performing a function because all entities have freewill, all we can do is exclude them from the collective mind of the race, and then continually seek to undo the damage that has been done. And so, if a human or any being from any race is taken for any purpose, we would then seek to determine how to undo what has been done.

Interviewer: They must have the capacity to create their own conscious collective then.

Zeta: They do, yes, because they are not part of ours.

Interviewer: Who is in the majority?

Zeta: We are the majority.

Interviewer: Would you say the race aspires to develop further? Do you have spiritual practices that you conduct?

Zeta: All races seek to exist, all races seek to improve themselves, all races seek guidance of higher minds. Is there a religious process, a construct, no. The collective mind has become the ultimate goal of the race, to exist purely in thought, and to not be moving from container to container. We seek to be like our brothers in consciousness. But we are also a part of the physical, we are able to travel within the physical, but as well travel energetically, so there are multiple ways to be in existence.

Interviewer: How does your society operate?
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Zeta: There are elders associated with many of the faceted race process. The elders do not, like the human race, have a hierarchical structure process, whereby they determine what is to take place to another. All entities have free will, and so, we are a rather large race and have many entities. Each one of us is part of a process and has a function to perform. We have children as well, and we operate as a society that cares and nurtures each other. We have children that we create ourselves, we have elders which are able to provide the collective consciousness with information.

Every thought that is created by you is placed into the total consciousness of the race, and so with our own race, we have the same process. But, as you are unable to access much of the information that exists, that is coming from the human thought forms, we also limit the amount of information that comes through the collective mind to each one of us. I do not need to know about every single entity in the race. I need to know what function I am to perform, and that is my talent.

Interviewer: Who is the leader of the collective mind of your race? It must have a direction which must come from somewhere.

Zeta: Yes, of course, a consciousness is defined by elders within the community. The elders do not determine the outcome, the elders put forward prospect and information to all entities within the collective.

If we were attacked as a race, as we have a underlying process of to not harm any entity, we would require that the whole collective would decide to defend itself using technology, meaning that we would need to come to an agreement in regards to if we would take another life. And so if a race decided to attack our race, we would need to have full collective permission to use technology against another race. A life taken is never taken lightly, it must be a collective decision.

Interviewer: There is often greed and power on our planet, and it is difficult to do much about it. Did this happen to your society in similar stages?
Zeta: In every society there has been a history through development where there would have been struggle, my friend. A basic premise is that all physical races require nutrients and sustenance, and so any race that is based in the physical will also require to have access to sustenance. If you are in the physical, it does not matter what race you are from, you are a developing race, you will struggle to survive.

Interviewer: Do you die in the physical?

Zeta: When my parents created me as a child, I was created by genetic material from my parents. My wife, as you would say, was also created at the same time. When we were old enough, we became one in energy, my friend. Now, we do not have any sexual organs as you use in the reproductive process, and so, as our life span is about 1500 of your earth years, what we would do is to take genetic material and create a new container. As my time, as you say, is coming to an end, I would transfer my consciousness into the new container and continue on. Each parents only have one child. We are not much different than the process that humans use, except for the fact that you do not have a pre-prepared container to move into, and so humans transition into your spirit realm process, and then you would determine whether you would reincarnate into a new physical form.

Interviewer: Do you ever choose not to come back into the physical but to evolve to a more spiritual level?

Zeta: The elders remain in the collective consciousness and only come back into the physical form when required, so it is a decision based on the need to have an elder present as to whether or not they need to be in the physical.

Interviewer: What is your spirit realm like? Is it similar to ours?

Zeta: We do not have the same process as the spirit realm because the collective consciousness of the race and the physical existence of being part of the race, are one.

Interviewer: Do you experience sleep states as humans do where you can experience alternate realities?
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**Zeta:** If I were to sleep, I would sleep every seven of your cycles, every seven days. I do not require to cease functioning as a physical entity to move into the sleep state. I am able to partition my, or segment my consciousness and physical processes so that part of my mind is in a quietened state of existence. Sleep is seen as being not required.

Interviewer: How in your community do you choose to do different jobs? Do you choose yourself or is it chosen for you?

**Zeta:** It is chosen for you. It is determined on your genetic functional structure. The best possible entity performs the task. Is it not the same within your own community? You may be genetically predisposed to be a good surgeon, and so if you are naturally inclined to perform that function, that is how our race are chosen. You would be trained in that process and it would be a natural ability for you, such as the entities that create the craft. All craft are living entities, they need to be grown. They are living consciousness.

Interviewer: How much focus does your race tend to put on keeping the container healthy and mobile?

**Zeta:** We spend much time in walking and although many people think that we must float around a craft, there is technology to assist a movement, but it is common to see many of our race walking. That is a way to move from one place to another.

Interviewer: And what does walking do for your container?

**Zeta:** It keeps the muscular structure in good condition.

Interviewer: Do you have members of your race that choose not to walk and don’t keep the container muscular?

**Zeta:** No, because there is a simple underlying fact to the race, that what I do affects you, and so I will do what I can to support you, and if you do what you can to support me, then we require no other assistance because we do everything for each other.
2.6 Education

Interviewer: Have you told us before what your role is?

Zeta: Yes, I am a teacher. Would you like to know what I teach?

Interviewer: Yes.

Zeta: The medium has been to where I teach. It is a large spherical room. There are, you call them seats, but they’re not seats, continually around. All of the children come and spend their days until their lesson is finished. A lesson may take three days.

Interviewer: And what is it that you teach.

Zeta: I teach portal re-creation and manipulation. I teach how to move from matter.

Interviewer: Does it take long for you to teach these children?

Zeta: Yes of course.

Interviewer: So how long roughly?

Zeta: That is up to the genetic makeup of the child, as to the ability to functionally understand what they are being shown. They must also grasp how to manipulate the energetic structures by using their minds.

Interviewer: And at what age do they start to come to you as a teacher.

Zeta: From when they are born. A child that is created through the tuition is fed to within three to five days, through paste, and then within a very short time, possibly days, they are to start their lesson.

Interviewer: How many students would you have?

Zeta: Thousands.

Interviewer: Thousands? And is there just one of you in this spherical room.
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Zeta: There is no need to have more than one adult, and you control the class by controlling the minds of the children. They exist in my thoughts when I am teaching the osmotic process.

Interviewer: So everyone goes through this process?

Zeta: No, just the children that require cosmology.

2.7 Philosophy

In the energetic universe, frequencies and their resonations are the basis of experience for all entities (see the chapter, *The energetic environment*). Although we are only beginning to understand them, there is a sense that laws underlie this existence, analogous to the laws of physics in our physical experience. But a limit to the Zeta's knowledge was displayed in Hamden (2012) in a discussion regarding the origin of the Multiverse itself (see section, *Creation*).

The Zeta says that for them to know the origin of the Multiverse, they would need to be that entity. They agree that there must be a Creator which is a “non-local, universal, creative life force”. Further, the reason every living thing in this creation exists is to strive for experience.

Interviewer: How did the Multiverse as a living entity bring forth itself?

Zeta: My friend, if we knew the answer to this, then we would be the actual conception of this life form.

Interviewer: Is there a God - some creative force, something beyond all?

Zeta: Yes, my friend, this is so. However, when you say "God", you lack understanding.

Interviewer: Do you speak to or know of this "God entity"?

Zeta: We are all the same, seeking to understand the "highest nature", the Creator, the non-local, universal, creative life force.
Interviewer: What is the point of all this life, death, change, we go through?

**Zeta:** All beings are of a life force nature, striving for experience, comparison.

Why the Zetas “seek to be aligned with other species” was addressed in Hamden (2012). The life-energies from all species are believed to have a common origin. Somehow, there was differentiation, and now there is a drive to become unified once more. Their interest in other species stems from this drive to return to the source of all things.

**Zeta:** All races have a common goal, to be one with each other, in a communion. Why is this? Originally, all energies come from one place, one source energy; they long to be reunited with the "whole".

The Zeta also commented on aspects of consciousness in the universe. Consciousness is a property of all energetic forms, including both animal and mineral. We are told that a transmutation of energy to a different form can only follow from a conscious choice of the existing form. Such choices underlie the universe's “constant growth and experience”.

**Zeta:** All life, all forms of existence have consciousness. All are a form of energy which exists and transmutes to each new state after its transition. All energies, when moving to form will choose what form they take, whether it be animal or mineral, there is full consciousness of the form they have taken, and the ramifications of that existence.

**Zeta:** A basic truth in this universe is constant growth and experience.

The following was a response to a question about whether all ETs have a spirit. The typical human understanding is that spirit is a part of us that survives the death of the physical body. The Zeta understands it as an energetic form that contains information and can learn from experience. This describes the Zeta consciousness in the energetic form as well, and so it might be said that a Zeta is, or has, a spirit.
**Zeta:** The energetic beings you call "spirit" are actually an entity formed from energy that has an ability to hold information like a capsule. This vibratory form resonates at a level of its existence. This then sees in itself what benefit the process has been to itself and then, in a "teaching process" moment, it moves on to continue the journey.

In a similar vein, the Zeta was asked about the nature of the soul (Hamden, 2012, p. 42-45). The answer clearly differentiates the soul from the spirit. The spirit is a relatively temporary energetic form, while the soul is a single entity divided into many parts having independent existences. These parts are each born into separate “states of being in many realms”. Thus, the soul as able, via its faceted existence, to experience many lives in parallel.

**Zeta:** The nature of the soul in its own understanding, its own container, understands that by its own nature it belongs to a class of energies. This class of energies remains as a whole form, one entity, broken into many forms, many existences. So, saying this, a being is able to incarnate into many states of being in many realms.

**Zeta:** Many soul facets can combine to form one entity. This means many entities, individual group souls, can combine to form a faceted being, living one existence.

The Zeta adds that the Source energy is a complete entity, and its purpose is to understand itself. This it does through the experiences of all the interconnected energies of existence, such as the facets of souls.

**Zeta:** We believe that the source energy has created multiple timelines and existences and dimensional processes for the ability to understand self; it is learning from facets of existence. We are all connected to each other on all levels. The source entity has become a complete entity; there is a continual journey for all energies.
2.8 Cosmology

2.8.1 Creation
To the Zetas, consciousness is a fundamental property of the universe. In Hamden (2012), the Zeta says that very advanced conscious beings created the universe with its multiple timelines, and these beings still maintain some control by protecting us from other aggressive races.

Zeta: These sentient beings are watchers over the whole process. The one of universal re-creation was their doing. It is important to note these beings are bilateral in communication and have a constant connection to many beings in all parts of the universe, once again, for the purpose of evolution and creation. Many races could take your planet, but it is not as it is protected.

The beings, when creating the nucleus of the Multiverse, split the form, the initial creative potential of this entity, into fragments - something like a stream. This stream of matter became the Multiverse. When the first process of time began, it was then segmented into various streams. This is not a synchronous process.

You think of time as you would a watch ticking. The reality is that time is a reference point, not a continuum. Just because on your planet you perceive a cyclic process, does not mean time exists.

Fragments of being are the "group soul" for your purposes of understanding. Each fragment moves into pre-determined areas of the Multiverse - you realistically are living many lives at the moment. If one dies, it does not affect any of the others. This is why the timing is non-synchronous!

So the reference of time in your world - is insular, and not to do with the Multiverse.

We can get a feel for the presence of multiple timelines from the explanation of *déjà vu* offered by the Zeta. For many of us, *Déjà vu*
is an overwhelming sense of familiarity with something that shouldn't be familiar at all.

**Zeta:** The possibility of multiple existences for you is a reality. Many of the existences, of living in that timeline, is of a non-synchronous process. Often you are moved energetically from the physical and phase shift into another timeline, depending on the relative distance of.... Words now fail us...

Imagine that there is a running track and each being that are to run, are on the starting positions and “are you” (you are all instances of the runners).

You all start running. At some point some catch up with the other of you, and at other points some of you are running faster than others. So if each runner is on a timeline, as each comes closer to the other, you sense and perceive you have in some way experienced a process before.

Consciousness is not encapsulated in the physical body, consciousness is able to be spread across many existences, so when you come across a non-synchronous time, separation only exists in consciousness.

### 2.8.2 The Grid

In Hamden (2012), the Zeta describes the concept of the grid that “holds all space and time”. It is “like a fluctuating wave vibrating through the universe. It holds all space and time”. Every physical object has its own grid and links into the main grid. Our thought patterns create resonance around us so positive thoughts can change the grid. Alternatively, negative emotions such as fear and anger can create regions of instability in the grid that may be associated with wars on the planet's surface. We all resonate with the grid, and we can both change it and be changed by it. All conscious thought is placed into the grid, and it is used by many ET races as a medium for telepathic communication.
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The Zeta tells us that “the grid is defined by the individual entities that it is, so if you had a cup my friend, the cup would have a grid that was associated with it. But for the grid to be in its true state, there is no form for the grid”. That is, in the absence of a distortion experienced as an object, the grid is without form.

Further, “The grid process is much aligned with the nature of all things being connected. Your scientists are now understanding the relationship between the subatomic particles, and that the state is determined by its relationship to other particles, but they do not understand that it is the consciousness that creates the state, and it is consciousness that has created the illusion of matter.”

2.8.3 The experience of time

The Zetas experience time differently than we do, and this is evident in their inability to measure time on an absolute scale. They say they live in the now, and this concept is explored in the following discussion.

Interviewer: So what is the now?

**Zeta:** For us, there is nothing but now. If you speak to a race who does not use the process of time, for them, all is now. It is possible to be in separation and be in the now. You have created this illusion for self.

Interviewer: What can you tell us about how you live without time?

**Zeta:** You do not think about breathing, it is a natural occurrence for you as is the no-time phenomenon. Everything you do revolves around a divided day. For us the process of existence is each task is completed and then the next task is moved on to.

**Zeta:** These concepts are difficult to understand, to be in now, remove all references to time pieces.

Interviewer: It's difficult to understand we are multidimensional, that we are in different places.
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**Zeta:** Let go of the time phenomenon, you have indigenous people on the planet that have no concept of the time process. They would understand the seasonal aspects of the coming and going, the multifaceted being, who you are. The energetic portion is not linked to the time process, it's just the physical being. Look to your higher self if you wish to understand the no-time phenomenon. We understand it's a difficult processes, as you live in a time orientated structure.

When the Zeta was asked how they know what time to come to a scheduled sitting, they said “we feel the medium calling us and in energy, we understand that a sequence is coming.” From this comment, we see that they experience a sequence of events, not successive positions on a linear time scale. They are always in the *now*, but the contents of the *now* are changing in an orderly fashion. No concept of an objective time scale is needed as time is experienced as a sequence of events.

On another occasion, the Zeta said "*time as you know it is elastic"*. This conforms to the time-as-sequence interpretation. Our own experience of the *now* is subjective and is not a fixed interval in terms of clock time. Its experienced duration depends on the contents of the *now*. Thus, it is elastic.

We define frequency as the number of oscillations in a particular time interval. This definition is not helpful when talking to the Zetas about frequency. More recently, we have been told that the Zetas have used frequency as an analogy for a state or level of consciousness, a concept not well understood by us.

In any case, is there a workable definition of frequency as we define it, that could be stated in terms of sequences of events? We can say that two frequencies resonate in the *now* when their respective patterns coincide, or at least, the phase difference remains constant. Conversely, two individual sine waves, for example, have different frequencies when the respective numbers of peaks in the *now* differ, and the sequence of phase differences is not constant. So it is possible to describe differences in frequency in the *now* without
reference to a fixed interval of time. The Zetas would be able to
sense the relative difference between frequencies in the now without
ever needing to quantify the difference.

Paul Hamden observes that, "In every sitting, the Zeta asks, 'what is
the time process?' so they know how long they have been here
according to us". The Zeta asks for an absolute time measurement
that they can't make, since in the now they are only aware of relative
position in a sequence.

The time-as-sequence concept used by the Zetas is not proof that
absolute time does not exist in the energetic domain. But linear time
would be difficult to conceptualize in a non-spatial energetic
environment where only ordinal position in a sequence is
recognized.

### 2.8.4 Modification of a timeline

In Hamden (2012), the Zeta explained to a group of sitters the
procedure they use to modify the physical environment in the séance
room. They said, "What you see now is created in the future. As you
move forward into the resonation, you are partaking of the created
resonation. We are ahead of the group, creating and manifesting
energies and communication processes, so that in the physical, when
the group arrives at that point in a time reference, the manifestation
is then realized ... we create all of this imagery, all of this energy, by
the pure thought process. We create with intent as a collective; we
come to an agreement regarding what will be allowed to be
manifested, for the greatest and highest good. We have an overseer
who comes and sits to view the process. We are trusted; all beings
need a guidance of sorts. There is, of course, an underlying meaning
to all of this, one of ascension for the physical race of beings that
you are".

The Zeta says they are collectively "creating and manifesting
energies and communication processes" ahead of where we are in
their subjective time, "by the pure thought process". That is, it
appears they are mentally creating successive slices of our physical
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reality. What they create is approved by an overseer to ensure it helps us to achieve eventual ascension. We then "move forward into the resonation" as what they create is transformed into our reality.

The above paragraph describes well the frequency-to-time domain transformation process that is implied by the hologram idea. The hologram would be the frequency domain representation of space/time created by the Zetas' thought processes, which is then converted to our experience in the time domain. The hologram and our temporal experience are different ways of representing the same reality. A transformation process converts the frequency domain, the hologram, to our familiar time domain version. If the process executed at a fixed sequential rate in the now, it might give us the rigid time dimension we experience in our physical world.

This leaves open implementation questions such as what executes the transformation process, and the identity and role of the overseer. A Pleiadian has said via the medium that the overseer is a being from that race. One of its responsibilities is “to make sure vibrational alignment is in place for the joining of the grid. We are coming to a place in the near future where the grid will be used powerfully and we will be visiting these groups (i.e., groups working on a planetary scale) to make sure the energy that has been born is correct”. The Pleiadians ensure that the quality of proposed changes are such that the grid is not rendered unstable.

The Zetas apply the above creation process specifically when they interact with a medium and a group of sitters. They say they need the permission of the spirit team surrounding the medium to affect only the local reality. That is, they do not create for the whole human race. Nevertheless, the process gives some insight regarding the nature of physical reality in general. Since they are able to modify an ongoing creation process that appears to be based on a holographic representation, reality in general might be holographic.

So who creates the original process that the Zetas are able to modify? Involvement of our higher selves or souls would preserve some measure of free will. But it could also be any entities who, like
the Zetas, have the ability to create. All they would need is the overseer's permission.

2.9 Race relations
The extraterrestrial Grey species has gained a negative image in recent years following reports that they are responsible for abducting people. Some abduction experiences have been very frightening ordeals with violations of the physical body. However, other abduction experiences have been very positive and enlightening. The Zeta was asked a number of questions concerning their relations with other races, including humans.

Interviewer: Why do you come to us, what is your intent?

**Zeta:** We have viewed this planet as a great place of prosperity. I am a physical being in this universe, I am joined via the energy processes. I am not a disjointed energy, but if I choose to travel, I can. Many spirit beings who speak through mediums, there is some concern for you as a race, and this will link in to why we are here.

Interviewer: Are love and compassion the prime motivators in all non-human race relations?

**Zeta:** There is experience, my friend, and there is communication and there is relationship, too, and many of the humans are currently in relationship with their original family members [from ET points of origin], and so to be purely thinking that the human race considers itself one type of entity is an untruth so. There is a much broader viewpoint in regards to the existence of many races living in this physical realm. But of course we have compassion, and we love our children too, and we never harm any being, my friend.

Interviewer: So when you deal with other races then it would be true to say that you think you would want only the best for them?

**Zeta:** In all things my friend, as at no point would we ever harm each other or any other race and would not harm any other being unless we were forced or provoked to defend ourselves, my friend, which has happened before.
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Zeta: Friendship is defined as a "respect for another being, as one would respect self, but never interfere in the learning of another".

Zeta: Friendship... the word allows an amicable instruction to be given between two races.

Interviewer: How do you perceive love?

Zeta: Humans perceive love on a conditional basis, but then other humans give their lives based on a situational response. For us, we would never harm another of our race, so we treat each other as we would treat ourselves. So this is our understanding of love.

Interviewer: When non-human visitors, when they visit earth, have they ever been abused by human groups?

Zeta: Yes, some have.

Interviewer: Are there now non-human races in the earth environment that have selfish interests and wish to exploit the human race?

Zeta: Yes, my friend, yes.

Interviewer: Would they be members of the Zeta race?

Zeta: No, my friend, no.

Interviewer: Can you say who they are?

Zeta: One race that we will say who they are is what's classed as the, by your earth tongue, as the Draconian and Reptilian type processes.

Interviewer: Do you abduct people?

Zeta: There has been research in the past, not in regards to you, but others, that may have been construed as abductions. As a race, how do you answer that question from an earth perspective? [Consider the atrocities humans perform against each other as a race]

Zeta: We do not speak for other races, communication is always a pre-eminent process in our ability to integrate into the human form.
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We seek communication always with our own. [That is, the prospect of communicating with the human form is the main reason why a Zeta chooses to incarnate as a human. Zetas only abduct human forms used by fellow Zetas in order to communicate with them.]

Interviewer: What do implants do?

**Zeta:** They send information of a cellular level and organic process level to a central place for understanding of the human race as a whole. This database is used for what? Our understanding of your race as stated.

Interviewer: Are there other uses for the devices or are there other devices?

**Zeta:** Tracking was used in the past. You will notice that many years ago those humans were not in contact telepathically with our race, so as a means of discovery, we did as a race implant some earth beings. But also remember, some "others" on your planet have been mischievous and placed implants as well.

Interviewer: Why use devices?

**Zeta:** Tracking each of the beings who had moved to a human form... but consciousness as a global entity is now such that these devices are now based in energy, and also many extraterrestrial beings are often contacted by using a tone frequency, in a hearing process. And this is why many entities hear a tone, but are unaware they are not from the spirit realm container, and why they take samples.

**Zeta:** Have you ever heard a short tone that lasts for around ten of your seconds, that is rather loud?

The human collective consciousness has advanced to the point where devices “based in energy” can be used to track people. That is, a telepathic technological process is employed to find Zeta beings who have incarnated in human form. The targeted humans experience this contact as a loud tonal sound inside their heads.
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lasting about ten seconds. They are typically unaware of their non-
spirit realm point-of-origin and why they are of interest to the Zetas.

The Zeta explained that all reported abduction experiences do not have the same origin. If there is a true extraterrestrial race on a craft coming to a person, the physical body of the person would be removed from the premises to the craft. But if the human is somewhat attached to astral entities, the experience would likely be via the etheric body, particularly during sleep. They added that an astral entity is typically drawn to a person by a specific behaviour.

They also warn that a person who is in an imbalanced state may fantasize interactions with extraterrestrial entities. The person believes they are interacting with a specific race when they are not. Their consciousness requires them to believe they have been abducted or are special and unlike all other humans.

Interviewer: Why do some people see spaceships and have contact with star people?

Zeta: The earth is divided into projects and certain peoples are part of these projects. Generally, projects are where genetically modified beings are placed in close proximity to others and as a communication device, they channel our information through, for advancing the human race vibrationally.

2.10 Activities on earth

The Zetas have a presence in the earth environment in a number of ways. Some travel here in physical form using craft we call UFOs. To breathe our atmosphere, they place a device in the back of the throat which converts oxygen to a gas they can breathe more easily.

In the past, they roamed the planet, taking samples and accumulating information about animal, human, and biological specimens, much as humans have done since. The Zetas used this knowledge to revitalize the destroyed environment on their home planet by using earth plants and animals.
Some Zetas, like those communicating with the medium, use the planetary grid (see section, *The Grid*) to communicate with humans “like a spirit being to a loved one”. There are also “many energies living on this planet who are working towards a greater vibrational state”. That is, some Zetas are living on earth, incarnated in human bodies and born to a human mother. We are told that, “Before conception, and prior to the spiritual nature of 'being', the being would correctly arrange as to what state would be of the new matter (human).” A particular Zeta speaking through the medium informs us that, “If I wish to become a human there, I would simply be placed into a process of sit state (wait queue?), and then will move to a human contact to become a human. It will be my turn soon.”

No Zeta would consider taking a human form already inhabited by another being. But creation of bodies in which to live life on earth is suggested in the following quote, “Genetically created beings have been placed on this planet and we have moved our consciousness to these beings. They are easy to interact with, they look human, you do not know the difference.” This method may be disconcerting to people who are unprepared to accept that the physical body is merely a container for the energetic body.

A Zeta explained, “A very unknown truth is that about 30 percent of humanity does not come from the spirit realm process. Sometimes humans are visited by their point-of-origin race and the interaction is seen as unkind and unwarranted, because if you are to believe that you are human, then of course another race is seen as unwelcome. In a high percentage of contact between humans and the point-of-origin race, the human is never harmed but may be psychologically uncomfortable with what has taken place. But there are races that do harm humans. If you are ever fully harmed in an interaction, then you know that they are not your point-of-origin race.”

A purpose of the ET presence is to raise the awareness of humanity in order to minimize the likelihood of wars among ET races in the future. Such activity to bring harmony to the universe is happening on many other planets as well.
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They say that they “seek peace with all beings – not all planets, not all beings seek this.” Thus, while clarifying their intentions, they also warn us that some other ET races are not as peaceful.

Long ago, when humans were not in telepathic contact, the Zetas did implant some with tracking devices to monitor movements. In more recent times, however, only Zetas who chose to incarnate as humans have been taken in order to communicate with them (see section, Race relations).

There are other races visiting the planet who do abduct humans for their own reasons and may still implant devices. For example, we learned that a recent forceful abduction was carried out by a different ET race from Alpha Centauri. A member of this race was once introduced to Paul Hamden while in trance, and Paul found it to be an unpleasant encounter. Since the Zetas are currently the face of extraterrestrials, such cases would no doubt contribute to the perception that they are responsible for the adverse abduction experiences that people have reported.

However, another race of the same species as the Zeta race has been involved with abductions. The Zeta says that “the only facet of the race that is excluded from the collective mind is the abductor race. They are entities that have decided that they will journey on their own path. … The abductor race, as we call them, has a facial structure which is different to ours.” The Zeta suggests that the “abductor” label applied to the Zetas comes from humans who wish to have control and power over others. They contend that if their race were presented in its true light, then such people would have to relinquish their power base.

When the Zeta was asked what sort of physical harm might be done by extraterrestrials, they replied, “They will take genetic samples from a female and other information from the male of the species, seeking to understand what is your biological nature. If you were to come to this planet, and you have never been here before, and you had three heads, who would you speak to first? Most of your planet is covered in water, would you speak to these creatures, or would
you go to the humans. Would you go to many other species? How would you know, how would you learn, knowing that the species would not want to speak to you? So many of the races that are able to reach this planet now seek information about who you are, and some may unfortunately harm some of the species that are here, seeking to understand how to communicate. But others also have an agenda where they seek to harm you, but this planet is protected by many races. This is why you have not been harmed as a civilization.”

When asked how cattle mutilations fit into the picture, the Zeta replied, “It is not of our race, but other races who wish to propagate their own species. I will state that the Zeta race have never killed a human being but other races will harm you and other entities on many planets.”

We are told by the Zeta that the Reptilian race that decimated the Zeta planet long ago is now also in the earth environment. The Zeta warns that “it would be wise for your people who are working with that race to be aware in the back of their minds, they may not be working for the ultimate good of your race.”

On the other hand, there are a number of ET races cooperating to support the well-being of the planet and the life forms on it. The Zeta says, “There is a loosely coordinated group that live within the areas of this solar system. They seek to as a collective of races, manage what is taking place.” The group appears to be coordinated by a race known as the Pleiadians. The Zetas are represented there by other races because they “are technical and do not require voice”. They help to carry out the wishes of the facilitating body, “as do all races. No race is not working in some way for the benefit of all races”.

When asked if the work to heal the planet was being done in collaboration with earth governments, the Zeta disagreed with the premise that the human race owns the planet. Many races have lived here before the present human civilization, and even now many humans are incarnations of spirits originating from races such as the Zeta race. All have a stake in supporting the planet. The increasing
level of human consciousness should soon help us to realize this fact. The Zeta expects such a new understanding of extraterrestrial involvement to happen within the next thirty years.

According to the Zeta, those thirty years will also see an ever increasing human population competing for sustenance. New technologies that are currently hidden from the population are expected to be developed to deal with this problem. These technologies should be revealed within the next ten years.

However, the Zeta acknowledged that although they have the ability to see the future in broad terms, even unanticipated thoughts can change a process. They said, “It has been seen that in ten of your years, certain changes will be in influence for you as a race but, as stated, not all is seen, or known.” They added, “The future (as you may call it) on any timeline, exists now and cannot be guaranteed of an outcome. You assume hot water comes out of your tap, but there is a dependence on many things to produce that heated process.”

The Zeta was asked how many ET consciousnesses are in the near-earth environment at this time. They responded that the number was impossible to estimate since it fluctuates so much. The beings visiting earth are able to enter a state of separation where the energetic body can be extended far from the physical body. That is, the physical body and consciousness can be in one place, but the consciousness can also be in a separate, faraway place while it is in an altered state.

The Zeta explains that “if you had a thousand beings that were currently moving through their process in an energetic form, some of them would be waking up and others would be going to sleep, others would be consciously moving here energetically, so it would be a constant process of change in regards to who would be here at any point”.

Further, “there would need to be an understanding of what beings have moved their consciousness from their physical entity to a point
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on the time line in a physical reality which would be quite difficult to do. Because consciousness is not there, would you say”.

That is, it is very hard for one being to identify the point on the timeline where another being’s consciousness has gone. This appears to be an unresolved technical issue.
3. A model of communication

Summary. A model was developed which describes the process of communication between humans and the Zeta race via the medium, Paul Hamden. The Zetas prefer a question and answer process. The model proposes that a posed question activates a corresponding entry point to the human's knowledge base. The Zeta then accesses the knowledge base, sees the question's context, and determines a response that will merge with the existing context. The model explains why the question and answer format dominates the communications. Without a preceding question, the Zeta may have difficulty finding the appropriate words for expressing information. It also explains why some linguistic errors are made by the Zetas, how they detect redundant questions, and how their information-rich telepathic answers should be interpreted.

It is not difficult to find reports on the internet that claim to be communications from extraterrestrial beings. Usually there is no independent evidence that a report is anything more than the product of a human mind. Occasionally, however, someone passes on information that seems to be beyond the scope or abilities of the mind producing it. Paul Hamden is one such person who has
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published a book describing his interactions with a number of extraterrestrial races (Hamden, 2012). This article examines how such communication might occur.

Paul is aware of reports that people have seen apparitions that they sometimes identify as demons, and some have suggested that these apparitions may be manifestations of an extraterrestrial presence. Paul proposed that "Extraterrestrials take the strongest image from a mind (as they don't know the image may have a negative connotation) and manifest that image, expecting that humans will welcome them with open arms as if Jesus had walked into the house". According to this idea, extraterrestrials have the ability to appear before a person either clairvoyantly or in a physical form not necessarily their own. He suggested that the form chosen is somehow retrieved from the mind of a person in the room, presumably with the expectation that a familiar form will cause minimal distress.

This proposal explains why extraterrestrials might occasionally appear to humans as demons or angels, owls or clowns, or even as a deceased loved one. It also offers a possible explanation for the prevalence in some parts of the world of the extraterrestrial Grey stereotype in reports of alien abductions. If a dominant image in the human abductee's mind were this stereotype, then it could be activated by any race of abductors, no matter their actual appearance. But the idea may have more general applicability. Appearing in a visible form can be seen as initiating a form of communication. Basically, the entity is saying with its visible presence, "Hello! I am here!".

We can raise this proposal to the level of a general model of communication. The model says that an energetic extraterrestrial entity communicates with a physical human entity by using the existing contents of the human's mind to encode a message. The message is constructed by using bits of information already familiar to the human. The message consists of ordered pointers to existing information in the human's mind, and the information is expressed in
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the order specified. Sending the information itself would be less efficient, and might even be impossible.

3.1 Evaluation of the model

The value of the model can be explored by examining how well it accounts for observed phenomena. The interactions with the Zetas via Paul Hamden offer such an opportunity. The following sections discuss some anomalies and several properties of the communications that support the validity of the model.

3.1.1 Errors in speaking through a medium

The model helps to understand errors in communication between a Zeta and sitters in a séance. Typically, the medium's body becomes a tool to be used by the Zeta being. When speaking via the medium's body, the being's knowledge of the language does not go beyond the medium's knowledge. This means that a question containing words not in the medium's vocabulary would not be understood by the Zeta.

The Zeta may select a word that is not quite appropriate given the context. For example, a question was asked about how to test if one were in a particular energetic environment. The answer to the question was "If you've given me information too of the level of awareness for the crisis, you would need to reshine that you are in a separation".

Notice the unexpected use of the words 'crisis' and 'reshine'. Apparently, the word 'crisis' replaced the word 'test' in the question. The use of 'crisis' is not appropriate here, but it would have been associated with 'test' in the medium's semantic network. Sometimes a crisis is a test. Also, the word 'reshine' is not found in the Oxford English Dictionary, but could be taken to mean 'shine again'. From the context, this would have meant 'clarify'. The sentence should have been, "If you've given me information too of the level of awareness for the test, you would need to clarify that you are in a separation".
In another case, the being's choice of a word was recognized as an error often committed by a non-native speaker of the language. The error came in response to the question, "So there are no more wars as of today?" The Zeta answered "As of today, no, not until in our stand to the reptilian process". The Zeta apparently confused the meanings of 'until' and 'since', an error commonly made by some speakers whose native language is French. Again, the two words are semantically similar, and the error was simply a failure to distinguish the subtle difference in meaning. The answer likely should have been, "As of today, no, not since our stand against the reptilian process".

These kinds of errors could arise if the Zeta were accessing a semantic network in Paul's mind where words are most strongly associated with others having similar meanings. The Zeta would choose a particular word according to its meaning, but would lack the experience of a native speaker to sense subtle differences in usage among the related words.

3.1.2 A restriction on ET information

The Zeta entities speaking through Paul Hamden usually restrict themselves to answering posed questions. They say that offering novel information which we are not prepared to receive would just confuse us. A Zeta was asked, "Are there limitations on what you are able or allowed to discuss with me? " The reply was as follows.

"The limitations are of your own mind my friend, and so when dealing with you, my friend, when you explain to a child there are specific things that they must learn, you need to always talk from the basic concepts. It is not relevant to a young person, you are speaking to them of matters which are not able to be comprehended by their mind. It does not mean that we will not try to discuss if we perceive there are entities able to in some way understand what is being said. But each being is discussed with at the level that we perceive they are able to understand. Or else what is the point of the discussion."
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So we are told that new information is rarely volunteered by the Zetas because of limitations in our own minds. These limitations appear to prevent the Zeta from expressing the information so that it can be assimilated into our knowledge networks. If the Zeta selects what it wants to say from existing bits of information in the human's mind, it would need to have a relevant entry point into the human's knowledge base to construct a sentence expressing the new information. Such an entry point would be prominent after the human frames a question, but in the absence of a posed question, entry points would merely reflect the human's random thought processes. These would most likely be unsuitable for expressing novel information the Zeta might wish to volunteer. Therefore, the Zeta's reluctance to volunteer information would simply be due to the difficulty in finding the words needed to express the information.

3.1.3 Redundancy detection by Zetas

The Zetas apparently don't care to deal with redundant questions. When a sitter asks for information that is already known, the Zeta will usually say, “You already know the answer. Look within.” The proposed model allows such redundancy to be detected quite naturally. The Zeta would access the human's knowledge base via the entry point associated with the question. There they would find the question's context in order to decide how to formulate a reply that would seamlessly expand it. But if the context already includes the answer to the question, there is no need to proceed further. The questioner is then told to “look within” for the answer.

It has happened that a partial answer given in one session was detected as a complete answer in a later session when clarification was requested. The error resulted in the claim that they had already given the correct response. In retrospect, the confusion may have come from faulty logic on the part of the Zeta. That is, in one session we were told that Process A implied B. In another session, we were told that Process C implied B as well. Then in a third session, the Zeta was asked if Process C was the same as Process A. According
to the Zeta, we had enough information to answer that question already, even though the required inference was weak.

### 3.2 Discussion

The proposed model of communication between humans and Zetas seems to account for the observed phenomena described above. The questioner asks a question and then unknowingly facilitates the reply when the Zeta scans for relevant contextual information in his or her memory. If the information does not already exist, the Zeta gives a reply that best fits the questioner's linguistic and semantic knowledge. The purpose would be to minimize the possibility of creating confusion. The reply is received either via the medium's body or via a telepathic impression. Either way, it becomes part of the questioner's knowledge base.

Skeptics might argue that the external agent is not a Zeta, but could equally well be an unrecognized, autonomous part of the medium's consciousness. Such a fragment of consciousness could have the required access to the medium's cognitive system. However, we can muster several arguments against this possibility. First, there is no reason to expect such a fragment to make linguistic errors typical of a non-native speaker of English, as the observed confusion between 'until' and 'since' implies. Second, the telepathic communication, which was obviously intended to resolve a logical inconsistency, is not a recognized human capability. Third, the information obtained was often very sophisticated and most likely beyond the ability of the medium to verbalize in his normal state. This is particularly obvious in the discussion of the section, *Synthetic quantum environments*, where an understanding of advanced physics is implied. Therefore, we can conclude that the external agent is independent of the medium, and there is no reason to reject the medium's claim that he communicates with extraterrestrial beings.

We can say a bit more about the memory scanning process preceding the response to the question. The semantic errors described above suggest that the question provides an entry point to a semantic
network. The network would represent the meaningful relationships among words by their proximity, and that would help to explain the observed linguistic errors.

The model raises an ethical concern with respect to the autonomy of the individual. Humans are accustomed to being self-contained, independent entities when they communicate. They don't look directly into the mind of another to judge how to tailor a response to a question from that person. They also don't directly impress images and emotions into the mind of another to communicate a message. Although such interactions could well improve the reliability of communications, should we be concerned about an invasion of privacy by the Zeta?

As far as I know, people who have communicated with the extraterrestrials via Paul Hamden have never expressed the feeling that their personal space had been violated. Before any communication can take place, the Zetas need first to “prepare a connection”. In my case, I gave them permission to do this by expressing to Paul the wish to communicate with them. Shortly thereafter, I was awakened briefly during the night by a whole-body buzzing sensation. The communication session followed the next day, during which the Zeta confirmed that the sensation coincided with preparation of the connection. So although I was not clear on what to expect, I had agreed to participate in the project. The interactions described in the model would not have occurred without that consent.
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4. The energetic environment

Summary. The nature of reality is discussed with the help of information obtained from extraterrestrial teachers speaking through a medium. The basic premise is that everything is energy. This is consistent with our understanding of the material world, but a much larger reality exists in a non-physical environment. In this energetic environment, objects and entities, including our etheric bodies, appear to exist as variations in the state of consciousness and the ability of different states of consciousness to resonate. A holographic framework is proposed to account for experiences of consciousness in the energetic domain.

In this energetic environment, boundaries exist for an entity where areas of the environment do not resonate with the entity's energy state. For example, the spirit and astral realms are energetic regions designed to resonate with the human energetic signature, and the realm boundaries lie where such resonations cease. We also learn that an ET race created the spirit realm long ago as a holding area for the incorporeal human consciousness. The astral realm is separate from the spirit realm, but is said to be of the same process.
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It is connected with all human mental activity and is seen as a developing collective mind.

An understanding of consciousness as the basis of all existence has come from non-human sources via the medium, Paul Hamden. Besides our physical universe, there are other realms that exist in the non-physical energy of consciousness. Paul has developed a direct connection for communication with a number of extraterrestrial beings, predominantly several of the Zeta race and one of the Anunnaki race. These beings are able to answer questions about the nature of reality.

Like most physical and mental mediums, Paul lends his body to an entity who then uses his vocal apparatus to interact with sitters. In one conversation, a Zeta said, "I am here, my friend, but how am I here?" The sitter replied, "You are here in your energetic body?" The Zeta responded, "I am here in my thought processes, my friend, and so I move my consciousness to the consciousness of the being and am able to speak through him now."

There is said to be a place called the astral realm in the energetic environment that is experienced as physical but is accessible via the mind. We find our way there by such methods as astral projection, meditation, dreaming, and even dying. People experienced in the occult traditions have described the region as a number of layers with different properties. The constructs experienced in that environment are thought to be created by mental activity.

After the body dies, the human spirit is thought to make its way to the spirit realm. It is here that a decision is made to reincarnate in order for consciousness to evolve further. Impressive contact with the spirit realm has been achieved in physical mediumship séances. Well-known recent examples are the series of séances known as the Scoble experiment (Foy, 2008) in England, and the séances of the Felix Experimental Group (FEG URL) in Germany.

The energetic environment is the locus of consciousness and also underlies the physical universe in which we exist. Realms in the
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energetic environment such as the astral and spirit realms are also
experienced as physical places and can be altered by intentions. This
article addresses the properties of the energetic environment in
general, the astral and spirit realms in particular, as well as aspects of
the human etheric body.

The extraterrestrials who communicate via Paul Hamden are
generally not very interested in the astral or spirit realms since these
are relevant mostly to the human experience. But when prompted,
they have shared some information with us. The information helps to
understand the origin, nature, and purpose of these realms. The
statements in italics are excerpts of responses given by beings from
the extraterrestrial races to an interviewer's questions.

4.1 Nature of the energetic environment
Comments from extraterrestrials in the following sections give us
some understanding of the fundamental properties of the energetic
environment.

Pleiadian: Everything is energy.

Anunnaki: There is no real separation except by frequency.

Anunnaki: Many energies “form” the etheric boundaries that spirit
beings exist in.

Interviewer: Our concept of form is an artifact of our 3D existence,
is that right?

Zeta: In this one universe, yes.

Zeta: There are realms within realms, dimensions within dimension,
and inter-dimensions within dimensions, all is inside everything else.
This sounds confusing, but if you view this as analogy as being a
waveform and each dimension is vibrating at a different level, then
you can understand that everything is one and everything of the
whole. There is no true separation between realms and universal
nature. It is possible to travel across all of these barriers that are
perceived in your mind, once you have moved yourself to a place of understanding that there are no barriers.

**Zeta:** When we are in communion with energies who are of different waveform nature, we are taught different ways to interact with beings in realms that we have no access to yet. Just as you would go to a teacher and learn a new skill.

Interviewer: What are the average frequencies of the human and Zeta etheric bodies in cycles/sec?

**Zeta:** The base frequency for Zeta is 10 cycles at a level where an entity is not requiring a separated level of consciousness. But there are other levels of frequency, 16 would be where a being would be in separation from self for a short time, 32 cycles is required to be in a permanent cycle of separation. We have seen that humans are between 7 and 8 cycles, some lower, some higher, depending on the frequency a human holds.

**Zeta:** Your etheric body is a resonating form of energy. It is able to on many frequencies understand emotions, energies, interchange of energy, and matter to energy.

Interviewer: Based on what you have said before, energy is defined by vibrational states. What property of energy determines when someone is vibrationally aligned with someone else?

**Zeta:** As the words do not exist to formulate the correct response, the only words that we are able to come up with are in regards to words that you would understand being frequency, energy, and resonation.

Frequency, energy, resonation – these are the properties that determine when one energy structure is aligned with another. Frequency we understand as rate of oscillation, energy may be interpreted as intensity, and we may understand resonation as “the state of corresponding closely or harmoniously”.

More recently, as discussed in the chapter, “Creation and consciousness”, we learned that frequency is used by the Zetas as an
analogy for state of consciousness. It should not be thought of as a
real number, but rather a ranking on an ordinal scale representing
states of consciousness.

The Zetas say that everything, including the observer, exists as
patterns of energy. Further, realm boundaries in a multidimensional
energetic environment exist as a function of frequency. This implies
that an observer's freedom of movement depends on the
compatibility of his/her frequencies with the frequencies of the
surrounding environment. An entity can enter a region when its
frequencies resonate with that of the region. Conversely, the edge of
a region may be said to form a barrier when its frequencies do not
resonate with the entity. Such regions of impenetrability would form
the boundaries of a realm as long as its inhabitants are unable to
resonate with the energy of the boundary. According to the Zeta, it
is theoretically possible for entities to find a frequency or state of
consciousness that resonates with all regions of the energetic realm
so that no barriers exist anywhere.

Discussions about realms sometimes leave the impression that they
are areas with well-defined boundaries. However, we can now see
that the separations between realms are more apparent than real. The
boundaries are not fixed, but are defined by an entity's inability to
resonate with the encountered energy. So as an entity's energies
evolve, so may the realm boundaries.

The Zeta agreed that our experience of form is an artifact of our
physical existence where we normally distinguish it from
experiences of consciousness such as colour, taste, and pain. The
latter are called 'qualia', and discussions of qualia (e.g., SEP URL) in
our world of matter do not include the perception of form. However,
the Zeta seems to say that in the energetic non-spatial domain, any
spatial concept such as form is perceived by consciousness as an
effect of the modulations of frequencies. As such, the experience of
form may be an emergent subjective property in consciousness much
like the experience of qualia such as colour or taste. The dependence
of phenomena on frequency or state of consciousness invites
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comparison with the holographic process where objects are represented by distributed interference patterns.

The Zeta’s answers to our questions suggest that frequency and resonation can be considered in four interrelated contexts – the form of objects, the etheric body, consciousness, and connection for communication. The following items were extracted from the transcripts of the conversations in order to grasp the role of frequency and resonation in these four areas. The casual reader may wish to bypass the quotes from the transcript and go directly to the following discussion sections.

4.1.1 Objects

Zeta: I think we need to start with basic concepts.

Interviewer: Yes, you're right, and one basic concept is resonation.

Zeta: Now, at some point, you are resonating my friend.

Interviewer: What am I resonating with?

Zeta: You are resonating my friend, you have a resonation too. Some would say that that is your frequency.

Interviewer: They're not the same though, are they?

Zeta: Only when frequencies are conjoined, my friend.

Interviewer: What does a conjoined frequency mean?

Zeta: It means to us that it is in resonation, so if two entities are to come together, two different frequencies, then the frequencies of the two entities must change so they can be conjoined and resonate together.

Interviewer: The spirit realm, does it have a shape?

Zeta: Its borders are defined by its frequency.

Interviewer: Do things have form in this energetic space?

Zeta: No, they are very fluid.
Interviewer: You described an object as a waveform, and this waveform then would consist of multiple frequencies?

**Zeta:** Yes, of course, but between each boundary or realm as you would say, there are delineating frequencies that are conjoining.

**Zeta:** There is no imbalance in energy between realms.

**Zeta:** There exists no formal shape or geometry for the basis of energetic consciousness. How can energy be in a construct my friend? How can it exist in some form of geometry, pattern or shape?

Interviewer: So objects are represented by frequencies. There are still different objects there, I assume, so they must be represented by different frequencies. Is that correct?

**Zeta:** In this physical reality, yes.

Interviewer: But there are things that have form in the energetic environment too, the way you described the grid, for example. It is very well organized and there is a visual representation that you left with us. Is that just an analogy?

**Zeta:** The grid is defined by the individual entities that it is, so if you had a cup my friend, the cup would have a grid that was associated with it. But for the grid to be in its true state, there is no form for the grid. We have brought to you and others discussions that related to concepts that only could be talked about through analogies.

Interviewer: In a universe where there are only frequencies, how are objects distinguished?

**Zeta:** As they are represented in matter for the things that are of matter and for things that are of a non-matter state, they are defined by their frequency.

### 4.1.1.1 Objects discussion

According to the Zeta, the spirit realm “borders are defined by its frequency”, and the borders do not outline forms because objects “are very fluid”. This suggests a comparison with the holographic
representation where borders would be interference patterns. These 
are non-localized, so the form outlined by the borders might be 
described as fluid in the frequency domain, as opposed to solid. 
When they say, “there exists no formal shape or geometry for the 
basis of energetic consciousness”, this is again consistent with the 
distributed representation of any object in a hologram.

The Zeta says, “there is no imbalance in energy between realms” 
and “between each boundary or realm as you would say, there are 
delineating frequencies that are conjoining”. This seems to mean 
that between the distributed frequency representations of realms, 
there are frequency representations of realm boundaries that are said 
to have balanced energies. If energy is proportional to frequency in 
the energetic domain, balanced energies may imply similar 
frequencies. These similar “delineating frequencies” would be able 
to resonate and conjoin to become common to both realms.

This is consistent with the Zeta's earlier statement that the spirit and 
astral realms are one process. The conjoining of the frequencies in 
adjacent realm boundaries may result in more complex frequencies 
because of energy interactions. These may create resistance to 
entities inside the realms operating at incompatible frequencies.

All non-matter objects are defined by their frequency, suggesting 
that the perception of form in this domain is an emergent property of 
frequency modulations. In the domain of matter, as we know, the 
perception of form emerges from the interactions of the elementary 
particles of matter. It is possible that such particles may themselves 
be a projection of a frequency-domain representation like a 
hologram, transformed into the time domain.

In one of their attempts to explain 'resonation', the Zeta comments 
that each one of us has a resonation, and that some would call this a 
frequency. They add that resonation is a conjoining of frequencies. 
That is, each of us appears to be defined by a frequency that resulted 
from a conjoining of multiple frequency modulations. But we know 
we are complex objects made up of a hierarchy of sub-components 
that should each have their own frequency resonations. It follows,
then, that a complex object arises from the resonation of the entire hierarchy of elements of which it is composed.

4.1.2 Etheric body

Interviewer: Is the consciousness held in the etheric body?

Zeta: Initially the three states are in separation. Higher self moves to integrate with a physical container, the etheric body is the field which allows the blending, and once the body terminates, the etheric form is absorbed by the originating consciousness.

Zeta: One frequency defines the state of the physical body which is encapsulated by the energetic body which you are calling the etheric body. The etheric body is in a constant state of change in regards to the level of frequencies that indeed is able to ...now defined by... now, many of the frequencies that are within the intermediary process of the etheric body are also in a state of change and flux. At any given point you may have what would be considered eddies of... eddies my friend, if you have the analogy of whirlpools in water.

Zeta: The energetic body is in a constant state of change my friend, as the thought processes permeate the etheric body and change the frequency of what is... as does the higher self when it is to bring about change to the physical body also, through an act of thought, changes what is the resonation of the energetic body to the physical.

Interviewer: If we don't talk about connection, but rather about information encoded in the etheric body, there are multiple frequencies to do that?

Zeta: Yes

Zeta: We said to you before that the etheric body held many frequencies.

Interviewer: Are those frequencies related in some way? Can they be anything, any value?

Zeta: Those frequencies can be any value, my friend.
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Zeta: An injury or a sore on the body is obviously of a different nature to the normal state of the cellular process of the skin, but it still exists.

Interviewer: Yes, so it must be represented somehow in the etheric body as different.

Zeta: Yes of course, my friend, as it is represented in the physical as a different representation of cellular structure, it is also represented in the etheric body as a different state of energy and frequency.

Interviewer: Are the differences in the state of the body represented in the differences in the swirling of the etheric body?

Zeta: What takes place in the physical is a direct representation of what is happening in the etheric body.

Interviewer: The etheric body has spatial extent so do different parts of the etheric body swirl differently than other parts when they change?

Zeta: Yes, my friend.

Interviewer: Does this swirling have a frequency associated with it?

Zeta: Depending on what the entity or thought process or external references to the etheric body will depend on the type of frequency it is.

Interviewer: Are there many swirls in the etheric body or is there only one?

Zeta: There can be unlimited swirls in the etheric body.

Interviewer: The etheric body consists of a very large number of smaller swirls?

Zeta: Yes, I will give you an example my friend. If you are as they say, grounded, then you have spent much time possibly in the meditative state process. The state of mind that you hold will be much aligned with the etheric body, and the energy that you resonate at between yourself and the etheric body. Now if your mind is much
in turmoil then you can expect that much of your etheric body will behave as a reflection of your thought processes.

Interviewer: I see, so the turmoil is seen in very many more swirls in the etheric body. If you're in a proper meditative state, then there is only one swirl?

Zeta: No, my friend, for you to bring the etheric body into complete state of harmony requires for you to be completely out of your physical entity.

4.1.2.1 Etheric body discussion

Frequency in electrical circuits is visualized on an oscilloscope as a spot of light moving up and down along a time axis. This image is not very helpful for visualizing the role of frequency in the etheric body. The Zeta indicates that a swirl shape is a more appropriate image. They offer the analogy of eddies in water and the image of an unlimited number of swirls in the etheric body. The swirl image suggests that what is meant by frequency is angular frequency or spin. Different swirls may have any frequency, and the angular frequencies of different swirls may or may not be related.

The etheric body is normally in a constant state of flux, with the swirls' frequencies affected by thought processes and by influences external to the body. The state of the physical body is a direct reflection of the state of the etheric body. For example, a sore is different from the surrounding skin, and the etheric swirls corresponding to the sore also have frequencies different from the swirls that correspond to the healthy skin.

The etheric body as a single swirl is characterized by the Zeta as a complete state of harmony, and can happen only when the etheric body is separated from the physical body. This implies that an increase in the state of harmony via a process such as meditation leads to a reduction in the number of swirls that make up the etheric body. The reduction would come about when swirls conjoin, and so this could correspond to a process of superposition. If superposition of two swirls is accomplished by the summing of their respective
energies, the resulting swirl would have a higher energy than either of its predecessors. If a swirl, like a photon, has a frequency proportional to its energy, the conjoined swirl's frequency would be higher as well. Also like a photon, a swirl would have to have a way of splitting into two swirls under conditions where harmony is disrupted.

Somewhat of a mystery yet is why two swirls would conjoin. The Zeta says that “thought processes permeate the etheric body and change the frequency of what is”. This suggests that conjoining of swirls is triggered directly by a signal from consciousness. The frequency of the consciousness process is said to be higher than that of any other swirls, so conjoining of consciousness with the etheric body swirls would increase the latter's frequencies. Continued conjoining should ultimately lead to a minimum number of swirls with the highest possible frequencies. These higher-frequency etheric body swirls would conjoin with the connection swirls (see the following section, Connection) to raise the connection frequency to a level suitable for communication with ETs.

4.1.3 Consciousness

Interviewer: Is the consciousness held in the etheric body?

Zeta: Initially the three states are in separation. Higher self moves to integrate with a physical container, the etheric body is the field which allows the blending, and once the body terminates, the etheric form is absorbed by the originating consciousness.

Zeta: Every thought has a conjoined process which links to the etheric body

Zeta: The etheric body is in a constant state of change my friend, as the thought processes permeate the etheric body and change the frequency of what is... as does the higher self when it is to bring about change to the physical body also through an act of thought changes what is the resonation of the energetic body to the physical.
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Zeta: Before you existed my friend, you understood that you required many lessons. Much of the manifestation of the lessons that you bring to yourself from the higher self entity are represented in the etheric body by a different frequency process. As what is thought but consciousness.

Interviewer: So information from the higher self is represented in the consciousness in the etheric body.

Zeta: Everything that you need to know you have brought with you.

Zeta: If you are as they say, grounded, then you have spent much time possibly in the meditative state process. The state of mind that you hold will be much aligned with the etheric body, and the energy that you resonate at between yourself and the etheric body. Now if your mind is much in turmoil then you can expect that much of your etheric body will behave as a reflection of your thought processes.

Zeta: Higher self is of a different frequency, but it is bound intrinsically to the etheric nature and body. They are (bound?) to the physical. Now of course, if you have one frequency in the physical, multiple frequencies in the etheric body, and then the highest possible frequency that you are able to be determined by, that attachment is a active flow of energy and frequency between the physical and the higher self using the etheric as the intermediary process. We said to you before that the etheric body held many frequencies.

4.1.3.1 Consciousness discussion

The Zeta says that “every thought has a conjoined process which links to the etheric body”, and “As what is thought but consciousness”. Since thought is consciousness, we can say that consciousness has the conjoined process linking it to the etheric body. It seems that consciousness may consist of swirls that can resonate with the swirls of the etheric body.

The Zeta also says, “Higher self is of a different frequency. It is bound intrinsically to the etheric nature and body. There is one
frequency in the physical, multiple frequencies in the etheric body, and then the highest possible frequency”. The 'one frequency in the physical' is the single frequency for maintaining the functionality of the physical body, and the 'highest possible frequency' would be the single frequency from the higher self in consciousness that controls the etheric body swirls. So consciousness and the physical body are each connected to the etheric body with a single, but different, connection frequency or state of consciousness.

We are told that the local consciousness connected to the etheric body contains within it everything from the higher self that one needs to know. The higher self can change the physical body by conjoining with the etheric body swirls that, in turn, conjoin with the connections to the physical body. With this sequence of resonations, one's physical state can be affected by one's state of mind.

4.1.4 Connection

Interviewer: you mentioned at one point that the etheric body has a base frequency. For humans it's just 7 or 8 cycles/sec while the Zeta race has several, one of which is 16. What does it mean to have a base frequency?

Zeta: That analogy is in relation to the level of resonation that a being would hold energetically.

Interviewer: Is energy transferred from the human physical body to the etheric body, or from the etheric body to the physical body?

Zeta: Both ways... if the human requires connection, a level of matter to energy is required to increase the frequency of the etheric body, but if an external being is to connect to a human's, then the energy will come from the external entity.

Zeta: One frequency defines the state of the physical body which is encapsulated by the etheric body. The etheric body is in a constant state of change in regards to the level of frequencies that indeed is able to ...now defined by... now, many of the frequencies that are within the intermediary process of the etheric body are also in a
state of change and flux. At any given point you may have what would be considered eddies, if you have the analogy of whirlpools in water.

**Zeta:** At some point, you are resonating, my friend

Interviewer: What am I resonating with?

**Zeta:** You are resonating my friend, you have a resonation too. Some would say that that is your frequency.

Interviewer: What does a conjoined frequency mean?

**Zeta:** It means to us that it is in resonation, so if two entities are to come together, two different frequencies, then the frequencies of the two entities must change so they can be conjoined and resonate together.

Interviewer: Ok, so it's a single frequency that each entity is defined by.

**Zeta:** For connection purposes, but you see, you need to open your mind and, as there are many energies that are in existence, then for them to come to being to exist for connection purposes, there must be some point of interconnection in regards to the process of frequency and resonation of frequency. Much as each of the races have a base frequency for connection, and then depending on the entities within that race would depend on the level of frequency that they hold.

**Zeta:** Higher self is of a different frequency. But it is bound intrinsically to the etheric nature and body. They are (bound?) to the physical. Now of course, if you have one frequency in the physical, multiple frequencies in the etheric body, and then the highest possible frequency that you are able to be determined by, that attachment is a active flow of energy and frequency between the physical and the higher self using the etheric as the intermediary process. We said to you before that the etheric body held many frequencies.
Interviewer: Could you tell us about energetic implants that have been put into individuals with their higher consciousness consent?

**Zeta:** That is a communication process and so the race that they are from would have changed the energetic barriers around the framework of consciousness. This has allowed the connection process to take place, and so they are able to connect back to their race process.

### 4.1.4.1 Connection discussion

The Zeta says that each entity is defined by a single frequency for connection and communication. This frequency is closely associated with the physical body, and is influenced by the frequencies of the etheric body. The communication/etheric body interface is parallel to the physical/etheric body interface, and appears to consist of swirls having the common frequency needed for connection. The state of the physical body mirrors the state of the etheric body, so the single connection frequency can be raised with energy from the physical or by resonation with higher etheric body frequencies.

The base connection frequency indicates the level of energetic resonance held by a race. The connection frequencies of two entities may conjoin or resonate when they match, thus allowing communication.

A hybrid human, someone who has an extraterrestrial race as a point of origin, may have energetic barriers around their consciousness that inhibit communication with the race. These barriers can be removed by the race in order to facilitate the connection process.

The Zeta was asked if physical contact between a Zeta and a human would be possible. They replied, "You cannot touch us; you would be burnt. As you moved closer, your skin would become burnt because of frequency. To look into the eyes of the race, you may lose your mind, your construct would disintegrate, and so when we come, we come in many altered states of physicality. But you can be trained to be with us."
4.2 Communications concerning realms

At least two realms other than the physical are commonly thought to exist that are directly related to the human condition – the astral and the spirit realms. During physical mediumship séances, sitters often interact with entities who present themselves as spirits of people who lived on earth at one time. These spirits are thought to inhabit the spirit realm.

The astral realm is experienced during one's life on earth. Some individuals are able to achieve an altered state that allows them to separate their local consciousness from the framework of the etheric body, which is intrinsically attached to the physical, in order to travel into the astral realm. Other states such as lucid dreaming, or even ordinary dreaming, may also offer glimpses of this realm.

The extraterrestrials were asked questions about the nature of these realms, and the following responses were given by the Anunnaki and Zeta races.

**Anunnaki:** Prior to the spark of consciousness of the developing entities on this planet, when no consciousness existed, there was no need for a spirit realm. As all energy is and always is, energy was transmuted to consciousness in the form of a cellular construction, a life form on this planet. There was then seen to be a need for a housing of consciousness of the physical being when they had transitioned to the spiritual realm.

**Anunnaki:** The spirit realms were created to contain the consciousness of a human entity. It was seen that when humans were first created that they required a transitional holding ground. After they had transitioned to this energetic container, they could then choose to move back to a physical form if they wished.

**Anunnaki:** A spirit realm as you call it, an energetic holding ground, was created. It also developed as you developed. It now stands as a separate entity to us. It now exists as a free-form flowing energetic environment for you to experience yourselves in multiple forms. This is your spirit realm. It has been modelled after our own
existence. That is the explanation for the existence of multiple realms.

**Anunnaki:** When the human race was created, of course there were many other human forms. Now, once the consciousness was placed into the developing bodies of humans, a container was created for the spirit (as you would say).

As you have the ability to create in this physical existence, much of your astral realm is associated with your consciousness process and the energies that you have as a combined energy. So does the race, as a whole entity. Now, inside that process of consciousness are all thoughts and creations of each individual, so the astral realms are like chaotic energy, and many entity's are formed in the astral realms.

This is why you can access the realm, as this is a thought process of other beings. What do you think will happen when the collective consciousness moves past their warring state? If the human race has created the astral realm, what will happen… it is consciousness… Perhaps the energy will be more focused for development of humanity. This is what you call the ascension process. You as a race will move out of the mire of the negativity of thought and creations which plague you somewhat. This is an act of growth by individuals.

**Interviewer:** How much interaction do extraterrestrials have with the spirit realms in this physical universe.

**Zeta:** We are not to enter into the spirit realm, because that is to then redefine the parameters of the spirit realm container. But we are to incarnate as human beings and then to project a stabilizing force into the collective mind of the human race. And so because we have manifested through the birthing process, we are allowed to, as we have our own physical human container, we are allowed to support the internal workings of the race.

**Zeta:** These “realms” that you describe are one of illusion, let this be stated at the outset. There are no defined boundaries between all of those states, as if some doorway existed between realms or
dimensions. These energetic realms are actually divided only by the actual waveform's ability to move into and out of the energetic area. Does this then limit what waveform can move where? Yes. These barriers are needed for many reasons. As each waveform or energetic being think within their confines, so they are.

A simple example is this. You as human beings are living on a planet within your physical existence. However, you can easily transcend past the physical barriers. Each time you contact the spirit realms to pass information from a deceased person to a loved one, you do this. Another form of moving past a barrier is astral travelling or out-of-body experiences. These phenomena allow you as a being to move to different frequencies.

**Zeta:** We will now discuss the spiritual realm for a moment. As they are energy and our thoughts are energy, we are able to teach and receive information from within those “earthen realms”. Why do we seek to move into those realms? There is a path that all must follow, all must learn, all seek to be of a higher nature. In the spirit realms, all are seeking to move past their current vibrational state, we seek to help them to do this. Once separated from the physical existence, each is then able to determine what step is to be taken next in their development path.

**Zeta:** The energetic beings you call spirit are actually an entity formed from energy that has an ability to hold information like a capsule. This vibratory form resonates at a level of its existence. This then sees in itself what benefit the process has been to itself, and then in a “teaching process” moment, it moves on to continue the journey.

Interviewer: You have mentioned astral realms a few times, what is your opinion on this?

**Zeta:** When you imagine these astral realms, your thought processes align themselves to some lower form entity. You may also attach a 'good' vs 'bad' mentality to them. Frequencies in which these areas
exist go much further down the scale, like a sound wave as seen on an oscilloscope. The lower the frequency, the longer the wave.

What does this mean to you? Do you think these beings are of some horned nature, ready to pounce on a being as they move into that realm? Often the term 'earth bound' is also used as though some beings are actually encapsulated by their surroundings. Once again, as each being thinks, so it is. Imagine a higher natured being looking into your realm. Do you class yourself as a lower nature?

Interviewer: Can you talk to us about the astral realm?

**Zeta:** The connotations and the words are much related to the human collective mind, your developing collective consciousness, based in energy. In the chaotic you call the astral realms, there are other entities. Why would this be so?

The astral realms are a collection of all thought, all creative processes, all dimensional aspects which come from the existence of thought. This concatenation of all thought forms is the collective mind of the human race. The continuing elevation of the thought processes and consciousness of humanity allows the collective mind to form from the chaotic nature it holds. In these realms called the astral exist many life forms and entities. Some are resonating at a level where they are aiding in the creation of a higher state of being and consciousness, whereas other races and entities are seeking to own the energies of the collective mind of humanity.

When a human mind, a human consciousness, openly enters this collective process through astral states, altered states, or physical states, they move into the unlimited/limited potential of the collective mind of consciousness. This is the ascension process of this race.

Much, if not all, of the astral realm exists in a state of pure consciousness, as this process is bound intrinsically with the thought processes of every human entity (and others). The constructs that are seen in the astral realm are bound in synchronous existence, meaning that all mechanisms of constructs, such as levels and form are purely a state of existence. It is very possible, if not probable,
that the astral consciousness in its multidimensional state is able to be restructured by a single thought, if not a collective thought of one mind.

Simply, the spirit realm container and the astral collective consciousness seem to be in separation but are actually as one process. Taking this one step further, as most understand, all is consciousness throughout the multiverse, and what exists outside of this is the void.

The void is a living entity of total consciousness, oligarchical in nature, and is partially living as an experience in separation (through illusion) of self through the vesture of matter. Each separation of consciousness is layers to perform many functions (oversouls). Some levels of consciousness pervade the worlds of matter, whereas others are multifaceted in energetic form, each having the ability to exist as a race of beings in every form.

Interviewer: Do you work in the astral levels?

Anunnaki: Can you see the different coloured photons that make up light, when do you see them (rainbow) many existences are seen as one, but there is much separation. Now what is the purpose of the connection in the astral? To get training; that is, when you are in a state of conscious of consciousness, you can be in separation. The consciousness of that person may be seeking experience, but due to the understanding of realms, may determine where she perceives the information is coming from. But we do not work in the astral realms, unless there is a need to move into the consciousness of a human form. This is where the collective human mind is forming, a global consciousness. It is somewhat in chaos.

Zeta: Do you understand bleeding one colour into another? It is a transitional process, like from one place to another. This is an example of two energetic realms, the spirit realm and the realms we come from. When there is a visit, the energy changes. This always causes problems and balancing of energy, they are two different types of energy. We are unable to explain the comparative difference
between realms and races. We have tried tonight as an explanation, there are no words. Possibly at a pinch, an astral body experience could be the same as how we are, attached to the physical body while in the energy realms.

We have an analogy. You perform work and at the end of the day you go to sleep and the energy body moves into the spirit realms. But you are one being and connected to the physical body. You are unaware of the information you receive. We do the same without sleeping.

These statements tell us something about the origin, nature, and purpose of the astral and spirit realms. The following sections summarize the main points.

4.2.1 The spirit realm
The spirit realm did not always exist, according to the Anunnaki. It was brought into being when it was needed to support the development of the human race. The Anunnaki transmuted energy into consciousness and placed it into the physical human form. They then recognized that human consciousness needed a place to go after the body died, and so the spirit realm was created as a “free-form energetic environment” to be a “transitional holding ground” for human spirits. The spirits could reincarnate if they chose to continue living in a physical form.

But the Zeta emphasized that the spirit realm is an illusion, that any boundary is defined by the inability of an energetic being to resonate with it. So the Anunnaki created a region in the energetic environment that offers no resistance to an entity with the vibrational state of the human spirit. Conversely, the vibrational state of the spirit realm boundary is such that it is impenetrable to an energetic being with the vibrational state of the human spirit. The purpose of this barrier, as any other in the energetic environment, is to give the contained spirit or energetic being a sense of identity.

The Zeta also tells us that the spirit is an entity formed from energy that can hold information “like a capsule”. All spirits in the spirit realm can, therefore, assess their current level of development and
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seek to change their vibrational state. Since they are not encumbered by physical existence, they are able to choose the best way to change in this regard.

Both the Zetas' thoughts and the spirit realm are energy, and so the Zetas do not enter into the spirit realm to avoid redefining the spirit realm parameters. However, they wish to teach the path “that all must follow” to be of a higher nature, and they do this by entering the human form through the birthing process (see chapter, *Incarnation and ascension*).

4.2.2 The astral realm

The Anunnaki says that the spirit realm was modelled after their own existence, and “that is the explanation for the existence of multiple realms”. One of these would be the astral realm. The Zeta says that it appears to be separate but is part of the same process as the spirit realm. The astral realm would have a boundary that exists for the same reason as the boundary of the spirit realm. That is, the boundary exists where the inhabitants' vibrational property does not resonate with that of a region of the energetic environment.

The realm itself is accessible to physical humans via a process that results in the out-of-body experience or astral travelling. Individuals who are “conscious of consciousness” are able to connect to the astral realm as a learning experience. That is, conscious connection allows human consciousness to experience the separation of the physical and energetic bodies.

The Anunnaki tells us that the astral realm is connected with humanity's conscious processes. While in the physical existence, the thoughts of each individual create manifestations in the astral realm. The combined thoughts of the entire human race are understandably chaotic, and this is reflected in the state of the astral realm. We are also told that many entities are formed in the chaos.

Much of the chaos that exists in the astral realm has arisen from the negativity of thought associated with humanity's “warring state”. Moving past this state to more positive thoughts will enable the
further development of what is called the ascension process. An emergent property of the growth of individuals will be a reduction in chaos. The development of the collective depends on individual effort.

We are told by the Zeta that the astral realm is a collection of all thought and all creative processes that together form the collective mind of the human race. The continuing elevation of the thought processes and consciousness of humanity is transforming the chaos of the astral realm into a collective human mind. Some higher-level life forms existing in the astral realm are assisting in this process. However, we should be aware that some other races and entities are seeking to own the energies of the human collective mind.

The Zeta further says that the astral realm exists in a state of pure consciousness as it is tied to the human thought processes. Consequently, the constructs found there are “bound in synchronous existence”. This means that the entire astral consciousness could be restructured by a single thought or the collective thought of one mind. Perhaps this suggests that there is a tipping point in the ascension process when the collective mind is able to leap to an optimal structure or organization.

4.3 Discussion

When asked about the properties of the energy of which everything is composed, the best words the Zeta could find in our language were frequency, energy, and resonation. These words are the basis for what defines objects, entities, spaces and boundaries in the environment of consciousness. The Zeta was limited in their answer by the words available to them. In fact, we now know from more recent discussions (see the chapter, Creation and consciousness) that frequency is used by the Zetas as an analogy of a concept unfamiliar to us – the state or level of consciousness dimension.

The discussions with the Zetas were often rather difficult because of the lack of common ground, but sufficient information was given to come to a reasonable understanding of what is meant by the
resonation and conjoining operations. Specifically, they refer to the creation and formation of objects in a dynamic energetic environment where state of consciousness is the dominant parameter. Resonation occurs when two states come to match in some way, and the resonating states are conjoined when the energies combine.

It seems that a form comes into being in this environment by the resonation of states and the conjoining of associated energies, but it is not directly perceived as such. Rather, form seems to be experienced like the perception of a particular colour when exposed to electromagnetic energy of a certain frequency. We might say that the frequencies in the environment are transformed by consciousness into the phenomena they represent.

The energetic representation of a form appears to be non-local or distributed since we are told that it has no formal shape or geometry. Although such representations are found in holograms (see Holography URL) they do not appear to be created in the same way. When asked on one occasion if the world is a holographic environment, the Zeta responded, “No, but certainly an environment of consciousness. Nothing is as physical as you believe it to be.”

Still, the interference pattern on a holographic plate may be a good basis for beginning to understand the Zeta's description of reality.

The pattern on the holographic plate results from the interaction of a reference beam of light with a beam of light reflected from a scene. When these two light rays strike the photographic plate, an interference pattern is created. The scene is represented on the two-dimensional plate by a seemingly unrelated pattern created by the algebraic summation of the two light rays at every point on the plate. After it is developed, illumination of the interference pattern on the photographic plate with the reference beam recreates the original scene.

Unlike a fixed hologram, the energetic representations described by the Zeta can evolve using the operations of resonation and conjoining. They explained that it is possible for two entities or
vibrational states to become one entity or state. To do this, the vibrations must change so “they can be conjoined and resonate together”. We were also told that the landscape corresponding to realm boundaries is a matter of one's understanding. All barriers disappear when one moves to an understanding that there are no barriers. We may infer, therefore, that the energetic states determining the barriers are acts of consciousness or thoughts. By extension, this suggests that all energetic representations may be modified directly by consciousness.

It is interesting to examine anecdotal reports of events in the astral realm in light of what we have learned. For example, a traveler recalled seeing a portal in the realm far in the distance. As he approached the portal, he noticed that he was unable to see through it. Two beings guarded it, and one told him very loudly in no uncertain terms that he should not be there and that he must leave. The vehemence of the command immediately returned him to his physical body.

The Zeta has already told us what we need in order to infer the meaning of what happened here. They said, “These “realms” that you describe are one of illusion, let this be stated at the outset. There are no defined boundaries between all of those states, as if some doorway existed between realms or dimensions. These energetic realms are actually divided only by the actual waveform's ability to move into and out of the energetic area. Does this then limit what waveform can move where? Yes.” The portal appeared very real to the traveler (or 'waveform'), but its existence was entirely due to the mismatch between the vibrational properties of the traveler and the boundary. The portal was a symbol projected by the traveler in response to the approaching lack of resonance. Also, the beings at the portal were also part of the boundary. They delivered the powerful message that the traveler should leave. The Zeta suggests that the traveler's well-being was at stake when they add, “These barriers are needed for many reasons. As each waveform or energetic being think within their confines, so they are.” If the
traveler had been able to leave the confines of the astral realm, he would no longer have been who he was.

According to the Zeta's comment, the spirit and astral realms are both illusions. They exist for entities whose vibrational properties resonate with the realms' inner regions. The purpose of the astral realm is to be a place for humanity to learn how to be in separation; that is, to be apart from their physical bodies. The spirit realm offers the same opportunity between physical incarnations, and also enables rebirth to new experiences in the physical realm. As humans learn to manipulate their vibrational state in order to cross realm boundaries, both realms may eventually outlive some of their usefulness.

Both the Zeta and the Anunnaki say that a human collective consciousness is developing in the astral realm. It is now quite chaotic, since it reflects the current state of humanity's consciousness. The development of the collective mind corresponds to the process of ascension. We are told that a contest is taking place in the astral realm as other races and entities, resonating at a lower level, seek to control the energy of the human collective consciousness. The Zeta says that “the continuing elevation of the thought processes and consciousness of humanity allows the collective mind to form from the chaotic nature it holds”. That is, the quality of a collective mind is an emergent property of the quality of all the individual minds from which it forms.

The role of consciousness is very important in the regulation of our physical and etheric bodies. Consciousness was said to affect vibrational states in the etheric body with a single vibration that is higher than any other. The etheric body is made up of 'swirls' that carry a broad range of vibrations. Harmonious thought processes in consciousness cause these swirls to resonate and conjoin to form swirls of a higher vibrational state, and thus to decrease in number. Although not confirmed by the Zeta, disharmonious thoughts must cause the swirls to split and increase their number, and perhaps have lower vibrational states. The swirls in the etheric body have a one-
to-one correspondence to the processes in the physical body, and each can influence the other.

Also associated with the etheric body is a single frequency interface for connection with external beings such as the Zetas. The respective connection frequencies need to match in order for communication to proceed, and the frequencies may be changed in order to meet that condition. For example, the normal frequency for humans is said to be around 7-8 Hz, while for Zetas in separation from their physical bodies, the frequency is either 16 or 32 Hz. These frequencies are to be taken as analogies merely to allow comparisons to be made. From a meditative state in consciousness, the vibrational states of the human etheric body swirls may be voluntarily raised, and these can in turn increase the connection frequency.

Earlier, we considered the possibility that experiences in the energetic realms may come from a process related to the hologram. The interference patterns of a hologram arise when frequencies representing objects interact with a constant reference frequency. To generate the virtual image of the object from the interference pattern, the latter is illuminated by the same reference frequency. Could this process be analogous to the process that generates experiences in the energetic realms?

To complete the analogy, we would need frequency sources to create interference patterns and to perceive the objects represented. Possible sources are the "highest possible frequency" of the local consciousness, and the communication frequency that is usually constant but race-dependent. Both of these are found in the energetic body. Its state of consciousness is an extension of the "higher self" which is said to be part of the source consciousness. The communication frequency, which is roughly constant for a given race, is driven by the state of the etheric or physical bodies. These frequencies are candidates for creating and "playing back" experiences in the energetic realms.

The following framework for creating the contents of the universe is derived from the information offered by the Zetas. We propose that
consciousness has a frequency, and that the source or universal consciousness provides a reference frequency appropriate for a being's level of consciousness. This frequency is manifested in the grid described by the Zetas. The grid “holds all space and time”, and is “like a fluctuating wave vibrating through the universe”. It is the substrate for all objects and activities in the universe. For example, an object like “a cup would have a grid that was associated with it”. The grid has no form until an object is represented in it as an interference pattern. This pattern is created when the reference wave interacts with the same wave modulated by a being’s thoughts containing information about the object.

An already existing interference pattern in the grid is perceived as an object by a being when it is "illuminated" by the being's consciousness. That consciousness would need to have the reference frequency that was involved in the creation of the interference pattern, else the object would remain undetectable. This model of the creative process is discussed further in the chapter, *Creation and consciousness*. 
5. Possible energy for the etheric body

Summary: The difference in the absorption spectra of oxygenated and deoxygenated hemoglobin suggests a mechanism for energizing the etheric body. In particular, deoxygenated hemoglobin is able to absorb more EM energy than oxygenated hemoglobin. Since the hemoglobin molecules periodically take up and release oxygen on their path around the circulatory system, there would be a corresponding release and absorption of EM energy. It is proposed that the released photons are radiated to the etheric body from the lungs where the hemoglobin is oxygenated. Remarkably, a similar mechanism was described two years earlier by an extraterrestrial Zeta teacher speaking through a medium. Additional suggestions were offered by the Zeta teacher for initiating communication with the non-physical, energetic domain.

The etheric body is a complex object that holds a person's consciousness and represents the growth and the health of the physical body. It has electromagnetic properties, but it also has a non-physical energy component that is part of a larger energetic environment. The etheric body is able to interact with this domain that is normally beyond human awareness.
Awareness of the energetic environment can be developed as a skill like any other. The practice of meditation is one way to do this. It involves the stilling of the mind so that it is more open to impressions from energetic influences. Descriptions of proper meditation techniques always include a focus on controlled breathing. Why this is so is not clear. Sometimes controlled breathing is explained as merely a technique for stilling the mind. Others suggest that certain breathing patterns may directly enhance the properties of the etheric body. This article discusses how the respiratory system may be involved in supporting the etheric body.

5.1 Energizing the etheric body

An obvious effect of breathing is oxygenation of the hemoglobin in the blood. It so happens that oxygenated blood has a different electromagnetic (EM) absorption spectrum than deoxygenated blood. The graph in Figure 5.1 from data published by Prahl (Prahl URL) shows the different spectra. The *molar extinction coefficient* shown in the graph is a measure of how much light the hemoglobin molecules absorb at a given wavelength.

Of particular note is the relatively large difference between the absorption spectra of oxygenated and deoxygenated hemoglobin between the 600 and 800 nm wavelengths. This range, in the shaded part of the graph, corresponds to the red and near infrared parts of the spectrum.

If the absorption spectrum of the hemoglobin could be measured in the body, the values in this spectral range would depend on where the measurement was taken. The oxygen saturation level in arterial blood is significantly higher than in venous blood. This means that the amount of electromagnetic energy carried by the hemoglobin would vary as it moves around the circulatory system. When a hemoglobin molecule picks up oxygen atoms, the EM energy contained by the molecule would be forced to move somewhere else. I propose that this EM energy is available to the etheric body when the hemoglobin is oxygenated.
A very similar process was described more than two years earlier by a Zeta extraterrestrial teacher who speaks through the medium, Paul Hamden. The Zeta is able to control Paul’s physical body when there is resonance between their and the medium's energetic bodies. Such resonance requires raising the amplitude and frequency of the medium's etheric body vibration. Some of the energy needed to do this is provided by the sitters. During a session recorded in February, 2010, the sitters noted that yawning often occurred at the beginning.
of sessions. This prompted a discussion on the importance of breathing for facilitating contact. The Zeta made the following comment.

“We need a certain energy to produce the contact. This is why the breathing became a ‘larger issue’ (yawning of sitters). This expels the energy needed for contact - this process works by stimulating the oxygen in the blood, thus increasing the electrical discharge you provide us. This charge generates, in conjunction with the thought of contact, a small vortex which we speak to you through.”

The Zeta said that the contact process needs energy which is associated with the breathing of the sitters. The process works by 'stimulating the oxygen in the blood', which in turn 'expels' the electrical energy needed for contact. This description parallels the independently conceived idea expressed above that “EM energy is available to the etheric body when the hemoglobin is oxygenated”.

The existence of this energy transfer mechanism was upheld when the Zeta was asked for verification with the question, “What physical mechanism transfers energy between the physical and etheric bodies? Is hemoglobin involved and, if so, how?” The Zeta replied, “Yes, hemoglobin is involved as an increase of oxygenated blood is cycled through an entity. In doing so, the energy of the human form is assimilated to the etheric body. But, there is a continual exchange between the physical and etheric, not a state of separation.”

The physical body seems to be designed to provide energy to the etheric body as proposed in the above model. The oxygen saturation level in arterial blood is typically 95-98%, and drops to around 60-80% in venous blood. The difference reflects the body's use of oxygen. So the biggest change over time in oxygen saturation level of the blood occurs when it moves from arteries to the veins. This is measured as the arterio-venous oxygen difference.

According to the model, arterial blood with its high oxygen content absorbs the least EM energy. Conversely, venous blood with its
lower oxygen content absorbs the most EM energy. As the blood returns to the lungs via the venous system, many hemoglobin molecules that had given up their oxygen atoms can now absorb EM energy. The Zeta agreed, “There are chemical exchanges within the physical body that produce electrical impulses. Those impulses provide properly formed mechanisms which interchange with the etheric body.”

The energized molecules enter the lungs, and begin to react with oxygen. This chemical reaction is clearly not prevented by the absorbed EM energy. But since the oxygen and the absorbed energy cannot coexist in the same molecule, the energy is radiated away to be taken up by the etheric body.

The Zeta agreed that the electrical energy accumulates in the hemoglobin and then is discharged in the form of a radio wave. They added, “The lungs are used as mechanism for creating the charge, but the whole body and the breathing apparatus of the medium is used to deliver the energy to the etheric body.” So the radiation of energy does take place in the “breathing apparatus” or lungs as well as throughout the rest of the body.

The interviewer inquired how the electrical energy that is transmuted to etheric energy is used in the etheric body. The Zeta replied, “It is used to, depending on the process, combine with consciousness, which may be a spiritual entity. Then of course the etheric templates are used, depending on what matter is to be created.” The reference to etheric templates indicates that the energy collected by the hemoglobin in the body of a medium ultimately contributes to the materialization of ectoplasm or an apport by the consciousness of a spirit entity as discussed in “A physics of materialization”.

The accumulation and radiation of energy is continuous as long as the blood keeps circulating. However, the amount of available energy would vary as conditions change in the body. For example, hyperventilation reduces the usage of oxygen in the body. It lowers the level of carbon dioxide in the lungs and other tissues, and constricts arteries and arterioles. The transfer of oxygen to where it
is needed is reduced, and thus the oxygen saturation level of venous blood is increased. The reduced availability of deoxygenated hemoglobin in the veins would, of course, lower the amount of EM energy to be absorbed and radiated. This suggests that hyperventilation may reduce energization of the etheric body. On the other hand, there is some evidence (Jevning et al., 1983) that spontaneous hyperventilation increases the arterio-venous oxygen difference.

Physical exercise increases the arterio-venous oxygen difference (ArtOxDiff URL), a measure of the amount of oxygen extracted from the blood by the tissues of the body. Cells consume more oxygen during exercise and so less oxygen is returned to the lungs by the venous system, allowing the hemoglobin to accumulate and release more EM energy. Therefore, sufficient exercise may also stimulate the etheric body according to the model.

5.1.1 A proposed mechanism for energy exchange

In our proposed model, electrical energy is absorbed by the hemoglobin molecules in the red blood cells after oxygen is given up to the cells of the body. When the hemoglobin molecules pick up oxygen atoms again in the lungs, the accumulated electrical energy is forced out and radiated to receiver antennae in the etheric body.

![Figure 5.2. An image of a red blood cell](image_url)
The red blood cell in Figure 5.2 has a toroidal shape with the hemoglobin arranged around the periphery and with almost nothing in the centre. This shape might function as a loop antenna when the energy is released. Assuming this is true, we can estimate some physical parameters related to the process.

For best efficiency, a *resonant loop antenna* has a circumference equal to the wavelength of the signal to be transmitted. The red blood cell is approximately 7 µm in diameter which yields a circumference of 22 µm. A wavelength of 22 µm translates to a frequency of about 13.6 terrahertz (THz). This is the frequency of radiation that an antenna in the etheric body should be able to receive. Note that the energy accumulated by the red blood cell has wavelengths ranging from .6 to .8 µm (Figure 5.1). These translate to a frequency range of 370-500 THz. So the red blood cell may function as a frequency converter, collecting energy in the 370-500 THz range and converting it to the 13.6 THz resonant frequency of the antenna.

If the energy is indeed absorbed by etheric objects as the model suggests, the 13.6 THz frequency may be significant. The frequency would resonate with etheric objects having the same frequency. Further, the frequency may be an important part of the etheric definition of matter. A Zeta said, “*Matter needs to exist in certain frequencies. For it to bind, it needs this frequency.*” Further, “*The frequency of the molecular structure of matter is not just one frequency. Matter does not contain one frequency. Many frequencies combine to create this universal structure.*” So the frequency of matter appears to extend over a particular range.

The Zeta spoke of the “*frequency of the molecular structure of matter.*” According to human science, the bonds between atoms in a molecule vibrate with frequencies in the range of about 1 to 100 THz (MolecularVibration URL). The Zeta’s comment suggests that etheric objects must vibrate at frequencies in this range in order to be experienced as matter. The 13.6 THz energy would be absorbed by the etheric representations of living matter, thus contributing to the
energy of the atomic bonds inside molecules. The model suggests that the radiated electromagnetic energy accumulated in red blood cells resonates with and energizes molecular structures of the body.

The Zeta offered some additional clues about the nature of the etheric receiver of the radiated energy. "The etheric body is in a constant state of change in regards to the level of frequencies. Many of the frequencies that are within the intermediary process of the etheric body are also in a state of change and flux. At any given point you may have what would be considered eddies, if you have the analogy of whirlpools in water. There can be unlimited swirls in the etheric body." In other words, the etheric body is composed of an unlimited number of swirls, each analogous to an eddy of water which has the shape of a vortex.

The Zeta added that the frequencies of the swirls depend on both conscious thought processes and external events affecting the physical body. Changes in the swirls' distribution and energy are directly reflected in the health of the physical body. The swirls would have angular frequency or spin, and are said to vary in number depending on the emotional and physical state of the body. For example, a state of meditation is accompanied by a reduction in the number of swirls. Perhaps the etheric swirls function as loop antennae when tuned to receive the 13.6 THz energy radiated by the physical red blood cells.

According to a Zeta, "What takes place in the physical is a direct representation of what is happening in the etheric body." The Zeta explained that the physical experience arises from the perceptual transformation of corresponding etheric information (see the chapter, “The illusion of matter”). So the physical forms directly correspond to etheric forms simply because they are different ways of representing the same information.

### 5.2 Blood oxygenation and states of consciousness

Are fluctuations in hemoglobin oxygenation meaningful in relation to particular states of consciousness? It seems obvious that highly
oxygenated blood would be correlated with a strong connection to physical reality where oxygen metabolism is important. But altered states of consciousness may depend on a low level of oxygenation to facilitate the participation of the etheric body. The following sections examine specific instances where deoxygenation of hemoglobin may promote particular effects.

5.2.1 The near death experience
Prahl’s figure shows that deoxygenated hemoglobin can absorb more EM energy than oxygenated hemoglobin in the 600-800 nm (red) range of the spectrum. An increase in energy absorption in that range should be more likely when a person is dying. After breathing stops, more EM energy would become available for transfer to the etheric body. With the increased energy, the etheric body might separate more easily from the physical body. Then if the physical body survives, a near death experience could be reported. Perhaps such a report might be even more likely if the body were bathed in red light. The additional energy around 700 nm might be absorbed by the deoxygenated blood and transferred to the etheric body.

5.2.2 Dreaming
The possible role of the state of hemoglobin in the near death experience suggests a similar role in the dream state during sleep. Dreams may be experiences of visits to another realm by the consciousness merged with the etheric body (e.g., DailyWicca URL, Ramsden URL). If so, the increased activation of the etheric body during dreams should be reflected in a corresponding lower utilization of oxygen by the body. Consistent with this prediction, Douglas et al. (1982) found lower oxygenation of the blood during the dream state than during wakefulness. Similarly, Ryan et al. (1989) observed lower oxygen consumption during sleep than during wakefulness.
5.2.3 Physical mediumship

A red light often plays a role in physical mediumship. The séance is usually conducted in the dark, but if a light is allowed, it is usually a red light. Is it possible that a red light in the range of 600-800 nm wavelength might actually enhance a medium's abilities?

A meditator may achieve an altered state similar to that of a medium conducting a séance, and changes in meditator metabolism have been measured (Wallace, 1970; Benson et al., 1990). Some of this research is summarized in the following quote (Meditation URL).

“The fall in metabolic rate was the most striking discovery. This was indicated by a dramatic drop in oxygen consumption within a few minutes of starting meditation. Consumption fell by up to twenty percent below the normal level; below that experienced even in deep sleep. Meditators took on average two breaths less and one litre less air per minute. The meditators' heart rate was several beats less per minute.”

Additionally, research by Jevning et al. (1983) found that the rate of red blood cell or erythrocyte metabolism decreases in response to transcendental meditation. The article describes “a marked decline of red cell glycolytic rate induced by the transcendental meditation technique (TM) ... The occurrence of sleep was not correlated with the metabolic changes”. Of course, hemoglobin is found inside the red blood cell.

Jevning et al. also say, “Based upon further measurements indicating persisting alteration of the red blood cell, we suggest the possibility of attachment of a humoral agent(s) to the cell in the mechanism of this effect. This behavioral effect is unique, and the effector(s) responsible may increase our understanding of metabolic control of the erythrocyte and of TM”. That is, the longevity of the measured changes in red blood cell metabolism meant to them that there must be some long lasting controlling influence, a “humoral agent”.

But suppose the controlling influence is not humoral but etheric. As discussed above, the deoxygenation of hemoglobin may result in an
increase in the energy level of the etheric body. Perhaps this heightened etheric energy field generates a positive feedback signal which inhibits the oxygenation of hemoglobin, thus maintaining the higher energy level of the etheric body and deepening the meditative state.

The changes observed in a meditator's body may also occur in a medium's body during a trance state. The drop in oxygen consumption should reduce blood oxygenation, which should increase the absorption by the blood of ambient EM energy in the red part of the spectrum. If this energy were transferred to the etheric body, the performance of the medium might be enhanced. So the red light in the séance room may actually facilitate effects that depend on the medium’s etheric body energy.

5.3 Does breathing pattern matter?
Breathing rate is controlled by the autonomic nervous system, and responds to metabolic parameters such as the pH of the blood and the level of carbon dioxide in the body. The normal resting rate is about 12-14 breaths/min. Of course, the rate can also be controlled voluntarily by, for example, swimming, speaking, playing musical instruments, and meditating.

Meditators are usually advised to adopt particular patterns of breathing to promote a change in consciousness (e.g., Breath1 URL, Breath2 URL). When these patterns do not produce hyperventilation, there is no obvious reason why venous oxygen saturation level should be affected. But given the complexity of the respiratory system, it is possible that it might. Research is needed to identify breathing patterns that affect arterio-venous oxygen difference and thus help to energize the etheric body.

5.4 A Zeta's advice on energy and breathing
The above quote from Paul Hamden's Zeta teacher included the comment “This charge generates, in conjunction with the thought of contact, a small vortex which we speak to you through”. That is, the
EM energy radiated from the hemoglobin does more than enhance the extent or 'amplitude' of the etheric body. When the 'thought of contact' or the intent to communicate accompanies this energy, a channel for communication to a non-physical energetic domain may be opened.

The Zeta teacher offers the following additional advice on how to initiate contact with the energetic domain.

The breathing process is a very physical way to move to an altered state.

There is much energy associated with the breath, it is able to change the cyclical pattern of brain waves to different states of interaction. Your normal breathing process provides oxygen, but hidden in the breath are many ways to manipulate the energy body.

Breathing allows one's mind to transcend past the physical boundaries, and to move to a semi-energetic state. Learn to control your breathing, this is the most powerful tool you have.

If you wish to connect, then you must have "slow sustained breathing", allow the energy to build, focus ahead, wait and be patient.

Yawning is a way of balancing the energy you hold, and to expel energy into the room for manipulation of energy for the spirit team, for connection. The problem with learning to breathe and attain altered states for connection is that the being does not know what breathing is required to gain the altered state. There are no direct rules or guidelines, but what you are looking to do is, sit and breathe, look for the energetic process, focus on your breath.

This is important: the breathing processes have embedded in them a harmonics. It's not a matter of breathing in and out - as the energy builds, the breath harmonics is like an undertone, a hidden sound. The sound creates a special wave that is built into you intrinsically. You must try to find the proper harmonics of your breathing to gain an altered state. Your guide can help you with this.
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It also depends on what energies are to come to you, this determines what harmonics are needed. When the breathing is taking place, so is the harmonics. It changes the resonant energy around the being. This provides connection to the spirit and guides and ET.

According to the Zeta teacher, 'slow sustained breathing' allows the energy to build, perhaps by enhancing the arterio-venous oxygen difference. This could be examined empirically, given the proper equipment.

Yawning is suggested for balancing the accumulated energy. It is not clear what is meant by balancing, but it sounds beneficial. So interspersing yawns among the long slow breaths during meditation may have a positive effect. Yawning also ejects accumulated energy into the séance room to combine with the energy of other sitters. Perhaps yawning encourages the etheric body to extend beyond the physical body, and the energy is balanced when it extends equally in all directions.

The Zeta teacher also tells us that the breath has harmonics. This means that the breath has a fundamental frequency, like sound. Some meditation techniques encourage repetitive, monotonous vocalization while breathing. But sound is also produced simply by constricting the airways. The harmonics of the breath are said to create a 'special wave' in the body that leads to an altered state. Playing with the breath's harmonics is encouraged in order to find the right ones, since they are not always the same. Which harmonics are 'right' depends on the intent of the communication.

5.5 The importance of breathing

As mentioned, Paul Hamden communicates with different races of ETs while in an altered state of consciousness. He has published much useful information received from them (Hamden, 2012), and some anomalous physical phenomena have occurred during séances. The breathing process recommended by the Zeta teacher is used to achieve the state he needs for communication with ETs. Once the energy is built, he seeks the energy signature or frequency. The
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process allows a “tangible exit from the physical into the connection”. He is, however, able to arrive at the same place in about ten minutes just by sitting quietly and focusing on a physical point. Using breath harmonics is preferred but not essential for establishing communication.

Kai Muegge is a medium in the Felix Experimental Group (FEG URL) located near Frankfurt, Germany. He relays information from the spirit world and produces inexplicable physical phenomena in séances, including the formation of ectoplasm. The trance state is entered after a period of very audible rapid breathing. During this time, he says he hands over certain mental potentials and capacities via a conscious process of controlled dissociation. According to him, the rapid breathing enhances the alpha waves in the brain and leads to a theta controlled “reboot” by the dissociated consciousness from the energetic spirit field.

Kai uses different words to describe the induction of a trance state, but the process may be similar to that suggested by the Zeta teacher. The Zeta said that a “special wave” is created by the controlled breathing. Perhaps the wave produced by Kai's rapid breathing mediates the effects on his brain rhythms. A search for the right breath harmonics was recommended by the Zeta, and this could be understood as attempting to synchronize the “special wave” with a variable alpha wave frequency. Once synchronized, further changes in breath harmonics would drive the desired changes in brain frequencies.

Kai also says that rapid breathing is not absolutely required for him to slip into a trance state. However, the wave from the breath harmonized with the brain's oscillations is essential for activating the etheric field and enhancing its physical presence. Without the rapid breathing, the physical phenomena desired in a séance are much decreased or absent.
5.6 Conclusions

It is proposed that EM energy is accumulated in deoxygenated hemoglobin in the venous system, then radiated to the etheric body when oxygen is taken up in the lungs. A robust etheric body is said to be important for the health of the physical body and the achievement of desired altered states. If a decrease in the oxygen level of venous blood is produced by particular breathing patterns, these might be useful in the practice of meditation.

Slow sustained breathing during meditation was recommended by a Zeta ET speaking through the medium, Paul Hamden, while a rapid breathing technique is successfully used to enter a trance state by the medium, Kai Muegge. According to the Zeta teacher, the breath has harmonics which create a 'special wave' in the body. Perhaps this effect drives brain wave frequencies associated with altered states of consciousness.
6. A physics of materialization

Summary: The Zeta extraterrestrials were asked via the medium how physical objects are manifested. They responded that consciousness can form an object in a realm of finer matter. The object is combined with the “energy of existence” and appears as ectoplasm or as an apport in the gross matter realm where we live.

The source material for ectoplasm is primarily dissociated water from the medium's body. The hydrogen and oxygen ions are rearranged in a “framework of materialization” as a step toward completing the etheric structure of the intended molecules. Additional required material would also be taken from the body or else created from fine matter by spirit consciousness.

The etheric body of an apport is copied by spirit consciousness from an original object. Elements to form the apport as specified by the etheric body are taken from the medium’s body or from material outside the medium's body. For both ectoplasm and apports, any gaps in the etheric template are filled with fine matter. The filled template is combined with the energy of existence from the medium, and the appropriate physical matter is formed.
The Zetas' model is analogous to a physical theory based on the Dirac equation developed by Hotson. The theory proposes that an object may form in a universal, negative-energy Bose-Einstein Condensate coexisting with our positive-energy reality. When the energy of the object becomes positive under certain conditions, it enters physical existence as a fundamental particle like a neutron. This corresponds to the Zeta model where an etheric object filled with fine matter in another realm becomes physical when combined with the energy of existence. The combined Zeta-Hotson model offers an improved understanding of materialization in physical mediumship.

In the chapter, *The energetic environment*, the Zeta explains to the best of its ability the nature of the non-physical energetic environment that they are able to manipulate and experience. According to the Zeta, consciousness can create resonations of frequencies or states of consciousness in that environment and conjoin resonations of different frequencies. Such manipulations by consciousness would create patterns of modulation which are then experienced by consciousness as forms and sensations. The described processes seem to be consistent with the principle of the hologram.

Our physical realm is a subset of this energetic realm, and physical bodies are closely associated with energetic etheric bodies. In the séance room, physical matter like ectoplasm can be formed in the presence of a medium in an altered state of consciousness, and the material disappears before the medium returns to the normal state. The consciousness of the spirit control is thought to organize this matter so it corresponds with the energetic form. How this is done is not understood.

Ectoplasm has a long history in physical mediumship. Somehow, a medium in a trance is able to cause large amounts of the mysterious substance to be expelled from body openings. An extensive description of the nature of ectoplasm is given by Crowley (1988).
Ectoplasm is an elusive substance which emanates from the body of a medium; it exudes from all the natural orifices the mucous membrane and the skin...it comes in many different forms colors and conditions...it may be gaseous, liquid, or fibrous; it may be soft as velvet with a moist, sticky surface, or it may be rough and solid; it can assume different colors or be of a soft white grey, or black; it can be invisible, although it has weight and gives sensation on contact and can make an imprint on plastic substances; in materialization, it sometimes takes on gorgeous colors from the flowers and gowns of those in the room, and the manifesting entities are able to bring out a beautiful pattern on the ectoplasmic gauze which forms their robes. It is extremely sensitive to light and deteriorates when subjected to its rays. The spirit teachers tell us that the chemicals in the light rays tear down the ectoplasm, so that they are at this time experimenting to find a chemical to add to the ectoplasm that will enable it to withstand the devastating power of light.

What does ectoplasm do? It exudes from the orifices of the medium, particularly the mouth, but also the nostrils, or from the skin, particularly in the areas of the solar plexus and the breast. Can it be seen? Yes, it has been seen on occasion in full white light, but usually fares better in red light, which is used in most materialization séances. Can ectoplasm be touched? Is it tangible? Yes.

Only very rarely do materializations appear abruptly. They form by a concentration of matter around a central nucleus ... There first appears a more or less formless mass, which may not even be visible, but which can be felt and seems capable of mechanical action.

An example of ectoplasm provided by the medium, Kai Muegge, is shown in the photograph of Figure 6.1. According to the medium, this ectoplasm appeared under the supervision of a well-known visiting scientist. A considerable amount of the material extends
from the mouth of the medium to the floor, and has the fibrous appearance of cotton.

The materialization of apports is another phenomenon produced in the presence of a physical medium. Apports are objects that appear fully formed, seemingly out of nowhere, and remain after the medium's altered state has ended. They sometimes emerge from within a bundle of ectoplasm, but have also been seen to appear in
other places, including the middle of the air. They can be natural objects such as pebbles and crystals, pieces of paper, or liquids and powders. Sometimes, the objects are small, finely crafted sculptures made out of metal. In the Scole experiment on physical mediumship (Foy, 2008), a sitter proposed that an object moved when the pattern of information representing it was moved to a new location. A spirit responded that the process was more like cloning, so that the information pattern was copied rather than moved. The object would then continue to exist in its original location, with the apport being a duplicate.

Clarifications concerning both ectoplasm and apports were sought from the Zetas in several interviews. They describe a process that appears analogous to an interpretation of some theoretical work of physicist Paul Dirac, a Nobel prize winner in physics in 1933. This correspondence is examined after discussion of the interview transcripts.

6.1 A caution concerning semantics

In any analysis of ET communication, the ET's use of the English language may not exactly convey the intended message. This caution was given by an Anunnaki, another of Paul Hamden's ET contacts. He was asked about apports after some discussions with the Zetas on this subject had already occurred. He replied that “they have been asked but cannot enunciate what is the process, because the Zeta beings are involved. What your understanding of molecules are and what the Zetas are calling them are two different things. Questions are based around the human language and of course this is going to cause problems at a technical level. The molecular structure of the universe has commonality, but another race will have different names for matter. Information for humans is based around theoretical information of the structure of the universe.”

This is a warning that our use of a word may not correspond to the way the Zetas use the same word. It is our understanding that the Zetas speak to us using our semantic networks to form sentences. We
have observed that sometimes they choose a word that is less appropriate for a given context than a related word would be (see the chapter, *A model of communication*). For example, the word *molecule* may have more than one meaning for us. It is either two or more atoms held together by chemical bonds, or it is simply “a very small particle”. In the context of chemistry, we assume that *molecule* refers to the first definition. However, the Zetas have less experience with the English language in context and might use the word to refer to any small particle.

Similarly, the word *transmutation* has the general meaning of a change of one thing into another. But it also has the more specific meaning of a change of one chemical element into another via a nuclear reaction. So when the Zeta says that water is transmuted into something else, they may not necessarily mean that the hydrogen or oxygen atoms are converted to different elements.

### 6.2 Interviews with the Zetas

#### 6.2.1 Interview 1 with Zeta #1

Interviewer: We need to get a handle on how energetic forms are manifested in the physical. We have a hint already, but the mechanism is unclear.

*Zeta1:* Are you speaking on how a being would manifest consciousness into a physical form once it has traveled across many boundaries?

*There are also many states of physicality, many states of matter. Each state of matter is like a thinner and thinner lining or sheet. The gross matter of this physical reality is where humans live. The other "linings" are not seen. They would be seen to be like a silk fabric interwoven between the gross matter.*

*Once a consciousness has "thought" to a coordinate, it then intermingles with the finer physicality, drawing to itself the molecules of the process. Accompanying this is the energy of the*
existence (the energy bound to the matter), and the combined process of matter and energy form a materialized form into the gross state of matter. This has been called by the spirit realm "ectoplasm".

Interviewer: What is the matter in the finer physicality from which the molecules of the process are drawn? Where does that come from?

Zeta1: They have always existed as part of the fabric of this universe. Your ability to see the light spectrum is inhibited, but you have the ability to understand that the scale of range of light is significant.

Interviewer: Yes

Zeta1: Not all matter is in a combined state as in existing as a solidified form. Much matter is in a non-combined state.

Interviewer: Is an electron an example of matter in a non-combined state?

Zeta1: Yes

Interviewer: So matter elements like electrons, for example, exist with source energy?

Zeta1: All states of matter exist with energy and consciousness. The finer matter is the non-combined - non-formed matter is utilized to create - to draw to a consciousness a framework of materialization or materiality.

Interviewer: Is the non-combined matter a particular organization of source energy?

Zeta1: It has a non-organized state.

Interviewer: We were told that all is energy, suggesting that fine matter is of the same substance as source energy. Is this so?

Zeta1: If you were to break down all of matter, it would be seen to be consciousness. Consciousness holding itself into conscious states creates matter. This is seen as certain elements, some of a finer
framework, others of a gross process. As you breathe in oxygen, you bring this to yourself as an act of consciousness. As a consciousness would bring to itself finer matter, it creates a process of materialization.

The Zeta explained that all matter is ultimately representations in consciousness. Particular states of consciousness create matter that ranges from fine matter outside of our experience to the familiar coarse matter. The granularity range of matter is analogous to the electromagnetic spectrum where we can see only a narrow band of visible light. The finer matter is described as thin discrete layers which are completely interwoven with the gross state of matter. The coarse matter is formed when consciousness “brings to itself” the finer matter.

The fine matter is not solidified and lies beyond our ability to detect. It is normally in a non-combined, non-organized state. This matter includes non-combined electrons. Consciousness focuses on a location, then draws bits of the fine matter to a “framework of materialization”. The fine matter and the energy bound to it is organized by this framework, and becomes the gross state of matter we call ectoplasm.

6.2.2 Interview 2 with Zeta #2

Interviewer: When we were in xxxxxx, we did table sittings and an apport came out of the middle of the air. The room was not dark at the time so we all saw where it came from. It just materialized from nothing. Can you tell me how that happened? What is the process involved for an apport to come to us on this side?

Zeta2: The spirit entity would have a form or shape that they wish to devise as a method of manifestation that would materialize. They would have a mirror image of the physical entity but have the etheric form of it, and so they bring to the etheric form that, once the etheric form is populated with finer matter, the apport materializes.
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Interviewer: So it's a mirror image of something that's in, for example, in the spirit realm?

Zeta2: No, my friend, it may be an apport that exists from within the physical realm.

Interviewer: So it's moved from one place to another?

Zeta2: No, it is a mirror image of something that already exists. All physical matter has an etheric body. The etheric body is copied, which is an easy task for a spirit being.

Interviewer: So it's not something that's taken from one place to another.

Zeta2: It was created by man. The spirit brings within the... a copy of the etheric body of the item that is to be materialized.

Interviewer: Can you tell me, is the copy exactly the same size, shape, colour?

Zeta2: Yes, it must be.

Interviewer: So it's not something that's bigger, and then materialized as smaller, so it's exactly the same size, made of the same substance?

Zeta2: Yes, down to the finest particle.

Interviewer: Explain to me what circumstances are needed for that to happen… what conditions have to be maintained for an apport to come?

Zeta2: The spirit entity would have strong contact with the medium. They would be able to manufacture much of the matter from the medium's body.

Interviewer: From the medium's body, did you say?

Zeta2: As the etheric image of the apported entity is populated full of fine matter, much of the substance of the apport is based on the medium's physiology. This is why apports are able to be manifested through a medium's physical being.
Interviewer: So are you saying that ectoplasm is used in most materializations of apports?

Zeta: Yes.

The Zeta explained how an apport may be created. A copy is made of an existing object's etheric body, and the mirror image of the copy is filled with fine matter. The object then materializes using a process that involves the use of ectoplasm. Much of the matter in the apport is manufactured from the medium's body.

A major question is raised by the assertion that the material for apports comes from the medium's body. For example, an apport shown in Figure 6.2 was received by one of the authors in the

Figure 6.2. An apport of brass.
presence of the medium, Kai Muegge. It consists of about 50 gm of brass. This amount of brass, an alloy of copper and zinc, would be impossible to accumulate from within the medium's body. The body of an 80 kg person contains only about .16 gm of copper (see Copper URL) and about 2 gm of zinc (see Zinc URL). Clearly, there is more to learn about this process.

Perhaps neutrons and protons are constructed from the material in the finer layer of matter mentioned by both Zetas. These would help to create any elements that are lacking. The identities and relative locations of the elements in the original physical object would be encoded in the etheric body template which guides the formation of the new physical object.

6.2.3 Interview 3 with Zeta #1

Zeta3: Water, all mediums are drained of water in ectoplasm displays, and oxygen.

Interviewer: I would like to pursue further what happens to the oxygen.

Zeta3: Breathing provides the catalyst to create energy, water provides the molecular structure for ectoplasm - no water, very little transmuted water is available for ectoplasm.

Interviewer: But it has to change its atomic structure to make apports, and probably ectoplasm.

Zeta3: Yes, but I'm considering if a word even exists to accurately describe in a chemical sense what the ectoplasm is, as if, the word does not even exist in the human language to determine its proper structure.

Interviewer: Ok, then lets talk about apports. We know what it ends up as.

Zeta3: The chemists determine the proper molecular structure for the apport sequence. The zeta race determines if the physical body of the medium can create the required elements for the apport.
Interviewer: I doubt that, the medium would not have had enough copper in his body to make that brass apport.

**Zeta3**: As stated, transmuted molecules are used to provide basic templates, and then other fine matter is used to fill in the gaps. It's completely possible to use other matter apart from the medium, except the medium is the conduit for the apport, so some matter is required to support the conduit of the materialization of the apport through the medium.

Interviewer: Where is that stated?

**Zeta3**: *I am stating it!*

Interviewer: Well, we were told earlier that all the material comes from the medium's body.

**Zeta3**: Yes, but as in all things, there is flexibility. If one factor is not enough, others are then brought into play. The medium may not be able to produce the required chemical compounds, so an apport will still be constructed using other means.

Interviewer: So some apports are made of material not from the medium?

**Zeta3**: Yes, but as stated before, some small amount of material is required to support the materialization process, so even a few molecules will be used to support the transition.

Interviewer: You mean as a seed.

**Zeta3**: If the medium's capacity to provide material is sufficient then it is taken. Yes, a seed is comparable. As ectoplasm is primarily water based, it is used by spirits to manifest through the life force. Or to put it another way, as the water has been taken from the medium's structure, the etheric portions of the water structure are used to create the ectoplasmic structure combined with the matter from the medium.

Interviewer: So why the emphasis on oxygen?
Zeta3: So it is seen that ectoplasm is primarily two substances energy and water; it's a primary function of oxygen to create the stimulated environment to allow much increased energy to be created ... this energy is then withdrawn from the body of the medium and combined with matter to form ectoplasm, and as stated, the chemists, as they are called, will aid in the formulation of the structure of matter.

Interviewer: Combined with which matter?

Zeta3: Water.

Interviewer: That means ectoplasm is made from oxygen and hydrogen from the water, combined with energy from oxygen.

Zeta3: Yes, but there is a certain consciousness to the ectoplasm as well. Its not simply a matter of a construct based in matter. The consciousness is required to determine the proper usage of the ectoplasm so the consciousness of a "spirit" is utilized to allow the usage of the ectoplasm, else there would be no structures. So this is why and how materialization is produced in a sitting.

Interviewer: The spirit makes something like an etheric body, this would be a kind of template?

Zeta3: Yes, template.

In the previous interview, we learned that materialized matter is manufactured from the medium's body. In this interview, the Zeta added that it is primarily the water in the body that plays a role in the creation of ectoplasm. Also, water is said to be particularly useful to spirits “to manifest the life force”. Perhaps this is a reference to the life-like motions often seen in formations of ectoplasm made by spirits. So energy and water are the basis for ectoplasm.

Water provides the molecular structure, so all mediums are depleted of water when they help to create ectoplasm. The water molecules are changed in some way by spirit consciousness, and the etheric portions of the resulting structures become templates needed to
construct the physical form. The gaps in the templates are filled with the fine matter described earlier. This fine matter is combined with spirit energy to cause the ectoplasm to materialize.

Creation of an apport appears to be a little more complex. The Zeta said that “the chemists determine the proper molecular structure for the apport sequence. The Zeta race determines if the physical body of the medium can create the required elements for the apport.” The chemists, as told to the medium Kai Muegge, are spirit guides who have access to entities called “enablers”.

The “chemists”, as they are called, stand in an array of spirit guides that reach up into the higher spheres of the "enablers", where the mediums sub-consciousness is connected with mighty archetypical cosmological potentials and patterns that reveal themselves as Aliens or Gods. They seldom speak, but everybody of us is connected with these higher entities! They allegedly enable, monitor and control the interdimensional communication to prevent space- or time-paradoxes during the communication attempts (see Chemists URL).

According to Kai Muegge, we would perceive these “enablers” as aliens or god-like entities. They operate at a very high level to ensure the proper functioning of our space/time existence. The chemists do the required chemical analyses with the help of these enablers, while the Zetas determine if the medium's body can create the components of the apport. It appears that producing an apport is done cooperatively by the chemists, the enablers, the Zeta race, and the medium.

As was the case for ectoplasm, the Zeta said that “transmuted molecules are used to provide basic templates” for constructing an apport. A transmuted molecule may be one that was dissociated in order to obtain a component of the molecule such as a metal atom. These are accumulated from the medium's body if there are enough there. Otherwise, the Zeta said, “It's completely possible to use other matter apart from the medium, except the medium is the conduit for the apport, so some matter is required to support the conduit of the
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materialization of the apport through the medium.” The Zeta reiterates, “some small amount of material is required to support the materialization process, so even a few molecules will be used to support the transition.” In other words, if matter from a source other than the medium's body is used, a small amount of it must be introduced to condition the conduit of the materialization so it is in the proper state for materialization of that kind of matter. In this state, the etheric template copied from the etheric body of the original object is filled with fine matter. This fine matter is then combined with spirit energy to create the physical apport.

The Zeta said in the interview that “breathing provides the catalyst to create the energy” for materialization. Also, “it's a primary function of oxygen to create the stimulated environment to allow much increased energy to be created.” The importance of breathing and the role of oxygen in increasing spirit energy was also mentioned by a Zeta in a sitting about three years earlier. The sitters had noticed an increased tendency to yawn.

We need a certain energy to produce the contact. This is why the breathing became a "larger issue". This expels the energy needed for contact - this process works by stimulating the oxygen in the blood, thus increasing the electrical discharge you provide us.

A possible physiological mechanism for energizing the etheric body during the respiration cycle was proposed in the chapter, Possible energy for the etheric body. It is known that deoxygenated hemoglobin absorbs more electromagnetic energy than oxygenated hemoglobin at the lower frequencies of the visible spectrum. Whenever oxygen is taken up by hemoglobin, the energy displaced from the molecule would be taken up by the etheric body. Breathing would indeed be the catalyst for creating the energy for materialization, and the need for oxygen by the body would be the basis for creating such additional energy.

According to the Zeta, “this energy is then withdrawn from the body of the medium and combined with matter to form ectoplasm, and as stated, the chemists, as they are called, will aid in the formulation of
the structure of matter.” The chemists have a role to play in specifying the molecular structure of ectoplasm as well as apports. The creation of ectoplasm is therefore a joint project of the chemists, the enablers, and the medium, without the participation of the Zeta race.

6.2.4 Interview 4 with Zeta #2

Interviewer: We were wondering if there was a limit on the size of the apport.

Zeta4: That is dependent upon the ability of the spirit team as to what control of energy is capable of.

Interviewer: Is it possible to apport a living being like a cat or a dog, or smaller like a mouse or a fly?

Zeta4: If you have the technology, you are able to transfer it.

Interviewer: Would it have a soul?

Zeta4: When we wish to place ourselves into another physical environment, we are able to form our consciousness to that point, and then create a process of materialization. But that is consciousness moving against itself, and then populating that. And so when you ask that question, a question of ethics then becomes the real discussion. If you are to transport a living entity with consciousness, you will not be producing the consciousness of the entity. And so it will be a rejected entity. It would not have life. It would arrive dead.

Zeta4: Do you believe that all of the apports are copies of another entity?

Interviewer: This is what you have told us, I believe

Zeta4: There is no guarantee that the same process is followed by the spirit.

Interviewer: An apport can be made using different processes?
Zeta4: An apport may be dematerialized and rematerialized. It does not necessarily need to be a copy. It would depend on the spirit's intention. And what about an apport that never could have existed, but is created by a spirit entity, and then materialized?

Interviewer: There is another phenomenon that seems somewhat similar, and that is teleportation. This occurred in the Scole experiment where a ping pong ball on the table reappeared inside a sealed aquarium, a glass container. Can you explain how that ping pong ball appeared inside that sealed container?

Zeta4: The etheric body was moved to the other physical location, and matter then followed (if that was the process).

Interviewer: That means then that the matter did not pass through the intervening space. Where did the matter go as the etheric body moved from one location to the other? Is the matter still in our physical world somehow?

Zeta4: There would be two ways to accomplish this. One would be to repopulate the etheric body within its container and discard the previous matter, or to, in some form, to reconstitute the matter and allow it to pass through the container and then repopulate the etheric body.

In this interview, additional questions were posed that were related to the creation of apports. We learned that the process cannot be used to successfully transport conscious entities. The apport process copies an object’s etheric body, but does not include in the copy a consciousness that may be attached to it. Consequently, an apport of a physical living body will arrive lifeless. This is in contrast to a consciousness being able to place itself at another location and then to materialize a container for it to occupy.

We also learned that an apport is not necessarily a copy of an existing object, but may be an existing object teleported to a new location. When an object is teleported, the etheric form of the object is moved, and the corresponding physical components follow or are
discarded and replaced with newly created matter. In either case, the matter is reconstituted at the new location of the etheric body.

Finally, we learned that an apport may be an entirely new physical object based on an etheric body created by spirit. An example of the latter is shown in Figure 6.3. The apport was received from the medium, Kai Muegge, by one of the authors in a séance while there was sufficient red light for him to observe. The medium’s hand was extended with the empty palm facing down. The object came into existence with a brief twinkle of white light directly under the palm and then dropped into the observer’s waiting hands. The spirit control spoke through the medium, “This time we have embedded for you visible portions of ectoplasm. You can see it. It's the first time that we opened the crystalline structure and embedded certain portions of ectoplasmic substance to see afterwards.”

![Figure 6.3. An apport that was seen to come into existence: Front-lit in left panel, back-lit in right panel.](image)

Interesting internal features are visible by back-lighting the crystal. The right panel of Figure 6.3 shows images of two human heads, drawn with ectoplasm according to the words of the spirit control. A female head with a big hairdo is visible in the lower part of the
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crystal, and a male head facing downward is in the upper part. It is very unlikely that two such representations are natural crystal formations, so the etheric body of the apport must have been created, or at least modified, by the spirits involved.

6.3 Additional clues about the process

During a subsequent sitting, the Zeta offered more information about how apports are created. “The new apport, the etheric body of the apport, is brought to the physical location where the apport is to manifest, and it is populated in carbon. Now, of course, the apport is not carbon, my friend, but has its basis in many molecules, in many bases of molecular structure, and so the spirit people change the molecular structure to replicate exactly the etheric body process, so that it physically materializes as being a mirror image of the physical that has been copied.” This indicates that the carbon atom is a base particle in the creation of apports, and spirit people transmute it as needed to elements with higher or lower atomic number.

This information from a Zeta during a formal sitting about the role of carbon was amplified by a dream experienced by the medium. The medium described the precursor of the dream and the dream itself as follows. “Last night the energy became very strong, I saw a lot of flashing lights, so I went to sit. The sitting was like something I hadn’t experienced before, as it was close to a deep trance. Afterwards in bed, all I could think of was "apports". I went to sleep and instantly dreamt of apports. Initially, it felt like one was coming in the dream, but I was "guided" to enter the consciousness aspect of creating an apport. I started finding small "grey-like lead pencil templates" on the ground. When I picked one up, this carbon-based template formed into an apport. Each one I looked at became a different apport. When I focused on empty space, a template would start from an infinitesimal point and grow. All templates were the same, and only when completed did they form the finished apport, directed by a state of spirit consciousness.” As in the sitting, the carbon material was said to populate the etheric body to form carbon
templates. Further, the carbon templates grew from nothing, suggesting that a process of creation caused them to form.

And again in another sitting, the Zeta responded briefly to more questions about the process underlying the creation of ectoplasm. They said that “water is transmuted as it is much of a physical substance”. Further, we were told that the transmutation process changes H2O to O2H. This suggests that the process makes use of oxygen, hydrogen, or hydroxyl ions produced after the atomic bonds in water molecules are broken.

On a related issue, the Anunnaki communicator was asked why white light interferes with the creation of ectoplasm. He responded, “It is seen that all light produces heat, and heat is seen as a disintegrating factor for ectoplasm.” This implies that ectoplasm is degraded by an increased kinetic energy of the particles involved.

The kinetic energy of molecules is in the vibration of the chemical bonds between atoms. These vibrations are increased by the absorption of energy from electromagnetic (EM) radiation. Water molecules absorb energy (see Water URL) mostly from the infrared and ultraviolet regions of the EM spectrum, with the least absorption in the range of visible light. Therefore, if excitation of water molecules interferes with the production of ectoplasm, red and violet light from the extremes of the visible spectrum should interfere most.

Also, the kinetic energy of electrons in matter can be increased by incident light, and may cause electrons to be ejected from the matter. This is called the photoelectric effect (see PhotoelectricEffect URL). The amount of energy transferred from photons to electrons increases with the frequency of the light. Therefore, if this effect were responsible, higher energy blue light should interfere more with the production of ectoplasm than red light.

In practice, red light seems to interfere less with the process than white light. This suggests that the white light interferes by increasing
electron energy rather than by increasing the energy in molecular bonds.

6.4 The Zeta model of materialization

According to the Zetas, particular states of consciousness can create matter on a spectrum of granularity ranging from fine matter to the familiar coarse matter. The undetectable layers of finer matter are interwoven with the coarse matter we know. The coarse matter is formed when consciousness “brings to itself” the finer matter.

Consciousness focuses on a location, then draws finer matter to a “framework of materialization” that includes the etheric body of the ectoplasm or apport. The etheric body of the apport is copied from the original object and encodes all the properties of that object, while the etheric body for ectoplasm is constructed by a spirit consciousness. The etheric body contains information on the atomic structure and spatial organization of the object to be materialized.

Ectoplasm is manufactured using mainly water from the medium's body. The water is reorganized by spirit into separate hydrogen, oxygen, and hydroxyl ions, and these ions with their etheric counterparts are rearranged according to the etheric template for an intended object. A possible candidate is cellulose (Cellulose URL) which consists of a chain of ($C_6H_{10}O_5$) units. Over 70% of the atoms in cellulose are the constituents of water. The required carbon atoms are also taken from the medium's body if available, or they are obtained from a supply of carbon created from fine matter and organized by the etheric templates.

Some ectoplasm has the appearance of cotton fibres which are almost pure cellulose. This is clearly demonstrated in the unusual photograph of Figure 6.4 taken by the medium, Kai Muegge. While alone in a meditative state, he had a lucid dream about examining ectoplasm in white light. On awakening from this altered state, he found that cotton-like ectoplasm had apparently come from his mouth mucosa. He managed to photograph it before it melted away.
The ectoplasm from the same medium shown in the photograph of Figure 6.1 might also be made of cellulose. Although the material in both instances has the appearance of cotton, the medium is convinced that that is not always the case (personal communication). Of course, other molecules consisting of carbon, oxygen and hydrogen exist. An example is synthetic rubber (Rubber URL) which has physical properties very different from cellulose.

When the medium's body does not have a sufficient quantity of the elements needed to form a predefined apport, the material may be obtained elsewhere. A few samples of this material is used by spirit to condition the “conduit of materialization” in the medium's body. Gaps in the etheric template for the apport are filled with fine matter drawn by consciousness. A Zeta agreed that a particle of fine matter

Figure 6.4. Ectoplasm from mouth mucosa of the medium, Kai Muegge. It has the appearance of cotton fibres, but the medium maintains that is not always the case (reproduced from Ectoplasm URL with permission).
could be understood as a simple etheric template. These are concatenated to form more complex templates. For example, carbon atoms are formed by the joining of many fine matter etheric templates. These atoms are then transmuted with the “energy of existence” into other elements needed to form the apport. This may be seen as a process of creation.

A Zeta summarizes the materialization process, “I would say that many of the words required to discuss ectoplasm do not exist, but I will give you a general understanding based on the words we have available to us. As the medium breathes in, he is breathing in much energy because your breath contains life. Now, once consciousness and intent have been put in action, substances are drawn from the physical body which can be guided by consciousness, the consciousness of the spirit entity to perform a function.”

6.5 An interpretation of the Dirac equation

The process described by the two Zetas for making ectoplasm and apports suggests a correspondence with an interpretation of a well-known yet controversial equation formulated by Paul Dirac.

The Dirac equation is a relativistic generalization of the Schrödinger wave equation in quantum mechanics. It is well known today for successfully predicting the existence of anti-matter such as the positron. The implications of the equation were developed by Donald L. Hotson (2002a, 2002b, 2009) into a novel conceptual theory that addresses commonly accepted non-causal effects in current theories of physics. Remarkably, his interpretation of the Dirac equation offers a mechanism for the creation of matter that is consistent with the Zeta's explanation of materialization. The reader is encouraged to read Hotson's articles since only the most pertinent elements of his proposal will be mentioned here.

The interpretation of the Dirac equation is controversial since it predicts twice as many particle states as expected. In particular, it predicts the existence of both positive and negative-energy electrons and positrons. Negative-energy states are considered physically
impossible by the majority of physicists. Nevertheless, Dirac proposed the existence of a sea of negative-energy particles interspersed with our familiar positive-energy matter. It is filled with unlimited numbers of polarized electron-positron pairs which Hotson dubbed “epos”. In this negative energy state, the epos are thought to vibrate in multiple dimensions, some of which are imaginary (in a mathematical sense) where they would have lower energy. The epos that have been found to surround a positive-energy ion are therefore not created, but simply show themselves following a change of state. They appear in the positive energy range when the epos vectors point in real directions.

A positron may be described as an out-of-phase electron, and so an epos has a different version of the same particle at each end. The epo is said to be “charge condensed” so that each charge is affected mostly by its oppositely charged partner. The negative-energy epo has no mass or inertia and so is not detectable. Hotson contends that the negative-energy sea of epos must exist in the form of a Bose-Einstein Condensate (BEC), and that our reality is surrounded by and immersed in the BEC.

In the BEC, charges are always balanced and negative energy must predominate. The whole BEC is described by a single quantum mechanical wave function and behaves as a unit rather than as a collection of individual particles. Hotson describes the BEC as an energetic machine that is a hive of activity. Charges travel at the speed of light filling every available dimension. But in spite of the charge condensed nature of the epos, like charges must frequently meet and repel each other in the crowded BEC environment, thus generating positive energy. The positive energy manifests in our normal reality as particles with mass.

Because the Dirac equation has four roots, Hotson proposed that everything must be made of electrons and positrons with positive and negative energies. The early universe was composed of neutrons, so he suggested that a neutron must be made of epos. Consistent with this is the observation that the diameter of a neutron
is the same as the length of an epo. Hotson suggested that 9180 electron-positron pairs with spin energy in ten dimensions are a stable arrangement, making an object with a neutral charge. Such an object may be formed in the BEC from random fluctuations of spins in the ten dimensions. When by chance the object has the right positive energy mass, and has spin energy in all ten dimensions, it is expelled from the BEC as a neutron. In the positive energy realm, the neutron may decay to a proton and an electron, and of course, these are the constituents of atoms and molecules.

6.6 Materialization via a Bose-Einstein Condensate

Hotson describes a natural process of random fluctuations of the ten-dimensional epo spin vectors in the all-encompassing BEC to form a positive energy neutron, while the Zetas describe the coordination of invisible fine matter by consciousness to form matter in ectoplasm and apports. The following examination indicates that these two processes may be the same.

The Zeta model introduces the concept of a spectrum of granularity for describing matter. At the coarsest end of the spectrum is matter that we normally experience, so this must be positive-energy matter such as the nucleons or larger. The electron was given by a Zeta as an example of non-combined finer matter. It follows that the epo is a form of finer matter since it consists of a positive and a negative electron. These are each the same particle differing only in phase. We can say, therefore, that the epos in the BEC with their randomly oriented spin vectors fall somewhere towards the fine end of the matter granularity spectrum, and are described by the Zetas as non-organized fine matter.

While Hotson attributes the formation of a positive-energy structure in the BEC entirely to random fluctuations, the Zeta model says consciousness can promote such an organization by imposing a “framework of materialization” on the finer matter. In the case of an apport, this framework is the mirror image of the copied etheric body. Consciousness biases the orientation of epos spin vectors from
imaginary to real directions so that fine matter structures in the framework assume a positive energy. If the structures were the size of 9180 epos, the resulting stable object would enter the gross state of matter as a neutron and be forced out of the BEC.

Hotson's proposed mechanism must be only part of the process since ectoplasm and apports are made of more than just neutrons. Perhaps the framework of materialization can form more complex kinds of gross matter. The Zeta says that created matter “is seen as certain elements, some of a finer framework, others of a gross process.” The pluralization in “others of a gross process” suggests that more than neutrons can be created as gross matter. This comment may refer to the carbon atoms organized by an apport’s etheric body, the template for the physical object. A carbon atom can form from the combination of three helium nuclei (i.e., alpha particles), each consisting of two protons and two neutrons (Epelbaum, 2011; ScienceDaily URL). We have already seen how a proton or a neutron may emerge from the BEC when the energy of a cluster of epos becomes positive as proposed by Hotson, or as fine matter is drawn together by consciousness according to the Zeta model.

6.7 Discussion

The creation of positive-energy matter is described in different ways by Hotson and the Zetas. Nevertheless, it is easy to see by analogy how they correspond. When the points of correspondence are recognized, each description suggests how the other might be extended.

For example, Hotson's model offers information about the framework of materialization acted upon by consciousness in the Zeta's model, and the kind of manipulation needed to create matter. Specifically, the framework of materialization is embedded in a field of epos, and consciousness may change the orientations of the epos spin vectors so that the energy of a structure within the framework becomes positive. The resulting nucleon is ejected from the BEC.
A PRIMER OF THE ZETA RACE

In turn, the Zeta model says that a spectrum of matter granularity coexists with the coarsest granularity of our physical reality. The spectrum consists of multiple layers, and the finer layers are undetectable by our senses and instruments. As proposed by Hotson, the epos form the negative-energy layer in the BEC, and can become positive-energy matter in the adjacent coarsest layer of matter. The Zeta’s assertion that there are multiple layers suggests that the epos layer is filled in a similar manner from an even finer layer. Like the BEC, each layer would contain only objects satisfying constraints unique to that layer.

The Zetas' comments indicated that the material from which ectoplasm and apports are made is “manufactured” from the medium's body. The primary source material for ectoplasm is the water in the body. The water molecules are decomposed into hydrogen and oxygen ions by spirit and reorganized so that the corresponding etheric objects approximate the desired properties of the ectoplasm as closely as possible.

The process for creating an apport differs somewhat, especially when the object is made of elements not found in large quantities in the body. Material outside the body can be used instead, and small samples of this material is required to condition the “conduit of materialization” in the medium's body.

Gaps in the etheric framework for both ectoplasm and apports are filled by consciousness by drawing in fine matter. This matter forms carbon atoms that are then transmuted with the “energy of existence” to complete the creation of new physical matter. The drawing of fine matter is analogous to the creation of neutrons from the epos in the BEC as described by Hotson.

Statements by the Zetas indicate that oxygen has a particular role to play in the materialization process. A Zeta says in one interview, “Consciousness holding itself into conscious states creates matter. This is seen as certain elements, some of a finer framework, others of a gross process. As you breathe in oxygen, you bring this to yourself as an act of consciousness. As a consciousness would bring
to itself finer matter, it creates a process of materialization”. In another interview, a Zeta says, “Breathing provides the catalyst to create energy” and “a primary function of oxygen is to create the stimulated environment to allow much increased energy to be created”.

Although oxygen is a component of the water used to create ectoplasm, these comments appear to refer to something else. Oxygen is drawn into the body by breathing, and it may be involved in a mechanism for transferring energy to the medium's etheric body (see chapter, Possible energy for the etheric body). It was observed that electromagnetic energy can accumulate in hemoglobin during the half of the respiratory cycle when much of the hemoglobin is deoxygenated. Then when oxygen is taken up again by the hemoglobin in the lungs, these packets of energy would be available to be taken up by the etheric body. This energy might be combined with the filled etheric templates to cause new matter to materialize.

Chemical processes might also be stimulated by the materialization in the body of positive-energy nucleons from the BEC as suggested by Hotson. Positively charged protons would behave as free radicals and might participate in the creation of polymers using existing or created carbon atoms. Such polymers might form the ectoplasm seen emerging from the medium's orifices.

Sometimes ectoplasm is accompanied by crackling noises that sound like discharges of static electricity (e.g., Foy, 2008; TreurnietScole URL). This effect might occur when matter appears from the BEC, such as the nucleons proposed by Hotson. When a neutron decays into a proton and an electron, the electron may be given enough kinetic energy to escape and may negatively charge nearby matter, leaving behind the heavier proton with its positive charge. An accumulation of such opposing charges on floating bodies of ectoplasm might neutralize with a crackling sound upon contact with other bodies or objects in the room. Another effect often produced by some mediums is a small ball of light flying around the room.
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This light might be a corona discharge between streams of particles with opposite polarity emerging from the BEC.

It is said that ectoplasm should never be touched by bystanders for fear of harming the medium. A famous example of such interference is the Helen Duncan case (HelenDuncan URL). Authorities suspected that her productions of ectoplasm were fraudulent and interrupted a séance to expose her. Before she was arrested, the ectoplasm whipped back and appeared to cause second degree burns to her body. It is believed by some that her death a few weeks later may have been caused by more serious internal injuries from the incident. This episode suggests that the consciousness of the spirit control was distracted by the intrusion, causing it to lose control of the ectoplasm. Apparently, the conditions created by consciousness needed to be actively maintained.

We can speculate how combined Zeta-Hotson model might explain the injury to Helen Duncan. Consciousness changes the epos spin states in the materialization framework to form nucleons for creation or transmutation of elements and to promote biochemical activity. Control by the medium may need to be continuous in order to keep the neutrons and any resulting proton energies positive. In this positive-energy state, the created protons may have combined chemically with Duncan's physiology as hydrogen ions. If so, the removal of constraints on the epos spin vectors when the spirit control's consciousness was distracted could have had serious consequences. The created nucleons, including any resulting carbon atoms, might have reentered the BEC or fine matter state when the energy became negative. Such random disappearances of atoms would have disrupted Duncan's physiological processes.

A corollary to this hypothesis is that the consciousness of the spirit control is normally able to manage an orderly retreat of the ectoplasm. A slow release of the constraints imposed by consciousness would allow disappearing atoms to be gradually replaced by pre-existing positive-energy atoms, thus avoiding harm to the medium.
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An obvious difference between ectoplasm and an apport is that the ectoplasm has a temporary existence while the apport does not. According to the Zetas, the apport is supported by the copy of an existing etheric body, while the ectoplasm is supported by a “framework of materialization”. The latter is created by the spirit control's consciousness, so the ectoplasm would exist as long as it is maintained by that consciousness. On the other hand, the copied etheric body has a relatively independent existence that persists after the departure of the spirit control. This would account for the difference in permanence of the two kinds of materialized objects.

6.8 Previous comments from spirits

Earlier comments about ectoplasm obtained from spirits are brought into focus with the new perspective provided by the Zeta-Hotson model. The medium, Kai Muegge, regularly produces large amounts of ectoplasm in physical mediumship séances, and was able to photograph it in white light emerging from the tissues in his mouth (see Ectoplasm URL). His main spirit control gave the following explanation for the appearance of ectoplasm.

*The ectoplasmic mass is in connection with a higher realm. The ectoplasmic mass is originally a mass that was brought into your realm from a higher one, and so to speak, ectoplasm is in fact an alien substance. Ectoplasm has the ability to form the world, to give the codes to all things that develop to more complexity. These codes do not come from your realm but from higher ones.*

According to Kai Muegge's spirit control, the source of the ectoplasm is the 'higher realm' which may include the layer of fine matter described by the Zeta, or the BEC filled with epos in Hotson's model. The comment that “the ectoplasmic mass is originally a mass that was brought into your realm” is consistent with gross matter having come from a stable mass of epos in the BEC or the adjacent fine matter layer.

Further, the spirit control appears to be saying that the structures of our material world depend on the possibilities inherent in the gross
matter elements that form ectoplasm. According to Hotson's model, these elements are the sub-atomic particles formed by the epos in the BEC. Since these elements combine to form the atoms and all ensuing chemical reactions, they would “give the codes to all things that develop to more complexity”.

Alternatively, the Zeta model holds that formation of ectoplasm and apports are guided by codes in the energetic framework of materialization and etheric body, respectively. These codes would determine the matter creation and transmutation that cause things to “develop to more complexity”.

The member of the ET Anunnaki race who speaks through Paul Hamden was asked about Kai Muegge's displays of ectoplasm, and he gave this response (Hamden, 2012, p. 84).

The medium who is developing that is also using the process of creation and I would say also that it is manifestation of consciousness.

This brief comment agrees with the information from both the Zetas and Kai Muegge's spirit control that the creation of ectoplasm follows the same process as the creation of matter in general. Further, it agrees with the Zetas that consciousness underlies the process of creation.

6.9 Comments from a medium

Kai Muegge has published (Chemists URL) his own views on what happens during materialization. He has extensive experience producing ectoplasm and apports in séances. In the altered state, he is sensitive to subtle changes in himself and his environment, and can give us a unique perspective. The following is an excerpt from his description.

The chemists use the ectoplasmic field to interact directly and physically with our realm of existence. Ectoplasm is the expression of a creational power field, that has vital and creational qualities and that expands into the three-dimensional
space around the medium. This field is called "vital", because it acts as a creational agent on our dimensional realm. It is and can create living matter and comprises at least several creational codes of our dimension.

The three-dimensional "rigid" field, the main spirit control sometimes calls it, is able to build up like a three-dimensional net-like structure into the room. Along its power lines, that can sometimes become visible or palpable and appear like thread-like support-structures or sticky wire-like extensions, certain "compactions" can build and separate from the main structure and appear then like an autonomously acting structure inside of the Séance Room.

There are clear correspondences with the information given by the Zetas. Here we see that the chemists use the ectoplasmic field to interact with the physical realm. In an interview, a Zeta said that the chemists arranged the chemical analysis in preparation for an apport or a display of ectoplasm. The “creational power field” is three-dimensional and corresponds to the Zeta's “framework of materialization”. The field is creational in that “compactions” can form at points on this three-dimensional grid structure, separate from it, and appear as matter in the séance room. This parallels the Zeta's description of an object formed in fine matter before materialization as gross matter, or Hotson's description of a positive-energy structure formed in the BEC that instantly enters our normal reality as a particle with mass.

Kai Muegge adds in a personal communication, “I talk of the ectoplasmic field that organizes several physiological and environmental ingredients, that forms what is visible in the end: the ectoplasmic mass.” The physiological ingredient may refer to the water in his body, and the ectoplasmic field may be a reference to the “framework of materialization” that organizes the creation and transmutation of elements in the body and the relative locations of the results.
7. Creation and consciousness

According to contemporary human science, our experiences originate from a universe of matter and energy. We generally accept that the universe began as a huge explosion long ago. This is described by the current big bang theory of cosmology, which holds that matter and energy and the space they occupy exploded into being when the universe came into existence. What came before is entirely unknown. Apparently, space emerged suddenly and mysteriously from a dimensionless point. From then on, the laws of physics determined how energy and matter interact and how material forms evolve over time.

We are accustomed to framing our perceptions in a three-dimensional space. A cup sitting on a table appears to have an existence that is independent of the consciousness that perceives it. We believe that all material constructs are formed from smaller particles of matter. We also accept that consciousness is an emergent property of sufficiently complex structures of biological matter we call brains.
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What we think we know about the origin of the matter universe will need to be reinterpreted in order to accept the extraterrestrial science. Most importantly, we have to acknowledge that consciousness is fundamental to the creation of all things. This includes the beginning of our matter universe and our complex brains, as well as other dimensions of existence. The extraterrestrial perspective gives us the tools to understand mysterious phenomena that are often misinterpreted, ignored or rejected by our science.

This chapter reorganizes, clarifies, and adds to some of the complex information discussed in the other chapters. Important points are supported by direct quotes from the interviews with the extraterrestrials. Fundamental concepts required by the extraterrestrial science, such as the nature and role of consciousness, are addressed. The process of materialization seen in physical mediumship demonstrations is discussed, and a model of creation in energetic realms is described. Development of the model was based on concepts derived from statements made by the extraterrestrials. The validity of the model was affirmed by a Zeta in a later interview.

7.1 Redefinition of frequency

The Zetas say that the cosmos, including matter, is a dynamic configuration of a conscious energetic entity. For lack of a better word, this entity was characterized as having the property of frequency. All the elements of creation are differentiated in this source energy field by resonations of different frequencies, or their lack of resonance. This characterization presents a major obstacle to our understanding. For us, frequency is defined in terms of units of time (e.g., cycles/sec). However, time is not considered a property of the source energy field by the Zetas, so we clearly do not share the same understanding of frequency. This discrepancy was addressed by the Zetas in an interview, and because of its importance, the relevant discussion is presented in its entirety as follows.
Zeta: You have asked, how do we know what frequency is when we have no time, as it is a calculation based on a segment of this. Frequency is defined by us by the level of consciousness that an entity holds, and so as you move from one frequency to the other, your consciousness is placed in an expected state. No numerical values are able to be given to what frequencies exist between us and your realm. ... Now, before us, one's consciousness defines the frequency, we have only ever used that word as a comparative process to try to give some meaning to the difference and to provide some comparison between your race and ours. Do you understand what I am saying?

Interviewer: Yes, thank you, I have a question to follow-up though.

Zeta: Yes, of course, I was being pressed by other Zetas to answer your question because they felt that it was important.

Interviewer: Yes, I think it is fundamental and that is why I raised it. So when you talk about frequency, you are using the term as an analogy for another process. But it actually increases the confusion, I think, for humans who have a definite understanding of what frequency is. You also increase that confusion by talking about resonation, because we would understand two different frequencies as resonating or being in harmony or not, and that reinforces our idea of what frequency is.

Zeta: That is because you live in a frame-based thought process. If every time I spoke to you and I only spoke of consciousness, consciousness being in harmony, then you would not understand what I was speaking to you about. So we have come up with a very obviously impractical way of speaking to you in regards to the frequency process. We understand that your time segmentation process allows you to calculate accurately between frequencies. It is like comparing two incomparable processes, and so we have adopted your language to try to create some understanding between us.
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Interviewer: So that means that two different levels of consciousness can be more or less compatible with each other and that's what you mean by resonation?

**Zeta:** Yes, of course, and now we will always speak to you in that level rather than using your understanding of frequency.

Interviewer: I guess we should keep that because you've used the term in a number of different places.

**Zeta:** Would you like to keep the standard discussion process as it is used?

Interviewer: Yes, I think so, now that I understand …

**Zeta:** Well then we will concur with that. I will explain to you that myself and another entity would be in consciousness, but a different consciousness, and so the frequency between us would be different, because the consciousness would either be of an expanded or contracted nature. But when I make that statement, that gives you no indication as to what is the mathematical basis of consciousness for the standard way of calculating the consciousness, whereas when we first met the human we were able to say that generally the cyclic rate of the etheric body was 8 cycles per second according to the ticking of the clock within the room. This is a highly inaccurate process that we have allowed ourselves to become part of, but if we are to communicate with humans, we must adopt some of your thought patterns.

Interviewer: Ok, this gives me permission to think about frequency as an analogy then.

**Zeta:** Yes, thank you, I think it is time for us to move past the very rudimentary understanding of what is.

The Zeta says that *frequency* was the word chosen from our vocabulary to refer to the level of consciousness that an entity holds. This word is semantically related to *vibration*, which we already associate with level of consciousness or emotional state in a spiritual
sense. The Zetas have often mentioned the resonance of frequencies, and in this interview they agree that this refers to the degree of compatibility of states of consciousness with each other. When one state of consciousness is compatible with another, they are consonant and may resonate. If they are not compatible, they are dissonant and will not resonate. The word *frequency* was selected by the Zeta to best reflect this property of consciousness that is usually outside of our awareness.

As suggested to the Zeta, we can continue to use *frequency* to refer to level of consciousness while being aware that it is an analogy. To do otherwise might confuse our understanding of information already given. But we should substitute *level of consciousness* for *frequency* whenever we can. Perhaps *vibration* or *vibrational state* could also be used since these suggest feeling or emotional state rather than a physical measurement.

Whether we use *frequency* or *vibration* to refer to level of consciousness, we must be aware that this dimension has an ordinal scale and does not have real-numbered values. That is, a state of consciousness is either less than, the same as, or greater than another state. In the following discussions, we adopt this revised understanding of the meaning of frequency.

### 7.2 The Zeta concept of time

As noted above, our definition of frequency requires the concept of a rigid, linear time scale so that we can measure the number of events per unit of time. The Zetas, however, do not use this concept, and so when they adopted our word *frequency*, it was intended as an analogy for something different. It is hard for people indoctrinated in our modern cultures to imagine living without clocks, but the Zetas note that even many of earth's indigenous people do not share our concept of the time process.

A Zeta also observed, “*The spirit people do not have the concept of time. They have no need for the concept of time. Now, if you were able to separate from your body consciously, your consciousness*
was to disassociate itself from the physical container, it would recognize within itself it does not have the potential to need time.” The energetic portion of our being (i.e., our spirit or consciousness) is not linked to the time process. Humanity invented clock time as a tool for understanding physical existence.

The Zetas' experience of time is living in the “now”. For them, “time is a reference point, not a continuum”. This means that they have expectations based on what is currently happening. For them, the process of existence is each task is completed and then the next task is moved on to”. Coming events are not objectively mapped out on a future timeline as we often think they are. The Zetas' temporal experience consists of observing a sequence of events, while not expecting where they will occur on an artificial time scale.

However, this does not mean that the Zetas are unable to use our time-keeping devices for their own ends. A Zeta speaking through the medium used timed events to help maintain telepathic contact with the medium. From their point of view, time is elastic, and connecting to our timeline is a “malleable” process. They prefer to have a ticking clock in the séance room for better control of the connection. The ticking of the clock “creates a permanent connection telepathically to the medium back to ourselves, and so each interval of second is used as a pulse from this room to where we are”. The ticking clock generates a sequence of events that they can use to synchronize their more flexible subjective experience of the “now” with our self-imposed rigid experience of linear time.

7.3 Consciousness space

The extraterrestrials say that all existence is a particular configuration of an energetic dimension characterized by all possible states of consciousness. We could call it a consciousness space. The concept of a consciousness space may be difficult to grasp since we are accustomed to everything existing in a space that has length, width, and depth. Consciousness space is non-spatial in that sense and the only variable it has is the ordinal state or level of
consciousness. These levels of consciousness are fundamental to the process of creation by an entity's thoughts.

While all things arise from the original source energy in consciousness space, there is a class or configuration of the energy that is self-aware. This special configuration forms what we understand as the soul. Its self-awareness distinguishes it from all other distortions in consciousness space. Since it is self-aware, this class of consciousness may act on and observe itself.

A thought of an entity is defined as a modulation of a particular state of consciousness, resulting in a distortion of the energy of consciousness. The distortion is said to be realized in a multidimensional grid, a configuration of consciousness space into a higher-order grid framework. The extraterrestrials suggested the analogy of a space-filling grid in our 3D space as a visual aid to help us understand.

Our physical universe developed in consciousness space as an act of creation by a conscious entity. The current version of this event is the big bang, when matter and space/time burst into physical existence. The 3D domain we perceive is a direct consequence of combinations of resonations in the underlying consciousness space. These resonations are created by consciousness to form the fundamental particles that constitute matter in our universe. The properties of these particles determine the laws of attraction and repulsion that describe how matter interacts in predictable ways. Without the thoughts of the conscious entity that made the resonations in consciousness space, the forms we experience would not exist. In that sense, all is illusion.

Life is harboured in many places in our universe, and its behaviours are constrained by the physical laws defined at creation. But life also exists as conscious energy in other non-physical, energetic realms that we typically do not recognize. Like the extraterrestrial Zeta beings, some entities are able to function consciously in different realms. Yet all forms of existence are defined in consciousness space.
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The purpose of the soul, the self-aware class of conscious energy, is to strive “for experience, comparison”. For that reason, it consists of multiple fragments of consciousness having separate existences. Each fragment is unaware of the others, and this allows the soul to accumulate many independent experiences. In the human experience, a soul fragment is called a spirit which can incarnate in a physical body. The spirit consciousness is integrated with the physical experience by an etheric body acting as intermediary.

The details of creation help us to understand that we are each a part of everything else in consciousness space. Each one of us is a resonance that conjoins with the resonations of the environment around us. As defined by a Zeta, to conjoin means “that it is in resonance, so if two entities are to come together, two different frequencies, then the frequencies of the two entities must change so they can be conjoined and resonate together... one must reduce, the other must increase... until they are in harmony together.” It follows that when we change our perceptions of where we are, we also change who we are at a fundamental level.

7.4 The process of creation

During the interviews, the Zetas did their best to convey in words the nature of the energetic environment. They explained that our understanding of objects and their separation in space is an illusion created by consciousness. All perceptions arise directly from particular configurations of consciousness, like perceiving a colour or taste associated with a particular physical stimulus. A stream of thought is experienced when consciousness continuously reconfigures itself in consciousness space.

A Zeta explained that objects are ultimately differentiated in terms of frequency, energy, and resonance. These terms were used repeatedly in answers to various questions. Eventually, an image coalesced of a process analogous to the making of a hologram by the interactions of coherent beams of light. This insight was consistent with the concept of consciousness space where analogous interactions might take
place. These ideas suggested a possible mechanism for creation in the energetic realms.

With human technology, a simple hologram can be made with laser light, mirrors, and a transparent photographic plate covered with a
light-sensitive material. When the apparatus is properly configured, the light creates an **interference pattern** on the photographic plate that represents objects in the room.

Figure 7.1a shows a coherent beam of light split by a half-silvered mirror into two beams. Half of the original beam's energy illuminates the object of interest while the other half is a reference beam directed with a mirror to a photographic plate. The reference beam combines with the light reflected from the object to form an interference pattern on the photographic plate.

Figure 7.1b shows how the object is reconstructed for a viewer looking through the developed photographic plate illuminated by the same reference beam. An image of the original object is reconstructed from the information in the interference pattern, and the object appears to the viewer in three dimensions. It will not appear if the reference beam has a frequency that differs from the original.

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**Figure 7.2a.** Encoding an intention as a distortion in the grid.
The interviews with the Zetas suggested that the holographic technique could be generalized to a model of the creation process in which an entity, or soul fragment, causes an object to be perceived merely by initiating the intent in the form of a thought. We are told that the intent forms “the energy required to perform a function”. Also, “intention is to place a belief structure in thought that something will change.”

Figure 7.2a outlines the process. The intent to create a particular object modulates a reference state of consciousness selected from the 'level of consciousness' scale in consciousness space. The original and modulated reference signals are combined to form a distortion in the grid in consciousness space. This distortion is analogous to the exposed photographic plate containing the hologram representation in Figure 7.1a.

Figure 7.2b shows how the same or a different entity would recover a thought already encoded in the grid. To experience the thought that
originally created the distortion, an entity would decode the pattern using the reference state of consciousness that created it as the key. This process is analogous to viewing the hologram in Figure 7.1b.

This model of creation is important because it determines to a large extent the experiences that are possible in the physical energetic realms. When the opportunity arose, a Zeta was presented with the model in order to confirm its accuracy. The following is a transcript of that interview.

Interviewer: In my study of what you have told us, I've tried to form a coherent model of what might be happening in the consciousness realm, and I would like some kind of confirmation that my ideas are correct.

**Zeta**: And what are your ideas?

Interviewer: You often talk about a spirit's state of existence, and that the state of existence is characterized by a highest possible frequency. Different people have different states of existence; therefore, there is a variability in this frequency. This consciousness, when it creates something, uses this highest possible frequency in order to do so. Now, let's say that I wanted to create an object using my thought processes. I would use the frequency available to me in my state of existence, and I would change that frequency according to the object that I want to create. Then the result of that would conjoin with the original highest possible frequency, and the resulting resonation would form a representation of the object in the grid. This becomes what I would consider a public representation, and if someone else comes along and is able to generate the same highest possible frequency, they can also experience the thought form that I have placed in the grid.

**Zeta**: That is correct, yes. I do agree with what you have said.

Interviewer: Thank you very much.
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Zeta: Let me add though that the consciousness of an entity is creating at it's highest possible frequency, and so, once the, we will say object, although the object could be many forms of a ... then another entity operating at that frequency or higher would be able to access the object, but only beings at that frequency and above.

Interviewer: Right, so this means that if a being were operating at a high frequency and creating objects using that frequency, someone operating at a lower frequency would not be able to experience the same thing.

Zeta: No, not at all.

This exchange confirms that the model depicted in Figure 7.2 is basically correct. As with the hologram analogy, a being cannot experience an existing distortion of consciousness if it does not have access to the reference frequency used to create it. The Zeta said elsewhere, “You are a creator: If it exists, it exists for you.”

The Zeta has also said, “Each time you act in a loving way towards each other, you are raising your vibration.” This comment relates higher states of consciousness or vibrations to emotions like love and compassion, and implies that lower states are related to emotions lacking love such as fear and hate. Since a being's ability to love is coupled with the highest possible state of consciousness it can use to create with intent, its highest possible state will rise when it becomes more loving. We were also told that “people seek insight and expanded consciousness”, and so we are given to understand that the range of available states is expanded rather than shifted upward.

The coupling of the highest possible state of consciousness with the ability to love was examined further in the same interview.
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Interviewer: Is it true that this scale of frequency that is used to create is correlated with the ability to love? Higher frequency entities are more able to love?

Zeta: I would agree.

Interviewer: So that means then that a being can avoid interacting with low frequency beings simply by increasing its state of love.

Zeta: But the being that is in love would not avoid interacting with any entity under that frequency.

Interviewer: Right, because a high frequency being is capable of …

Zeta: It is the dominating process.

Interviewer: But people often talk about low frequency entities and being in fear of them. According to my way of thinking, the best way to deal with a low frequency entity who may wish to harm is to project your love onto this entity.

Zeta: If you are able to produce that frequency.

Interviewer: Yes, if you are able.

Zeta: But, if you were in fear of the entity, you would be at an operational level that would equal that frequency, as you would be in fear. But if you were in a frequency that was higher than that of the other frequency, then you would not be in fear of it.

Interviewer: Right, so the best defense is to be able to love this entity that you fear ...

Zeta: That you do not fear.

Interviewer: ... so that you do not fear it anymore.

Zeta: That is correct.

The Zeta confirmed that beings without love cannot intrude on the experiences of more loving beings who create with higher states of consciousness. On the other hand, when a being becomes more
loving and is able to create with higher states, it does not lose access to encounters with lower vibration entities. The Zeta said that a higher vibration process cannot be overwhelmed by lower vibration processes.

The creation process appears to be such that environments created by loving and compassionate beings cannot be invaded by fearful, aggressive or generally egotistical beings. However, a loving being can enter a realm created and populated by less loving beings. The Zeta was asked if the more loving being could also create in that realm using the lower state of consciousness as a reference. They replied, “A potential yes, to do this, of course.”

In our physical realm, it is not immediately evident that this principle of creation by intent applies. The reason may be that physical matter is formed from etheric templates created by a higher-level consciousness. We are born having a relatively low level of consciousness that cannot perceive or modify such templates. Survival of the physical body is a strong motivator in a human's life, and this goal is generally achieved by placing the needs of self over others. Also, given the current widespread materialistic world view, humans may not be able to form the proper intent required to create, although it has happened on a small scale (e.g., McTaggart, 2007). Anomalous creative acts on a larger scale that have been reported (e.g., Talbot, 1991) may be due to the occasional development by a human of a higher level of consciousness.

### 7.5 The existence of realms

Realms are regions in consciousness space that may not be accessible to all beings. The Zeta said, “There are realms within realms, dimensions within dimensions, and inter-dimensions within dimensions, all is inside everything else. Each dimension is vibrating at a different level, then you can understand that everything is one and everything of the whole. There is no true separation between realms and universal nature. It is possible to travel across all of
these barriers that are perceived in your mind, once you have moved yourself to a place of understanding that there are no barriers.”

They said on another occasion, “These ‘realms’ that you describe are one of illusion, let this be stated at the outset. There are no defined boundaries between all of those states, as if some doorway existed between realms or dimensions. These energetic realms are actually divided only by the actual waveform's ability to move into and out of the energetic area. Does this then limit what waveform can move where? Yes. These barriers are needed for many reasons. As each waveform or energetic being think within their confines, so they are.”

According to the Zetas, a realm is defined in terms of vibration or a state of consciousness. This suggests that it is someone's creation. Recall that the creation process produces an object that can be perceived by beings having a state of consciousness like that of the particular creator being or higher. So a realm having a specific state of vibration may be experienced only by beings at the same state of vibration or higher. It would not exist for a being who is in a lower state of vibration; i.e., “thinking within its confines”. The barrier to entering the realm results from a being's inability to perceive the realm. Such a being would obviously not be able to move into that realm's energetic area.

When a being's state of consciousness is raised, the pattern of accessible regions in consciousness space should also change. The regions existing at a higher level of consciousness would come into view. In that sense, a realm really is an illusion since it persists for a being only as long as the being's level of consciousness does not change too much. Further, all realms can be perceived by beings existing at the highest states of consciousness. These beings have moved themselves “to a place of understanding that there are no barriers.” As the Zeta says, “There are no boundaries, and consciousness is playing a game of illusion with itself”.

But there is a perceived reality within an illusion. The Zeta says the spirit realm's “borders are defined by its frequency.” Further,
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“Between each boundary or realm as you would say, there are delineating frequencies that are conjoining.” Thus, realm boundaries are defined by their vibrations, and two boundaries conjoin via “delineating frequencies”. This suggests that realm boundaries in consciousness space are joined by compatible energies bridging the interval between realms. Only energies that are compatible, or can change to become compatible, may conjoin. Conjoining results in a resonation of energies.

Since the boundaries of realms conjoin via delineating vibrations, the realms themselves must also be defined by configurations of the energies of consciousness. The Zeta defines a being as a “waveform” which does or does not have the ability to move through the energetic boundary of a realm. This reference may refer to representations in the grid where a “waveform” pattern (a being) may or may not be compatible with the pattern of energy in the grid defining the realm boundary. If the states of consciousness of the being and the realm are compatible, the being might perceive (transform) the boundary as a visible object with spatial extent, depending on the being's expectations and state of consciousness.

7.6 Materialization

A previous section described the creation of thought forms in the energetic realm. Clearly, such freedom to create with intent is much less prevalent in our physical universe, and occurs only under special conditions. In particular, physical mediumship séances create conditions that allow materializations of ectoplasm and apports. Ectoplasm is a fabric-like material that is secreted from the body of a medium. It can configure itself into complex shapes, and it quickly disappears at the end of the séance. An apport is a material object that appears out of thin air and has all the properties of a natural or manufactured object. The apport persists after the séance is over. We learned that creating matter in our physical realm is more complex than creating in the energetic realms with the holographic-like process described earlier.
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All physical matter is represented ultimately as distortions in consciousness space since this is the foundation of all that is. The distortions underlying matter can be created and experienced in the energetic realms at a given level of consciousness by entities operating at that level. For example, people having an out-of-body experience say they see a physical world that is almost like the familiar physical world, but more malleable. What they experience are transformations of energetic bodies that may have been templates for creating a particular structure in the physical realm.

A template holds the information about the physical composition and form of the object to be materialized. The particles of matter required to fill a template for the formation of ectoplasm are actually transformations of the energy of consciousness. This energy is obtained from the particles in the body of the medium if available. In particular, water in the body is decomposed so that the hydrogen and oxygen ions can be rearranged into a more complex molecular structure. A possible material for ectoplasm made via this process is cellulose. Its molecules would be formed from the oxygen and hydrogen ions, and the carbon required would be extracted from the medium's body as well, or created.

All the required elements for forming ectoplasm or an apport may not be present in sufficient quantities in the medium's body. For example, some apports are made of relatively large amounts of copper, zinc, or other metals. If the required elements are not locally available, they are created as needed. A consciousness does this by drawing together particles of finer matter that exist beyond our world of gross matter. We learned from the Zetas that matter has a spectrum of granularity, and we are normally aware of only the coarsest end of the spectrum. A subatomic particle like the electron was given as an example of finer matter, and in a theory proposed by a human scientist (Hotson, 2002a, 2002b, 2009), configurations of electrons form particles like neutrons and protons. The finer matter is made to coalesce into gross matter such as atoms according to the patterns specified by the energetic templates.
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An apport persists after a séance ends because its energetic body persists. It is often an exact copy of the energetic body of an already existing physical object, and it may be permanent for that reason. Ectoplasm, on the other hand, dissipates at the end of the séance precisely because its energetic body fails to persist. The energetic body of ectoplasm is constructed and maintained by a spirit entity during the séance, so it disappears after the spirit departs and the associated physical material loses its integrity.

We have learned that the materialization process in the séance room may involve the rearrangement of existing matter taken from the medium's body. As well, it can require the creation of new coarse matter. This is described as a drawing together of finer matter by consciousness. It is tempting to generalize this to the creation process that might have occurred at the time of an event like the big bang.

According to the big bang cosmological model, the initial energy from the eruption was converted to subatomic particles like protons, neutrons, and electrons, and these formed elements like hydrogen, helium and lithium. One can imagine energetic templates defining those subatomic particles and atomic structures. Such templates, created as distortions in consciousness space, would specify the desired properties of matter and facilitate the formation of coarse matter from finer matter.

A Zeta was asked how the finer matter originated. They replied that “they have always existed as part of the fabric of this universe.” They added, “Consciousness holding itself into conscious states creates matter”, suggesting that fine matter, like an energetic body, arises from distortions in consciousness space. Also, “As a consciousness would bring to itself finer matter, it creates a process of materialization.” That is, fine matter brought into being as a “conscious state” would be further acted upon by consciousness to form coarse matter. Finally, consciousness “intermingles with the finer physicality, drawing to itself the molecules of the process.” This act of consciousness would appear to be the creation of certain
energetic templates in consciousness space. These would be
designed to encourage existing finer matter to organize into
structures of coarse matter.

7.7 Convergence with human science

Our human science has no explanation for the experiences of qualia,
the subjective sensory experiences such as colour, taste, smell, and
touch. We cannot say, for example, why the physical effects on the
eye and neural processes are qualitatively different from the
subjective phenomenon of colour that follows. It is disconcerting
that our human understanding of reality should depend on these
poorly understood subjective sensory impressions. But why not
recognize qualia as properties of consciousness itself, activated by
particular patterns of physical energy?

The necessary role of consciousness in maintaining the existence of
the matter universe was recognized by Edward Close (2000) in his
book, “Transcendental Physics”. Close examined the implications of
certain advances in physics (EPR_BELL_ASPECT URL) that
expanded on the Copenhagen interpretation of Quantum Mechanics
proposed by Niels Bohr. In a nutshell, this interpretation holds that at
the quantum level there is no phenomenon until it registers as an
observation or measurement. The critical experiments also lead to
the conclusion that non-local systems may share a common reality as
expressed by the Copenhagen interpretation. We know this as
quantum entanglement.

Close also discussed the implications of the well-known delayed-
choice double-slit experiment (DelayChoice URL). This experiment
showed that light behaves as a particle or a wave depending on the
state of the apparatus at the instant when a measurement is taken. It
could even be said that light quanta do not exist until the instant of
measurement or observation; that is, the particles do not have a past.
Close observed that some physicists consider the act of registering
the phenomenon of light as equivalent to an “elementary act of
creation”.

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By extrapolating from the results of the double-slit experiment, we can say that a photon does not exist as a separate particle before it strikes a receptor in the eye, and that only the effect of the photon exists when an observation occurs. In turn, the elementary particles in the receptors do not exist as separate particles until they have an effect on other elementary particles further along the chain of interactions to the brain. Matter and energy become objective entities when they register as effects.

So then what is the final receptor in the brain that can stop this otherwise infinite sequence of effects? Close argued that the final receptors must be something other than quanta of physical particles. He said, “the final receptor completing an observation must be something real, existing beyond physical quanta, capable of receiving and properly organizing the distinct impressions of form and structure relayed by the effects of the quanta of matter and energy that we perceive as existing in an objective physical world. Since the interpretation of form and structure as information with meaning is a function of the conscious observer, this something must be closely related to, if not the very substance of, consciousness itself.” He emphasized that the final receptor in a conscious observer is real but non-physical; i.e., not composed of quanta of matter and/or energy. This final non-quantized receptor in the conscious observer he called individualized consciousness.

The same logic may be applied to the whole universe which is thought to have begun in an instant at the “big bang”. But how could the first particle have taken on an objective existence when no other particles existed for it to affect? Could the receptor of the first particle have been non-physical? Close argued that, as in the termination of the chain of effects in the conscious observer, there must have been a non-physical terminator to receive the first particle. Otherwise, the physical universe as we know it could not have come into being. He called this receiver, primary consciousness.
Close named the receptor of the information carried by the final set of quanta in the physical chain of events, the *receptorium*. On the non-quantized consciousness side of the interface, images of physical reality are formed, and he proposed to call this formation space the *gestaltenraum*. Close further proposed that the pattern formed in the *gestaltenraum* finds its counterpart in primary consciousness where all possible patterns of information have existed since at least the formation of the universe. This creates a feedback loop via a living physical participant so that consciousness can observe itself.

Close explained, “The world we know is constructed in order (and such a way to be able) to see itself. … Every observation is an instance of reality/primary consciousness observing itself. It is the completion of a self-referential loop. Structure and form, originating in primary consciousness, is projected as a spectrum of potentialities. The process is completed when one specific structure or form is selected by observation and confirmed again in the nonlocal space of consciousness.”

Primary consciousness formed the physical universe, the physical observer processes the incoming environmental stimuli through the *receptorium* of the individualized consciousness, and this observation in the *gestaltenraum* is mapped to the original construct in primary consciousness where it has always existed.

Close concluded that “atomic structure depends upon the existence of elementary quanta, and the existence of quanta ultimately depends upon reception in consciousness. As it is illogical to assume that effects can exist without cause, we have to conclude that observable reality depends upon quanta, and that non-quantum consciousness, pervasive, and individualized, are necessary ingredients of reality, participating in the processes that cause the universe to exist as it does.”

The special nature of qualia, as well as Close's reasoning about the crucial experiments endorsing the Copenhagen interpretation of Quantum Mechanics, support an interpretation of human science that
consciousness has a continuous existence separable from the quantized universe of matter. Logically, matter could not have formed without a primary consciousness that existed before time began. Of course, the primary consciousness identified by Close is a fundamental aspect of the Zeta science.

A Zeta commented about human science, “The grid process is much aligned with the nature of all things being connected. Your scientists are now understanding the relationship between the subatomic particles, and that the state is determined by its relationship to other particles, but they do not understand that it is the consciousness that creates the state, and it is consciousness that has created the illusion of matter.” This appears to refer to the observed entanglement of separated or non-local pairs of sub-atomic particles. Entanglement is identified by the correlation between their respective states (Aspect et al., 1982). However, scientists have yet to learn that consciousness is responsible for creating the states.

The Zetas equate primary consciousness to the void. They said, “The void is a living entity of total consciousness, oligarchical in nature, and is partially living as an experience in separation, through illusion, of self through the vesture of matter. Each separation of consciousness is layers to perform many functions. Some levels of consciousness pervade the worlds of matter, whereas others are multifaceted in energetic form, each having the ability to exist as a race of beings in every form.” The consciousness lives an “experience in separation”, meaning that the one becomes many layers, some of which are worlds of matter and others are energetic realms. Beings can exist in all these environments, and all are part of the experience of the primary consciousness.

The Zetas emphasized that all is illusion at a deeper level of understanding in that all is a creation of consciousness. They agree with Close that all that could possibly be exists in the energy of consciousness. “Source consciousness has within it definitive barriers and boundaries for what may exist. There is nothing that can be created that is outside of it, all forms, all shapes, all existence
The process of creation is primary or individualized consciousness recursively “activating certain areas of consciousness.” Further, “Consciousness has all information, but how consciousness reveals it to itself is a different process, nothing is created.” For all to exist in primary consciousness, much must remain hidden as abstractions, else there would be chaos. The process of creation instantiates a desired subset of all possible experiences. Rather than creating a new pattern in the grid, the intent to create would instantiate an existing abstraction of the pattern.

The creative process could be applied to form desired arrangements of multiple instantiations of abstractions. For example, a being may wish to design a complex living environment consisting of many different buildings, streets, parks, and other features of a town. These elements would all be instantiated from the abstraction of a town, and the result could be a place called MyTown. By definition, this entire unique arrangement of elements must also exist as a complex pattern in the space of all possible constructs. If a being could imagine it as one whole construct, the entire town could be chosen by a single application of the creation process. Alternatively, the town could be formed element-by-element by successive applications of the process. In either case, the resulting complex arrangement of the town's elements and their relationships could be defined in an information structure or script. Again, by definition, such a script must already exist in the space of all abstractions. Conscious beings, by their nature, could instantiate the script like any other act of creation or perception. The construct MyTown could be replicated wherever it is desired by choosing the script. Since spatial dimensions are a property of MyTown, a being might have the impression of moving instantaneously to MyTown, or of MyTown forming instantaneously around the being.
With respect to our physical world, a Zeta commented, “All physical matter has an etheric body”. The etheric body contains the specifications for the design of the physical object. Close might say that the etheric template corresponds to his proposed “spectrum of potentialities” provided by primary consciousness. Particular potentials are selected by the observer to produce an interpretation in the receptorium and sensations in the gestaltenraum.

According to Close, matter is a mass of potentialities presented by consciousness, and these potentialities are reduced by quantum processes to create effects. The individualized consciousness becomes aware of the effects when the non-quantized receptorium is affected. Close could say, therefore, that matter does not have an existence separate from consciousness, but is an illusion created in consciousness. This would be in agreement with the view often stated by the Zetas about reality in general.
8. Zeta technology

The Zeta described for us the nature and functionality of some of their technology. In particular, we were given details about their craft and the method of travel (Hamden, 2012). They also gave us information about a particular technology used to simulate any desired environment. The means to enter this environment seems to have been shared with humans who now call it a “synthetic quantum environment”. These technologies are discussed in the following sections. Apparent analogies to human technologies are also discussed to better understand how the Zetas manipulate energetic waveforms in the etheric environment.

8.1 Zeta craft and their propulsion system

For many years now, people all over the world have seen things moving in the sky that they and others cannot explain. We appropriately call them unidentified flying objects or UFOs. A typical shape of these objects is like a saucer and an inverted saucer attached together at the rims, and these have also been called flying saucers. The flight characteristics of the objects often exceed those of human-designed aircraft, so they are thought by many to have an extraterrestrial origin.
Some light has been shed on the properties of such craft in conversations with the Zeta race via the medium, Paul Hamden. Several Zeta beings have communicated information specific to craft, and this was published in an earlier book (Hamden, 2012). The nature of the craft and its propulsion system are addressed in this chapter.

The Zetas are physical beings who live in physical environments, but they also have the ability to extend their activities to the underlying energetic environments where different laws of nature apply. The energetic realm in our universe holds templates, also known as etheric bodies, that define the properties of associated forms in the physical universe. In these realms, consciousness has the ability to create with thoughts. A model of how this is done is outlined in the chapter, *Creation and consciousness*. Understanding this chapter is highly recommended, since the creation process is used by the craft's propulsion system described below.

A Zeta offered the following responses to general questions about their craft and the method of propulsion. Words in italics are direct quotes, and unless otherwise indicated, those in the normal font are the author's observations and interpretations aided by knowledge of the Zeta cosmology.

### 8.1.1 The nature of the craft

*Our craft are of a nature that are able to support our biological framework. These craft are living entities. Much like a bacteria, they live, breathe, function and create. Each craft is a singular cell, as we are part of the integrated cell (we are keeping this simple). We are able to interact with the craft as "one whole cellular being". This is why there are no doors to the craft, and why there are no windows. When asked if the craft are part of the collective consciousness, a Zeta responded, “Yes, of course they have freewill.”*

The craft behaves like a single-celled organism so that it is without doors or windows. A bacterium has transporter mechanisms to import and export material across the cell wall. By analogy, the craft
may also have a mechanism for moving beings and materials into and out of its interior. Once inside, beings become one with the craft in order to interact with it. Both the craft and the beings inside belong to the collective consciousness.

They (the craft) are grown from what was initially a hybrid framework designed by our best technical and scientific beings, so this explains why we have craft who can also "self-heal". The craft are generic, genetically modified structures. ... They are grown, genetically created within a skeletal framework. ... Not all craft have individual operators, but as there are certain parts of our DNA replicated, there is one standard craft for beings to use. There are specific craft for specific beings. These beings are utilized to move in different dimensional aspects of the non-physicality of this physical universe.

This statement says that the craft are designed to respond to operators with Zeta DNA. There is a standard craft that can be used by any Zeta because the craft responds to certain segments of DNA shared by all Zetas. There are also specific craft that respond to unique sequences of DNA possessed by particular Zetas. The latter craft and operators are used to move to and from non-physical dimensions of the universe.

The Zeta added that the craft, like all living things, needs sustenance or a source of energy to survive. They said, “There is a basic life force woven into the fabric of the universe. This energetic form, waveform, feeds and nourishes these cellular craft.” For the Zeta, the basic life force of the universe is the energy of consciousness. Everything that is and can be experienced is constructed from this fundamental substrate. This appears to be the source of the energy required by the craft to function.

Communication with the craft can be telepathic. We are told, “An astral form is needed or thought projection, but realize this, the thought must be of a very specific nature. And there are biological barriers around craft to stop certain energies from penetrating through the 'craft' which we class as a 'being'.”
But not all operations require telepathic communication. “If we wish to see outside, not via telepathic methods, we simply compel the side of the cellular structure of the craft to move to a different state. This allows us to see through to a physical dimensional state.” Further, Paul Hamden has had the opportunity to view the interior of a craft and the means for communicating with it. He says, “The craft which are biological entities have symbols placed in strategic positions, the biological structure of the internals of the craft facilitate the actions of the symbols, the symbols provide the functionality and mechanism for interaction with the sentience of the craft.”

In the interdimensional areas where the physical rules of this universe do not relate, we are able to assimilate to that state by changing cellular form, as a chameleon would change colours; this is how we "physically" move from one place to another. When a craft dematerializes, the occupants “are part of the process, but shielded by the actual craft as well.”

The Zeta tells us that the craft's physical movement can involve entering and leaving an interdimensional state, and this process is analogous to the colour change of a chameleon. In several other conversations with the Zetas, a change in colour was an analogy for moving to a different state of consciousness. If that was intended here as well, a craft would enter and leave an interdimensional state by recreating itself each time using appropriate states of consciousness.

Chameleon-like behaviour is also used in the physical realm as a way to hide the craft from human eyes. “We are able to camouflage by allowing the craft to change the way that it thinks about itself, and in doing so, it changes the patterns of light that are emitted from the craft, to be seen or not seen by the human eye.”

8.1.2 The propulsion system

The Zeta craft can access the energetic realm to change its location in the physical realm. A Zeta introduces this method of travel using an analogy.
Imagine if you will a single sheet of fabric. Each thread in the fabric is closely related, this is a linear version of a magnetic grid. Now place many layers of fabric together; you now have a three dimensional block of fabric. The threads are interwoven, directional. How does one move from within the vertical structure to the horizontal levels?

In this scenario, the fabric is of a physical nature, but if the fabric is of an energetic nature, then there is a strong matrix of threads between all layers. This means, in a physical universe, a craft can manoeuvre forwards, backwards, diagonally and sideways. The craft are moving on “etheric rails”. They are drawn into the craft and used as a “matter of state” propulsion process. These “rails” are of a nature that the craft can move in any direction as it is using the matrix, like a tractor beam. The craft is taken, “pulled”, in the direction it wishes to go. Imagine a container of water in a cube form; can a fish swim in any direction? This is the same process. The matrix is a living field.

In the analogy, the matrix is described as a physical object. However, it becomes clear that the matrix exists as an etheric body in the energetic realm. Etheric threads connecting the matrix nodes are described as rails that guide the direction of movement of the craft. As the craft's etheric body is pulled along the vertical and horizontal rails of the etheric matrix, the physical body of the craft follows and moves through the space containing the physical matrix.

The “threads” of the etheric matrix are drawn into the craft and acted upon by a “matter of state” process. The Zeta's use of the word “state” usually refers to “state of existence”, or the “level of consciousness” available to the creation process. Thus, the “matter of state” process implies that the consciousness of the craft uses the creative process to alter the position of the craft's etheric body relative to the frame of reference provided by the matrix. The craft's form in the physical realm would follow.

As an aside, a Zeta was asked to explain the teleportation sometimes seen in physical mediumship séances. For example, a ping pong ball
was moved to the inside of a sealed glass aquarium. The Zeta responded, “The etheric body was moved to the other physical location, and matter then followed.” This corresponds well to the description of craft propulsion in the matrix.

Further support for this interpretation was given when the Zeta said, “Separation of matter at its finite form allows for the process of wave shifting. These waveforms allow a level of interaction with the energetic field that 'is and always is'. The etheric body, the transformation of its matter counterpart, is said to consist of waveforms. The movement of these waveforms along a matrix thread is called “wave shifting”. The process of wave shifting involves interaction with the field that 'is and always is'; that is, the energy of source consciousness. So the craft's intention to move invokes the creative process at a particular level of this consciousness field to relocate its etheric body in the matrix.

The Zeta also described another method of travel that can cover arbitrary distances almost instantaneously. The method requires an ability to manipulate the shape of the etheric matrix fabric itself.

*When the fabric is folded upon itself, it acts cylindrically. A craft is able to manoeuvre back to its original point by simply “hopping” from one state to the next.*

The etheric body of the matrix is rolled up into a higher-dimensional cylinder shape so that the current position in the matrix is adjacent to a starting position in the matrix, even though these positions are far apart in the normal dimensions of the universe. Then, a short displacement of the etheric body of a craft across the “seam” of the cylinder causes a displacement in normal space equal to the circumference of the cylinder. This description suggests an important limitation of the method. It can only take the craft to a known position.

*This now brings into play, “states of existence”. Is this craft of a physical nature or a dematerialized construct?*
This comment concerning “states of existence” is again an allusion to the creation process. The consciousness of the craft creates by using a state of consciousness that does not exceed its highest possible state. Normally, the etheric form is created so that it can be a template for the formation of the physical craft. Could the etheric body of the craft be placed in a state where the physical craft would fail to form? This might require that the etheric body be recreated using a state of consciousness higher than that used to create etheric templates. Then the craft would exist in a state of dematerialization for human beings who are unable to realize such higher states of consciousness.

In a dematerialized state, the craft is able to move between subatomic structures. This “non-matter” allows the craft to move from one reference point to another in an instant. As there is a folding process taking place, interdimensional or physical travel is a “simple” movement from one state to the next.

The Zeta emphasized that the craft in the dematerialized state is not impeded at all by physical matter. The dematerialized craft is non-matter and, when using the cylinder method, it can move instantly from one position in physical space to another. The craft moves to the destination state as easily as it moves along any other thread in the matrix.

A more recent interview raised unresolved issues concerning to the cylinder method of travel, and the following exchange occurred.

Interviewer: There is a question about the cylinder method of travel where 3-dimensional space is rolled up into a cylinder form, and the craft moves through a higher dimensional space and appears instantaneously at some distant location in three-dimensional space.

Zeta: Yes, the craft is to create a distortion, but continue on.

Interviewer: Well I was wondering how three-dimensional space could be rolled up.
**A PRIMER OF THE ZETA RACE**

**Zeta:** A craft is to create distortion.

Interviewer: Yes, but that space may contain other objects which have an etheric body form.

**Zeta:** Now, other objects exist yes, so can only jump. A craft creates a distortion to pull one into an infinitesimal point towards self. Of course, other etheric fabric-like sheet, if you pick up you have point in fingers but of course sheet attached. Not to occur near matter objects such as planets, in empty space. Irrelevant if other matter, fine matter is distortion. Also much more safe to travel.

Interviewer: So the cylinder method of travel is only used in empty space?

**Zeta:** Because as explained to you before, must travel before time to a point, create jump space, and then travel and continue on. Never to create a point of connection near a planet, too dangerous, yes.

The Zeta was asked how space could be rolled up when there could be other objects in it. They agreed that there could be other objects in the way, and appears to say that the craft somehow jumps over them. A distortion in space, perhaps the 4-dimensional cylinder, is created by pulling oneself into an infinitesimal point towards oneself. They seem to say that the point-like distortion is attached to the aforementioned fabric-like sheet of etheric space. For that reason, this operation should not be done near large objects like planets. It is best done in empty space. This restriction applies only to coarse matter objects. It is irrelevant in the domain of fine matter, and they imply that such distortion of space is safer where there is only fine matter.

Another question was concerned with the meaning of a donut-shaped distortion often seen near ET craft in various photographs taken over the years. An example is shown in Figure 8.1.
Interviewer: I interpreted some features in photographs of the craft as a property of the cylinder method of travel, and I guess that must be incorrect then. I noticed near the craft a kind of toroidal shape in the atmosphere.

**Zeta:** Etheric representation of physical capacity of propulsion system, yes.

Interviewer: So I’m not correct in believing that this is a consequence of the cylinder method of travel then?

**Zeta:** No, because too close to planet.

Interviewer: Can you explain what this shape is associated with?

**Zeta:** The shape is a distortion in the energetic fabric of the environment. Because it is multidimensional, it is able to make craft move in all directions.

Interviewer: So it's the etheric form of the craft?

**Zeta:** Part of the craft, yes.

Interviewer: I see, so it moves and the craft follows? Would that be how it works?

**Zeta:** Both happening at the same time.

Interviewer: Yes?

**Zeta:** No separation, not either or. To instruct craft via telepathic process, instantaneous, go there, yes, straight away.

Interviewer: In the photographs it appears that this etheric form then is separated in space from the craft itself.

**Zeta:** There is no separation, it is imagery.

Interviewer: Both exactly one and the same object.

**Zeta:** Yes. Your physical body has etheric template, yes. They are the same, but in separation both occurring at the same time.
Interviewer: But my etheric body can be spatially separated from my physical body at times.

Zeta: *Always connected, never to be completely disconnected.*

Interviewer: So that's the same as with the craft.

Zeta: *All things, yes.*

Further probing in a later interview yielded the following exchange.

Interviewer: What is the shape of the etheric form of the craft?

Zeta: *It is a mirror image of the physical craft. The toroidal process that was described is the propulsion process that is providing a wake before or after the craft.*

Interviewer: Why does the physical part of the craft often have the disc or saucer shape?

Zeta: *Is the question why is the craft of the shape and nature that it is? But, let me ask which craft, because there are many shapes.*

Our craft is in disharmony with the physical frequency of matter which is that the gravity does no longer affect us. But of course we must be able to move on the etheric rails, and so the sentient entity which is the craft is able to negotiate the rails by consciousness.

Interviewer: Traveling in our atmosphere is a different process to the etheric process you described when you warp space into a cylindrical form in order to jump from one point to another.

Zeta: *That is the difference between walking and falling, walking is slow, falling from a height is fast.*

Interviewer: So when you have a safe place outside the atmosphere, then it is ok to fall.

Zeta: *Yes, but you must be aware that there are in your atmospheric conditions many obstacles such as disturbances, there are storms and lightning, there are birds flying. We must try to not harm*
another entity. There are also many of your own craft flying in the skies, but we have technology to map what is around us. The smaller the biological entity that is in existence, the more difficult it is.

Interviewer: So, insects?

**Zeta:** Very difficult, yes, but still, must avoid them, cannot come in contact with any matter. We are in a state of disassociation from matter and that’s why we travel in a dematerialized state, or semi-dematerialized state. But must avoid everything, else you would take a life. If matter comes in contact with deconstructed matter, the matter is destroyed.

The toroidal shapes were initially thought to be associated with the cylinder method of travel. This is unlikely now given that they were photographed near the earth where it would be unsafe to create such a distortion. Rather, the Zeta explained that the shape results from a multidimensional distortion in the etheric space. It is part of the craft and enables it to move instantaneously in any direction when instructed to do so telepathically. It is also described as the wake of the craft associated with the propulsion system.

### 8.1.3 Craft safety

During discussions with the Zetas, questions arose about safety concerns that inhibited physical contact with humans. This was addressed in the following taken from transcripts of interview segments.

Interviewer: There is a question about your ability to visit us in physical form. The medium has said that you do not allow your craft to readily appear to humans because there is an issue of safety that concerns you. If safety is an issue, is it our safety or the safety of the craft and crew that concerns you?
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Zeta: Both. Of course I am concerned about what happens to the occupants of the craft. I am also concerned about the safety of the being which is the craft. I am also concerned with the environment in which the craft lives. I am also concerned with what may happen to a human if they were to approach a craft. Many humans would become instantly unwell, and then they suffer because the frequency would change their body's ability to understand how to repair itself.

Further, actual physical contact between a Zeta and a human would create what appears to be a burn on the skin of the human. The higher vibrational state of the Zeta etheric body superimposed on the human etheric body would change the state of the physical cells.

Zeta: Every entity has etheric template, frequency of etheric template to interact with human etheric template. Increase in frequency for the human then translates to physical changes in the cellular structure, and cellular structure representation of burnt skin.

Also, the structure of the human’s local consciousness could be seriously damaged when the human is too near the craft and its occupants.

Zeta: Your consciousness would fracture because we operate within an etheric boundary that is much larger than the human. So when we come, the human consciousness, the structure that is held by frequency which is the physical entity of your container, would dissipate.

Interviewer: There would be a minimum distance then, I suppose, that humans should approach?

Zeta: Yes, of course, you would never get, unless there was an accident, within 30 meters to 50 meters from the craft. The physical body is unable to cope with the changes.

The Zeta was concerned about the safety of both the beings on the craft and the humans who may be in the vicinity of the craft. We
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know that the Zetas breathe a form of oxygen, and they use a breathing device when they are physically present on earth. They do not explain what other dangers might threaten the safety of the craft occupants. Perhaps there are concerns that humans themselves are a threat given our nature.

They are clear, however, that a landed craft would have a negative effect on the immediate environment. There would be a danger to humans as well were they to approach too near a craft. Such effects would arise from exposure to emissions from the craft and to the higher vibrational state of the occupants. To avoid negative effects on the human body, we are advised to stay more than 30-50 meters away from a craft.

8.1.4 Discussion
The axioms that underlie extraterrestrial science and human science are so different that the sciences are unlikely to correspond in a meaningful way. The main difference is the role of consciousness. It is an epiphenomenon for most human scientists, but is fundamental to the extraterrestrial science. This means that the propulsion technology employed by the Zetas is out of our reach. Human science does not recognize the existence of major elements of this technology, such as etheric bodies, the energetic realm, and creation by intent using the energy of consciousness.

Even if we were able to develop a complete intellectual understanding of these concepts, we would still lack the level of consciousness needed to perform the operations necessary to propel a craft with that technology. The ability to create with higher states of consciousness is required, and this cannot be achieved without a parallel increase in the ability to love. Few members of the human race are at the level of consciousness where unconditional love for all beings is possible.

In 2012 at the Wallacia Development Center near Sydney, Australia, a group of people followed a meditation protocol under the stars and experienced a visit by a craft and its occupants. The craft did not
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materialize completely, but people sensed its presence a short distance away and heard footsteps of the invisible extraterrestrials walking on the gravel around them. The next day, a circular imprint was evident on the ground at the perceived location of the craft. The experience was direct evidence to the people involved that dematerialization is possible, and supports the existence of the technology described above.

Figure 8.1. Enhancement of a toroidal shape next to a UFO.

A toroidal optical distortion often appears next to a UFO as seen in various photographs taken over the years. This effect was investigated by one of the authors, and is discussed in Treurniet (2017). Figure 8.1 presents one of a number of examples included in a picture gallery accompanying the article. The left panel of the figure shows the UFO cropped from the photograph, and the right panel shows the enhanced image where a toroidal or donut shape is clearly visible just above the UFO.

As the Zeta mentioned above, the toroidal shape results from a distortion of etheric space created by a craft's method of propulsion. It is part of the craft and enables the craft to move instantaneously in any direction. The etheric distortion must affect the physical environment in some way so that it can be photographed. Other evidence suggests that the distortion is visible because it is associated with a powerful magnetic field that causes changes in the way light is refracted near the craft (see [here](#)).
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In several photos, the tori are visible above the earth’s atmosphere. This suggests that the etheric distortion changes the structure of space near the craft rather than just the atmosphere. So like gravity, the distortion might affect the path of light and appear as a visible torus under appropriate optical conditions.

8.2 Synthetic quantum environments

According to several participants in a US military research project in the 1980s, a technology called a jump room was given to them by the Zetas. The men believe that the jump room destination was often, if not always, a synthetic quantum environment (SQE), “a fold in the time-space continuum in which the Grey extraterrestrials have established an ‘artificial holographic planetary domain’.” There were believed to be 153 SQEs used by the Greys to store “event scenarios that have taken place at different times on different planets, including Earth and Mars”. These SQEs were thought to be near the earth, on the earth, and under the earth's surface. They were built to condition and educate humanity to prepare them to meet off-world civilizations.

Ostensibly, the jump room enabled people to depart from Earth and arrive almost instantaneously at a place on Mars. But some of the humans involved now suspect that the destination was most probably a simulation of the Mars environment. It was their suggestion that it be called a synthetic quantum environment. When this research project was revealed in 2012, the Zetas were asked for more information about the SQE technology via Paul Hamden. Surprisingly, the existence of the jump room was confirmed. The Zeta said, “There is a device that is used to create the unfolding of the special process and then once the cavity, I believe would be the word, is created, it is then populated with the correct molecular image that will then represent the environment that was to be used for exchange of energy and information”.

The Zeta informed us that multiple SQEs exist in the vicinity of the earth, all connected in a network controlled by on-board
intergelligences. Access to one SQE requires the cooperation of the entire network. The SQE is an energetic environment, so the jump room technology would have separated the human energetic body from the physical body for transfer to the SQE. The Zeta maintained that the change from the physical to the energetic environment and back again would not have been detected by the traveller.

One of the research participants painlessly lost an arm to a predator while in the simulated Mars environment, but found that the arm was miraculously restored later back on earth. This is consistent with the Zetas' aim of not causing harm to a physical entity behaving in the simulated energetic environment. The person who temporarily lost his arm believes that a holographic reality may have been visited, but does not accept that he had separated from his physical body. The change in vantage point of his consciousness in the jump room was not noticed, perhaps because of the “ten minutes of mind-bending, stomach-wrenching weirdness” described by the traveller.

The next section describes the Zeta’s answers to questions about how the SQE was created and used. The first three questions were posed in one session, and the remainder came later in follow-up sessions. Remember when reading the answers to the questions that the medium knows as much about advanced physics as the average person, which is not a lot. He certainly did not have an understanding of quantum entanglement mentioned by the Zeta.

8.2.1 The nature of an SQE

Our questions are in the standard font, the Zeta's answers in italics, and our further discussions in the standard font. Some parts of the Zeta's answers may be a little obscure since the reader may not have relevant background knowledge. The discussions expand upon the answers and include some additional pertinent information. In particular, it is important to understand that, according to the Zeta, all physical objects normally have an energetic double which is superimposed on the physical body and may extend outside it.
Que 1. Is it true, the US government has identified 153 “synthetic quantum environments” constructed by the Zetas in the near Earth environment ranging 400 miles from Earth, on the surface of the Earth, and beneath the surface of the Earth?

Ans 1. It is correct in understanding that singular entities exist as energetic existences, for the purpose of experience. These are dynamic entities and are used as a place of learning. The SQE is a term for an energetic existence that is separate to your own, something like a holographic existence. They believe they have identified the SQE by the remote viewing process, but they have only seen what they were shown.

Discussion: Singular entities are entities in our physical reality that have superimposed physical and energetic bodies. According to the Zeta's answer, SQEs do exist as energetic copies of such singular entities. The SQEs are dynamic entities, meaning that they can be put in motion. Remote viewers believe they have discovered SQEs, but they have found only what they have been allowed to find.

Que 2. Is it true that the system of “synthetic quantum environments” had been built by you for purposes of conditioning and educating humanity to be able to sustain a future role among organized intelligent civilizations in space and in the inter-dimensional multi-verse?

Ans 2. That question sounds like many questions, what are the uses of the SQE? In the separation process of the physical entity from self, a being would understand that in its energetic presence, the consciousness of the being is able to understand the environment is malleable.

Discussion: The Zeta uses 'self' to mean a particular instance of an energetic body. They say that when we experience the separation of an energetic form from the physical, we will understand that an energetic form such as the SQE is malleable.
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Ans 2 (cont.). So depending on what you wish to create and preserve as an environment, would determine the level of quantum entanglement that is required by a being that is to synthesize the energetic entities, and to then propagate this as a sustainable existence in its quantum self. Many of the SQEs are in existence for the scientific beings who wish to experiment within a race. A snapshot is taken and using the SQE, transpose the environment, and using the SQE then instigate change. This is a mirror image process to see what is sustainable, and in that place no harm is created to a physical entity as it is an energetic environment.

Discussion: The Zeta implies that the physics of quantum entanglement is involved in the creation of SQEs. To understand the concept of quantum entanglement, we can use photons as an example.

Photons have the property of spin which can have a value of +1 or -1. The spin property may be exploited to show when two photons are entangled. In a basic experiment, a photon is split by a nonlinear crystal, and two photons with lower energies and momenta go off in different directions. The spin property only exists when it is measured, so neither photon of the pair "knows" the spin state of its partner. Each photon goes to one of a pair of measuring devices that are far apart. First, the spin of photon 1 is measured and is found to be, say, +1. Then the spin of photon 2 is measured and is found to be -1. Or the signs of the spin could have been -1 then +1. We might say that one photon's measured state is the mirror image of the other photon's measured state. The experiment design is such that the information about photon 1 could not have been communicated to photon 2 in a conventional way. Yet the states of the particles are not independent and that's why we say they are entangled. They became entangled when they interacted by splitting off from the original photon in the crystal.

The Zeta talks about creating an SQE using a particular level of quantum entanglement. What 'level of quantum entanglement' could mean is unclear. In any case, depending on the desired result, a Zeta
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group in its collective energetic body would choose the appropriate level, *synthesize the energetic entities* (i.e., make an entangled energetic version of the original environment) and *propagate this as a sustainable existence in its quantum self* ("quantum self" would be a particular "synthetic quantum environment"). That is, an energetic version of the original environment is created by making an entangled version and moving this to the more permanent designated SQE.

The Zetas appear to be able to select a particular environment in space/time in order to experiment on it. *A snap shot is taken and using the SQE, transpose the environment, and using the SQE then instigate change*. That is, a point in space and time is selected, the entangled energetic version of the original environment is placed in an SQE, and changes are made to it. This process allows them to experiment without affecting the original environment.

Ans 13, obtained in a later session as clarification, explains that “*to transpose is to take an image to the molecular level and then using various technologies, manipulate the process*”. This operation is done only when the environment is to be changed.

The Zeta says "*this is a mirror image process*", and this is what was said earlier about the quantum states of the two entangled photons. So the new version of the environment is a mirror image of the original in terms of its quantum state. But at the macro level, the original and the copy should be indistinguishable.

Que 3. Is this world a holographic environment?

Ans 3. *No, but certainly an environment of consciousness, nothing is as physical as you believe it to be.*

Que 4. Humans talk about a jump room technology. Do they in fact have access to it?
Ans 4. Do humans have access to separation from this physical norm to the SQE, yes.

Discussion: The Zeta agrees that humans have access to the jump room technology. But note that transfer to the SQE is done by separation from this physical norm to the SQE. This means that the energetic body is separated from the physical body and then transferred to the SQE, leaving the physical body behind in the jump room.

Que 5. Can they reach another planet the same way?

Ans 5. They can reach other SQEs. Some races are able to move through to a planet and create a physical form as they arrive.

Discussion: The Zeta implies the jump room technology cannot be used by humans to transfer a physical body to a physical planet. Other races who appear to do this, arrive on the planet presumably in the form of the energetic body, and then create a physical container body for their use.

Que 6. So when humans say they jumped to Mars, they have only gone to a copy of Mars in an SQE?

Ans 6. Humans travel as a single entity, this causes issues for them and their matter, yes.

Discussion: Humans travel as a single entity, meaning only in the form of their combined physical and etheric bodies (See Que. 7). So even if they wanted to, they could not travel to Mars in the energetic body and create a physical one for use while there. It follows that humans have not travelled to the physical planet of Mars using the jump room as believed. The 'yes' at the end of the answer is the response to “they have only gone to a copy of mars in an SQE?"
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Que 7. By single entity, do you mean a combined etheric and physical body?

Ans 7. Yes.

Que 8. What we need is a jump room so we can experiment, do you think the Zetas might have a spare one laying around?

Ans 8. You would need the technologies in the SQE to make the adjustments and the focus of thought to initiate the changes. As well, the SQE are also part of a neurological network so other SQEs are located in the vicinity, and communication between the operators are required, as not just one sample is taken. Many can be taken of the image and multiple SQEs can be in operation for the process.

Discussion: It seems that jumping to an SQE is not a simple process. Access to the technologies in the SQE is required, as well as a certain mental focus.

SQEs are part of a neurological network, suggesting that there is a biological component in each SQE that gives it an on-board intelligence. Further, this intelligence seems to be the operator of the SQE, which is able to communicate with the operators of all the other SQEs in the vicinity. When someone travels to an SQE via a jump room, communication among the operators of the network is required.

Visiting a particular space and time configuration can involve a number of interacting SQEs. Many samples are taken of the image of the original environment, and visiting the energetic copy of that environment via a jump room involves the operation of multiple SQEs in the network.

The apparent complexity of operating a jump room prompted the following question.
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**Que 9.** Do the humans with the jump room always need Zeta assistance?

**Ans 9.** Yes

**Que 10.** Do they know that?

**Ans 10.** No

**Que 11.** Does a synthetic quantum environment include all of time as we know it?

**Ans 11.** No

**Que 12.** Does the snap shot that is taken refer to a particular point in time? (This refers to the snap shot mentioned in Ans. 2)

**Ans 12.** Yes

**Que 13.** What does it mean to "transpose the environment"? (This was asked to clarify the phrase in Ans. 2)

**Ans 13.** To transpose is to take an image to the molecular level and then using various technologies, manipulate the process, but also, remember that some SQEs are used as places of education, so they are firmly fixed as environments. Many are not used to manipulate anything.

**Que 14.** Are they just used as places to live?

**Ans 14.** They can be used as a place to live.

**Discussion:** This answer, as well as Ans 13, indicates that the Zeta population in the earth environment may be using the SQEs as bases
of operation. Since the SQE is an energetic environment, this suggests that the Zetas also exist primarily as energetic entities.

**Que 15.** Can the point in time for the snapshot be any time in the future as well as the past? (A followup to Que. 12)

**Ans 15.** Yes

**Que 16.** Is the experience of an energetic human body in a synthetic quantum environment identical to that of a physical human body in a physical environment? That is, does it feel the same?

**Ans 16.** Yes

**Que 17.** Is there some way that I could tell if I were in a synthetic quantum environment or the original physical environment? Is there some test that I could do?

**Ans 17.** If you've given me information too of the level of awareness for the test, you would need to clarify that you are in a separation.

**Discussion:** This answer implies that such a test can be done at different levels of awareness by more or less advanced energetic beings. The level was not given in the question. Further, the test result seems also to depend on whether the questioner is already aware that he or she is in a state of separation.

**Que 18.** But if it feels the same to be in an energetic environment as in a physical environment, how could I tell which environment I was in?

**Ans 18.** You would need to be told.
Postscript: We found ourselves wondering if a physical body really could not enter the SQE environment as implied in Ans 4. That is, does the jump room separate the traveller's physical and energetic bodies so that only the energetic body enters the SQE, or could the physical body accompany it somehow?

Perhaps because this question weighed on our minds, an answer was volunteered to the medium during a later meditation. The Zeta specifically said, “The physical entity may not enter the environment as it is a process of energetic exchange”. Clearly, only the energetic body of an entity may enter the SQE. We may infer that the Zetas dwelling in SQEs (Ans 14) are themselves energetic beings without physical bodies.

8.2.2 Discussion

The responses from the Zeta confirm the existence of the synthetic quantum environments described by the jump room travelers. The Zeta said that the SQE is an energetic construct at a level of vibration higher than our physical environment. It is created by copying an original physical/energetic environment using some technological process that involves something like quantum entanglement. A number of SQEs are connected as a network and have on-board organic operators that coordinate the activities of the network. The on-board intelligence appears to be a component of the SQE itself. Some SQEs are used as laboratories for performing "what if" experiments without affecting the original environments. Others are used as a space for educational purposes and as a place to live.

According to the Zeta, transferring the human energetic body to the SQE requires the appropriate mental focus, access to the SQE technologies, and the cooperation of the network of SQEs. Consequently, the humans operating the jump room would appear to need the assistance of the Zetas to make the jump. This was confirmed when a Zeta said, “The synthetic spatial folding environment has nothing to do with the humans and cannot be
accessed by the human consciousness unless it is provided with an aid into the environment.” Interestingly, the Zeta believes that the humans are unaware that such assistance was being given.

One of the travelers argued strongly in a personal communication (Basiago URL) that the jump room transferred his physical body to the SQE and to the planet Mars. But the Zeta says that the traveler's energetic body can only be placed in an SQE at its level of vibration and transformed to the physical form. The comment means that the physical surface of Mars could never have been a jump room destination. According to the Zeta, this will not be possible until humans are able to create physical forms after they arrive that are suitable for containing the energetic body.

The traveler’s disagreement with the Zeta's position would be resolved if the experience of the energetic body in an energetic environment is equivalent to the experience of the physical body in a physical environment. This correspondence was explicitly confirmed by the Zeta in Ans 16. Further, Ans 17 and 18 indicate that there is no test internal to the environment that can reveal its nature. The Zeta was definite that the traveler could not have noticed the change to an energetic environment after the transfer to the SQE, or to the physical environment upon his return.

8.3 Instruments to control etheric energy

According to the cosmology of the Zetas, we live in a universe of information that exists as a consciousness space. This space is multidimensional and has within it abstract representations of all that could possibly be. Our familiar physical universe is a transformation of hologram-like patterns in a particular realm of consciousness usually called the etheric realm. This and other realms are filled with the energy of consciousness, and the Zetas have developed technologies to manipulate this energy. Certain laws apply and can be exploited to engineer the energetic environment.

The Zetas’ verbal descriptions of how some things are done appear to be analogous to familiar operations developed for human
technologies. One analogy is the making of a hologram which maps onto the creative process as described by the Zetas. Another possible analogy is heterodyning which is used extensively in communications electronics. A third is the process of cymatics, the science of creating visualizations using sound. The applicability of these analogies are explored in this chapter, and they may help to understand how energetic technologies are engineered by extraterrestrial races.

Throughout the chapter, phrases in italics are quotes from the extraterrestrial beings unless otherwise noted.

8.3.1 Consciousness space

Consciousness space is characterized by the dimension of love. A particular state of consciousness has greater or lesser love than another state. These states are also distinguished by their vibrational properties. A state of vibration is to be understood as a sensation rather than as a measured frequency. Entities in this space are conscious and differ with respect to their state of vibration or love.

We should imagine consciousness as a multidimensional space in a mathematical sense. The familiar dimensions of our three-dimensional space are not an intrinsic part of consciousness space. The Zetas emphasize that our perceived reality, including the spatial dimensions, is an illusion in the sense that it is created by consciousness and can be changed by consciousness. The human concept of illusion as a figment of the imagination is, at the same time, our reality as we know it. The illusion is stable in the physical realm where it responds only weakly to people’s intent. On the other hand, it is more malleable in the higher energetic realms where beings can create with intent as needed.

The energetic representation of a creation in consciousness space has no form as we understand it - its form is “very fluid”. It regains its form and other sensory attributes only when it is transformed by a being’s consciousness to a perceptual representation. This process has the flavour of a hologram which has a distributed representation
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that is transformed to recover the originally perceived subject. Just as a hologram cannot be seen using an incorrect colour of light, created objects with sufficiently different vibrational states cannot co-exist in the same perceived reality.

The dimension of time is not an inherent property of consciousness space. For the Zetas, for example, there are normally only sequences of events that pass through the experience of the present. The time dimension is a construct used by humans, so of course, frequency is a construct as well since it is a measure of the number of events in a fixed interval of time. In the Zetas’ discussions with us, they often used the word “frequency” as an analogy for a concept that is relatively unknown to humans. Frequency was used as a substitute for "the level of consciousness that an entity holds, and so as you move from one frequency to the other, your consciousness is placed in an expected state.” What they really mean by frequency is a state of consciousness or love.

Vibrational state may be closer to what the Zetas mean by frequency. The magnitude of a vibration can be sensed directly, and differences between vibrational states may be felt without the measurement of frequencies. Alternatively, a state can be differentiated from another by comparing their patterns in the duration of the present. This is discussed in the section, The experience of time.

We can say that two identical frequencies resonate in the now when their perceived patterns coincide, or at least, the phase difference remains constant. Conversely, two individual sine waves, for example, have different frequencies when the respective numbers of peaks in the now differ, and the sequence of phase differences is not constant. So it is possible to describe differences in frequency in the now without reference to a fixed dimension of time beyond the present moment.
8.3.2 An analogy for the creation process

The entities in consciousness space can create environments by simply using their intentions. This appears to be an act of creation, but it is really adding to the current reality a desired pattern from an existing set of all potential patterns. The creations have properties of consciousness space that can be experienced as perceptions. These properties include sensations such as taste, smell, and colour. A multidimensional grid-like structure in this space is the substrate for representing creations. The process of creation in the energetic realms is analogous to the way humans create a physical hologram. This analogy is discussed more fully in the section, *The process of creation*.

To create a simple physical hologram, coherent light of a particular colour from a laser is split into two beams with a half-silvered mirror. One beam called the reference beam is directed to a photographic plate. The other beam called the object beam is reflected from the object to be recorded. The object beam interacts with the reference beam to form an interference pattern on the photographic plate. An image of the original object, the hologram, is reconstructed by illuminating the photographic plate with coherent light of the same colour used to create the interference pattern.

As in the making of a physical hologram, a being creates in the energetic realm by selecting its highest possible state of consciousness as a reference, then modulating this reference according to the intended creation. The modulated state of consciousness is combined with the original unmodulated state to produce an interference pattern representing the intended creation. The interference pattern is recorded in the aforementioned grid. Any being capable of operating at the same state of consciousness or higher can "illuminate" the pattern and reconstruct the intended object as an act of perception. However, a being whose highest state is lower than the state that created the pattern would not be able to perceive the created object. The accuracy of this description of the
creative process was unhesitatingly confirmed by a Zeta in an interview.

As explained by a Zeta, "The frequency of the human race is based in a lower frequency and because consciousness exists in different forms and states of frequency, to access memories from a different frequency field, the human is negated from accessing that information." So, because the human race exists at a lower state of consciousness, we are unaware of much information that exists beyond our reach.

8.3.3 Working with energetic waveforms

A Zeta gave us a taste of the complexity of consciousness space when they said. “There are realms within realms, dimensions within dimension, and inter-dimensions within dimensions, all is inside everything else. This sounds confusing, but if you view this as analogy as being a waveform and each dimension is vibrating at a different level, then you can understand that everything is one and everything of the whole. There is no true separation between realms and universal nature. It is possible to travel across all of these barriers that are perceived in your mind, once you have moved yourself to a place of understanding that there are no barriers.”

The whole of consciousness space is described by the Zeta as one waveform, but individual beings that are part of this whole may also be treated as waveforms. They said, “When we are in communion with energies who are of different waveform nature, we are taught different ways to interact with beings in realms that we have no access to yet.”

Elsewhere they said, “… energetic realms are actually divided only by the actual waveform’s ability to move into and out of the energetic area. Does this then limit what waveform can move where? Yes. These barriers are needed for many reasons. As each waveform or energetic being think within their confines, so they are.”

These quotes indicate that waveforms can be objects or individual beings and can be treated as separate entities. Further, the apparent
organization of the whole may be changed by the conscious activities of the parts. However, individual beings and objects perceived to be in separation from each other are still integrated with the one waveform. Therefore, the waveform of a being is integrated with the waveforms defining its environment. Their appearances as separate entities are artifacts of the perceptual process.

A Zeta was asked, “You described an object as a waveform, and this waveform then would consist of multiple frequencies?” They replied, “Yes, of course, but between each boundary or realm as you would say, there are delineating frequencies that are conjoining ... There is no imbalance in energy between realms.” The boundaries experienced by a being are due to the presence of conjoined frequencies that cannot resonate with the being’s waveform. That there is no energy imbalance between the realms might mean that a boundary does not create a discontinuity in the energy of the one whole waveform.

The Zetas chose the waveform as an analogy for beings and other objects. The importance for them to be able to control the frequency of waveforms (i.e., state of vibration) is apparent when they say, “Frequency provides power, power to control, power to close portals and use energy, and of course how you are to use these processes is dependant on your intent as an entity, how to change energy of another container, how to heal, how to be present, how to change what seems not to be changeable, to work in layers of consciousness. They are normal abilities of a [Zeta] elder.”

Perhaps some techniques for processing waveforms in the field of radio communications can offer additional analogies for understanding how energetic beings relate to each other and their environment. They speak often of the operations of conjoining and resonance, the ability of two waveform entities to join together in a state of resonation. As defined by a Zeta, to conjoin means “that it is in resonation, so if two entities are to come together, two different frequencies, then the frequencies of the two entities must change so they can be conjoined and resonate together... one must reduce, the
other must increase... until they are in harmony together.” This definition suggests the process of heterodyning, a non-linear technique for mixing signals, modulating signals, and converting signals to other frequencies. These applications of heterodyning may help to explain how the Zetas manipulate waveforms in the energetic realms.

An apparent reference was also made to the science of cymatics when a Zeta said that symbols corresponding to sounds can change formations. For example, a piano key is a symbol for a certain sound. When it is pressed, it could activate an appropriately configured process to produce a cymatic pattern. The cymatics process may be another suitable analogy for describing how to reorganize the energetic environment.

**8.3.3.1 Heterodyning**

Heterodyning is a technique that creates new frequencies by passing two original frequencies through a non-linear device called a mixer. For example, a mixer could be a vacuum tube, transistor, or diode. Typically, two signals at frequencies $f_1$ and $f_2$ are mixed, and two new signals are created with frequencies $f_1+f_2$ and $f_1-f_2$. These new sum and difference signals are called heterodynes. Mathematically, the sum and difference frequencies come from the trigonometric identity for the product of two sinusoidal signals.

$$\sin(2\pi f_1 t) \sin(2\pi f_2 t) = \frac{1}{2} \cos[2\pi (f_1-f_2)t] - \frac{1}{2} \cos[2\pi (f_1+f_2)t]$$

The product contains both the sum and difference heterodynes as shown on the right hand side of the identity. Usually, the difference frequency is desired, so the sum frequency is filtered out.

As an example, suppose $f_1 = 100 \text{ Hz}$ and $f_2 = 30 \text{ Hz}$. The sum and difference frequencies would then be $130 \text{ Hz}$ and $70 \text{ Hz}$, respectively. If $f_1$ were the output of a local oscillator, its frequency could be chosen to shift the difference frequency to a desired value. Then when the sum frequency is filtered out, the effect would be to shift $f_2$ to the difference frequency.
8.3.3.2 Cymatics

In conversations with the Zetas, they indicated that they have the equivalent of subroutines in our computer programs. Particular functions are encapsulated as etheric symbols. For example, a Zeta said, “Some symbols have a predetermined function. When designing a craft, some symbols are related to the functions to be performed. Have you seen how sounds can change formations, that is the same. So, other symbol is determined by the frequency of the crystal net.”

It appears that actions on waveforms may be activated by an operator focusing intent on an appropriately prepared symbol. Perhaps the intent also transmits an argument to the symbol function in order to control the precise action to be performed.

According to the Zeta, a symbol is related to a function to be performed, like a sound that changes a formation. In this analogy, ‘symbol’ maps to ‘sound’ and ‘function’ maps to ‘changes a formation’. So the comment about “how sounds can change formations” could be a reference to cymatics, the science of visualizing audio frequencies. Figure 8.2 shows sample images created in a bath of water by the resonances of an auditory tone. The


Figure 8.2. Sample images from the science of cymatics
Zeta appears to suggest that this process is analogous to operations that occur in the energetic realms.

The cymatic visualization may itself become a symbol tailored to a particular context. The Zeta’s statement, “other symbol is determined by the frequency of the crystal net”, appears to mean that a symbol encapsulating a certain function may generate another symbol conditioned by the properties of the target waveform environment.

The possibility of computation with cymatics is illustrated in Figure 8.3 obtained from this webpage. The figure shows that when the sounds forming two different cymatic patterns are combined, a third
pattern appears that is very different from either of the two original patterns.

But we must keep firmly in mind that the cymatic pattern can only be an analogy for a phenomenon in the etheric realm. The physical pattern is influenced by the mass of the particles of the medium, its viscosity and depth, and other characteristics of the physical material and apparatus. The corresponding properties of the etheric environment are unknown, and so the applicability of the analogy is uncertain.

8.3.4 Applications of the heterodyne analogy

Heterodyning and cymatics appear to be analogies for multipurpose tools available to the Zetas for problem solving in the energetic realms. They likely use these tools in sophisticated ways that we cannot yet imagine. However, we may be able to understand how these tools could be applied in a number of simple applications. These are discussed in this section.

Heterodyning is a particularly useful analogy for understanding operations on waveforms in the energetic realms. It explains how the states of consciousness of entities may be changed in a controlled way. Suppose, for example, $f_1$ is the state of consciousness of a very loving being and $f_2$ is the state of consciousness of a less loving being. If $f_2$ is less than half of $f_1$, the difference heterodyne would be analogous to some state of consciousness greater than $f_2$. If the difference heterodyne were then to replace $f_2$, the state of consciousness of the less loving being would appear to be raised.

But, according to the heterodyne analogy, there is something missing. What is the non-linear process that would generate the heterodynes? Fortunately, its identity was given in the discussion of the creation process. The creator being modulates the reference state of consciousness with the properties of the thing to be created, and this happens only when there is an appropriate intention. Intention is the non-linear device in the energetic realms needed by the heterodyne process. It would initiate modulation of a reference state.
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of consciousness in the creation process, as well as shift states of consciousness of beings in their interactions with each other.

To reject the sum heterodyne and recover the difference heterodyne, there must also be a mechanism that acts like a low-pass filter. Such a filter is implied when the Zetas say that beings cannot access creations made by others at a state of consciousness greater than their own. The cut-off of the low-pass filter would be at the being’s highest possible state. Therefore, the sum heterodyne at a state higher than either \( f_1 \) or \( f_2 \) should always be inaccessible.

The following topics may now be understood in a different light given what we know about the heterodyning concept at even a rudimentary level.

8.3.4.1 Human connection with other beings

Early in the process of learning to communicate with extraterrestrial beings, Paul Hamden was told via automatic writing that he “would have to learn to go to them”. He had no idea then what that meant. He also came to understand that “for the journey to continue, certain changes needed to be made to my structure.” He allowed the changes to be made to his etheric body with some trepidation, and the results did ease the process. He observed, “Everything that takes place is organized by the races, but I am able to veto any development process I do not like. However, I am then stuck there and cannot go in any direction until I move past that boundary.”

Paul added, “In my experience I have seen that there are ‘many fields’ which are developed and they are as individual as we are. When the extraterrestrials spent a few years creating my first connection, there was a strong change to the energetic body that surrounds my physical state. They predominately used this field for communication, but I have noticed that when a new race comes or a new being from a race, the etheric field changes to accommodate the new communicator. There were often stinging sensations, points of pain and a myriad of other sensations.” Paul emphasized, “The intent that a medium sets is what determines who comes to them.”
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Beings from the Zeta, Anunnaki, Sirius, and Pleiadian races come to speak through Paul, and occasionally other races come as well. He describes the process of connecting with a Sirius being, for example, as very difficult. To allow the Sirius beings entry into the group, the new energy had to be integrated as “one” energy. The beings who have already adapted come regularly, particularly the Zeta and Anunnaki beings. He notes that even a different being from the same race requires adjustments to be made to the energy. Such relatively small changes can still place him in an energized state that prevents sleep.

Each of the races took different lengths of time to be assimilated - two years for the Zeta race, one year for the Anunnaki being, and the process of connection with the Sirius beings is still ongoing. Each race has its own defined energy, and the energy of connection must change to accommodate each race. They act somewhat independently of each other, as one race must step away to allow another to access the medium's energy, change it, speak, and then relinquish the space to the main guide.

In an interview with a Zeta, the issue of connection was addressed.

Interviewer: What does a conjoined frequency mean?

**Zeta:** *It means to us that it is in resonation, so if two entities are to come together, two different frequencies, then the frequencies of the two entities must change so they can be conjoined and resonate together.*

Interviewer: Ok, so it's a single frequency that each entity is defined by.

**Zeta:** *For connection purposes, but you see, you need to open your mind and, as there are many energies that are in existence, then for them to come to being to exist for connection purposes, there must be some point of interconnection in regards to the process of frequency and resonation of frequency. Much as each of the races have a base frequency for connection, and then depending on the*
entities within that race would depend on the level of frequency that they hold.

These comments are consistent with the heterodyning process. There are many energies that are in existence, particularly the base frequencies from each race. A new energy may come into being by some process involving frequency and resonation of frequency. So if entities from two races wish to communicate, they can create a new energy by heterodyning the existing energies of each race. The result is an energy that might be useful for communication, depending on the input energies. The inputs may vary somewhat since the level of energy of a race above their base frequency depends on the levels of the individual members of the race.

Interviewer: What are the average frequencies of the human and Zeta etheric bodies in cycles/sec?

**Zeta:** The base frequency for Zeta is 10 cycles at a level where an entity is not requiring a separated level of consciousness. But there are other levels of frequency, 16 would be where a being would be in separation from self for a short time, 32 cycles is required to be in a permanent cycle of separation. We have seen that humans are between 7 and 8 cycles, some lower, some higher, depending on the frequency a human holds.

Interviewer: What does it mean to have a base frequency?

**Zeta:** That analogy is in relation to the level of resonation that a being would hold energetically.

At the time these questions were asked, the interviewer had not yet understood that frequency was an analogy representing state of consciousness. Here we are told explicitly that the discussion about frequency is indeed an analogy. We should take the numerical values given, not as actual frequencies, but as estimates of the relative vibrational states.

Let us assume, for the purpose of working through a heterodyning example, that the given numbers represent the real situation for a human wishing to communicate with a Zeta. We further assume
improperly - that the state of consciousness dimension has an equal interval, rational scale. The human’s base frequency is 8 Hz while the Zeta’s is 32 Hz. The non-linearity needed for multiplying the two base frequencies would be established by the intent of the human, the Zeta, or both. The Zeta once said, “If an external being is to connect to a human, then the energy will come from the external entity.” This suggests that the Zeta might predominate in establishing the intent to communicate.

The resulting heterodyne frequencies are 24 and 40 Hz; i.e., (32-8) and (32+8). The low-pass filter characteristic of the system rejects the 40 Hz and leaves the 24 Hz signal which becomes the common frequency used for communication. This is a sharp increase for the human to achieve and could account for the medium’s altered state of consciousness while the connection lasts. For the Zeta, lowering the state of consciousness to 24 Hz would not be a problem since all beings are able to reduce the level of their state of consciousness below their highest possible state.

In a later interview, a Zeta confirmed that the heterodyning process was more than an analogy, and can be used to raise one’s vibrational state.

Interviewer: As a hypothetical example, suppose a human with a state of 8 cycle/sec, communed in love with another being who has a state of 32 cycles/sec. Does a difference frequency of 24 cycle/sec temporarily take the place of the human’s 8 cycle/sec frequency so that the human feels the love from the higher difference frequency?

**Zeta:** Yes it does, and then of course once the other being of the higher vibratory nature removes itself from the reality of the lower waveform, the lower waveform reinstates itself because its natural environment reimplements its normal state of frequency.

Interviewer: So the human would feel the love of the higher frequency?

**Zeta:** Yes, of course.
Obviously, the heterodyne process has its limitations. For example, if the human base frequency is already at or above half the Zeta base frequency, nothing useful will happen. The new heterodyne frequency will be at the existing base frequency of the human or lower. In spite of such limitations, the heterodyne process is a useful strategy for establishing a communication channel in an energetic environment.

In practice, the Zeta recommends proper breathing as a way to achieve the required energetic process.

**Zeta:** The problem with learning to breathe and attain altered states for connection is that the being does not know what breathing is required to gain the altered state. There are no direct rules or guidelines, but what you are looking to do is, sit and breathe, look for the energetic process, focus on your breath.

**Zeta:** You must try to find the proper harmonics of your breathing to gain an altered state. ... It also depends on what energies are to come to you, this determines what harmonics are needed. When the breathing is taking place, so is the harmonics. It changes the resonant energy around the being. This provides connection to the spirit and guides and ET.

We could interpret this advice on breathing as a search procedure for finding the best available input frequencies for the heterodyne process. The breathing process may help both to adjust the human level of consciousness and to find a Zeta level of consciousness that will generate a useful heterodyne frequency for communication.

### 8.3.4.2 Meditation

The advice on breathing is relevant to connecting with energetic entities in general. As the Zeta said, “You must try to find the proper harmonics of your breathing to gain an altered state. ... It also depends on what energies are to come to you, this determines what harmonics are needed.”
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Some people may wish to have contact with entities in order to communicate verbally as Paul Hamden does, while others may wish simply to experience other realms or feel the love from contact with beings who are in a higher state of consciousness. In any case, all of these require some kind of connection with the energetic realms that is accompanied by a shift to an altered state of consciousness.

Heterodyning would be a general approach to achieve such a shift. This process requires collaboration with an entity existing at a much higher level of consciousness; that is, a very loving entity.

The Zeta advised that the human needs to prepare for this kind of contact by generating the emotion of love. “That strong emotion gives you the capacity to be in a different frequency, because the emotional body is resonating in conjunction with the etheric body, and that's the frequency that you are emanating is based, has its core basis, in the emotional of love.” This emotion gives the etheric body the capacity needed to operate at higher states of consciousness.

The Zeta added, “If you were to see an angel, and you felt the love from the angel, you would understand that you were increasing in frequency and emotional capacity. But the angel, or the entity that is appearing as the angel, would be sensing a lower form coming towards it, but the angel would not reject you because it understood that it has greater capacity to give you the experience, and to even possibly change you.” The supposed angel has a higher state of consciousness than the human, and intends to give the human the experience it desires. This situation has the ingredients needed to activate the heterodyne process and place the meditator at a higher state of consciousness during the contact.

A similar but more specific example is known as the conversion experience which is usually described from a Christian perspective. In particular, people say they have had a sudden numinous feeling of connection to a loving entity recognized as the consciousness of Christ. When a human forms an intention by reaching out to Christ, a loving consciousness may respond that the human understands to
be Christ. The consciousness of the loving entity joined with the human consciousness in the presence of the intention to connect would form a new heterodyning state of consciousness that is shared by both beings.

So a meditator may achieve an altered state of consciousness by heterodyning his own state of consciousness with that of a more loving entity. The requirements are a loving state of mind by the meditator to increase capacity, awareness of a loving being accessible in the energetic realms, and an intent to connect. The meditator then searches for the being’s highest possible state of consciousness that returns a useful heterodyne state of consciousness. That state should be shared by both beings and further objectives may be pursued if desired.

8.3.5 Applications of the cymatics analogy

Application of the cymatics analogy appears closely related to the use of symbols. Symbols would be equivalent to function names in our computer technology, while a cymatic pattern generator would be the code. The output produced would be another executable symbol that is context dependent.

As quoted earlier, “Some symbols have a predetermined function. When designing a craft, some symbols are related to the functions to be performed. Have you seen how sounds can change formations, that is the same. So, other symbol is determined by the frequency of the crystal net.” Here we understand that “sounds can change formations” likely refers to the cymatic process changing the environment when it is activated by invoking a symbol analogous to sound. The result of the cymatic operation is a new symbol which has properties influenced by the particular operating environment.

Perhaps we have already encountered an application of a cymatic process. The heterodyne process has a “black box” function we call intent. It provides the non-linearity needed to generate the sum and difference frequencies. This device could be a cymatic process. In the creation procedure as well, it would modulate the waveforms at
the creator being’s state of consciousness to generate the grid representation, and conversely, transform grid representations to perceive creations. This would mean that the symbol for activating the cymatic process of intent is part of every being.

The idea that symbols have a power of their own is discussed by the extraterrestrial races. A Pleiadian once said via Paul Hamden, “The only time a resonating form would have a true understanding of its nature is when it is in the original energy state. Then it can place 'intent' into a life form's path. It may place the symbols required for realignment with the energetic grid into a person's symbol matrix. ... It is like reading a map. You are on a journey. At each juncture, changes occur, and your existence is one of moving forward. Using the analogy of a map, all we are trying to suggest is that the map is equal to the reincarnation process.” That is, a being preparing for reincarnation would place into a symbol matrix the symbols needed for the intent to align with the energetic grid. In other contexts, this symbol map may be known as a merkabah.

A Zeta discusses further the merkabah where significant etheric symbols are located.

These symbols which come to you are placed within a merkabah (container) by karmic self – all of the symbols required to open your abilities are placed within this container.

Now, these are placed within the etheric body in an ascending order. Once consciousness has lifted to a stage where the first symbol is recognized, the activation of that ability is 100%. Let us say here that all of the abilities are available to you, but not “all of the potential” of the ability.

Not all beings find the first symbol – these etheric keys are vibrational alignments, and once assimilated with the universal grid, you then have the first ability activated. There is a natural unfolding of each of the symbols – the symbols of themselves are actually unimportant as they are a representation of an energetic form in a
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physical existence – like a cell placed into an embryonic position – there is growth – slow growth.

You may well ask “Why isn’t all of this just exposed to you when you are assimilated with the energy of the first symbol?”

All abilities must come with an understanding and knowledge, a knowing of the potential of the ability. If you were suddenly presented with all of the possibilities, you would lose your mind.

Even a being given access to one ability would do this, if you had not worked towards gaining an understanding of the process of opening and closing the energies associated with it.

The Zeta says that these are “symbols required to open your abilities”, suggesting that the abilities themselves could be preprogrammed cymatic processes. These are initiated when the symbol’s intent activates assimilation with the universal grid. Awareness of a symbol is a slow process of maturation which may not occur for everyone. A person must know what to expect before a symbol is activated to avoid the possibility of madness. For example, an unconstrained and unrecognized telepathic process might be interpreted incorrectly as self-generated voices or messages from gods or demons.

A number of statements made at various times by a Zeta allude to other functions where cymatics may play a part. Several of these are examined in the following sections.

8.3.5.1 Craft propulsion

The Zeta craft are living, conscious organisms having abilities like telepathy to communicate with an operator. A craft is able to move through an all-pervasive matrix of etheric threads by pulling itself along in any direction. The threads of the etheric matrix are drawn into the craft and acted upon by a “matter of state” process. This implies that the craft uses the creative process to alter the position of the craft's etheric body relative to the frame of reference provided by the matrix. The waveforms of the etheric body move along the
matrix threads by a process called “wave shifting”. The Zeta says, “Separation of matter at its finite form allows for the process of wave shifting. These waveforms allow a level of interaction with the energetic field that 'is and always is’.” So the craft's intention to move invokes the creative process at a particular level of the consciousness field to relocate its etheric body in the matrix.

As in other applications, it is the intent by a craft that would invoke the wave-shifting process. A cymatic process was proposed earlier as the mechanism for intent, and this process may invoke another cymatic process to perform the repetitive action of “waveshifting”. Like the other cymatic processes, this one could be initiated by a particular symbol as well.

### 8.3.5.2 Portal creation

A Zeta was asked about the potential of symbols to compute or carry out a function. In response, the Zeta described their system for creating and managing portals.

*It is symbolic in nature, matrix of symbols able to control environment, this environment, other entities. Activation of symbology to create frequency, removal of entities.*

*Open and close portals to release entities, to heal people, to place symbology into etheric body of humans, to make better.*

*You call it programming to arrange symbology to provide functionality to computers. The technology is functions, you understand functions. So in computer code, a function provides a response. Now a function, many functions, each function has according to its structure a symbol. Now, I can perform multiple functions within one category.*

Interviewer: But would the symbol have an intent?

*An intention, yes, to connect telepathically to... A symbology must illuminate symbols through consciousness.*
And now to take it one step further for you. Now, of course, multidimensional matrix like a, have you seen a honeycomb?

Same process, a function interact and bind together to perform functions of interdimensional nature, to close portals. Portals are a difficult process, so must combine functions because portals are a point of origin, must be calculated, also point of entry into physical realm, then of course a potential amplitude of portal, a calculation function, and then how to close must be calculated, and then to present a portal with solution once calculated, to place arm out and present portal with solution, and then portal close.

This description tells us several things about how the Zetas use their computing technology. Symbols invoke functions that do various things to control the environment. For example, undesired entities like bothersome spirits are repelled by creating frequencies. Physical beings are healed by placing appropriate symbology into their etheric bodies. Multiple functions can be combined so that all are invoked by one symbol. Finally, the symbols are activated by the intent of a consciousness.

An important application is the closing of portals. An open portal left unattended is undesirable since entities might come through uninvited from other realms. For this application, a number of functions are combined into one category function. It performs calculations on multiple dimensions analogous to a honeycomb. The function calculates a number of things such as the origin of the portal, the entry point into the physical universe, the amplitude of the portal, and the way to close it. These calculations are combined into one global function which is applied to the open portal to close it.

The Zetas seem to know how to calculate by performing operations on waveforms and to map calculations of several variables to a single, more complex operation. If they do such computations with cymatic patterns, the problem is represented in ways as yet unknown to us.
8.3.5.3 Memory retrieval

The Zeta said, “Technology has capability to draw information from etheric realm in regards to many things.” This comment suggests that a particular technology operating on an etheric information field is able to locate desired information. It may be analogous to retrieving data from a content-addressable data base, where a correlation process works in parallel to find target data that matches a set of criteria.

Such a process was mentioned in a model of how the Zeta being communicates with humans, discussed in the chapter, “A model of communication”. It was suggested that the Zetas tailor their response to a question by analyzing the human’s existing memories to evaluate what is already known. Perhaps a cymatic process locates the human’s relevant auditory, visual and emotional memories.

When asked how our memories are represented, the Zeta replied, “In flow, somewhat like an energetic stream bound intrinsically to the consciousness of an entity.”

Interviewer: Are they like everything else part of the energy field?

Zeta: Yes, which field you are discussing, your astral realm process. Energy in this state of existence in this universe, in this physical state of existence, but not as energy in a interdimensional state of a state of consciousness in a non-physical realm.

Consciousness, in this universe, with these states of physicality, which is the underlying structure of what is, then accommodates consciousness. The form of consciousness is reliant on the level of frequency of the consciousness to the astral realms as it has been called. It is denser in the lower forms and less dense in energetic existence in the higher forms.

It would be hoped that ultimately the realm would transition to a different state of existence, thus allowing other life forms to interact easily with the collective human consciousness.
According to the Zeta, human memories are represented as a flow in the dynamical energy fields of the astral realm where they are bound to their owner’s consciousness. This applies to physical states of existence, but not to non-physical, interdimensional states of consciousness. As we know, the astral realm is a container for all human thought energy and is a developing human collective consciousness. The latter is a component or subset of source consciousness, in that “consciousness ... accommodates consciousness.”

The Zeta said the density of the consciousness in the astral realm varies with the “level of frequency” or state of consciousness. This suggests that memories are objects created by the intent of their owners. Recall that the creation process uses a being’s highest possible state of consciousness to create with intent.

If they are creations in the grid, the memories might be acted upon or reorganized by the Zetas using a cymatic process. The intention might be to highlight particular information in context as suggested by the model of communication discussed in an earlier chapter.

**8.3.5.4 Healing**

The Zetas have etheric healing technologies that may also have some relation to both cymatic patterns and the heterodyning process. The following statements briefly summarize the behaviour of the etheric body, including how frequencies are represented and changed.

*The etheric body is in a constant state of change in regards to the level of frequencies. At any given point you may have what would be considered eddies of... eddies my friend, if you have the analogy of whirlpools in water. There can be unlimited swirls in the etheric body.*

*An injury or a sore on the body is ... represented in the etheric body as a different state of energy and frequency. What takes place in the physical is a direct representation of what is happening in the etheric body.*
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The state of mind that you hold will be much aligned with the etheric body. Now if your mind is much in turmoil then you can expect that much of your etheric body will behave as a reflection of your thought processes.

According to the Zeta, the etheric body is tied to the physical body as well as to thoughts in consciousness. Abnormalities in the physical body are reflected in the etheric body, suggesting that corrections to the etheric body will have a healing effect on the physical body.

![Figure 8.4. A cymatic pattern similar to the described etheric body swirl.](http://www.cymatics.org)

The etheric body processes are said to be eddy-like swirls of energy that may have any frequency. This description is reminiscent of the cymatic visualization of Figure 8.4. It has an associated frequency which happens to have the appearance of an eddy or vortex, especially if visualized as a three-dimensional object. A shift in
frequency would alter the cymatic pattern, and this may be analogous to the change in the etheric body swirl when a frequency changes due to illness.

A Zeta said, “We use many functions for the healing process. Much of that is symbols. Symbols hold frequency. A frequency is then determined, let me explain. You have the crystal in the middle of the table. That crystal provides functioning connection. There are no other crystals like it, all crystals are individuals. What if you could take that crystal and make it into an etheric symbol, and place the symbol into the etheric body? You would have a working representation of the crystal within your own body.”

When asked how they would make the physical crystal into an etheric symbol, they replied, “The crystal is emanating a set of frequencies. The crystal is used to communicate. It has a comparative frequency within the Zeta frequency. It allows for connection process. Now, if the crystal, if its function was to you to perform healing, then we would provide the frequency as a symbology, a multidimensional symbol process. The symbol would replicate the frequency of the crystal, and the symbol would then be placed into the etheric body to resonate. Because it is a frequency and the etheric body is frequency, it would then modify the frequency of the etheric body.”

The Zeta indicated that the incorrect etheric body frequency is to be replaced by the etheric crystal’s frequency. If the two frequencies were similar and were combined via simple superposition, both would be present and possibly interfere with each other. Superposition could be avoided by heterodyning the existing frequency with an appropriate crystal frequency to yield the correct replacement frequency. We are told, “The crystal is emanating a set of frequencies”, suggesting that a suitable crystal frequency for the heterodyning process could be selected from the set.

When the healing is for the medium himself, the etheric crystal is not required. The Zeta explains that the healing can be part of the normal process they use to communicate via the medium.
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So if I was to view this physical body, that it required technology, we would determine the frequency that would bring about harmony between the physical body, the etheric body, the communication processes, and ourselves. So let me give you an example. How does the medium allow us to speak through him? There is a conjoining of frequencies which is a harmonized state, and a harmonized state allows us to modify this frequency of the etheric body and we then move and speak through him. So how are we to determine if you are in a state of unwellness? We look at what is classed as the etheric swirls within the physical body which holds the etheric structure, and of course when we can see that there is disharmony, because we are able to see the swirling effect in the etheric body, we then place a frequency within that area to reassimilate the energy swirl back to the normal frequency of the etheric body. This provides the function then of physical wellness.

Although a crystal’s frequency is not required in this case, the Zeta must still bring a new frequency in order to adjust the etheric body frequency. Again, to avoid superposition of the old and the new, they may well use heterodyning to implement the new frequency in the etheric body to produce physical wellness.

8.3.6 Discussion

The proposed generic etheric tools or methods were somewhat tentative since they were inspired by brief, perhaps incomplete, comments from the Zetas about how things work in the energetic realms. Subsequently, however, a Zeta confirmed that the heterodyning process was more than an analogy. In a meditative state, it is a strategy for raising one’s vibrational state in preparation for possible connection with an entity.

The etheric cymatic processes were inferred from physical processes which have other contextual properties. As already pointed out, physical cymatic processes are influenced by constraints depending on the materials and apparatus. Perhaps the etheric realm offers constraints as well since the etheric body has spatial extent, and an
electromagnetic interface with the physical body was inferred in the chapter, “Possible energy for the etheric body”. The cymatic process may well model the etheric body swirls in this particular situation, but may not do as well in more abstract contexts.

The heterodyning strategy should have general applicability to any process involving the energy of consciousness. It has a mathematical basis and should therefore also apply to non-spatial dimensions where waveforms are still represented somehow in the form of some undefined encoding. A possible difficulty is that the mathematical basis assumes a timebase, and this is a construct that is not an inherent property of consciousness. We assume that the perceived duration of the present is sufficient to identify different states of vibration that can evolve according to the heterodyning formula.

The section on meditation suggested a way to evaluate if the heterodyning concept has some utility. The following more detailed procedure is proposed.

1. Find a comfortable seated position. Relax a few moments while breathing slightly slower and deeper than normal. Imagine that each breath you take is filled with love.

2. Think of a loving, angelic being and ask for its participation.

3. Hold in your mind your own best state of love and reach for the being’s state of love.

4. ‘Intend’ to combine your own state with the state of the higher being during the breathing.

5. You may feel, unbidden, a rush of love that is a higher state than your own.

6. Continue breathing breaths of love and continue the process.

The rush of love may feel similar to the effect of the Unity Breath meditation process (see here and here) as described by Drunvalo
Melchizedek for joining with Mother Earth and Father Sun. The referenced video begins, “When your heart and the heart of the Earth and of the Sun are connected together with love, a special vibration enters your spirit…”

The special vibration would be your movement to the heterodyning difference potential created when your state of love is heterodyned with the higher state of Mother Earth or Father Sun.
9. The Zeta understanding of qualia

A difficult issue for human science is the subject of qualia – the experienced qualities of sensations like colour, taste, smell, and pain. The “felt quality” of these sensations has physical correlates, but is not at all described by them. The Internet Encyclopedia of Philosophy remarks that, “From the standpoint of introspection, the existence of qualia seems indisputable. It has, however, proved remarkably difficult to accommodate qualia within a physicalist account of the mind. Many philosophers have argued that qualia cannot be identified with or reduced to anything physical, and that any attempted explanation of the world in solely physicalist terms would leave qualia out.”

The view of reality expressed by the Zetas holds that consciousness is fundamental, and that the intention of a being is the stimulus that drives creation. In this interview, a Zeta speaking through the medium was asked about qualia and how it is that we experience the sensations we do.
9.1 Interview with the Zeta

Interviewer: There is an issue that psychologists and philosophers have tried to deal with for a long time now. When one perceives something like a colour, the colour that is perceived is correlated with the frequency of the electromagnetic radiation that hits the eye. However, they have never been able to explain where this particular experience of the colour comes from. Why do I see the colour red, for example? Is there some mechanism deep within my consciousness that somehow gives me the experience of red?

Zeta: *If you were taught that red was blue all your life, you would name it blue.*

Interviewer: Yes, but again that is just a word that correlates with an experience. What I want to know is, where does redness come from when I perceive that particular colour of red.

Zeta: *I don't have a proper understanding of your nuanced physiology, but it would be based on your genetic structure so that each of you is able to perceive certain frequencies, or what word would you use?*

Interviewer: The same question applies to taste. We taste something because of a kind of lock and key mechanism in the particular …

Zeta: *... to get a reaction.*

Interviewer: Yes, but why do we taste something sweet or taste something sour, where do these sensations come from? I'm not looking for correlations with physical variables. What I'd like to understand is where these sensations arise.

Zeta: *That is not something that I can answer.*

Interviewer: No? Ok.

Zeta: *Have you not your medical doctors able to ...*

Interviewer: Some of it, but like I said, human science doesn't understand this.
Zeta: And you do not understand yourself.

Interviewer: Yes, that may well be, and that's why I'm looking for an answer.

Zeta: But we do not dissect you.

Interviewer: No, but the experience of the colour red is just in consciousness somehow.

Zeta: Yes, of course, what if you asked a spirit person, what colour is their clothes. They may answer you and tell you that they are red.

Interviewer: Right, why does their consciousness experience the colour red? Sure, they can tell me what it is, but I would like to know why they experience it. It must have something to do with the nature of consciousness.

Zeta: An interesting question, my friend, something I have not pondered before. But it will be a perception from my point of consciousness that there is a standardized process within consciousness for a trace that allows you to have a perception of what is bound to your physical reality. So the hologram (that you state) is correlated by in making this a bridge allows you to all experience the same thing. If I was to eat, which I do not, something which was, as you say, sweet, I'm sure that my consciousness would perceive it differently than your consciousness. It may taste bland.

Interviewer: Yes, these sensations are very personal, so you are right, what you experience may not be the same as what I experience ... to the same stimulus.

Zeta: Has not your science worked on this?

Interviewer: Philosophers mostly have tried to deal with this question. Again, scientists correlate the sensation with physical parameters, but they don't understand where the actual experience comes from. It's left to philosophers to talk about.

Zeta: And so when you die and you no longer exist in your physical body, would you know what red is?
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Interviewer: I think I would because people who have returned from death have talked about experiencing colours.

**Zeta:** *Does John Collins [the medium's spirit control] know that his boots are black?*

Interviewer: That's a good point, because he doesn't experience the same physical stimulus that we do. So he has created the colour. He starts with the sensation and ends with the perception.

**Zeta:** *It is consciousness at work then. There must be some structure well defined in the universe that gives understanding to what is within the structure.*

Interviewer: That's probably as far as we can go to an understanding, would you say that was true? There is some mechanism within a structure...

### 9.2 Discussion

Initially, the Zeta thought the interviewer's questions were concerned with the physical correlate of a sensation. But when the perception of colour by a spirit person was addressed, the discussion began to focus properly on the “felt quality” of a sensation. They said, “*It will be a perception from my point of consciousness that there is a standardized process within consciousness for a trace that allows you to have a perception of what is bound to your physical reality. So the hologram (that you state) is correlated by in making this a bridge allows you to all experience the same thing.*” Further, “*It is consciousness at work then. There must be some structure well defined in the universe that gives understanding to what is within the structure.*”

The Zeta said, “*... there is a standardized process within consciousness for a trace that allows you to have a perception of what is bound to your physical reality*”. The trace is encoded in the holographic-like pattern or quanta defining an object in consciousness. For example, a trace for the potential ‘redness’ of an object is encoded in the quanta. It is only experienced as a ‘redness’
when it is transformed by a being’s perceptual process to a particular higher-vibration potential in consciousness. The trace of ‘redness’ is common in quanta across all possible vibrational levels. It is transformed at all those levels to a similar sensation of ‘redness’.

The trace created in quanta is interpreted by a standardized process in consciousness which produces a common experience of the “felt quality” of the trace. The process is standardized in that the same “felt quality” is aroused from traces created by beings operating at different levels of consciousness. This standardized process ensures that the experience of a particular sensation is independent of the level of consciousness of the being. As they said, the standardized process “allows you to all experience the same thing.”

In our physical realm, an existing physical stimulus or quanta generates a neural representation that corresponds to the stimulus. The neural representation places a thought in consciousness that includes the trace. The trace is transformed by the perceptual process and experienced as a sensation.

For a being in the higher astral or spirit realm, the process may be slightly different. A physical human body does not appear to be mandatory and so a particular neural representation is not required. The trace for a particular sensation encoded in the quanta in those realms is instantiated as a thought in the being's consciousness. The trace is again transformed to a sensation by the perceptual process.

For entities in all realms, the trace is normalized by the standardized process so that different levels of consciousness may experience the correct “felt quality” of the trace. Nevertheless, it is possible for the “felt quality” to differ from the norm. Colour vision, for example, can be totally absent due to a genetic anomaly (Nordby, 1996), and is called “hereditary achromatopsia totalis”. The neural correlates for colour are absent in a person with this affliction, and the associated trace in consciousness would not be what the standardized process needs to generate the experience of colour.
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On the other hand, there are reports of very enhanced colour perception from people who have approached death and returned to tell us about it. An example is the experience described by neurosurgeon, Eban Alexander, while he was in a coma. As described in his book, “Proof of Heaven”, he emerged into another world that was “brilliant, vibrant, ecstatic, stunning.” The colour of people's clothes “had the same kind of living warmth as the trees and the flowers”. The colours of a girl's outfit had an “overwhelming super-vivid aliveness”. He found himself riding on the wing of a butterfly, “alive with indescribable and vivid colours”. In this realm, he was able to perceive truly unusual colours.

The traces representing the colours seen by Alexander must have contained information not normally generated from our neural processes. He tells of a girl he encountered who looked at him with a love that was “beyond all the different types of love we have down here on earth. It was something higher, holding all those other kinds of love within itself while at the same time being more genuine and pure than all of them.” This tells us that the environment was created by beings with a very loving nature. Beings with that level of consciousness are able to create and perceive traces of colour that are not generated from the lower-vibration etheric realm. For Alexander to be able to experience the environment, he would have resonated with this loving being to share her higher level of consciousness.

9.3 Conclusion

The “felt quality” of sensations such as taste and colour (i.e., qualia) is beyond the reach of our science to explore. Such perception is a very personal subjective phenomenon and is a property of consciousness itself. The Zeta beings were asked to explain what it means to experience qualia.

In their view, a sensation created by a being at a particular level of consciousness is normalized by a standardized process to produce a “felt quality” common to beings at all levels of consciousness.
10. Meaning of 'Level of Consciousness'

The term 'level of consciousness' is often used in discussions of spirituality, but with only a general sense of what it means. Raising one's consciousness seems related to becoming more aware of existence and becoming more loving towards all of creation. A low level of consciousness is related to the baser emotions such as fear and hatred. The expression takes on new meaning from the perspective of the philosophical and scientific information introduced by the extraterrestrials via Paul Hamden’s mediumship.

During one of these séances, a Zeta said about the nature of reality, “The void is a living entity of total consciousness, oligarchical in nature, and is partially living as an experience in separation - through illusion - of self through the vesture of matter. Each separation of consciousness is layers to perform many functions - oversouls. Some levels of consciousness pervade the worlds of matter, whereas others are multifaceted in energetic form, each having the ability to exist as a race of beings in every form.”
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This is a relatively obscure way of saying that all aspects of creation are elements of a source consciousness that is layered to facilitate experiences in separation. Some layers pervade our three-dimensional material world, while others are more complex, multifaceted energetic existences. The extraterrestrial information provides a basic understanding of the nature of the energetic realms, and it shows that 'level of consciousness' is related directly to the structure and function of the cosmos. The following includes some of the context required to understand this. Additional relevant background information can be found in other chapters, particularly "Creation and consciousness".

A special class of conscious energy exists from which souls were formed. A soul is composed of various facets of energy we may call spirits. In the Zeta's words, "The soul belongs to a class of energies which distinguishes it from all other conscious entities in the universe. It is self-aware and understands its distinctiveness. The soul is multifaceted and incarnates in many states of being in many realms while still remaining one entity." The overall purpose for the soul's existence is to have new experiences and to make comparisons with self so that the source consciousness can come to understand itself.

If it wishes, a soul fragment or spirit consciousness can occupy a physical form. The Zeta observes that a human spirit in that state is not fully aware of its nature. It has a form of amnesia which prevents it from remembering prior experiences and knowing its origin. This constraint is self-imposed merely by entering the physical vibrational state, and increases the likelihood of novel experiences while in the physical form.

When the physical body dies, the associated spirit consciousness is once again fully aware of its nature. It returns to its place of origin, such as the spirit realm, and may choose once again to begin a new life in a physical body. We know this process as reincarnation. In general, various human spiritual philosophies hold that the particular incarnation chosen depends on the state of one's karma, the idea that
the life chosen must somehow compensate for the shortcomings of previous lives. In other words, one chooses to reap in the next life what one has sown in previous lives.

A being, who identified itself as a member of the Pleiadian race, expressed this idea of karma when he said, “Some beings believe that the information they have brought forth from another existence is of a nature whereby they have to redeem themselves from something they have done in another lifetime. The truth is the lessons provided to you are not of a minor consequence. It's looking at your vibrational status as an energy being that would provide you with a greater vibrational challenge” (Hamden, 2012). He agreed that the lessons in a given life are important, but the effect on one's vibrational status as an energy being is even more important.

The Pleiadian cautioned, “The story that you have developed for yourselves is one of karma. These words do not suit the reason behind why you have chosen to come to any existence.” In other words, the concept of karma is inadequate for understanding why a particular existence was chosen. The reason for one's current existence is not well explained by stories of past lives. Rather, the choice of a particular existence always arises from the desire to improve the current vibrational state.

Further, he said, “The only time a resonating form would have a true understanding of its nature is when it is in the original energy state. Then it can place 'intent' into a life form's path. It may place the symbols required for realignment with the energetic grid into a person's symbol matrix. ... It is like reading a map. You are on a journey. At each juncture, changes occur, and your existence is one of moving forward. Using the analogy of a map, all we are trying to suggest is that the map is equal to the reincarnation process.”

That is, we revert to our true energy state when the spirit transitions from the physical realm to the spirit realm. It is then possible to see how much the current vibrational state deviates from the desired state. The intent required to move toward the desired state is recognized, and the next incarnation may be chosen to implement
that path. The reincarnation repeats following successive transitions until it is felt to be no longer necessary.

The Pleiadian indicated that the desired vibrational state is one that aligns with an energetic grid, a property of source consciousness. According to the Zeta, the grid is an all-pervasive, vibrating medium that “holds all space and time” and is “like a fluctuating wave vibrating through the universe. … Everything is of an energetic nature, and all thoughts that are placed into the grid are of an energetic nature. If they are of a higher vibratory form, they then change the planetary structure via the grid. Each time you act in a loving way towards each other, you are raising your vibration and succeeding” (Hamden, 2012).

The reason for our physical existence is to increase the vibrational state of spirit consciousness. The Zeta said, “Now we see the real reason as to why beings incarnate. There are the obvious lessons that increase the vibrational frequency of the group and individuals” (Hamden, 2012). They also warn, though, that “… the fear-based approach being used on the planet, created by humans, is dampening the higher vibratory form of the spirit nature” (Hamden, 2012).

Since source consciousness is the aggregate of all things, it has within it all possible vibrational states. These vibrations are used by beings to create with their thoughts. The Zeta said that when we act in a loving way towards each other, we are raising our vibration. This implies that the range of all vibrational states maps onto a dimension of level of consciousness. This dimension may be described as qualities such as lonesomeness, fear, and hatred at low states of consciousness, and of unity, love, and compassion at high states.

A model of the creation and perception of objects in the energetic realms was developed from information provided by the Zeta teacher and is discussed in the chapter, Creation and consciousness. An object in the energetic environment is created like a hologram from a being's thoughts. A hologram is an interference pattern
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created when a reference light wave interacts in a photographic substrate with the same wave modulated with information about the object. In a similar vein, the reference state of consciousness is that corresponding to the being's current state. The thoughts of the being modulate this energy, which then interacts with the original reference state to create an interference pattern in the all-pervasive grid. Subsequently, the original thoughts or perceptions are reconstructed when an entity illuminates the interference pattern in the grid with a consciousness that has the same vibrational state as the reference state of consciousness.

Loving beings create and view an environment using the higher states of consciousness of love and compassion. Other beings, not as loving, do this with the lower states of baser emotions. These less loving beings do not have access to the higher vibrational states, so the environment of the loving beings are invisible and inaccessible to them.

Of course, the converse should also be true, that the loving beings do not interact with the environment of the less loving ones. However, the Zeta indicated that it is possible for loving entities to learn to move freely to whatever state of consciousness they desire. This is certainly implied when they said, “There are realms within realms, dimensions within dimension, and inter-dimensions within dimensions, all is inside everything else. This sounds confusing, but if you view this as analogy, as being a waveform and each dimension is vibrating at a different level, then you can understand that everything is one and everything of the whole. There is no true separation between realms and universal nature. It is possible to travel across all of these barriers that are perceived in your mind, once you have moved yourself to a place of understanding that there are no barriers.”

When a being's consciousness rises to higher vibrational states, its window on this dimension does not shift to the higher states at the expense of lower states. Rather, the Zeta stated that “people seek insight and expanded consciousness” (Hamden, 2012). This
comment means that the window expands to include higher vibrational states. Beings having a high level of consciousness would then continue to have access to realms created by a lower level of consciousness.

Until an expanded consciousness is achieved, beings exist at a relatively low level of consciousness and are not aware of anything or anyone existing at the higher levels. The Zeta said, “There are many energies on this earth plane, some are out of ‘frequency’ with your current processes. They live their own lives around you, there are many beings doing this, you only believe what you see” (Hamden, 2012). Further, the only way to perceive such beings is “by the thought forms you allow, or by alternate states of consciousness” (Hamden, 2012). We are able to perceive higher realms when we enter some kind of altered state or when certain anomalous perceptual experiences are allowed to manifest.

The extraterrestrials say that the spirit evolves by learning to expand its level of consciousness or vibration. A being may pursue this goal by learning to love compassionately and unconditionally. Some of our human philosophies approximate this approach with the inadequate concept of karma and the associated concepts of good and evil. On the surface, it may seem easy to distinguish between “good” and “bad”. However, it is difficult for us with our cultural biases to define an absolute criterion for this distinction.

When a Zeta was asked about the difference between “good” and “bad”, the response was “intent”, which “forms the energy required to perform a function”. This was immediately followed by an admission that they could not give a proper answer because we humans were not ready. “We are withholding information from you as you would a child; it’s not time to disclose all things. You must grow into an understanding of the collective and who you are. ... things are withheld as your frame of reference is of a physical nature. We try to teach and discuss and provide energy, but alas, you have all of your own blockages” (Hamden, 2012). They implied that we are not sufficiently aware that we are energetic spirits resonating
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with an energetic environment, and that this has ramifications we cannot yet understand.

The Zeta suggested that the intent preceding an action, rather than the deed itself, affects a person's state of consciousness. Intentions motivated by love will lead to thoughts that create in the higher realms using the associated vibrational states. To their credit, earthly spiritual teachings often encourage people to perform good works. If those good works are motivated solely by compassionate love, they would signal a rise in the highest possible level of consciousness.

Some anomalous human experiences suggest that there is another way to achieve a high level of consciousness. It is via a spiritual transformation often initiated during an altered state of consciousness or during a near-death experience. It resembles an out-of-body experience but with more of a sense of the divine. There is an encounter in consciousness with a loving entity and an awareness of an indescribable, unconditional love. The spiritual connection with such an entity can be a life-changing event. The entity may be identified by the experiencer as a spiritual being that is part of a known belief system.

For example, while under an anesthetic during a surgical procedure, a patient left her body, became aware of uninviting surroundings, and called for Jesus to help. When he came, she was “totally engulfed by Him” and experienced “the immense love He had for me … I had total acceptance, forgiveness, and love at all the same time. The intensity and purity of this love was indescribable and so piercing and powerful that there are no adequate words to describe it fully” (ked).

The Christian faith appears to be unique among spiritual teachings in that the value of good works for achieving a heavenly existence is downplayed in favour of a belief. For Christians, God appeared on earth as the physical Jesus Christ who preached a philosophy of love and then allowed himself to be sacrificed for the benefit of his followers. This act created a mechanism for believers to enter an afterlife in heaven. All that is required to achieve this is a sincere
belief that the sacrifice was made for them, personally. When it happens suddenly, this realization is typically called a conversion experience. Christian doctrine does not entertain the notions of karma and reincarnation since the belief in the purpose of Christ's corporeal existence makes reincarnation irrelevant.

Some core Christian beliefs are compatible with the “levels of consciousness” model of the energetic realms. Christians believe that people are “conceived in sin” and thus, innately unable to enter heaven by performing good works. This is consistent with the view that all people are born with a low level of consciousness. We may see this in the self-serving behaviour of an infant. The need to survive is dominant, and this egocentric drive determines the behaviour of most humans during their lives. Behaviours motivated solely by compassion and love are not often seen or experienced.

The conversion experience from the Christian perspective is a numinous feeling of connection to a loving entity thought to be the consciousness of Christ. The result can be an inexplicable transformation of a person's world view, in which love motivates more of what they do or think. We could say that they experience an increase in level of consciousness. What could prompt such a dramatic shift? According to the holographic model, the thoughts of the person are represented as energy patterns in the grid. The being seen as Christ is also an energy pattern existing at a much higher level of consciousness. When conditions are right, the higher level consciousness may reach out to conjoin with the lower level consciousness to form a combined energetic pattern. The lower level consciousness may then share the attributes of the higher one via this resonation, and become more loving.

The Zeta described such a being in the higher vibrational realms, “My friend, the greater the being, the humbler they are, the greater the compassion and love they hold for one another; none is better or worse, all come from source” (Hamden, 2012). This is consistent with commonly held attributes of Christ and other angelic figures – humble, compassionate, loving, and connected with source
consciousness or God. When a person suddenly resonates with such a being, a conversion experience occurs and spiritual belief structures change to reflect the new energetic context. The love that the person now feels would be due to the resonation with the higher level consciousness. Of course, the person could subsequently still behave according to the old level of consciousness. We have learned that resonation with the higher level consciousness does not preclude operating at lower levels. Therefore, the ego can intrude from time to time, particularly while the person still has a physical existence.

This is very likely a simplistic explanation of the conversion process. It does not take into account, for example, that the consciousness of a human spirit is an aspect of a complex soul entity. Would a high-vibration entity or soul offer to conjoin with multiple lower-vibration entities who may be aspects of different souls? Perhaps so, since intent at that level is motivated by love and compassion. But we are given to understand that there are multiple souls in the higher realms, with many experiencing existence on earth via the spirit in a human form. The conversion experience might even be the resonation of an amnesic spirit with its own higher self.

This discussion suggests that there is more than one way to raise the level of consciousness. One is to always try to have intentions motivated by compassion and love. Alternatively, if that is thought to be innately impossible, a person may ask to conjoin with the consciousness of an entity already operating at the higher level. We have the example of the Christ entity who is said to have offered itself for that purpose. The objective is to arrive at a level of consciousness where creative intent is always motivated by unconditional love.
11. Incarnation and ascension

Most humans accept that they are physical beings who live for a time on this earth, and then die. Our scientific minds have delved deeply into the way the physical body works as well as its relationship to the physical environment. We easily accept that our bodies decompose after we die and return to the earth as fodder for new life. Some of us think that is all there is, while many others believe that there is more. There is some scientific basis for believing the latter, such as the evidence for reincarnation and the reports of near death experiences. But often, people simply have faith that a non-material part of a human being persists after death. This faith is affirmed by an unusual source – extraterrestrial beings who experience a physical existence as well as a much greater reality.

The consciousness of such beings are able to communicate with a medium like Paul Hamden. While in an altered state of consciousness, he allows beings, who say they are extraterrestrials, to speak using his physical body. They describe a greater reality of which our physical realm is but a subset. In that reality, consciousness is fundamental and all experiences are a thought
away. It is an energetic environment where conjoining and resonance of states of consciousness are the basic tools for creating experiences. This is discussed in more detail in the chapters, *The energetic environment* and *Creation and consciousness*.

What is the human experience from this broader perspective? The extraterrestrial information is consistent with the view expressed in religious schools of thought, that the physical body is a disposable container for an incorporeal spirit. But it goes much further. It tells us, for example, how the physical and etheric bodies are joined with consciousness and how we are intimately connected to the universe. These issues are examined by studying responses to questions posed to beings from the Zeta race. Some of this information is extracted from material already published by Paul Hamden in an earlier book (Hamden, 2012), as well as from more recent interviews with the extraterrestrials.

As in the view held by those who believe in reincarnation, the Zetas describe a process in which a human consciousness cycles through at least two stages – our familiar physical existence and an existence in the spirit realm. That is, at the end of a physical lifetime, a consciousness transitions to the spirit realm where it can choose to be reborn to a new life in this physical realm. Of course, both realms exist in the larger context of the cosmos, so the cosmology the Zetas describe also impacts our understanding of human consciousness. All things are connected, so it makes sense to begin with the big picture to explain the process of human life.

### 11.1 Zeta cosmology

Interviewer: Is there a God - some creative force, something beyond all?

**Zeta:** *Yes, my friend, this is so. However, when you say "God", you lack understanding.*

Interviewer: Do you speak to or know of this "God entity"?
Zeta: We are all the same, seeking to understand the "highest nature", the Creator, the non-local, universal, creative life force.

These responses reveal that there is a not-well-understood Creator from which all life comes. Further, they let it be known that our concept of “God” is inadequate.

Zeta: Originally, all energies come from one place, one source energy; they long to be reunited with the "whole".

Zeta: All life, all forms of existence have consciousness. All are a form of energy which exists and transmutes to each new state after its transition. All energies, when moving to form will choose what form they take, whether it be animal or mineral, there is full consciousness of the form they have taken, and the ramifications of that existence.

The origin of everything is one source energy. This energy was dispersed somehow, and all things are configurations of consciousness. An “attractive” force in this non-spatial environment works to unite everything into one whole again. The conscious energies choose what form to take, all the while knowing the consequences of their choices.

The Zetas believe that the universe was created by a very old race of sentient beings beyond their level of understanding.

Zeta: These sentient beings are watchers over the whole process. The one of universal re-creation was their doing.

Zeta: The beings, when creating the nucleus of the Multiverse, split the form, the initial creative potential of this entity, into fragments - something like a stream. This stream of matter became the Multiverse. When the first process of time began, it was then segmented into various streams. This is not a synchronous process.

Zeta: So the reference of time in your world - is insular, and not to do with the Multiverse.

Zeta: Fragments of being are the "group soul" for your purposes of understanding. Each fragment moves into pre-determined areas of
the Multiverse - you realistically are living many lives at the moment. If one dies, it does not affect any of the others. This is why the timing is non-synchronous.

Zeta: Consciousness is not encapsulated in the physical body, consciousness is able to be spread across many existences, so when you come across a non-synchronous time, separation only exists in consciousness.

The advanced beings are credited by the Zeta with “re-creation” of the universe, perhaps alluding to the idea that the universe was formed more than once, or that multiple universes exist. The universe contains multiple streams of matter with asynchronous timelines called the Multiverse. The Zeta emphasized that time in one stream is independent of time in all other streams of the Multiverse. However, this independence does not apply to consciousness. A consciousness in one stream of time can be aware of events in a different stream.

This accounts for the phenomenon of déjà vu, the sense of familiarity with something that shouldn't be familiar at all. Different physical versions of “you” live in multiple asynchronous timelines. Each instance is a fragment of a “group soul” or “oversoul” living an independent existence. Yet consciousness can cross timelines, so when an event is perceived in one timeline that has already occurred in a different timeline, “you” on that timeline may experience déjà vu.

Consciousness is independent of time since it existed before the Multiverse was created. The Zeta tells us that consciousness has the property of an all-pervasive, vibrating medium called the “grid”. The grid “holds all space and time” and is “like a fluctuating wave vibrating through the universe”. The analysis in the chapter, The energetic environment, concluded that the grid frequency may participate in a holographic process where interference patterns created by frequencies of thought are experienced as forms. According to the Zeta, “the grid is defined by the individual entities that it is, so if you had a cup my friend, the cup would have a grid
that was associated with it. But for the grid to be in its true state, there is no form for the grid”.

**Zeta:** We believe that the source energy has created multiple timelines and existences and dimensional processes for the ability to understand self; it is learning from facets of existence. We are all connected to each other on all levels. The source entity has become a complete entity; there is a continual journey for all energies.

**Zeta:** All beings are of a life force nature, striving for experience, comparison.

The latter two comments by the Zeta explain the purpose of the Multiverse. It is a construct where the source consciousness can come to understand itself. Multifaceted souls use multiple timelines to have experiences and to make comparisons. The Zeta elaborates further on the nature of the soul.

**Zeta:** The nature of the soul in its own understanding, its own container, understands that by its own nature it belongs to a class of energies. This class of energies remains as a whole form, one entity, broken into many forms, many existences. So, saying this, a being is able to incarnate into many states of being in many realms.

**Zeta:** Many soul facets can combine to form one entity. This means many entities, individual group souls, can combine to form a faceted being, living one existence.

That is, the soul belongs to a class of energies which distinguishes it from all other conscious entities in the universe. It is self-aware and understands its distinctiveness. The soul is multifaceted and incarnates in many states of being in many realms while still remaining one entity. Each fragment of soul energy is unaware of the existence of the other fragments belonging to the same soul. The Zeta says, “you have blinded yourself from the truth of who you are. This has been created by self for the ability to create comparison, so the group self has created this situation”. This lack of awareness by the soul fragments is consistent with the overall purpose of existence.
which is to strive “for experience, comparison”. As the Zeta says, “Universal plans matter mostly in the order of things”.

11.2 Human incarnation

In the human experience, a fragment of soul energy incarnates in the physical body. This fragment is called a spirit and may have different origins. It may come from the spirit realm created by an extraterrestrial race as a transitional holding ground for spirit after the physical body dies. It is in this realm that the spirit decides what path to take next in its development. Alternatively, the spirit wishing to incarnate may be the consciousness of an extraterrestrial being who chooses to have a human experience. Some extraterrestrial races are able to separate their consciousness from the physical body and incarnate in a different physical form.

Zeta: The energetic beings you call "spirit" are actually an entity formed from energy that has an ability to hold information like a capsule. This vibratory form resonates at a level of its existence. This then sees in itself what benefit the process has been to itself and then, in a "teaching process" moment, it moves on to continue the journey.

Interviewer: How do you define the human race since so many individuals have a different point of origin. Is it just the individuals who have a point of origin in the human spirit world that would define the human race?

Zeta: The human race is a set of containers, my friend, and for any entity to exist in the new form, they must seek to be and seen to want to become human you see.

Interviewer: When you talk about the human race, are you also including those that have a point of origin outside of the human spirit realm?

Zeta: Yes, my friend.

Interviewer: Ah, so you define it by the physical container.
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Zeta: Only by the container.

The etheric body is an energetic form or pattern that transforms to the physical body. The Zeta says that “Your etheric body is a resonating form of energy. It is able to on many frequencies understand emotions, energies, interchange of energy, and matter to energy.” They were asked if the consciousness of spirit or “higher self” is held in the etheric body.

Zeta: Initially the three states are in separation. Higher self moves to integrate with a physical container, the etheric body is the field which allows the blending...

Zeta: Higher self is of a different frequency. It is bound intrinsically to the etheric nature and body.

Zeta: Every thought has a conjoined process which links to the etheric body.

Zeta: Higher self is part of the included process as a conduit between the spiritual aspects, through the etheric body and down to the physical.

The higher self or spirit consciousness is integrated with the etheric body. Any communication of information between the consciousness and the physical body is mediated by the etheric body.

There is a protocol for extraterrestrial spirits who wish to take on a human container. That is, the prospective mother must agree to host a child having an extraterrestrial consciousness. This permission is obtained while she is on the physical planet or in a transitional realm such as the astral realm.

Zeta: A human spirit form may be contacted, while they are on the physical planet, by a race of extraterrestrials, or, they may be contacted by a race once they are in the transitional realms. Either way, once this process has occurred, the human may choose what path it wishes to take, in saying this, the human has choice.
Zeta: The human race is a set of containers, my friend, and for any entity to exist in the new form, they must seek to be and seen to want to become human you see. If a male and female physical entity want to be humans, allow the process of the child to come to her to have a consciousness that exists from the entity outside the realm. In the spirit realm context, permission must first be given by the entity and consciousness to move in conjunction with the male and female to exist in the physical realm. But to exist as humans my friend is just the physical form, nothing else.

Interviewer: At what stage is the spirit or hybrid entity moved to the physical baby in preparation for life?

Zeta: The spirit realm beings attach themselves to the females before the conception process has taken place. This is why it is possible to read the energy of a being and determine how many children they will have in their life time. For extraterrestrials' incarnation to the human form, the consciousness of the being is not placed into the physical entity until the child is born, but there is a level of awareness, and there is an awareness of the extraterrestrial nature of the being who is to transition to the human form. For the entity of the human spirit, it is then placed fully into the human form.

The Zeta explains that a spirit in the spirit realm waiting to be born attaches itself to the prospective mother’s etheric body before conception occurs. This does not happen to a waiting extraterrestrial spirit. In both cases, though, the consciousness is fully placed into the body when the child is born.

The Zeta was asked what happens to the etheric form after the physical body dies.

Zeta: … once the body terminates, the etheric form is absorbed by the originating consciousness.

Zeta: It is absorbed, as it is no longer needed as an intermediary process. All energy transmutes.

When the physical body dies, the energy of the etheric body is no longer needed and it is transmuted and absorbed by the originating
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consciousness or spirit. The spirit returns from whence it came – either to the spirit world or to the realm of the extraterrestrial race. Since the spirit does not cease to exist, this change is often called a ‘transition’ rather than death.

Additional questions were concerned with the details of foetal development.

Interviewer: When does the energy body start growing after conception?

Zeta: At the point of conception as the genetic material from a human is transformed, so is its etheric form. Everything holds an etheric state as everything has consciousness.

Interviewer: So at the beginning, the etheric body has the shape and size of the fertilized egg, and continues to change as the foetus grows?

Zeta: Yes, form is an illusion.

Interviewer: So the etheric body does not control development of the container?

Zeta: The genetic structure controls the development, but the originating consciousness then applies its consciousness construct to the etheric body, thus creating the container for experience (and this is why humans can have deformities) as it suits the higher self, for its lesson and awakening, and comparison of self to have varying containers comparison. The other issue is the etheric form being influenced by external forces, other energies, as in if there was a physical disruption to the development of the foetus. So the development environment is not a perfect one.

Interviewer: So you see consciousness as biasing the container's development, not controlling it?

Zeta: Biasing...yes.

The etheric body is an energetic form that is perceived as physical by the perceptual process of consciousness; hence, the comment that
its form is an illusion. The appearance and functionality of the physical form is controlled primarily by the genotype, but the higher self may bias the development so that the body is appropriate for whatever experience is to be gained.

The Zeta commented earlier that the foetal development environment is not perfect. This offered the opportunity to raise the issue of premature termination of a pregnancy.

Interviewer: Is a physical disruption to the development of a foetus like an abortion, a serious impediment to the growth of that entity, or is such an event always foreseen?

Zeta: Why do you say physical disruption?

Interviewer: When the foetus is removed before it can survive on its own, this would be a physical disruption.

Zeta: Yes, that is a fact.

Interviewer: Presumably, the spirit chose that foetus as a vehicle for experience.

Zeta: Yes, spirit did, or the race. To incarnate, there are external forces that are beyond a race or spirit being's control. That [control] will not stop an abortive process during the process of development.

Interviewer: If the mother were killed while pregnant, would the spirit be expecting that?

Zeta: Not all things that happen are foreseen. There is a basic randomness to all effects.

Interviewer: So when someone plans a life before incarnating, it is not always certain that that life will complete as intended?

Zeta: Correct, even with our abilities we are unable to guarantee an outcome - even a thought can change a process.

A spirit chooses its parents prior to being born, but by accident or intent, the pregnancy may not complete successfully. The Zeta says that this cannot always be foreseen. They chose not to say whether it
would interfere with the spirit’s growth. If pressed, they would likely have said that it depends on the intent of the higher selves involved.

During the lifetime of the physical body, its well-being may be affected by various internal and external influences. We are assured by the Zeta that when the body is ill, it can be helped by changing the state of the etheric body. Since consciousness is directly connected to the etheric body, this would be done by thinking appropriate thoughts.

**Zeta:** What takes place in the physical is a direct representation of what is happening in the etheric body.

**Zeta:** Every thought has a conjoined process which links to the etheric body.

**Zeta:** You have a subtle energetic body. This holds all thoughts and frequencies that allow you to accomplish all levels. Here is an example, for us, all illness is energy, all wellness is the same energy at a different resonation. We have proved this many times when the medium is unwell and we come and bring a different vibration to the medium. The medium then becomes well. Now, all energy constantly transmutes and changes. From one form to the next, the universe is in a constant change, as you are as well. When you are moving into different frequencies, you see them as different natures and colours, you are changing your thoughts and frequency.

### 11.3 The ascension process

Will human reincarnation go on forever? Prophetic writings from a number of cultures suggest that at some time in the future, humanity will experience a process called ascension. This process is said to involve sufficient spiritual growth so that there will be a time of harmony with the earth and each other. Humans will exist in the less dense energetic realm where they will be closer to their point of origin. Some believe that the vibrational state of the human physical form will increase so that it can exist in the energetic realms. In any case, the body will never die, and so there will be no need for the reincarnation process. The Zetas seem to agree that a process
something like that will occur, not at a specific time, but after we each take personal responsibility for our spiritual evolution. The Zeta’s comments tell us something about what ascension entails.

**Zeta:** Now we see the real reason as to why beings incarnate. There are the obvious lessons that increase the vibrational frequency of the group and individuals. In addition, there is the karmic plan associated with the planet.

**Zeta:** The astral realms are a collection of all thought, all creative processes, all dimensional aspects which come from the existence of thought. This concatenation of all thought forms is the collective mind of the human race... The continuing elevation of the thought processes and consciousness of humanity allows the collective mind to form from the chaotic nature it holds... When a human mind, a human consciousness, openly enters this collective process through astral states, altered states, or physical states, they move into the unlimited/limited potential of the collective mind of consciousness. This is the ascension process of this race.

**Zeta:** The constructs that are seen in the astral realm are bound in synchronous existence, meaning that all mechanisms of constructs, such as levels and form are purely a state of existence. It is very possible, if not probable, that the astral consciousness in its multidimensional state is able to be restructured by a single thought, if not a collective thought of one mind.

**Zeta:** The human population one day may decide that it was to change, then the thought process, the combined collective thought of the human race, would, that one thought, would automatically create the capacity for the collective mind to be charged into action, to make a newly given mind.

**Zeta:** The collective consciousness of this race is moving on a, I would not say predetermined process, but much of what is happening is already being seen. But, of course, yet we believe a future event will cause matter to become non-matter, my friend.
The astral realm is known as a place where we experience mental phenomena such as dreams and out-of-body experiences. Interestingly, the Zeta closely associates changes in the astral realm with the ascension process. This is not so surprising when we understand that the astral realm is a repository of all thought forms generated by human minds on earth. It has been described by the extraterrestrials as a developing human collective consciousness.

As the consciousness of the human race rises in frequency, the collective mind held by the astral realm becomes less chaotic. When an individual human mind moves into “the unlimited/limited potential of the collective mind of consciousness”, i.e., the astral realm, it is participating in the ascension process. To do this more efficiently, we need to increase our vibrational state. This is done by decreasing our aggressive tendencies with the attendant negative emotions such as anger and fear, and increasing our love and compassion for each other. The Zeta says that the human race is progressing in this regard.

All of the constructs in the astral realm are “bound in synchronous existence”. According to the Zeta, this means that the constructs are created at the same level of consciousness. For the most part, all humans creating these thought forms are operating at the same level.

The Zeta also tells us that the movement to a collective consciousness will be subject to a non-linear perturbation under the right conditions. It is now taking form gradually as more and more humans raise their level of consciousness, but the process could be accelerated by the influence of a particular single thought. The collective consciousness could suddenly become self-aware.

The thought may be of one mind or it may be the thought of a collective mind. It will be “the catalyst for many things to happen”. The result will be that “the predominant consciousness is that it is to be born of love”, and it will be reflected in the dominant behaviour of the physical human containers.
The shift in state of consciousness may be perceived as fast or slow, but will eventually lead to acceptance of the human race by the watching extraterrestrial races. The Zeta says, “Then, of course, the other races which view you on your daily basis, will actively interact with the collective mind of the human race.”

**Zeta:** The ascension shift started years ago, but as each person has to experience the energetic changes, the need to assimilate with the shift and then to accept the shift, when given guidance and inspiration they should accept it rather than reject it, but most place it aside.

**Zeta:** Some people talk of the ascension process, not understanding that vibrationally you are all in a place where you are ready for change.

**Zeta:** Some believe that they will move physically to different densities of existence. This is an unacceptable transition process. People need to take responsibility for their progression. All things must change – as they change, the grid changes, and this changes everything.

**Zeta:** We understand that a being may wish to have a contact with a few previous lives. This is possible. The true aspect of the self has all of the stored information, but is locked away from the external being who is currently incarnated. Your ascension will unlock a lot of this potential that lays dormant within you.

According to the Zeta, the raising of consciousness associated with the ascension process has been underway for some time. The difficulty is that people are reluctant to accept the reality of what is taking place even though they are ready for it. Misconceptions about the process also interfere. For example, some believe that ascension is a physical move to a different dimension that will happen with minimal effort on their part. They do not understand that the ascension process is deeply personal, with each individual responsible for raising their own level of awareness. Such individual
acts of changing the vibrational state of consciousness cause changes to the grid in which all is immersed. These changes will remove the amnesia about past lives that accompanies incarnation, and will uncover other latent abilities.

Finally, the Zeta associates the raising of consciousness with moving out of our physical environment. They said, “Yet we believe a future event will cause matter to become non-matter, my friend”. Also, they said, ‘When you transition to your true nature, you move to the etheric planet around this physicality’. They seem quite definite that we will exist in a non-matter, energetic environment and that this change will be triggered by a future event.

11.4 Summary
According to the Zeta, a human is defined primarily by its physical container. The spirit which animates the container may be associated with the spirit realm, or it may have its origin in any number of extraterrestrial races that are able to separate from their physical forms. The spirit is a fragment of soul energy, a special class of energy in the universe.

The etheric body is an energy system that integrates the consciousness of the spirit with the physical body. The etheric body and the physical body have a mutual relationship such that a change in one is reflected in the other. Information about the experience in the physical world is transferred to consciousness via the etheric body. When the physical body dies, the etheric body is no longer needed and is absorbed by consciousness. Consciousness then carries the results of the experience to its place of origin, either the spirit realm or the realm of the ET race, to decide what will be experienced next. The next phase for a spirit is often a return to a corporeal existence on earth known as reincarnation.

The Zeta implies that there may be an end to the reincarnation cycle as it now exists when humanity completes the ascension process. This process requires individuals to raise their state of consciousness. As a result, the astral realm will become less chaotic
and will form a self-aware human collective consciousness. We may exist on a higher-vibration planet with no longer a need for the reincarnation process.
12. The spirit realm as information fields

Summary. According to extraterrestrial teachers, the spirit realm is a transfer point required by spirits who choose to have experiences in the physical etheric realm. It is experienced by its inhabitants in familiar terms according to their belief structures. The spirit realm is defined at a low level of explanation as a hierarchical information structure that is composed of information threads. A spirit is a facet of a higher-self information thread, and an oversoul is a higher-order thread that organizes any number of higher-self threads as a group mind. The spirit realm thread, encompassing the higher-self threads organized by the oversoul threads, constitutes an infrastructure for comparing and evaluating experiences gained by spirits while in physical form. The description of the spirit realm as a hierarchy of information structures suggests it may be compatible with a physics of information currently being considered by some human physical scientists.

In other chapters we learned that our familiar universe of space and time is part of a larger domain where consciousness is fundamental. It is multidimensional and has an energy that embodies all of existence. We call this expanded domain the energetic realm. All
beings are part of this conscious energy, and are able to act recursively on that energy to manifest new experiences.

In the energetic realm, a being exists at the particular level of consciousness it has achieved. The being creates experiences when the power of its intention acts on the energy of consciousness at that level. A level of consciousness is often thought to be a frequency, but the Zetas emphasize that this word is an analogy for a concept we do not yet possess. It is incorrect to think that a consciousness has a frequency defined in time and that it exists on a scale of rational numbers. Rather, states or levels of consciousness appear to exist on an ordinal scale so that one state is less than, the same as, or greater than another.

A being’s intention to create modulates its state of consciousness and a pattern is formed that represents the desired creation. The pattern exists in a multidimensional structure called the grid. According to the Zetas, “The grid is like a fluctuating wave vibrating through the universe. It holds all space and time. ... All conscious thought is placed into the grid.” The pattern can then be experienced by any beings who have at least the level of consciousness involved in its creation. This process is analogous to creating a hologram as an interference pattern on a photographic plate using monochromatic light from a laser.

But creation with intent is not quite as mechanistic as this description might suggest. The state of consciousness dimension in the process of creation is the same as, or tightly coupled to, the dimension of love. Higher levels of consciousness are associated with higher levels of love, while low levels of consciousness are associated with very little love. A being has access to perceptions created at and below its level of consciousness or state of love.

The interactions of beings are nicely regulated when the process of creation is seen as a function of love. A being is able to participate in the experiences of less loving beings, but not the experiences of more loving beings at higher levels of consciousness. This has the
effect of shielding the more loving being from the intentions of those less motivated by love.

Knowing how we create with our intentions does not explain what we are as creative entities. Since we create our perceptions in the energetic realm, what we experience is illusion, and this includes how we choose to represent ourselves. But there is a lowest-level description of what we are in consciousness, and this remains hidden from us. Insight into that deeper level was provided by a Zeta.

12.1 A hierarchy in consciousness

The Zeta explained that the energy of consciousness is the stuff of our universe. Life arose from this energy and continues to create new experiences using the creative process. We use words like 'soul' and 'spirit' to refer to incorporeal aspects of living entities. The relationship of these concepts with all of creation is summarized in the following quotes taken from interviews with the Zeta beings.

*Originally, all energies come from one place, one source energy; they long to be reunited with the "whole".*

*All energies, when moving to form will choose what form they take, whether it be animal or mineral, there is full consciousness of the form they have taken, and the ramifications of that existence.*

*All life, all forms of existence have consciousness. All are a form of energy which exists and transmutes to each new state after its transition.*

*All beings are of a life force nature, striving for experience, comparison.*

*The nature of the soul in its own understanding, its own container, understands that by its own nature it belongs to a class of energies. This class of energies remains as a whole form, one entity, broken into many forms, many existences. So, saying this, a being is able to incarnate into many states of being in many realms.*
Many soul facets can combine to form one entity. This means many entities, individual group souls, can combine to form a faceted being, living one existence.

The energetic beings you call "spirit" are actually an entity formed from energy that has an ability to hold information like a capsule. This vibratory form resonates at a level of its existence.

The Zeta explained that everything in existence is part of the energy of consciousness. Soul entities are a special, self-aware class of this energy that divides into many facets to maximise experiences for comparison. Facets of the soul are spirit entities that encapsulate information. Many spirits choose to incarnate a number of times on earth. The time between successive incarnations are spent in a spirit realm created for that purpose. The origin and purpose of the spirit realm is discussed in the chapter, *The energetic environment*.

Spirits return to the spirit realm between incarnations to evaluate their current state of consciousness. There, they are in their true energy state and can see how much their current level of consciousness deviates from the desired one. The intent necessary to move toward the desired state is recognised, and the next incarnation is chosen to implement that path.

Witnesses in physical mediumship séances sometimes report having seen the likeness of a person who has passed on. This might be a full body image formed of ectoplasm, or the likeness of just a face embedded in a mass of ectoplasm. Sometimes the person's voice is heard and recognized. These witnesses are often convinced that the personality of the deceased continues to exist in the spirit world after transition, perhaps retaining its physical appearance. Others have suggested that we take whatever form we intend after transition, and this may or may not be the appearance we had while living on earth.

We can only speculate on the spirit's properties and what happens to it when it returns to the spirit realm, so we are fortunate that a Zeta recently expanded on this subject. We learned about the fundamental
nature of spirits and the spirit realm, and the relationship between them.

12.1.1 Interview #1

The first of these sittings began with a discussion on how a human couple's relationship in the physical realm might affect the relationship of their spirits in the spirit realm. This triggered the following extended monologue by the Zeta on how beings are associated with information fields at different levels of organization. Following this presentation, a sitter asked several questions that elicited additional interesting information.

**Zeta:** I am trying to explain your spirit realm. Of course, the spirit realm is a multidimensional creation. Within it there are threads of consciousness, and the threads of consciousness are individuals who have existed in the physical form. The threads are informational fields which combine to create the whole soul process, and so each of them are taking many turns to again perceive the existence of matter of a human entity, or any entity that belongs to this planet. Quite often the threads of consciousness are joined together and become husband and wife and then return back to the informational field once they have finished their journey together. If you wish, you can perceive yourself to be of a human construct. But also if you do not wish to live in that construct, then you do not. The container that is the spirit realm is an entity of consciousness. The informal fields, the informal structures within the consciousness, are seen to be a separate entity. The formal structure of the informational field allows a construct to exist, and the belief structure is then that there is a spirit realm.

Many of the entities in the informal field which are the individual threads may not be able to perceive that they are actually not human, and so this is where the discussion starts about the spirit realm. The spirit realm is then within its own confines, has the belief structure that individuals exist.
Many of the entities in the informational field that is known as spirit realm believe that they are singular entities. Many do live with their partners as consciousness, believing themselves to be the form, and so you see that the informational field has the ability to create any construct, any belief system, any existence that a human soul requires.

And now, how do other races create hybrid souls, because they integrate the consciousness they have with threads from the informal field. And once the informal field is birthed through the natural process, a race may enter into the physical reality of being a human container.

This is very technical information, and it is believed that you will not fully understand what has been said.

It takes you some way in understanding the differences between the human mind's construct of the spirit realm and what actually exists. But if you are inside the spirit realm construct, you will not be able to tell the difference, just as the humans are unable to understand the construct of spirit realm.

This is why so many of the phenomena that are seen such as orbs and lights and other forms of matter, exist only for a short time, because the informal threads of consciousness move in and out of the frequency, the fabric of the human existence, and this is why your friends can come and speak to you, because they move between the frequencies to come and speak to you.

What is the human makeup, what is the construct of humanity? You are but energy, and the energy creates molecular structures, the molecular structures come together as cellular matter, the cellular matter creates a human construct, and so you at your finite level of energy and consciousness. The physical matter of the chair the medium is sitting in does not exist, but what exists is the energy and the consciousness of the shape of the matter to create the chair. And so, if you remember this, then you will understand that the spirit people are able to see what is not.
You only see what is, you see the physical representation, whereas spirit people see the energetic representation, and so when they cross over the threshold and change their frequency, they often see within your physical parameters and by your ocular systems.

And so when you transition, you will move back to the informal field where the thread that you are, the consciousness, becomes intertwined with the formal field. The formal field is of course the oversoul process. All the many threads of consciousness perceive themselves to be singular entities, and now you may become entwined with another thread. The thread may be your partner, and so you can never be separated because the experience that you have had with the partner becomes integral in your existence, the fabric of who you are.

You may want to forget that you have been with that partner, but you cannot. They were part of your journey, they were your teaching. But remember for the consciousness living within the spirit realm container, the perception is that they are not threads. The perception is that they are entities living within structure.

But do you understand that consciousness itself is believing itself to be of the same construct as this room. [The medium's spirit control] believes that he is living in a construct that is based in a physicality, and so he will have his cup of tea, and he will shine his boots, and dust his house, but none of it exists. And so when he was allowed to move through his frequency to the state of existence that he now holds, he would often transition into the non-structure of spirit realm.

There are many places where the construct of what seems to be three-dimensional does not exist, the light area, and so quite often it is perceived as light by spirit people. And we do speak to them as spirit entities even though we know that they are informal fields of consciousness, as you have informal fields of consciousness, but part of a formal field of consciousness.
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Interviewer: (suggests that the light is like that from the Anorians, a non-corporeal extraterrestrial race that has been seen as spheres of light)

Zeta: *All consciousness comes from what is and always will be, but to believe that a race will exist in spirit realm is not possible.*

Interviewer: I was referring to the pure consciousness above the spirit realm.

Zeta: *Ah no, these are the formal fields which no longer require the formality, and so they no longer hold the desire to exist in a singular entity structure, and so they are seen as light.*

Interviewer: When the spirit body is no longer a spirit body, but becomes the light, what is their purpose then?

Zeta: *To be, to exist in that state of oneness, and to not be confined to a reality based in consciousness, but to be free of that construct, to no longer see that they require the interactions between matter and the non-matter states.*

Interviewer: So will they then become more creative, more powerful in their creation?

Zeta: *There is no more, there is no requirement to create, they no longer hold the desire to create.*

Interviewer: At that stage, do they desire to reincarnate?

Zeta: *No, they have moved past that. The informal threads within the formal structure are the only ones that continually incarnate. But much of consciousness does not require itself to be incarnated. And once it has achieved a certain level of awareness, the construct of interaction with matter no longer exists.*

Interviewer: The number of times one might reincarnate, is that determined by what the higher self wishes to experience?

Zeta: *The higher self is the thread, the oversoul is the collective consciousness of the multiple lives of entities. They are also singular in nature and existing infinitely as oversouls. And so to simplify this*
A PRIMER OF THE ZETA RACE

process, this group of human entities could easily belong to one oversoul. Each thread becomes a formal field. But you will not see this structure when you transition. You will be in unawareness of this state.

[When you transition] you will move to a different state of existence and what you have learned in matter may fade away. You will be taken over by the oversoul consciousness process, by the formal field. But your individuality as a thread will always exist as long as you choose for it to, and when it no longer serves your purpose, then you will [transition?].

And this is a similarity between the collective consciousness of the Zeta race, that the collective consciousness - I have been asked not to speak about this. The discussion is that there is no point in talking about the collective consciousness of a race when we have to speak in simple terms. How do you describe consciousness? How do you describe the workings of the human mind? It is something best experienced.

12.1.2 Interview #2

During a subsequent sitting, the Zeta unexpectedly expanded upon the discussion in the earlier interview.

Zeta: You are many higher selves removed from source consciousness, and so, if all human existences returned to the creator, there would be no spirit people speaking. Their frequencies would be too different from the physical entity. There is an analogy that we have which is that you are an informal thread. The formal thread is the oversoul process, there are many informal threads that are part of your oversoul, that oversoul can be many entities. That oversoul is the informal thread of the oversoul above it, there are many informal threads of oversouls to the oversoul above it, infinitely moving back to source consciousness.

Interviewer: That is what we would refer to as different aspects of our higher self?
Zeta: *Ah, the oversoul only, which is the first formal thread.*

Interviewer: It is also the informal thread to the next formal thread.

Zeta: *Yes, of course.*

Interviewer: Are there different levels in spirit world, and as you evolve you go to higher levels?

Zeta: *As you went forward you may move into a different level within the formal thread process. Remembering that the spirit realm entity does not really have formal parameters, or physical parameters, these constructs that we give you are ways for the human mind to understand what exists in consciousness.*

Interviewer: So is the source still part of the spirit world?

Zeta: *There is no separation, all is one.*

Interviewer: So your race and our race come from the same source.

Zeta: *Yes of course, but we are a formal thread of different frequency, and so your race, your spirit realm, could be seen to be a formal thread at its highest level. Our race could be seen to be a formal thread at its highest level. Each race is a formal thread. Each non-physical entity race is a formal thread. Each dimensional entity race is a formal thread, underneath that being possibly infinite formal threads which are also processes.*

Interviewer: So we could say then that our spirit world is our oversoul.

Zeta: *One facet of the spirit realm is your oversoul. They are like rooms with many entities in each room, each of the rooms creates a dwelling. Your house has many rooms, your house is the spirit realm, each of the rooms has potential to be many entities.*

Interviewer: Do you mean the rooms are like consensus created realities, or ...

Zeta: *Yes they are.*

Interviewer: Different states of frequency, or both?
Zeta: Both, how is it possible to have two creators, two source of consciousness, unless they are one consciousness seeing itself in separation?

12.2 The spirit realm information structure

These interviews offer a novel understanding of the spirit realm and what it contains. The Zeta taught that the perception of spatial dimensions in a multidimensional spirit realm is an illusion that arises from belief. After an experience as a human in physical spatial dimensions, a spirit being naturally has a strong expectation or belief that spatial dimensions exist. The spirit’s belief causes it to be located in an illusion of space in the spirit realm.

The illusion is supported by a framework of an informational field structure that is the spirit realm construct. The informational field concept is yet another analogy chosen by the Zeta to help us understand. They explained, "These constructs that we give you are ways for the human mind to understand what exists in consciousness." The analogy of a structured information field is a way of communicating how experiences of consciousness are encoded in the universal grid.

The spirit realm illusion is a representation created from the informational field in response to a belief or intention that is active in consciousness. This representation is automatically formed by the creation process when a transitioning spirit being unknowingly encounters the information in the field. The information is immediately transformed to experiences according to the expectations of the spirit being. When the information does not include a three-dimensional construct, it is represented as light. This appears to be the default representation of an entity without form in consciousness. An object without a spatial reference would be meaningless to a spirit being just returned from a physical experience.

It is not immediately obvious what was meant by informal and formal threads as informational fields. According to the dictionary
meaning, we can say that a thread is an object that encompasses a certain theme or storyline, or perhaps has a particular purpose. The first interview did not specify why one thread would be informal and another formal. In the second interview, however, the labels were used to describe the relationship existing between two threads in a hierarchy of threads. Each thread accumulates information from threads in the level below, so that all information flows to the apex of the hierarchy.

Informal threads are always at the lowest level of any part of the hierarchy under consideration, while formal threads are all those above that level. So a thread can be formal or informal, depending on its level in the sub-hierarchy. That is, a formal thread at the second level becomes an informal thread when the focus of the sub-hierarchy shifts upward and the thread is in the bottom level of the sub-hierarchy. It is as if the Zeta meant the in prefix in informal to indicate the input level of an otherwise formal sub-hierarchy, no matter where it is in the hierarchical information structure.

The spirit realm is represented by a sub-hierarchy of an infinite information structure. The higher-self informal threads are at the bottom level of this sub-hierarchy, and oversoul formal threads are at the higher levels. A lowest-level oversoul formal thread in the spirit realm contains the collective consciousness of a group of higher-self informal threads. At the next higher level, however, an oversoul formal thread receives information from lower-level oversoul threads. From the perspective of this higher level, the oversoul threads below it are informal threads.

For any perspective in the sub-hierarchy, informal threads are seen to be separate entities while formal threads are constructs formed from the separate entities. For example, an oversoul thread with its complement of higher-self threads is considered a separate entity or informal thread when it is seen at the bottom of a sub-hierarchy. But at a higher level, the oversoul is a formal thread with its collection of higher-self threads or other oversoul threads.
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The informational field known as a higher-self entity is always an informal thread since it exists at the lowest level of the spirit realm sub-hierarchy. This kind of thread typically includes entities that have experienced a physical form; i.e., someone who transitioned from a physical incarnation. A higher-self informal thread may choose to incarnate many times via such spirit entities that are facets of the thread. Each spirit entity is considered a different thread that is conjoined with the originating informal thread.

Immediately after an incarnation is over, a spirit and its informal thread are unaware that they belong to a higher-level oversoul formal thread. As the spirit reintegrates with its informal thread, the specific memories of what it learned during the recent incarnation may fade. Nevertheless, the informal thread retains its individuality after it updates the formal thread. Although a number of higher self informal threads form an oversoul group consciousness, each remains an identifiable entity for as long as it chooses. In fact, each informal thread believes itself to be the individual form that it created according to its belief structure upon the spirit's return to the spirit realm. It is not aware that it is a thread entwined with others in a higher-level structure. Which higher-self entities entwine in the oversoul is affected by meaningful shared experiences.

12.3 Beyond the spirit realm

The spirit realm and its beings exist as information structures in the energetic realm, but regions external to the spirit realm are also populated in other ways by extraterrestrial races. There is some interaction with these races, since we understand that beings such as the Zetas are able to be born in human physical bodies. A Zeta's consciousness integrates with a facet of an informal thread after negotiating agreement with a prospective human mother. When a facet of this informal thread goes through the usual birth process, the Zeta consciousness is given the opportunity to experience life as a human. After the physical body dies, the extraterrestrial consciousness disentangles itself from the spirit entity and takes the experiences back to its original body.
Our spirit realm would be equivalent to other spirit realm formal threads at the same level in the hierarchy. In a later sitting, the Zeta asks rhetorically, “Are spirit realm people much different than other races, each having its own transitional realm? So to say that you have a spiritual guidance, and guides that are spirit would be a common theme across many races, but those races exist within their own spirit realm entity.” So there are many spirit realm threads, each representing a different kind of physical existence.

The Zeta indicated that their own race comes from the same source consciousness as the beings in the human spirit realm, but that the collective consciousness or mind of their race is a formal thread of a different vibrational level. Further, “The mind of the race resembles your spirit realm entity, but there is no barrier between moving from the collective mind of the race to the physical” and “We do not have the same process as the spirit realm because the collective consciousness of the race and the physical existence of being part of the race, are one.” Therefore, the incarnation mechanism that exists in the human spirit realm is not required.

A sitter asked about another race known to the medium as the Anorians. The medium had experienced this race before, and understands it to be independent of the consciousness we experience. It exists in a true void in a state of oneness as a bright light. When it comes near to the medium, it is felt as a powerful sensation of love. According to the Zeta, it does not exist as part of an information structure like the spirit realm. Rather, such races are “formal fields which no longer require the formality, and so they no longer hold the desire to exist in a singular entity structure, and so they are seen as light.” Since the Anorians are described as formal fields, they appear to be information structures as well, although with an independent existence.

The Anorian's purpose is “to be, to exist in that state of oneness, and to not be confined to a reality based in consciousness, but to be free of that construct, to no longer see that they require the interactions between matter and the non-matter states. ... there is no requirement
to create, they no longer hold the desire to create.” The Anorians appear to have an independent unitary existence that is not restricted by the properties of consciousness such as the creative process. In particular, there is no desire to incarnate and interact with matter, since this is possible only for informal threads within a formal structure like the spirit realm. Since “the construct of interaction with matter no longer exists”, they may not even have the ability to incarnate.

**12.4 Discussion**

The lesson from the Zeta teacher is that the spirit realm and its contents are information structures called formal and informal threads or fields. The spirit realm is a non-spatial formal field structure that is given spatial attributes by the creative processes of its inhabitants. The inhabitants do not know the true nature of the spirit realm or their own nature as informal threads. They unknowingly adopt their own appearance and the appearance of the spatial environment.

A spirit is a facet of an informal thread which we call the higher-self. The spirit may choose to have experiences in the etheric realm by following an incarnation process. After a transition back to the spirit realm, a spirit re-engages with its informal thread (higher-self) and detailed experiences from its recent incarnation may fade from memory. The informal thread moves to become part of a structure we may call an oversoul. It is another formal field where multiple informal threads are organized as a group mind.

The higher-self informal threads, the higher-level oversoul formal threads, and the spirit realm formal thread, constitute an infrastructure for comparing and evaluating experiences gained by spirits while in physical forms. Figure 12.1 shows a schematic of a possible organization of these information structures.

The Zeta presents the spirit realm and its functions in terms of the interplay of information structures. This corresponds somewhat to a relatively recent reconceptualization of physics as information...
interdependencies rather than energy exchanges. Vallée (2011) (Vallée URL) proposed that the physics of the future has the following four requirements.

1. Recognize the universe we perceive as a subsystem of a meta-reality of information associations.
2. Recognize dimensions as cultural artifact. Do away with them.
3. Treat the present as over-determined.
4. Consciousness traverses associations – thus generating the mind's impression of space and time.

He proposes that what we perceive has hidden representations in terms of information associations. In this scheme, perceived changes in the world are conceptualized as changes in those associations. Spatial dimensions are not important for describing the world. They are artifacts of our experience and are not needed when the world is described abstractly as associations among information. The present is strongly determined by the past and the future, so there need not be an emphasis on time either. Finally, he proposes that consciousness generates our impression of space-time by recognizing the continuously changing associations of information in our environment.

Susskind (2011) (Susskind URL) explains how any three-dimensional space, ranging from a black hole to an accelerating expanding universe, may theoretically be described completely on an enclosing two-dimensional surface. The 3D volume and all its contents are represented on the 2D surface like the encoding of a hologram. The holographic encoding is an example of how objects in 3D space might be represented in terms of information associations as proposed by Vallée.

The Zetas concurred that such a holographic representation is analogous to a representation in consciousness resulting from the creation process in the energetic realm. This suggests that the physics of information could be a vehicle for reconciling our materialistic physics with the workings of the energetic realm. Wilbert B. Smith (Wilbert Smith URL) was a Canadian scientist/engineer who investigated the UFO phenomenon in the 1950s. He observed, “we have mistakenly drawn a heavy veil between our spiritual world and our physical world, and there are even many to whom the spiritual world is something vague to be mentioned only on Sunday. I understand from the people from elsewhere that such is not generally the case with them. For many of them there is no real veil between the physical and the spiritual, and communication and
participation between the two is quite the normal thing.” Our new understanding of information structures in the energetic realm may encourage us to follow this path as well.
13. Insights from further interviews

This chapter presents several interviews given by the Zetas. Each subsection is a separate interview that stands somewhat apart from the others. The chapter assumes familiarity with earlier chapters since it expands upon what we have already learned.

13.1 Human collective consciousness

We learned in the earlier chapter, *The energetic environment*, that the astral realm is accessible to physical humans via a process that results in the out-of-body experience or astral travelling. Individuals who are “conscious of consciousness” are able to connect to the astral realm as a learning experience. It allows human consciousness to experience the physical and energetic bodies.

The Anunnaki said that the astral realm is connected with humanity's conscious processes. While in the physical etheric existence, the thoughts of each individual create manifestations in the astral realm. The combined thoughts of the entire human race are understandably chaotic, and this is reflected in the state of the astral realm. Much of the chaos that exists has arisen from the negativity of thought associated with humanity's “warring state”. Moving past this state to more positive thoughts will enable the further development of what
is called the ascension process. An emergent property of the growth of individuals will be a reduction in the chaos.

We were told by a Zeta that the astral realm is a collection of all thought and all creative processes that together form the collective mind of the human race. The continuing elevation of the thought processes and consciousness of humanity is transforming the chaos of the astral realm into a collective human consciousness.

The Zeta said further that the astral realm exists in a state of pure consciousness as it is tied to the human thought processes. Consequently, the constructs found there are “bound in synchronous existence”. This means that the entire astral consciousness could be restructured by a single thought or the collective thought of one mind. Does this mean there is a point in the ascension process when the collective mind is able to leap to an optimal structure or organization?

The following interview addresses this and other questions to do with the human collective consciousness forming in the astral realm.

Interviewer: I'd like to discuss the astral realm which you have already told us much about, which is forming the human collective consciousness...

Zeta: Yes, of course.

Interviewer: ... and its contents are the thought forms that are created by humans on earth.

Zeta: ...by the containers that are populated by consciousness that you call humans.

Interviewer: There are a couple of statements that were made about the astral realm that I don't really understand. They suggest some interesting things and I wondered if you could expand upon them. You have said in the past that the realm exists in a state of pure consciousness, and the constructs in the astral are bound in
synchronous existence. I can guess what that all could mean, but I prefer that you explain it to me yourself.

**Zeta:** You as a human civilization are mostly operating at the same level, and all of your thoughts as you know are entered into a collective mind. That collective mind, whether the thoughts are based in a... no matter what the thought process is, I was about to speak in terms of a lower type of thought or a higher type of thought, but it is irrelevant.

Interviewer: Can I interpret this to mean that all the astral constructs are created using one frequency of consciousness or one state of consciousness?

**Zeta:** I would say that that is an accurate statement, yes, and I would say that the reason that when you... how would I explain this... If you had a container of water and you were to place a colour into the water, one drop at a time, now initially as you are placing the drops of colour into the water, the change is indistinguishable depending on the volume of the water. At some point, if enough colour is placed into the water, then perceptible changes are eventually seen, do you understand? Now with the astral, or the collective consciousness or mind, it is that the thoughts that are placed into the collective mind are creating one entity that exists as a stand-alone entity, and no longer would require a supporting mechanism such as a neural container, because consciousness creates consciousness. And too, that as many more entities will be into the human container, that these processes and experiences are adding to the colour of the human collective consciousness, thus increasing the consciousness that comes into existence.

Interviewer: So the colour is gradually changing?

**Zeta:** Yes, my friend, and that is that once it has reached a certain colour, and we are only using an analogy, you will be accepted by other races.
Interviewer: Ok, we were also told that it's possible for the astral collective consciousness to be restructured by a single thought or collective thought of one mind.

Zeta: Yes.

Interviewer: Can you explain what that means?

Zeta: The collective mind is able to change itself once it becomes self-aware. Remember that consciousness... I will give you another analogy, unfortunately. When one of your children are born, they are in some way aware of their existence, and as they grow into a functioning power, their capacity to understand by comparison and experience then gives them a much better understanding of their own consciousness. The collective mind of the human race is developing the capacity to understand that it is becoming self-aware. It is not just a ... there are many words I would like to use but, I do not know what communicatenation is.

Interviewer: Concatenation?

Zeta: Yes, it is not just a concatenation.

Interviewer: The whole is greater than the sum of the parts.

Zeta: Yes.

Interviewer: So this sentence that I quoted suggests that the astral collective consciousness can be changed, as it says "restructured by a single thought or collective thought". This suggests to me that there can be a sudden change in, say, the level of consciousness.

Zeta: Yes my friend, because if the human population one day decided that it was to change, then the thought process, the combined collective thought of the human race, would, that one thought, would automatically create the capacity for the collective mind to be charged into action, to make a newly given mind.

Interviewer: You're talking about a tipping point?

Zeta: Yes.
Interviewer: I see.

**Zeta:** That is why many beings are here supporting your collective consciousness because it is at this point a rudimentary form of consciousness which is not yet self-aware.

Interviewer: But at the tipping point, this one thought which causes the change... I'm trying to understand how this all relates to the individual human containers and the way they behave.

**Zeta:** Your mind answers the question, I believe. Your mind is full of countless thoughts. What is your predominant level of... if the predominant thought is one to harm, then one's actions are based in harm. But you are not designed that way. Your design, your predominant thought process is that you are to be compassionate and to do good for others. You have capacity within your construct to do harm, but do not, and so the collective consciousness has within it the capacity to do harm, but the predominant consciousness is that it is to be born of love.

Interviewer: After this tipping occurs, or this sudden change in the collective consciousness occurs, does this feed back then to the behaviour of the physical containers?

**Zeta:** Yes, of course.

Interviewer: So a lot of people will be dragged along with the change to become more compassionate?

**Zeta:** Yes, but there will also be many humans who choose not to be influenced by it as well. That is like your mind which has the capacity to compartmentalize many of the individual functions. And so as your mind is able to provide automated functions that you are locally unaware of, so will be the capacity of the collective mind also allow to have automated functions which will allow others to not participate within the structure.

Interviewer: But there will be a change in the predominant behaviour as you put it?
Zeta: Yes, of course, and then, of course, the other races which view you on your daily basis, will actively interact with the collective mind of the human race.

Interviewer: So that is what is stopping them from interacting with the human race?

Zeta: Yes, the colour is wrong, my friend, to use the analogy. It is still much of a rudimentary form, and any entities which exist within the astral realm will be isolated. They just don't understand that they are to be isolated.

Interviewer: So that is foreseen that they will lose the fight, so to speak.

Zeta: Yes, they will lose the fight, but they don't understand that. They do not have the capacity to have the energy to understand and be self-aware.

Interviewer: Are these the entities that are called the collectors?

Zeta: Yes, my friend.

Interviewer: I guess what we have just been talking about is what a lot of humans call the ascension process - the sudden change in the predominant behaviour of the collective consciousness?

Zeta: Yes, my friend, but their belief is based in the change according to the DNA structure of the physical body.

Interviewer: Yes, I guess most do. Do you foresee that the time for this shift in frequency of collective consciousness is near? Do you think it will happen soon?

Zeta: It is not as near as you prefer, or others are told it is so. As you add the colour into the water, it changes slowly and, depending on your life span will determine the viewpoint as to whether it was to take a quick time or a slow time.

Interviewer: The shift can be either fast or slow because, even though we call it a tipping point, it does not mean it will happen quickly.
Zeta: Yes, this is true, so there will be a tipping point, but of course then that is the catalyst for many things to happen. I will not be specific about this, because we are moving into the area of prediction, and we will not be drawn into that.

13.2 Discrete objects in unity consciousness

The beginning of this interview requires some explanation. In the preceding interview, the Zeta requested that the interviewer follow a new process in the next sitting.

Zeta: I have some homework for you.

Interviewer: You have some homework for me?

Zeta: Yes, take five of your questions, and ask us for the answers, and then in the sitting, we will ask you for your answers to your questions.

Interviewer: You will ask me for the answers to my questions, interesting. Does that mean you think I know the answers at some level?

Zeta: No, not at all, but we would like to see how much influence we can place upon you, and so this is our experiment.

Interviewer: All right, that's an interesting experiment.

Zeta: Of course, we like our experiments like you do. We are a very technical race. Everything for us is experimentation. This gathering is an experiment.

Although the interviewer had agreed, the proposed experiment made little sense. Why ask a question if the answer was already known? However, the suggestion that the answer might be influenced by them was intriguing. Therefore, the interviewer came to this interview prepared to present difficult questions and guess at the answers. At the very least, some new information might still be gained.
Interviewer: I have several questions as you requested.

There was one time when a Zeta communicated visual information telepathically to me. It happened unexpectedly when I was in a relaxed state. Is it possible for us, you and me, to have a two-way conversation telepathically without my entering a deep altered state?

**Zeta:** *This is not the process that has been discussed between us.*

Interviewer: My recollection was that I would ask five questions and I would answer.

**Zeta:** *So what is your answer? Do you understand what I have said?*

Interviewer: I did not come in with a prepared answer.

**Zeta:** *Would you like to terminate the discussion?*

Interviewer: Did you want me to come with a prepared answer? That was not clear from our arrangement.

**Zeta:** *Are you able to with your capacity to think through to an answer now? Yes, you are being tested.*

Interviewer: Well, it is obvious from past experience that you can communicate with me. The question is, can I do the same with you?

**Zeta:** *You have not trained yourself to accurately functional thought process, but in the future if you were to train your mind, and I would suggest to you that you use the remote viewing process to train your mind to do so. This is very close to the same mechanism as the connection process.*

Interviewer: Thank you, that's helpful.

**Zeta:** *That is helpful, yes. What is your second question that you will answer yourself?*

Interviewer: The question has to do with the conjoining of objects. They conjoin and resonate to form one object out of a number of objects, that's my understanding, for example, a being and its
environment. So the question is, how does a conscious entity keep its identity as an individual when it conjoins with objects in the environment?

**Zeta:** You will need to explain your question more thoroughly, you will need to provide an example.

Interviewer: Yes, we are sitting here in this room, (Zeta interjection: you are sitting in this room) and so are other beings and other objects like that table in front of us. It is my understanding that at a fundamental level, where everything is represented by frequencies, objects are not localized as we normally experience them, but they are distributed. That means therefore that the representation of the table is conjoined with the representation of myself, for example. So now, if I were to move outside of the room and leave the table behind, that representation of both of those objects would have to be separated in some way so that I can leave the table behind and perhaps conjoin with other objects in the environment in the space outside the room.

**Zeta:** Yes, so continue, now I will hear your answer.

Interviewer: I suspect that we as beings have a consciousness that belongs to a special class of consciousness that is self-aware, that is what we have been told, and my expectation is that this special class of consciousness has its own boundaries which allows it to “unconjoin”, the opposite of conjoining, to leave the resonations of other objects, the frequencies of other objects, allowing them to separate from this special class of consciousness.

**Zeta:** Wait for a moment... All matter has consciousness. Your table as you say cannot speak. Why is that? Does it have a mouth? (Interviewer: no) Does it have the organs to support a connection process? (Interviewer: it does not) So how would it communicate with you?

Interviewer: I would conjoin with it.

**Zeta:** Yes, and so now, you believe that there are different levels of consciousness, but if you were, for example a stone, a crystal stone,
are you able to communicate with this entity? You see, human beings believe that if you cannot speak or somehow indicate your intentions, then your level of consciousness is in some way different to them.

Interviewer: I don't think that is quite the definition. To my mind, what distinguishes us from inanimate objects is the nature of the consciousness that they contain.

**Zeta:** No, I will say to you that these supposedly inanimate objects are conscious things, and that the difference is in the level that you communicate with them, as you are only a construct of matter as they are a construct of matter.

Interviewer: Yes, at the level of matter, but at the level of consciousness there is supposedly a difference. We have been told that there is a special class of consciousness from which souls were derived, and this consciousness has self-awareness. It knows that it exists.

**Zeta:** There is self-awareness, yes, but I think this is a little bit complicated, and we are using a very simple work(?) Your table is aware because it is made of matter, and matter at its basic level is consciousness. It can not communicate because it does not have the required physical components. I cannot in some way speak to the table, although I can sense the table as you can sense frequency from a stone. If I was to hold a stone in my hand, or a table or a chair or any other item, I would receive information from the energy of the item.

Interviewer: But the question was, how does the representation of that item separate from the representation of one of us, for example? If all is represented at a fundamental level by frequency resonations (Zeta: yes) then those frequency resonations have to shift when we rearrange those objects.

**Zeta:** When you move, are you conjoined with the table?

Interviewer: Yes.
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Zeta: How?

Interviewer: By the resonations of the frequencies that represent the table and myself.

Zeta: And what stops you from leaving that resonation.

Interviewer: Nothing stops me, but I don't understand how things change in the frequency representation, when we do change the arrangement of objects…

Zeta: It is the rearrangement that is the issue, or the rules are different analogy.

Interviewer: They are still unitary objects. The table is a table whether I stay or not, and I am me whether I leave or not. But at the fundamental level when I'm with the table here, I resonate with the table and everything is one in a sense …

Zeta: No, now I understand what you're saying. Do you believe that you are of the same frequency as the table?

Interviewer: But the table also has a number of different frequencies in it.

Zeta: Yes, of course, as do you. So you are a shape shifter, they call you. Matter is able to be in disassociation with other matter.

Interviewer: Yes, the question is, how does that happen at the level of frequency? Why is one set of frequencies, why do they stay together in order to make that object, as opposed to half of the frequencies of the table and half of the frequencies of me splitting off and becoming an object?

Zeta: That is an amusing question.

Interviewer: An amusing question?

Zeta: Yes.

Interviewer: That's the crux of the problem.
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Zeta: It's no problem, because at the basic construct of matter, it is held together by consciousness. The source entity, if you wish to say, understands form.

Interviewer: So it is my consciousness that decides, determines what components of the overall representation stays together in order for a table to remain a table.

Zeta: I find these questions amusing, and not because of any reason, but the perception is that there are ... this is consciousness playing a game with itself, this is consciousness seeing itself in separation, this is the local consciousness having a level of thought believing itself to be in separation, filtering the other aspects of itself and hiding from itself. So it's rather amusing that the consciousness believes this to be so.

Can you control who terminates?

Interviewer: When I terminate?

Zeta: Yes, without killing yourself, my friend. Step out of your body now and die. Can you do that?

Interviewer: Apparently not, no.

Zeta: No, but you can, that is the difference.

Interviewer: I can step out of my body and die.

Zeta: Yes, of course you can.

Interviewer: The body might die, but apparently my consciousness does not die, so what dies then?

Zeta: Matter disassociates itself.

Interviewer: Yes, I can understand that I might have been too focused on the physical.

Zeta: But we like to talk to you.

Interviewer: Thank you.
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Zeta: Is everybody able to understand what we are saying or is it of a nature that is impractical for the sitting process? Do you have any questions that the others may understand rather than us talking to each other?

Sitter1: On that subject, is the table of a different consciousness when it was a tree? It's changed through the life of the table.

Zeta: That is a very good question. The tree, the matter, is reformed to take shape. And no, it does not change, but what does change frequency is a reconstitution, and so if the matter was somehow completely pulled to pieces and then mixed with other substances, then it would recombine as a different type of energy. But of course, its consciousness itself would remain like a fabric that cannot be changed. And so it is consciousness seeking to find itself in separation, and presenting itself on many layers of understanding.

Sitter2: May I ask when we hold a crystal or we sit with a tree, and we close our eyes and just blank out our mind and our thinking, and we can have some impression of some feeling come through, is that due to sitting with the crystal or the tree?

Zeta: There is an interlinking between... there are two stages to this. Of course we always try to simplify the process. And so, if you were to stand by a tree, or a human, or whatever, the etheric body of the entity, as all matter has a secondary body, would interlink with your own, and would perceive information from the field of the entity. But of course now, what if you want to connect to your crystal. If your crystal is a long distance away and you wish to connect to it, of course you cannot move into its proximity because physically you are a distance from it, and so how can you access it?

Sitter2: By a thought pattern?

Zeta: Yes, because you move into the interconnected consciousness of all things, and so you can also gain information from that field, that body, that field which holds the information.
13.3 Incarnation and timelines

This interview focused on unanswered questions about the multiple timelines that humans are said to occupy when they move to a physical existence. The Zetas do not experience living in multiple timelines, so their knowledge of this human process is theoretical.

We also discussed the optimization problem that should be solved before a newborn human is inserted into a timeline. To what extent is there mutual interference between the objectives of the newborn and the objectives of humans already living a physical existence?

Interviewer: When a spirit in the spirit world decides to have another physical incarnation, and is able to exist in a number of different timelines, it is still one entity, and I'm wondering how one entity can exist in multiple timelines. Is the consciousness of that entity duplicated for each timeline?

Zeta: Yes.

Interviewer: Oh it can, so it's an exact duplicate?

Zeta: I would say though that the similarity has two forms.

Interviewer: There are differences?

Zeta: The similarity has differences.

Interviewer: So they're not precisely the same?

Zeta: No, that is based upon the mistake that much of the discussion we are having is based on theoretical models that we have discussed with others amongst our race. There is no guarantee that what is said on this subject is known to be a truth.

Interviewer: Is this because the zeta race does not participate in this process?

Zeta: That is correct.

Interviewer: I see.
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Zeta: There are only probabilities.

Interviewer: Is one of the reasons a Zeta may wish to be incarnated in a human container the possibility that they can experience the existence of multiple timelines?

Zeta: That is a very complicated question because it has a multifaceted component to it. Let me explain. The collective consciousness of the race is based on multiple frequencies. Now, if you as a Zeta entity are in operation within one of those frequencies, if you were to incarnate, as you say, into a container, the timeline that you incarnate to, the real issue is, my friend, that the timelines are not what you believe them to be. They are not segmented by your time process. They are based on dimensional aspects and frequency. So when the discussion of a timeline is due, there is a deception that they are a segment related to each of the incarnations. But what is taking place is that you are in operation in frequency, and depending on frequency will depend on the type of interaction that you will have with your perceived reality.

Interviewer: Are the different timelines, were they created using different frequencies?

Zeta: They exist in frequency.

Interviewer: If you had two time lines, would one have been created using a different frequency than the other?

Zeta: Yes, but there is also the ability of many races to create a mirror image of a current timeline, and then place functions within the timeline to understand the perceived probability. [This refers to the ability of the Zetas and others to model the multiple timelines as synthetic quantum environments, discussed in another chapter, and form a theoretical understanding about how the process works.]

Interviewer: Now this being in the spirit world who wants to live another physical existence, I understand that the broad strokes of this persons physical existence will be predetermined before he is actually born? Would that be correct?
Zeta: I will give you an example. That medium in front of the other medium was predetermined to exist within this timeline. [During this sitting, the medium Kai Muegge was a guest and was seated in front of the medium, Paul Hamden.] Wouldn't this reality, the broad brush strokes, as you say...

Interviewer: That was part of what was predetermined.

Zeta: It was.

Interviewer: So each of us chooses a particular point in time that would fulfil the requirements for that life, I understand.

Zeta: Much of the spirit realm is in chaos, but a lot of chaos that is there according to your ability, that it is a tumultuous process of development, whereas the Zeta race, the plan what is to do with the incarnation, they are precise insertions into the container.

Interviewer: But I understood that that is what a spirit entity does as well before the incarnation. The decision is made as to what the lesson is to be learned in this life. So that would involve also specifying to some extent what kind of life that person will lead.

Zeta: Yes, my friend, but remember when you are having discussions with us that you may be speaking about the human existence, and the point of origin entity may be a spiritual entity as you say. We will also indicate to you that we are talking about our own race as well.

Interviewer: But in the context of the timelines, the use of the timelines are different depending on the point of origin.

Zeta: When a spirit entity decides to incarnate into a physical form, it may be based on the personal experience that the entity wishes to receive, whereas when the collective consciousness entity from the Zeta race is placed within a human form, it is a planned process and not by the individual. It is based on the collective will of the race, whereas your spirit realm does not have that level of control in regards to what is to manifest. Else there would be no war; the operational frequency of all humans will be at a level of love, as you say.
Interviewer: There is one question that I couldn't resolve; that is, the timelines presumably are used by many different entities born at roughly the same time, and I'm wondering how the needs of so many beings can be satisfied simultaneously. They are not born simultaneously, the timeline is continuously being modified by the beings that already exist there, and yet a timeline is chosen as a vehicle for a new entity to experience something. It sounds to me like a huge optimization problem which I don't see how one would solve.

Zeta: Can you give me an example?

Interviewer: If you have ten beings who are already living a physical existence, and there is a new entity wishing to be born with certain objectives in mind, and a copy of that individual's consciousness is placed into a particular timeline...

Zeta: Is it a spirit being?

Interviewer: Yes, it is a spirit consciousness, and there are already ten other spirits existing on that timeline who came there, were placed there, before any knowledge of the new being wishing to experience that timeline is in place.

Zeta: Are they all the same entity?

Interviewer: No, they're different entities.

Zeta: Continue on...

Interviewer: By inserting the new entity, you are changing the timeline for the beings that already exist.

Zeta: Yes.

Interviewer: So the beings that already exist had their own objectives for being there, and when they were born, the new entity we are talking about was not yet thought of, and so by the new entity being born, the conditions are changing on the timeline that is being experienced by the ten other beings.

Zeta: That is correct.
Interviewer: So in effect, the new entity is interfering with the objectives of the existing entities.

**Zeta:** That is correct.

Interviewer: Is that an issue that the spirit world is concerned with when they introduce a new entity?

**Zeta:** I do not believe that the spirit realm has the capacity to understand that technical issue.

Interviewer: So when you're dealing with billions of people, the chances of the new entity's objectives being realized are probably …

**Zeta:** Minimal at best.

Interviewer: Yes.

**Zeta:** That is why when a decision is made to insert a extraterrestrial, as you call it, into a container, that there is great thought placed into what will be the purpose, what is there to offer, how can there be change.

Interviewer: But if that problem can be dealt with by an extraterrestrial, then why not by spirits in the spirit realm? The problem is the same.

**Zeta:** Because, as stated previously, when you were to incarnate into your form, there was not a collective decision made by the spirit realm as to what function you would perform.

Interviewer: So it is easier for the collective to solve that problem than for an individual, I think that would be your answer.

**Zeta:** There are many levels of thought that must take place before a decision is made as to what type of insertion there will be. There are many levels of thought that must take place for the spirit realm to move to other levels of existence. This is why many of the spirit teams, as they are called, are now aided by a distant race.
Interviewer: Are there some extraterrestrial races that have more expertise in guiding the planning of a new human physical existence?

**Zeta:** Wait... do not believe that you are the only race existing within the universe. There are many races that are supporting many civilizations.

Interviewer: Yes, but with particularly humans, it seems almost as if there is a Human Project that extraterrestrial races are helping to move forward.

**Zeta:** Yes, of course.

Interviewer: Our containers apparently were, if not created, at least developed by the Anunnaki, there are stories about other races contributing to human culture and knowledge, and now you're saying that there are extraterrestrial races that actually guide the reincarnation process. So are these things all connected in some way?

**Zeta:** There is connectivity in all things.

Interviewer: Yes, but in this particular case, were these three kinds of, we might say, intrusions into human development planned together to make things turn out a certain way?

**Zeta:** If only there were such a level of cooperation.

Interviewer: It's more random than that, eh?

**Zeta:** Unfortunately, yes. May I ask a question? Do the other sitters understand what is being said?

Sitter: We're all listening intently.

**Zeta:** Are there any questions in regards to what has been said? Because this is a group discussion and we do not wish to make you feel unwelcome.

Sitters: (voiced satisfaction with the process)
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Interviewer: In relation to the time lines again, we agreed earlier that they differ in terms of their state of existence, they were created using different frequencies. Suppose an entity such as I lived on one timeline, and I managed to develop to the point where I was able to project more love onto other entities in the timeline and the timeline itself. By doing so, I would exceed the frequency that was used to make … [Before being interrupted, the interviewer intended to propose that he should be able to jump to a higher frequency timeline that matched his current state of consciousness.]

**Zeta:** No, you may not change, you may not move outside of the... if you can imagine that everything is encapsulated within a tubular form, that you are a conduit. No matter how hard you try, you cannot influence the other conduits, else there would be chaos.

Interviewer: I thought this might be a way for all the timelines to eventually merge or converge to a high frequency state of existence, if it were possible for all entities to ...

**Zeta:** There will always exist low frequencies.

Interviewer: There could never be more than one representative of a particular spirit on one timeline. All right.

### 13.4 Consciousness and guides

This discussion centred on the relationship between a being and its spirit guide.

**Zeta:** We showed the medium how to block us from coming. Why do you think that was?

Interviewer: So that he would still have free will.

**Zeta:** Yes, to give him the chance to choose. Would not any guide teach you that?

Interviewer: Yes. Do guides change?
**Zeta:** I would say to you that your perception of your guide changed, and as you are able to accept and understand, then you perceive your guide in a different form. Of course, some guides do leave, but they are not the predominant guide. It is unusual for a guide who is the main entity to leave his person.

Interviewer: And of course, the guide in all instances is separate and different from the higher self, is that right?

**Zeta:** Higher self is able to be a multifaceted being, and in this process is able to externalize all the facets of self to make the entity believe that it is being guided by an external entity.

Interviewer: So in some instances your higher self can also be one and the same as the guide?

**Zeta:** Yes, of course, and other times the guide is part of the soul process.

Interviewer: And some time the guide can be totally separate?

**Zeta:** Yes, my friend, of course. I consider myself to be the medium's guide.

Interviewer: So do you get to choose who you get to be a guide for? Do guides choose who they're going to go with?

**Zeta:** Yes.

Interviewer: Is that because of some relationship somewhere?

**Zeta:** Yes, of course.

Interviewer: Is that the soul group you are talking about?

**Zeta:** It may be a friendship that you have developed before you were in the physical.

Interviewer: So while we have guides, does the same apply to other ET races, do they have guides too?
Zeta: There are beings that offer advice to races. We have stated many years ago that the inter-dimensional entities known as blue beings are often seen as a source of information.

Interviewer: So as we humans have got our higher self as guides, and a lot of people have guides from the spirit realm, you as a Zeta know your higher self, but wouldn't class what you've got as a guide?

Zeta: I know my higher self as I am my consciousness.

Interviewer: But you don't also have a guide?

Zeta: The collective mind is the guide, but there are many other entities, and they are states which one would wish to move to. But to say that we would depend on a guide is not a function that we would accommodate, my friend.

Interviewer: So as humans we have guides, is that because we're not that evolved and a long, long time from now, as we do evolve, we wouldn't need guides?

Zeta: Do you have contact with your guide?

[people aren't sure how to answer]

Zeta: Do you need a guide? What function does it serve? It would depend on the work you are to do.

Interviewer: Is the answer 'yes'?

Zeta: Well, what work are you to do?

Interviewer: I'm talking as a race, if we were to evolve and become an non-corporeal being, we probably wouldn't need a guide at that stage.

Zeta: But many of us do not know their guides anyway.

Interviewer: But that's because we're not developed enough.

Zeta: Then what are all the guides doing?

Interviewer: Pulling their hair out? [more guesses].
Zeta: They are working in the macro-processes, seeking to advise you of what is the right decision process. But you are here for experience, and so no guide takes away your free will. The creation of one's own guide, as you stated before, is a function of the higher self entity, a powerful being indeed, if sought out correctly.

Interviewer: Thank you.

Zeta: What exists in illusion is manifested into the physical. You are not of your true selves, as you are in the physical bodies. The higher self nature seeks to understand itself via many avenues, and so has also given itself guidance in many forms. Is someone's consciousness a singular entity?

[energy seems to be changing – a new Zeta being?]

Interviewer: Does a guide have a higher self?

Zeta: The guide has the facet of a consciousness, as there is no separation of any consciousness, only the illusion of separation.

Interviewer: So therefore, they don't need a guide?

Zeta: If a guide is seeking guidance, they will seek information from within, they then will be in some circles, a many-faceted entity. If you have no corporeal form, then your consciousness has no boundaries except the ones defined by your frequency.

Interviewer: Consciousness is like a certain frequency of energy? Where does consciousness exist?

Zeta: Everywhere.

Interviewer: Can you see it?

Zeta: You cannot see consciousness. Consciousness can only understand itself in separation.

Interviewer: When saying separation, are you saying that the facets of the consciousness are separating into the physical realm, to be separate from itself?

Zeta: Choose to.
A PRIMER OF THE ZETA RACE

Interviewer: They will be able to see the consciousness from a different…

Zeta: Perspective.

Interviewer: And does consciousness choose how many facets it's going to have?

Zeta: There are many facets to this question, and so consciousness of a source nature is existing in an unlimited process and, of course, many higher self entities are also existing in a faceted existence, all as consciousness. The collective mind of the race is the collective consciousness of the race, but even that existence has its boundaries, and the collective mind seeks experience.

Interviewer: We've talked about the grid in the past, is that the collective consciousness of humanity?

Zeta: The grid process is much aligned with the nature of all things being connected. Your scientists are now understanding the relationship between the subatomic particles, and that the state is determined by its relationship to other particles, but they do not understand that it is the consciousness that creates the state, and it is consciousness that has created the illusion of matter.

13.5 Our interactions with entities

While transcribing this interview some words could not be understood, and these are represented by a string of x’s as placeholders. Occasional mention of Wallacia refers to several séances held there in November of 2013.

There was an initial discussion with the Zeta in the sitting about the feeling of the energy in the room. The Zeta asked the sitters if they use the sensations as some kind of mechanism for understanding.

Sitter: There are times when we're not sitting that I do feel the energy and I know that you are around. So yes, I do use it as a guide for knowing when you're close and when you're not.
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Interviewer: I use it as an indication that I'm producing the energy. Without it I probably would not know.

Zeta: And so, why are you producing the energy?

Interviewer: I want to make contact with the spirits in the spirit realm and also where you come from.

Zeta: But you can't produce the energy and not have any contact, and so it is the opposite effect, that it is when you are initially contacted by a being or entity that you feel a drawing sensation from him as if something has been activated, and so it is from there they are activating the connection between you and them.

Interviewer: When I feel it, I am being acted upon by….

Zeta: Yes, you are influenced. Now of course, the human has the capability of producing a vast amount of energy, and so one may find that the etheric body is moving to an increased size when they are building their own energy, that they are not in contact with another entity, and that is their training, and so they must learn to differentiate between what is of their own making and what is activated by an external entity, and this is quite simple to determine if you are not sitting and focussing but it is a random act, and you will certainly feel that you are being acted upon by an entity.

You need to look at that summation rather than conjecture, but with the energetic presence that has built up at Wallacia by us and others, and the energetic dome, the forms the functions xxxxx. And xxx xxx xxx the spirit people and other races… You may feel what you wish, but if you are not in any way physically affected then the entity comes from within, but if an external influence is placed upon you such as a migraine, as you call it, or you are unable to see, or there are many ways to determine this but the influence is then, apart from being generally xxx, then you are being impressed by the energy, impressed in an egotistical way. They are trying to impress upon you their presence, they are trying to influence you by their consciousness.

Interviewer: What motivates them?
A PRIMER OF THE ZETA RACE

**Zeta:** Because they are much aligned with the physical, and of course depending on who they are, they seek to control, and if they can control you through fear, they have you.

Interviewer: So the migraines and things like that are an attempt to engender fear?

**Zeta:** A person who is not trained would feel helpless that they were under attack and would call for their guides who somehow would come.

Interviewer: What would be the purpose of the so-called attack? We eat because we are hungry, the entity would give a person a migraine for what reason?

**Zeta:** They would not understand that they were giving you a migraine. They would understand that they were able to associate with what was once their physical form, the pleasure of being in the physical. But it manifests in the human being as a different type of xxx.

Interviewer: Can you describe how you once moved an entity away from the medium?

**Zeta:** Yes of course, I moved into its presence. The frequency that I hold is much different from spirit people. They are unable to maintain their level of consciousness when we are around so they must leave our environment.

Interviewer: So there is an incompatibility between their state of existence and your own?

**Zeta:** Yes.

Interviewer: And yours, because it's a higher frequency, overrides the other one?

**Zeta:** Yes, of course.

Interviewer: So if we wanted to be able to do that ourselves, we would have to learn to raise our frequency, raise our level of consciousness.
Zeta: Yes, or to be in tune with a guide entity that was already at that level, or a loved one that you knew could somehow raise your frequency. Or to, as you say, be with love.

Interviewer: So we can call on any loving entity that we can think of, and that would be sufficient.

Zeta: If you felt the... let me think of a way of explaining it. Do you love your wife?

Interviewer: Yes, I do.

Zeta: When you have emotional content for the love, and so within your chest parameter you feel a certain emotion, you feel that you love your wife, and so there are two different situations. One is where you are asked, do you love your wife, the other one is where you actually feel the emotion of love, that strong emotion. That strong emotion gives you the capacity to be in a different frequency, because the emotional body is resonating in conjunction with the etheric body, and that's the frequency that you are emanating is based, has it's core basis in the emotional of love.

But you do not need to be in love to defend yourself. It is a matter of acting upon your thought process, understanding who you are.

Interviewer: How can understanding who I am fend off energy that I don't want to experience?

Zeta: I will give you an example once again. Did the medium tell you he had a visitor that came into his dream state? It was a grey entity as you call it.

Interviewer: Oh yes, yes.

Zeta: How did he defend himself?

Interviewer: I don't recall the details if he did tell me, on how he defended himself.

Zeta: He remembered who he was.
Interviewer: He did say that much, but I didn't know what that meant.

Zeta: That was enough to drive the entity away.

Interviewer: And what does it mean to remember who you are?

Zeta: It means to understand who you are outside of your physical entity, and not to be lead astray by the local consciousness. And so, if you spend much time in meditation and seek the inner part, as we say to many, you will find that you have much power over xxx too, and go on many journeys to exist in many states, because once you, if you ever are able to leave your physical body at will, you will need to know who you are, so that if you come upon other entities, you may stand in your energy.

There is no need for confrontation, but these things are a matter of xxx. There is no confrontation when you stand within yourself. If another entity that was a higher vibration frequency than you would come to you, then you would sense love from him. You would not be trying to defend yourself from a loving entity, but you would be allowing your frequency, your emotions to increase as you become one with the entity. But the opposite applies when the entity comes to you. It sees you in some respects as a higher level frequency entity and tries to join to you as you join to another loving entity. And so, if you are unable to withstand the joining process, because many times when we have encountered the spirit people that have not transitioned correctly, but we are able to withstand joining to them, so we can explain to them what is taking place.

Interviewer: So, in order to know who I am, I have to understand that I am a loving entity?

Zeta: Yes, my friend, and act accordingly.

Interviewer: So when I ask a very loving entity to help me and I resonate with it, how is that different from a lower level entity, a lower frequency entity, wanting to resonate with me.
A PRIMER OF THE ZETA RACE

Zeta: Because the capacity of the consciousness of the, and we will use your human constructs, if you were to see an angel, and you felt the love from the angel, you would understand that you were increasing in frequency and emotional capacity. But the angel, or the entity that is appearing as the angel, would be sensing a lower form coming towards it, but the angel would not reject you because it understood that it has greater capacity to give you the experience, and to even possibly change you. But a human would struggle to allow a low frequency entity to come to it, to be you. They would perceive it as such xxx xxx xxx. But if you knew who you were, you may link to the entity.

Now I will tell you another story. The medium was faced with a spirit person in the house, and did not want to link to the entity because he believed that the entity would somehow possess him. After three days of fighting the entity, he decided to allow the linking process to take place, and he found it was a small child that was trying to communicate with him. But because the child was much close to the physical, the medium felt like he was being attacked. But once the medium understood what was taking place, his perception changed of the situation, and he started speaking to the entity, and of course straightaway a physical manifestation started to occur around the medium, the headaches, the blurred vision all stopped. But he had to be brought to a place where he understood what was happening.

Interviewer: But he linked to the entity before he knew what it was. If it had not been a small girl, but rather a more powerful low frequency entity, could he have broken the link at that point?

Zeta: He would have had to use his guides to ... There was much preparation, we were standing in the background of what was taking place. He had alerted us of what he was to try to do.

Interviewer: So it's not an approach that could be used by everyone.
A PRIMER OF THE ZETA RACE

Zeta: Well, if you inadvertently had moved to places where these frequencies are, then they will attach themselves to you, and you may not understand why or how to get rid of them.

Interviewer: So you would need to have the help of your guides or whoever else was willing to help.

Zeta: When a child is to build something, they are shown by an adult how to construct it properly. If the child built it by himself, it would not look like what it xxx xxx.

Interviewer: So proper guidance is useful, as you say.

Zeta: Yes, of course, but as in any situation, a guide will always allow their friends to get into trouble, as you say, or the perception of trouble.

Interviewer: Hmm, and not stand in the way of their learning.

Zeta: That is correct, yes.

We are now finished with our discussion. We have given you the understanding of the basis for connection. That is much better than any answer to a question that you could have thought of. Do you now know the difference between your own energy and another's? You have been given an experience of different kinds of energy, some which existed, others which did not. You have been able to sense energy. The rest is now up to you.

Interviewer: Thank you.

13.6 Zeta view of human society

Zeta: Of course, we like our experiments like you do. We are a very technical race. Everything for us is experimentation. This gathering is an experiment.

Interviewer: There is mutual benefit, I'm sure, because your information is useful to us too.

Zeta: If that is important to you.
Interviewer: Yes it is, is your experiment important to you?

Zeta: *It is based in what will ultimately become a combined race.*

Interviewer: I see, then it is important for us to learn much about what you know in order to facilitate that process, would it not.

Zeta: *No, this is all based on protocol. Others will discuss technical information. But if our race does not understand how to navigate your complicated social structure, then there will be disagreement and a misunderstanding.*

Interviewer: So the purpose of answering my questions is to learn how to communicate with us or talk to us, deal with our social protocol.

Zeta: *Yes, not to give you any information, that is just a by-product of the communication. We are learning about the way that you think.*

Interviewer: Ok, I understand that.

Zeta: *You see, if I now speak to someone else, they will speak differently, so we need to understand through discussion how complicated you are, because you do not yet have the collective mind where you all think the same, but still hold your individual aspects. And then you believe that they are very important. And you do not understand that they are not. Unless you are producing a service for your civilization, you are not. Each entity provides a function. If you are not providing a function, then you are irrelevant.*

Interviewer: Well, my function here is to learn about the nature of reality as you perceive it.

Zeta: *We have found that many of your race are, without being derogatory or wanting to diminish what you may perceive as important, many of your race are in addiction and are not supporting the race through the proper process, and so they are to become irrelevant and will not have discussions with us because we have nothing to learn from them as they are obsessed with their own consciousness, betrayed by what they desire, what they see which is to hope they can bring back transition.*
A PRIMER OF THE ZETA RACE

So, why would you come to a race and quite often to speak to a person with addiction. You should understand why many of the humans are experiencing addiction. Only seek entities of clarity such as yourself and others who are not in addiction, because a person in addiction is following the path that the chemical or the psychological process is guiding them on. And so you do not need to understand the human but the molecular structure of the addiction if it is based in matter. I don't believe that you understand what I am saying.

Interviewer: Well I understand that there are many people who are very ego-oriented, that they want to understand things to promote their own position in society or to gain wealth, and so on, and often some of this information that they discover remains hidden for…

Zeta: That is the ego-based process, but I am talking about your beverages and your chemical substances which humans induce. It is seen by us that many of you are in addiction to these substances.

Interviewer: Oh, you're talking about drugs and alcohol.

Zeta: Yes, that is the name for it. And so if part of your population is addicted to something, then of course their behaviour is based on structure, the molecular structure of what they are ingesting. We have no need to discuss with them to understand the protocol, as they are not a desirable function for a race. This may seem rather harsh.

Interviewer: Yes, it does, but the rest of us would understand that. Why would you want to talk to a person who has no interest except in where his next drug dose is coming from?

Zeta: Yes, you will see in the future that this will become a major issue for your human population.

In the above interview, the Zeta revealed that their primary reason for speaking with us was not to share their knowledge, but rather to
learn how to interact with us. This would help to avoid misunderstandings in their future relations with humanity.

After the sitting, the interviewer mentioned his concern to the medium that the Zetas’ objective could be achieved without regard for the validity of the information given to us. That is, they could practice our “social protocols” just as well by telling us tales that had no basis in fact. In a later sitting that same day, the Zetas responded to this concern.

**Zeta:** There seems to be a request coming through for you [from other Zetas]. There was discussion in regards to what was said to you about... the information that was given to you is not important, do you understand what was said?

Interviewer: That the information that you gave me was not important?

**Zeta:** No, I was saying that was part of a conversation, but that was the stream that I have received. Was there not an issue between you and the medium in regards to what was said? The information that you have been given, you somehow perceived to be false.

Interviewer: I'm sorry, I don't quite understand what I perceived to be false.

**Zeta:** You were talking about the human experiment, that you were able to place information into something to see if it worked even if it was inaccurate information. You still do not have the recollection of the conversation?

Interviewer: Were we talking about the experiment that you said you were doing?

**Zeta:** Yes.

Interviewer: I was concerned that since our objectives were different, you were primarily interested in studying social interactions between your race and ours, and I was primarily interested in finding out new information about the nature of reality, I was concerned that the accuracy of the information that you gave
me might suffer because our objectives were different. The question is, can I still depend on the accuracy of the information you give me.

**Zeta:** *The discussion is the conjoining frequency, if you wish, the discussion must be accurate because, if it is inaccurate then we will not get the correct results from you.*

Interviewer: Ok, thank you, that clarifies that.

**Zeta:** *There seemed to be some energy in the fabric of the room that was a residual effect from that conversation which we had.*

Interviewer: Thank you, I understand now.

**Zeta:** *Have I ever demanded anything of you?*

Interviewer: No, what I've done has always been for reasons that I thought were beneficial to all.

**Zeta:** *For the others that have spoken with us, have we ever asked anything of you?*

Sitters: No, no, never.

**Zeta:** *Have we only given?*

Sitters: Yes, yes.

**Zeta:** *We have also stated that you must secure your own truth in regards to all things. Any entity that comes to you and states that you must believe what is said, then you are in error: Challenge all things and then use your intuitive abilities to find your truth.*

You must understand that you are one race, or perceived to be one race. There are many other races which we interact with, and there are many other races that interact with you as humans. But whether your perception is, or whether you are able to understand that you are being interacted with, is of a different level of consciousness.

*I would say to you all that, as a basis for discussion, hold your frequency until you understand. When another comes to you and changes your emotional state, and they are, and you are, allowing your frequency to change, that would manifest itself as a level of*
happiness within a human form. When you allow others to change you, you are giving your will over to another entity.
14. Why are they here?

**Summary.** The Zetas’ answers to the question, “Why are they here?” are scattered throughout many interviews with them over a number of years. They say their primary purpose is to assist in raising the state of consciousness of the human collective mind. The higher state of consciousness, or love, will facilitate communication between humans and extraterrestrial races.

Many phenomena encountered in physical mediumship séances, parapsychological experiments, as well as anecdotal reports of psychic phenomena, defy explanation in terms of conventional physics or psychology. Even a simple question about why we experience colour has no answer, except that the sensation must be a property of consciousness. The Zeta science discussed in this book assumes there is a primordial source consciousness. The power of conscious intention created all states of existence, including our physical world. The ability of that science to shed light on acknowledged mysterious phenomena is ample reason to take it seriously.
The information discussed in the book was generously shared by the Zetas and it is reasonable to ask why. Why did the Zetas and other extraterrestrials (ETs) go out of their way to communicate with us, and why are they in the earth environment? The usual anthropocentric response is to suppose that the ETs are only interested in the planet's human and natural resources, and that they are therefore a possible threat to our independence and security. Since there are said to be many ET races visiting Earth, this possibility cannot be excluded entirely. In fact, the Zetas agree that there are other non-human races in the earth environment who would exploit the human race. However, the Zetas also tell us that we are being supported and protected by other races. They, themselves, are primarily interested in helping us help ourselves so that we can communicate with them more effectively. They want us to overcome what appears to be a natural barrier to communication so that all can benefit.

This natural barrier is a fundamental property of existence as described by the Zeta cosmology. A being is characterized by the state of consciousness that it has achieved, and this state corresponds to its ability to love unconditionally. The state of consciousness or love is like a tuning mechanism in the communication process. Two beings with widely differing states of consciousness have great difficulty communicating. Because the human race has a low state of consciousness compared to the older races around us, communication with these races is inhibited. However, the Zetas say that the human state of consciousness is in the process of changing.

An important element of the human experience that is relevant to this discussion is the role of the astral realm. This realm is discussed in the chapter, *The energetic environment*. It is described as an energetic repository for the thoughts and creative processes of all humans. Many people find it possible to visit the astral realm mentally in dreams or while having out-of-body experiences. Humanity's current “warring state” is reflected in the astral realm, and can make this a rather chaotic experience.
The astral realm is connected with humanity's conscious processes and is said to be a developing human collective consciousness. The rate of development of the collective consciousness has been slow, but the Zetas say there is a high probability that this will change. It will progress more quickly at some point when it is “restructured by a single thought, if not a collective thought of one mind.” This thought will trigger an increase in the collective mind's self-awareness and its state of consciousness or love.

The shift in state of consciousness will eventually lead to acceptance of the human race by the watching ET races. The Zeta said, “Then, of course, the other races which view you on your daily basis, will actively interact with the collective mind of the human race.”

How fast the state of the collective mind changes will determine how soon we will be able to communicate with the ET races in our environment. A Zeta communicator explains the problem with the collective mind.

**Zeta:** The collective mind is in disarray. Much of the anger, many of the violent tendencies, are the collective mind of the race, it is not with love. This undulating mass of thought must be controlled, it is not to be allowed to filter out and touch other races. Any races who are observing the mass in their mind, in focus area, do so knowing that it is for the benefit of a race. It is not a task easily undertaken to project love towards anger, to control what will not be controlled, to hold in your hand a potential of a race. That is why there is work from within and without. Beings who come to this form can only change while they are in this form (underlying laws of a race). Externally, a race may only be held in focus.”

**Zeta:** There is work within and without, humans who are incarnated and races who support the collective consciousness of the humanity. They seek to stabilize the undulating mass of the race, whereas the human's collective mind is an unstable entity, a challenge...
A PRIMER OF THE ZETA RACE

**Zeta:** There is the intent of races, which are here as well in human form. Their intent is very strong, they are not guided by human actions. Humans' development is not just determined by humans.  

**Zeta:** We are to incarnate as human beings and then to project a stabilizing force into the collective mind of the human race.  

**Zeta:** So you in fact as a race are being supported into your collective consciousness process by many entities.  

**Zeta:** It has been seen that this one race will develop into a higher level of consciousness, it will define the new behavior of the race and then, that will provide an entry point for other races to have physical contact to a larger degree with you as a race.

The Zetas are confident that the collective mind of the human race will rise to a level that will allow communication with ET races. However, it is still far from the state of organization required. It is strongly affected by negative thoughts and emotions, and the ET races are doing what they can to change that in two ways. First, while in the form of their own race, they project love toward the human collective mind by holding it “in focus”. Second, as described in the chapter, *Incarnation and ascension*, the Zetas are able to incarnate in human physical containers. As much as 30 percent of humanity have a point-of-origin that is not the human spirit realm. In physical human bodies, the Zetas also work with love to raise the state of the human collective consciousness.  

**Zeta:** There are many containers whose higher self is not related to the spirit realm entity. We seek them out for the purpose of settling them, providing them with support mechanisms, providing companion entities. They have entered into the suppression process, understanding who they were prior to incarnation, but once moving into the physical existence of this planet, not understanding who they are. Many do not have clarity, and so create a reality that reflects where they have come from, accepting entities that are not truly who they say they are in the hope that they will experience a familiarity with who they were.
A PRIMER OF THE ZETA RACE

It takes much work to bring the container to fruition, to provide potential so that one may understand self. This is a basic premise that even the human container that has the higher self entity which is spirit must understand, the difference between what was, what is, and what will be.

Zeta: Why have I come? Because others [Zetas] are coming, and we seek to support them in their transition as you move past your current level of consciousness. Other Zetas are here, my task that I have set myself in conjunction with others are the same, is to bring and to find the other Zetas which are not in full consciousness, they do not yet understand capacity.

The humans not related to spirit realm are assisted by the parent race to overcome the loss of memory concerning their point-of-origin. This amnesia is a normal part of the incarnation process. Although these humans are in the minority, they have a dominant influence on the development of the human collective consciousness.

Zeta: There is an outcome for the human race, and the mixture of the many beings of the collective human form will design the ultimate micro outcome, but the larger way that the race moves to that point will be determined by a smaller group. All of these are working as a collective entity. Although you think there is no collective process, there actually is. So you in fact as a race are being supported into your collective consciousness process by many entities.

Further questioning identified the members of this “smaller group” as those humans having an ET point-of-origin. Although it may not be obvious, this group of people are working together to achieve their goal. Their “higher level of connection back to their point-of-origin” enables them to have a larger influence on building the human collective consciousness.

The ET races involved in this work are said to be loosely organized in the solar system. Some races have physical matter bodies like we do, while others exist only as energetic constructs.
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**Zeta:** There is a loosely coordinated group that live within the areas of this solar system. They seek to, as a collective of races, manage what is taking place.

**Zeta:** There are many races who seek to support this planet, and surrounding life forms, they seek to bring changes to life that may be beneficial to a race of beings.

Interviewer: Do these races cooperate in their efforts?

**Zeta:** Yes

Interviewer: Is there a structure to the body that organizes the cooperation?

**Zeta:** Yes, the Pleiadians (humans' name) are the facilitating body, the Anunnaki are represented by other races as are we. There are interdimensional and matter races as well.

Interviewer: Why does your race not represent itself?

**Zeta:** We are technical and do not require voice.

Interviewer: Do you carry out the wishes of the facilitating body?

**Zeta:** Yes, as do all races, no race is not working in some way for the benefit of all races.

**Zeta:** The human race has been difficult to manage.

In our conversations, the Zetas alluded to the kind of changes to expect from the shift in the level of consciousness.

**Zeta:** The collective consciousness of this race is moving on a, I would not say predetermined process, but much of what is happening is already being seen. But, of course, yet we believe a future event will cause matter to become non-matter, my friend.

This statement suggests that our state of matter will change to non-matter, and that this will be triggered by a specific event. It may mean nothing more than that we will acquire the ability to enter a state of separation at will, much like the Zetas do now. They are able to exist in full awareness as a consciousness separated from the
physical body. In this energetic state, they create environments with intent at their level of consciousness as discussed in the chapter, *Creation and consciousness*.

Those human individuals who have some understanding of what is happening as the collective mind becomes more self-aware, will begin to communicate with ET races. They will become generally more aware of a broader reality that includes telepathic communication and awareness of previous incarnations.

**Zeta:** Many people on your planet who are able to understand the developing consciousness will be able to move into a process of understanding themselves. In this, this will [xxxx to be] new processes with the ability to communicate with each other and also with other races, and this is the point of the shift in consciousness.

**Zeta:** We understand that a being may wish to have a contact with a few previous lives. This is possible. The true aspect of the self has all of the stored information, but is locked away from the external being who is currently incarnated. Your ascension will unlock a lot of this potential that lays dormant within you.

**Zeta:** The reason for the increase in consciousness is so that being, changing consciousness for the human contact, ultimately realizes that there are more things outside of its own reality, and that others are able to assist.

**Zeta:** There are many technologies that you are developing that are based around the natural abilities that you already own, and I will take telepathy as one of those processes. You are able to develop telepathic communications, but you are developing technology to aid the human race to have the ability. Why do you believe that this is so? The easy way out, but who is able to monitor your process if you are able to read each other's minds through technology? Any race, anyone who is in control.

**Zeta:** The beginning of the collective mind has already begun, but you are to be assisted by a technology. It is seen the, let me explain, it is possible to take a copy of frequency [i.e., state of consciousness]
and to map it into an environment which has been termed the synthetic quantum environment. Within this environment, there can be determined probabilities through observation. The observation has been that within 28 of your years, your technology will assimilate you, will support you, will guide you. You choose whether you accept what is to be offered to you.

**Zeta:** Your collective mind, in its undulating state, is being prepared for the transition to a telepathic process. You will become more in tune with your innate abilities based on consciousness, and in doing so, you will be able to communicate yourselves much easier. Firstly, you will be offered this on a technological basis. Much of your technology now is aimed at or based on communication with each other, and as this technology is offered to you, and ultimately you can move into connection with each other, the amplified state of thought that you will exist in, will allow you to bypass the technological states, and so will begin the normalization of the collective consciousness of the human mind.

In the latter three comments, the Zeta predicts that the human collective mind will be supported initially by a technology to facilitate telepathic communication. Their simulation experiments in a synthetic quantum environment indicated that this will happen within 28 years. They warn that technologically assisted telepathy is not desirable, since whoever controls the technology may also control the communicator. Ideally, the technology will merely ease the transition to true telepathic communication without technological assistance. People may choose to opt out of this kind of communication if they wish.

During and after the shift in consciousness, the Zetas see that they have a role to play in helping people understand a reality greater than the human spirit realm.

**Zeta:** There are many experiences outside of spirit, many humans are gaining understanding of the collective consciousness of the human race, of frequency. They are seeking to move through other
areas than spirit. And so, we seek out the ones which seek to move beyond the framework of the spirit realm thinking.

The increase in the state of consciousness of the human collective mind is being facilitated by Zeta activities, but the Zetas also encourage active participation by humans who are aware of the information they bring.

**Zeta:** You are given the task of increasing the collective consciousness of the human race, and you are in a situation where you are given access to different types of entities and information. If you are not active in seeking to support others in expanding their consciousness, then you are not a supportive being. A frequency change of the collective mind to be in evidence - do you understand what I am saying? It is no point in talking to us if you are not talking to others and keeping it all to yourself.

The Zeta asks that their information be shared so that unconditional love will grow. Then the state of consciousness of the human collective mind will continue to expand, and all who wish may reap the benefits.

It is clear that the Zetas' purpose is to support the ascension process discussed earlier in the chapter, *Incarnation and ascension.* Ascension will be a breakthrough in the evolution of the human collective consciousness as it leaps relatively quickly to a higher state of consciousness or love. Those of us who think this is a good thing will be grateful for the assistance given by the ET races. Those who don't will have the freewill to not be a part of it.
15. Humanity's future with other races

Summary. The Zetas say that beings from multiple extraterrestrial races are incarnating as humans. More than 30 percent of humans today are said to have spirits with an extraterrestrial rather than a spirit realm background, but like the majority of humans, most have no recall of previous lives. These humans are helping to develop a self-aware, loving, collective consciousness to match those of the extraterrestrial races. It will eventually enable humans to communicate telepathically with the other races. There is a possibility that the collective consciousnesses of the human and Zeta races will be able to combine in the distant future to form a new, more loving entity. This depends on humanity’s ability to move away from the spirit realm process and evolve to a more loving state of consciousness. In the meantime, our immature collective consciousness is interfering with the status of other races as we struggle to develop. The races hope that we will eventually put in place the protective mechanisms needed to eliminate such interference.
A Zeta said of the human race, “It has been seen that this one race will develop into a higher level of consciousness, it will define the new behaviour of the race and then, that will provide an entry point for other races to have physical contact to a larger degree with you as a race.”

We were assured that we will be assisted in this process. The Zeta said, “We are to incarnate as human beings and then to project a stabilizing force into the collective mind of the human race ... So you in fact as a race are being supported into your collective consciousness process by many entities... Many beings are here supporting your collective consciousness because it is at this point a rudimentary form of consciousness which is not yet self-aware... There is the intent of races, which are here as well in human form. Their intent is very strong, they are not guided by human actions. Humans' development is not just determined by humans.” But we were also assured, “No race is not working in some way for the benefit of all races.”

The need for a human collective mind to be in a higher state of consciousness to permit telepathic-like communications with extraterrestrial races is entirely consistent with their information about the creation process. As discussed in the chapter, Creation and consciousness, beings can create with their intentions, and state of consciousness is an important element in this process. But, beings with widely differing states of consciousness do not share the same created experiences. If telepathic communication is thought of as a shared creation, it would also only take place among beings having similar states of consciousness. Then it is easy to understand why the extraterrestrials are concerned about the state of the human collective consciousness. When humans come to a higher state of consciousness, we will be able to exchange created telepathic messages with beings already at similar states of consciousness.
15.1 Formation of a collective consciousness

The astral realm is best known popularly as a spatial construct that can be visited by people having out-of-body experiences or other altered states of consciousness such as lucid dreams. The Zetas say that it is also where the human collective consciousness is developing.

In their words, “The astral realms are a collection of all thought, all creative processes, all dimensional aspects which come from the existence of thought. This concatenation of all thought forms is the collective mind of the human race.”

“All of you have thoughts, all of your thoughts are becoming one. As they become one, you have created a collective consciousness entity.”

“It has been seen that this one race will develop into a higher level of consciousness, it will define the new behaviour of the race and then, that will provide an entry point for other races to have physical contact to a larger degree with you as a race.”

The latter quote emphasizes that the Zetas would like to see this development through to completion in order to facilitate communication. How they are helping to do this is discussed more extensively in the chapter, “Why are they here?.”

The Zetas occasionally refer to their own collective as an example of what the human collective mind can become. For example, “All races seek to exist, all races seek to improve themselves, all races seek guidance of higher minds. Is there a religious process, a construct, no. The collective mind has become the ultimate goal of the race, to exist purely in thought, and to not be moving from container to container. We seek to be like our brothers in consciousness... We were then able to, as a global entity, able to interact with each other by placing our attention toward the collective mind of the race.”

They explain that the human race is undergoing a similar process of development. “Now you as a group of humans living on a planet are
moving towards this as we speak. Your collective mind, in its undulating state, is being prepared for the transition to a telepathic process. You will become more in tune with your innate abilities based on consciousness, and in doing so, you will be able to communicate yourselves much easier. Firstly, you will be offered this on a technological basis. Much of your technology now is aimed at or based on communication with each other, and as this technology is offered to you, ultimately you can move into connection with each other. The amplified state of thought that you will exist in, will allow you to bypass the technological states, and so will begin the normalization of the collective consciousness of the human mind.”

So eventually, with the help of a self-aware human collective consciousness, they say that humans will be able to communicate telepathically with each other.

15.2 Existence of other races

The Zetas have referred a number of times to the presence of other races of beings besides humans and themselves in the solar system environment. Some are physical like us, some are a different kind of physicality so they are invisible to us, and some are interdimensional in that their states of consciousness do not support matter.

“You must understand that you are one race, or perceived to be one race. There are many other races which we interact with, and there are many other races that interact with you as humans. But whether your perception is, or whether you are able to understand that you are being interacted with, is of a different level of consciousness.” The Zeta explains that seeing other races or interacting with them depends on our ability to enter the appropriate states of consciousness.

“There is a much broader viewpoint in regards to the existence of many races living in this physical realm... There are many energies on this earth plane, some are out of 'frequency' with your current processes. They live their own lives around you, there are many beings doing this, you only believe what you see.”
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“There are beings which may be similar but they may be taller, larger, live in different states of existence, not purely within your construct of civilization.”

“If you say extraterrestrial, then you understand that the race holds a physical form and exists in the frequency of matter. Now, interdimensional entities such as the blue beings and others exist within frequency in a state of non-matter but of consciousness. Their interdimensional aspect is that they exist within the frequency process between matter.”

A Zeta said, “There are many containers whose higher self is not related to the spirit realm entity.” For example, the Zetas do not need a spirit realm mechanism which enables entities to incarnate into physical form. Instead, they have their collective consciousness, and have developed the ability to move consciousness from their etheric form to a higher-vibration form when the need arises.

When a Zeta was asked if other races exist within the moon, they replied, “They come and go, yes, a very close stopping point to this planet, easily to be within the distance of this planet’s process.”

Several times, the existence of a cooperative organization of extraterrestrial races was discussed. A Zeta disclosed, “There is a loosely coordinated group that lives within the areas of this solar system.”... “There are many races who seek to support this planet, and surrounding life forms, they seek to bring changes to life that may be beneficial to a race of beings.” We learned that both interdimensional and matter races work together, and that Pleiadians lead the facilitating body. The Zetas are represented by other races because they “are technical and do not require voice.” Their role is to carry out requests from the facilitating body. We were told, “The human race has been difficult to manage.”

The Zeta says, “All races have a common goal, to be one with each other, in a communion. Why is this? Originally, all energies come from one place, one source energy; they long to be reunited with the
'whole'.” This urge for races to come together may inspire them to form a shared long-term goal “to be one with each other”.

15.3 Human impact on a community of races
The human race is relatively young with an underdeveloped, chaotic collective consciousness. We cannot yet understand how we are affecting other older races. Apparently, our behaviour can be like a curious child who knows no boundaries. A Zeta said, “The collective consciousness of the human race is creating the collective mind of the race, and now of course, there is interconnectivity between all things, but you are affected only by the thought processes that affects within the collective mind of the human form.” The interconnectivity makes it possible for human consciousness to interfere with the consciousness of the Zeta race, as well as other races. The Zeta characterized the human form as “all-pervasive”, and this property is one reason why we attract so much attention from other races.

In fact, the interference is part of the reason why the Zetas come to have a human experience as hybrid beings. A Zeta explained, “The human race is emanating thought forms into the universal structure of consciousness. The perception is that the human consciousness will affect greatly the fabric of consciousness for other races if no attempt is made to influence internally this race.”

The Zetas have said that races at higher states of consciousness communicate using telepathy. Humanity is now at the point where this capability is growing. But the uncontrolled use of telepathy appears to be causing problems for the other races. They described the problem from their perspective as follows, “Let me try to give you imagery. Other races are isolated within spheres. What takes place within those constructs does not permeate into other levels of consciousness. But the humans have their sphere, spherical process is not created yet, so at its infancy. Its consciousness is pervasive. You will need to think on this process.”

The Zeta continued, “Human consciousness is not within spherical unit, so is pervasive. Our race is inside container, is contained as are
other races. Not all races are in spheres. So to interact with another race, must gain permission from the other race to come, whereas the humans, your field is open. That is why we are hoping the undulating form in consciousness to stop the pervasive actions of the consciousness of the race.”

As an aside, a Zeta in an earlier interview was asked if their use of the term “spherical realm” referred to the actual geometry of a realm. They responded, “No, it is a description of what exists in a mechanism of flow, but for the purposes of discussion, we have discussed and given the analogy of the spherical realm as what you can visualize the presence.” They added, “There exists no formal shape or geometry for the basis of energetic consciousness. How can energy be in a construct my friend? How can it exist in some form of geometry, pattern or shape?” So the spherical container is an analogy for a conceptual boundary within a dynamical system that may not even have spatial dimensions.

To continue, the Zeta explained that a race at the higher level of consciousness is encapsulated in a sphere (i.e., a conceptual boundary in a system that is in a state of flow). The sphere has a process that stops a race from interfering with other races. It can stop outgoing forms of communication but does not appear to interfere with incoming forms. However, the human collective consciousness is not yet encapsulated in a spherical unit, so we do not have the process in place to stop us from interfering with other races when we do not have permission from them to come. Therefore, the 'all-pervasive' humans can telepathically intrude on the sphere of another race, perhaps by the process of remote viewing which has become more prevalent among humans.

The other races are hoping that this situation will change, that human consciousness will be properly encapsulated. The Zeta said rather tersely about the human consciousness, “Must be within a spherical existence, because all things exist within consciousness. Cannot affect other races, must not affect other races.” Another Zeta observed, “Once the human race moves to a singular consciousness
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"it will be held in its spherical process which does not bleed into the universe."

It seems humans have caused changes in other races' domains that they found undesirable. However, this will be prevented by the human collective consciousness when it becomes self-aware.

The older races' ambitions might involve reorganization of the relationships among races, with the human race included when it is ready. A Zeta commented once, “We like our experiments like you do. We are a very technical race. Everything for us is experimentation. This gathering is an experiment.” When asked if the experiment was important to them, they replied, “It is based in what will ultimately become a combined race.” They explained that this ultimate objective is far, far in the future, but did not spell out what was meant by a combined race.

15.4 Will there be a combined race?

The Zeta’s enigmatic comment about “a combined race” may merely have been a reference to the human collective consciousness discussed earlier. Previously, we were told that the Zeta collective “operates as a combined level of consciousness”, so this usage suggests that the combined race may be the multitude of human minds integrated into a self-aware consciousness. They have also said, “You are not to become a Zeta collective. You are already part of a human collective mind, but the incarnation of many races into the human form and container is based around the premise that you are able to evolve into a higher operational consciousness as a race.” The many races are helping to form a more loving human collective consciousness that is not at all like the Zeta collective consciousness.

On the other hand, the comment may have revealed the existence of a grander plan consistent with a Zeta's statement, “All races have a common goal, to be one with each other; in a communion.” The Zeta interactions with us might be part of an ongoing experiment ending
with the merger of the human and Zeta races, thus forming a new entity different from both.

An initial opportunity to pursue what was meant by “a combined race” yielded a brief response from the Zeta that it would occur thousands of years in our future. There was no discussion of what was meant by the phrase, but it was an implicit acknowledgement that the reference to a “combined race” was no accident.

Another similar query elicited a more extensive response from a different Zeta. This one was uncertain that the collective consciousness of the human race would be able to combine with that of another race.

Interviewer: Once the human species has gained the “collective singular consciousness” that is in a spherical form, will the collective consciousness of the human race then be able to communicate and interact with other races?

**Zeta:** You will be accepted as a individual entity, but you will never be allowed to integrate your consciousness with another race.

Interviewer: Why is that?

**Zeta:** Capacity: you do not have capacity to move carefully through another race’s consciousness.

The Zeta says that the human collective consciousness will be accepted as a single entity after it completes its current phase of development, but it will not have sufficient capacity to understand the Zeta collective consciousness.

Interviewer: Will we at some point in time develop the capacity of consciousness to be able to do that?

**Zeta:** You would need to then transition to a new level of consciousness. You cannot continue to use your current transitional process from spirit realm to this physical container.
To integrate with the Zeta consciousness, the human collective consciousness would need to move to a higher state, and also move past the spirit realm process for incarnating into physical form. Humans would then be more like the Zetas who already manage transitions to new physical bodies without the spirit realm process.

Interviewer: So would it then be possible, if consciousness reached a vibration which would be compatible with another race, to then join that race?

**Zeta:** There is a possibility that individuals are allowed to enter into relationship with other races but the collective consciousness of the human race will never be similar to another race. ... Your structures, thought patterns, motives, do not mesh with other races. The human race is much in service to self. ... We are in service to others.

The Zeta doubts very much that the human collective mind will ever be similar enough to their race’s collective mind so that they could combine. The motives driving the two races are too incompatible. They implied that the higher state of consciousness needed to integrate with the Zeta collective mind will not be achieved by the human collective mind. However, it may be possible for individual human beings to accomplish this.

Interviewer: Is the work of the races incarnating as humans part of a plan to merge the collective consciousness of races?

**Zeta:** Let me clearly state, the reason that “you” have incarnated to aide this race is to obtain a state of balance.

Interviewer: Why would your race require a race to obtain a state of balance?

**Zeta:** Because in the future you will move from this planet and travel great distances and it will not want to encounter your technologies. Humans are dangerous, and also for all of the races there is a self preservation. Each moment the collective consciousness of the human race is expansive and moving ever outwards into
consciousness. It has touched other races. It has been seen that what has touched that race was not beneficial.

The Zetas have said previously that the extraterrestrial races are incarnating as humans to promote the development of a self-aware human collective consciousness. Here, the Zeta added that achieving this goal would protect those extraterrestrial races from undesirable human influences. The Zeta explained earlier how the consciousness of the 'all-pervasive' humans is already interfering with the well-being of other races. Humans need to restrain themselves by establishing an inhibitory process in a “spherical realm” enclosing the collective consciousness. This may provide the state of balance that must be achieved.

15.5 Discussion

The Zetas do not have a flattering view of humans. They see humanity as a self-serving race with no concern about how it affects other races. Many humans, who abuse themselves with chemical substances or who are regarded as just lazy, are deemed unwilling to learn how to raise their states of consciousness so they can communicate with entities in other realms. Even so, they say the human collective consciousness has developed enough to interfere with the energetic status of extraterrestrial races. They also worry about our aggressive nature since, “As it is now, you have technology to destroy each other, but continually other races are asked to stop you from killing each other by disabling your weaponry.” These races are now concerned that human technology will become threatening to their physical existence as well in the future.

The assistance of extraterrestrial races in developing the human collective consciousness might therefore be less than altruistic. It is certainly to the advantage of these races to have a human neighbour that can communicate, have a more loving nature, and be more respectful. Therefore, there may be a touch of “service to self” in the contributions by the extraterrestrial races.
Perhaps raising the state of the human collective consciousness is merely a subgoal towards achieving the primary goal of protecting extraterrestrial races from human behaviours. However, reaching this primary goal could be done much more quickly by driving humanity into a low state of consciousness or love, simply by inciting fear and hatred in the human population. Instead, humanity is being tolerated by extraterrestrial races, hopeful that it will reach a higher state of love sometime in the future. This strongly suggests that the primary goal must be the creation of a mature, self-aware human collective consciousness. Cessation of the intrusive human behaviours would be a desired secondary effect.

The Zetas say that they are motivated by “service to others” and, indeed, the positive attributes of the human collective consciousness that they encourage will be appreciated as much by humans as by the other races. But the Zetas are not always in a highest state of love. They have said, “Is it possible for a lower frequency energy to produce love? No, not at all, no. So we come in love. That is an energy that we bring with us if we choose to. We present the energy that best suits the conversation processes.” Because they can produce the energy of love, they can also choose to be present in a lower state of consciousness that is not of love.

They coexist with an old enemy, recognizing that it is “no longer beneficial to be at war with each other.” But the Zeta collective is capable of a defensive posture, even to the extent of attacking other beings who threaten them. They have said, “We can be forceful if required. We are only forceful when our freewill is... when another race forces their intention upon us, and then we will amplify our frequency to negate the process ... Because the underlying process is that we care for others more than ourselves, the collective mind creates the decision process.” We are assured that “the Zeta race have never killed a human being”, but they may be warning potentially aggressive humans that they can defend themselves.

A Zeta indicated that their experiments are “based in what will ultimately become a combined race.” No matter how this is
interpreted, it holds out promise for the human race. At least, it means that humanity will unite to achieve a self-aware collective consciousness that will be more loving in nature. At most, it suggests the possibility that the human collective consciousness will combine with those of other races such as the Zeta. When another Zeta was asked to elaborate on the meaning of “a combined race”, they indicated that combining the human and Zeta races was not possible given the differences that currently exist between them. However, there was a suggestion that formation of a combined entity might be possible if the human race transitioned to a higher state of consciousness and moved beyond the need to enter physical form using the spirit realm process.
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16. The Zeta greeting

At the start of an interaction with Zeta beings in a séance setting, the Zeta often asks, "What is your energy?" The sitters typically respond by describing unusual feelings in their bodies such as a "pulling in the solar plexus" or a "pressure in the head". These sensations may well mean that the energy in the room has changed, likely because of the Zeta's presence. But, as the following interaction makes clear, these personal sensations are of no interest to the Zeta.

Zeta: The reason we ask you about what is your energy, that is a standard greeting process for a race. "How are you?" is a human term for "What is your energy?" Your energy contains all of your consciousness, your energy contains your perception, your energy contains your vitality. So we ask every time over the many years, "What is your energy?", and we believe that the sitters have generally misunderstood what the question is. If we hear that you have no pulling in your solar plexus, that means nothing to us. It means nothing to us if you say you have pulling in your solar plexus. It means nothing to us if you say "I have pressure around my head."

Interviewer: What is the standard answer that you would give to another Zeta if you were asked “What is your energy?”
Zeta: “I am in energy”, that is what I say. But if you are not, then you are not.

Interviewer: But are you always in energy?

Zeta: No, you are not, not energy that you can define, because when I would say, “I am in energy”, I would present the energy for the other entity to feel.

Rather than the ritualistic "How are you?" often used by humans, the Zeta's greeting is practical in nature. It is intended to discover the energetic state of the other individual. If the answer is equivalent to “I am in energy”, then the communication process can continue.

In a later séance, the Zeta was asked to clarify further what was meant.

Interviewer: What is it you want explained when you ask, “What is your energy?”

Zeta: What you cannot give. So, you are giving a descriptive process of what you feel in the room, but of course you are not able to present your energy the way that we do. So to ask what we require is beyond you.

Interviewer: Are you happy with the answers that we do give you? Is it of any benefit to let you know what the energy is doing to our bodies?

Zeta: If you learn from what you say when you say it, then you are teaching yourself. If you are learning about the difference between the energies that you hold prior to being in the room, compared to what you are while you are in the room, then you are learning. But if you are learning nothing about yourselves...

Interviewer: Are we also learning how to cope with the different energies?

Zeta: Yes, of course.

Interviewer: So that’s a good thing.
Zeta: As long as you understand the difference, to examine what it is that you feel when you sense the different energies, and how does it affect you, how are you affected.

Your descriptive processes are designed to indicate to us what changes you have felt in the room. Normally, when you are asked, “What is your energy?”, you would present your energy, but you are unable to do this. I have presented my energy to you. That is who I am. Now, of course if you were able to complete that function, then I would be able to correctly understand who you are.

It is only a social interaction to present oneself. A human will use a greeting process, but that hides the true feelings. When you ask a human, “How are you?”, the human does not tell the truth, generally. Humans shield others from their own thought processes. They present a outer shell of information, a facade for others to see. Of course, you feel that that is necessary sometimes, but not worthwhile in this room. Often, we are able to see exactly how you are when you do not understand that yourself.

Interviewer: Presenting our energy, is this something we can learn?

Zeta: To present your energy is the first step in understanding how to interact with others. It is the beginning of learning how to heal without the presence, without the input, without the assertion of another being. Because in doing so, when you present your energy, you must be in full cognitive control of how the energy is presented, what ramifications are there of presenting energy, and how are you to bring the energy back to yourselves once you have presented the energy.

Interviewer: May we have the chance to present the energy to you? We would like to try that.

Zeta: Of course you may try. Let me explain how you may attempt to do this. You will allow your consciousness to expand itself out into the room, and in doing so, you will present your energy, but of course, you will only have a few seconds of your time to do this. You may at least try.
Three people in the sitting attempted to extend their consciousness into the room with minimal success. After the first person’s attempt, the Zeta said, “That is satisfactory. It was of course a minor attempt but interesting. You are, to give a comparison, expecting that a child in preschool would present a function of a higher university.” After the second person’s attempt, they said, “Ah yes, predominantly a kinetic type energy that you are presenting. You are exerting a physical force, physical as in expanding the physical energies of the body.” After the third person’s attempt, they commented, “Rather than presenting, you were receiving. Not the intended result.” These comments are indicative of how difficult it is to properly present one’s energy to another being.

The Zeta ended with words of advice for those wanting to learn the process.

**Zeta:** If you wish to practice with each other outside of the sitting process, understand what you are presenting, think about what you are carrying with you in your energy.

You must present in stillness if you wish to present your energy, to present from a space of consciousness that is still. Humans are often presenting each other with chaotic energies, what is seen to be at the very lowest level of communication. Calmness and stillness presented, shows balance. In your meditative processes, seek out these states.
17. Interacting with low-vibration entities

Summary. When given the opportunity, low-vibration spirits and parasitic astral entities encourage humans to generate low-vibration energy to be used by the energetic entities. But, according to interviews with Zeta extraterrestrials, unwanted approaches by such entities may always be deflected with love. Further, it is argued that a falsehood communicated telepathically is easily understood to be false. However, when a fact is transformed to physical speech symbols via a medium, its validity is not as easily detected. Therefore, depending on its state of love, a spirit's words uttered by a medium in trance should not be accepted uncritically as true.

The supernatural is commonly associated with spirit beings such as angels and demons. In various traditions, such as the Judaic and Islamic religions, benevolent angels are held to be messengers from God that may appear in visions. Angels are also occasionally credited with protecting individual humans from harm during hazardous situations. But religious beliefs and cross-cultural folklore and mythology also espouse the existence of disagreeable or malevolent spirits. For example, human psychological abnormalities
such as multiple personality disorder may be blamed on demon possession. The idea of possession by evil spirits is reinforced in some cases by poltergeist phenomena, the display of physical effects with no apparent cause.

Belief in evil spirits can intrude on our search for knowledge in spirit realms. For example, in mediumship séances where mediums “bring through” messages from spirits of deceased loved ones, there is often concern that negative entities may come uninvited to create havoc. A medium usually develops a working relationship with a spirit control who manages the séance from the “other side”, and this helps to alleviate this concern. The human circle leader opening the séance process will often say a prayer to God or loving spirits to ask for protection from harmful entities.

Prayers for protection may be beneficial, but the effect of such rituals should be considered in context. In our physical realm, we have natural laws such as the law of gravity that govern cause and effect. In the energetic realms, the environment can be manipulated by the intention of a being’s consciousness. Any protective effect of a prayer ritual must operate in the context of the natural laws that exist in energetic realms.

A related issue is the likelihood of deception in the energetic realms. Can an argument be made that a spirit may communicate falsehoods in some situations?

Issues such as these are addressed from a theoretical perspective based on a cosmology that underlies causality in the energetic realms. The cosmology was described by extraterrestrial Zeta beings speaking through the medium, Paul Hamden. It teaches us about the nature of the energetic environment, and so helps us discover how best to interact with entities that exist within it.

17.1 The nature of consciousness space

According to the Zeta cosmology, all existence is a multidimensional entity we may call “consciousness space”. The relative amount of love is the controlling influence for all that exists. Every living being

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is a facet of consciousness space at some level, and so has the ability to love to a greater or lesser extent. The energy of consciousness or love can be felt with practice, and is sometimes described as a sensation of vibration.

Beings can experience creations that exist at their own “highest possible vibration” or lower. To interact with more loving entities than themselves, they must somehow raise that highest possible state.

The Zetas use the waveform as an analogy for how a thing is represented in the energetic environment. All things are represented by spectral components of a single unitary waveform containing all the energy of consciousness space. In this energetic space, beings create experiences by invoking a process analogous to the making of a physical hologram, and the result is encoded as an interference pattern in a grid process. The experience is reconstructed as an act of perception by any being capable of operating at the same state of consciousness as the creator or higher. A being whose highest possible state is lower than the state that created the pattern would not be able to perceive the created object. The process of creation is discussed in more detail in the section, Creation and consciousness.

A being’s intention initiates the creation process. Other processes driven by intention are suggested in the chapter, Instruments to control etheric energy. One would change a being’s state of vibration to maintain health and permit communication across vibrational levels. The other appears to be analogous to computation and might be used, for example, in the creation of Zeta craft entities and in searching the equivalent of databases. The power of intention appears to have a non-linear effect suitable for modifying waveforms in an otherwise linear system.

17.2 Interactions in energetic realms

A prayer for protection by the leader of a séance is typically an appeal to friendly, loving spirits to keep away less loving spirits who might cause mental or physical distress. The latter spirits are in a
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lower state of love that the circle leader wishes to avoid. Can the request for protection be satisfied without resorting to an aggressive defence that would be incompatible with the desired state of love?

We have seen that a given entity exists at a particular state of consciousness, and the range of possible experiences are limited by that level of consciousness. So, an entity should not be able to interact uninvited with the sitters so long as the sitters are in a higher state of love than the entity. On the other hand, it would be able to interact with a sitter who has a relatively low state of consciousness. A sitter might be in such a state, for example, if he or she were in fear of the spirit world and what might occur during the séance. The sitter’s state of fear may resonate with the vibrational state of the unwelcome visitor, and the visitor would then be able to interfere with the sitter. The relative states of consciousness of two entities determine whether interactions between them are possible.

The words in the circle leader’s prayer for protection may themselves be a vehicle for raising the sitters’ states of consciousness. That is, a particular choice of words might engender love in the hearts of the sitters. Alternatively, the prayer might be interpreted by a higher-vibrational being as a request to conjoin with the vibrational states of the sitters. Conjoining requires that two different states become similar so that they may resonate. So conjoining and resonating with a higher state of consciousness would raise the sitters’ vibrational states to a higher state of love. Whether self-induced or caused by resonation with the loving being, the sitters’ states of consciousness may rise above the range accessible to the lower-level entity.

A Zeta offered advice in the following interview fragment on how to respond with love to the presence of another spirit.

Zeta: If you ever are able to leave your physical body at will, you will need to know who you are, so that if you come upon other entities, you may stand in your energy. ... There is no confrontation when you stand within yourself. If another entity that was a higher vibration than you would come to you, then you would sense love
from him. You would not be trying to defend yourself from a loving entity, but you would be allowing your frequency, your emotions to increase as you become one with the entity.

If you were to see an angel, and you felt the love from the angel, you would understand that you were increasing in frequency and emotional capacity. The angel, or the entity that is appearing as the angel, would be sensing a lower form coming towards it. But the angel would not reject you because it understood that it has greater capacity to give you the experience, and to even possibly change you.

But the opposite applies when the entity comes to you. A human would struggle to allow a low frequency entity to come to it, to be you. But if you knew who you were, you may link to the entity. ... It sees you in some respects as a higher vibration entity and tries to join to you as you join to another loving entity.

Interviewer: What does it mean, to know who you are?

Zeta: It means to understand who you are outside of your physical entity, and not to be lead astray by the local consciousness.

Interviewer: In order to know who I am, I have to understand that I am a loving entity?

Zeta: Yes, my friend, and act accordingly.

The Zeta suggests that “standing in your energy” and “knowing who you are” is an effective strategy for having amicable relations with entities operating at lower levels of consciousness. This means knowing without question that you are an indestructible energetic being living in a temporary physical body. Such knowing may be similar to the role played by intention in the creative process. If I stand in the energy of love and “intend” that I am an energetic being distinct from other beings, that creative act would ensure that my integrity is respected by others.

So there are at least two ways to minimize the possibility of unwanted interference in a séance. The circle leader’s request for
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protection may bring about the resonation of the sitters’ states of consciousness with a loving “angelic” being willing to help. Alternatively, the sitters might raise their states of consciousness themselves by generating loving feelings while “knowing who they are.”

Note that adoption of a confrontational defensive posture was not considered. Certainly, any intention to aggressively prevent interactions with unwanted entities would be counterproductive. Such actions would merely create the energies that attract low vibration entities. It is remarkable that consciousness space has the properties that allow us to achieve the desired goal with love rather than by force.

17.2.1 Dealing with astral entities

The Zetas informed us of an unpleasant class of entities that exist in the astral realm, the construct where the collective mind of the human race is forming. These entities, called “collectors” in our discussions, can encourage long-term changes in lifestyle and personality in people. From the astral realm, they have access to human etheric energy under certain conditions. We are advised that these beings are not to be feared, and are simply behaving as expected given their low state of consciousness.

Humans often travel to the astral realm in dreams, during out-of-body experiences and other non-ordinary states of awareness. Indeed, the astral realm was brought into existence so that humans could practice being in a state of separation from their physical bodies. But this includes learning how to deal with energetic beings who are interested only in their own survival. Their activities are usually detrimental to human psychological well-being. Much was learned about the collectors in several sittings with the Zetas, and relevant fragments of the interviews are presented here.

Zeta: You have many entities that exist within the astral realm process, the collective mind of the human race, who present themselves as beings which they are not. You may find that your
adversaries are not who they say they are. They may present themselves as something greater than they are in hope that you fear that you have no control. True reptilian entities do not control as many humans have believed. More humans are controlled by the collector race.

**Interviewer:** Who are the collector race?

**Zeta:** They are a parasitic race, feed off fear and energy of humans and other races, but you need not fear these entities' process.

**Interviewer:** Do they have a form?

**Zeta:** Yes, an energetic form.

**Interviewer:** Can this energetic form be any form that the human mind wants it to be?

**Zeta:** These energetic forms, they extend themselves into the dream state of the human, and present themselves as reptilian entities, as shadow people, as spirits, as mythical creatures, as demonic entities, as angels, seeking to gain control over the human’s mind.

**Interviewer:** If we project love in our dream state, if we are able to be conscious…

**Zeta:** They would not come to you, no. Let me explain how this works so you do not be in fear. They do not stand by you waiting for you to be in fear. They do not wait for you to go to sleep in hope that they may somehow interact with you. They watch your behaviours. If your behaviours allow them to influence you over many of your months, slowly, slowly, they will come. And so, we have noticed with your humans that take your drinking and your drug process, your sexual process, those behavioural processes allow the entities to move into and attach control. They provide stimulation to the humans, and as a response they receive energy, and they have no way to create energy on their own. They have no real technology to support them, so they are harmless unless you have behaviours which support them.

**Zeta:** They are, interesting. They are existing in an isolated
environment which will disappear.

Interviewer: So they only exist there?

Zeta: Yes.

Interviewer: So it is foreseen that they will lose the fight, so to speak.

Zeta: Yes, they will lose the fight, but they don't understand that. They do not have the capacity to have the energy to understand and be self-aware.

Interviewer: If we wanted to be able to repel a lower level entity, we would have to learn to raise our vibration, raise our level of consciousness?

Zeta: Yes, or to be in tune with a guide entity that was already at that level, or a loved one that you knew could somehow raise your vibration. Or to, as you say, be with love.

Interviewer: So we can call on any loving entity that we can think of, and that would be sufficient?

Zeta: Let me think of a way of explaining it. Do you love your wife?

Interviewer: Yes, I do.

Zeta: When you have emotional content for the love, then within your chest parameter you feel a certain emotion. You feel that you love your wife and so there are two different situations. One is where you are asked, do you love your wife, the other one is where you actually feel the emotion of love, that strong emotion. That strong emotion gives you the capacity to be in a different vibrational state, because the emotional body is resonating in conjunction with the etheric body, and that vibration that you are emanating has it's core basis in the emotion of love.

But you do not need to be in love to defend yourself. It is a matter of acting upon your thought process, understanding who you are.

The Zeta explained that the collectors cannot generate their own
energy, so they strive to resonate with human energy that is in a low vibrational state like their own. They help humans create low vibration energy by inciting negative emotions like fear and anger, and by encouraging excessive, ego-driven pleasures.

However, humans have the ability to foil the collectors' attempts to take low-vibration energy. We can simply choose to not generate it. According to the Zetas, the collectors will eventually transmute to other forms of energy and cease to be. They will be revealed as a kind of soul-less thought form, perhaps analogous to an intelligent robot in the physical world.

But until that happens, individual humans can adopt vibrational states to insulate themselves from resonation with low-vibration energetic forms. A state of love combined with “knowing who you are” will prevent the collector entities from interacting with the humans’ vibrational states. That is, we should know that we are more than our physical bodies and we should recognize our own energy, knowing that it is an aspect of a loving higher self. Then we can safely stand in our energy and avoid all confrontations with any energetic entity.

17.3 The possibility of deception

Many people find it difficult to accept that séance room phenomena are more than mere magician’s tricks. While a magician freely acknowledges the use of subterfuge to amaze an audience with seemingly impossible physical effects, a reputable physical medium produces equally impressive effects without subterfuge. However, unlike the magician, a medium works with a multitude of spirit beings behind the scenes. For example, it is not unusual for spirit beings to cause an object to appear in mid-air in the presence of a medium. A dishonest medium with no contact with spirits may, of course, use the magician’s sleight-of-hand to produce similar effects.

Another possible source of deception in a séance might be a low-vibration spirit control who wishes to exaggerate what it can do. It might say or imply through the medium that it is causing amazing
things to happen in a séance when, in actuality, less impressive actions by the spirit are producing the effects in a different way. Is such deceit possible by inhabitants of energetic realms? Does the nature of the energetic environment ordinarily inhibit or prevent dishonesty? This is a complex subject that requires further exploration.

17.3.1 Consensus reality

The Zeta cosmology holds that all we experience is represented somehow in the energy of consciousness. In the energetic realms, a thing is represented as an interference pattern analogous to a physical hologram. The “holographic” pattern is then transformed by a conscious being in an act of perception so that the being experiences the thing as it was created. The thing originally came into being as a thought that was an intentional act of creation, and can be changed by the same process. Because it was an instantiation of a thought, and may be altered by a subsequent thought, the thing may justifiably be called an illusion. Since intentional acts of creation brought all things into being, including our familiar spatial dimensions, our perceived reality is an illusion.

Different beings, especially those with differing vibrational states, would have different illusions as the basis for a concept of reality. In the following interview fragment, a Zeta discusses the idea that consensus reality is a relative concept.

**Zeta:** There is perception that the local consciousness has created to believe that you are all within a room. You agree you have a consensus reality.

Interview: How do we decide on a consensus?

**Zeta:** Let me explain. I do not agree with your concept of reality, so I do not see the room. I agree with your observation, I agree with your discussion, I agree with your frequency, I agree to communicate, but nothing else. I do not hold your illusion.

Interview: You are aware of it, though.
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**Zeta:** I am not aware of where you are. I am aware of your voices speaking to me. I am aware that behind that voice is consciousness only. But if I change my frequency, if I choose to change my frequency, I can move into your consensus reality, and experience your physical room.

The Zeta explained that they and the interviewer could experience a consensus reality if they were to match vibrational states. They could then perceive the physical room. In their higher vibrational state, the only shared experiences were those related to the task of communication using the medium’s communication channel. The point was made that the vibrational state strongly influences what is perceived to exist.

This is reminiscent of the psychological concept of state-dependent memory. That is, memory retrieval is known to be best when an individual is in the same state of consciousness as they were when the memory was formed. Perhaps state-dependent learning depends on the accompanying vibrational state.

### 17.3.2 Representations of truth and falsehood

All creations, including thoughts to be communicated, are encoded in the grid and each exists at a particular vibrational level. A Zeta once said, “All conscious thought is placed into the grid, and it is used by many ET races as a medium for telepathic communication.” Like all created things encoded in the grid, a telepathic message can be received only by beings able to operate at the level of consciousness of the sender. This is one reason why extraterrestrial races are helping to raise the state of the human collective consciousness. A Zeta said, “Your collective mind, in its undulating state, is being prepared for the transition to a telepathic process.” and “Then, of course, the other races which view you on your daily basis, will actively interact with the collective mind of the human race.”

A Zeta was asked specifically how human memories were represented, and they replied, “In flow, somewhat like an energetic
stream bound intrinsically to the consciousness of an entity.” They agreed that the memories are part of an energy construct in the astral process where the human collective mind is developing. Further, “The form of consciousness (i.e., the memory representation) is reliant on the level of frequency of the consciousness to the astral realms as it has been called. It is denser in the lower forms and less dense in energetic existence in the higher forms.” That is, the vibrational states in the astral realm range from “dense” to “less dense”, and memories are encoded there according to the level of consciousness of the owner/creator.

Any thought by a human becomes part of the developing human collective consciousness. The thought rarely exists in isolation but is usually part of a longer thought process that provides context. We understand now that the context also includes the vibrational state of the being who originated the thought.

In general, would it be possible for contradictions to exist in consciousness? Could a person think that a fact and its contradiction are both true? A well-known example is the logician’s paradox, “this statement is false.” If "this statement is false" is true, then the statement is false, but then if "this statement is false" is false, then the statement is true, and so on. The paradox cannot be resolved satisfactorily and so the best one can do in such cases is make the observation that the truth or falsity of a fact is undetermined. The paradox shows that an isolated fact and its contradiction cannot coexist at the same vibrational level in memory.

If a fact and its contradiction are both present in memory, it must be because they are distinguishable by their context. For example, a happy, loving person might think “good” thoughts when a stranger knocks on the door, while the same person in a fearful state might think “bad” thoughts when experiencing the same event. In this example, the thought stimulated by the context of “an approaching stranger” was dependent on the person’s existing state of consciousness.
17.3.3 Communicating a falsehood

The above paradox suggests that the contradictory information involved in knowingly telling a falsehood must be distinguished in memory by context. The thought and its contradiction are present simultaneously in a person’s memory at the instant the lie is told, so the context that distinguishes them cannot be the associated level of consciousness. Therefore, a specific context would need to be created by the liar. For example, tagging a falsehood as false in memory would allow it to coexist with the truthful version when both are at the same vibrational level. Without such a tag, the truthful and false versions could not exist simultaneously in memory.

Would it be possible for a spirit being in the energetic realms to lie, assuming it were in a low affective state that permits lying? There can be only one representation of a fact in consciousness space at a given level of vibration. A negation of that fact could also be represented, but only if it had a context that explicitly identified it as such. Let us say that Spirit A places both a true fact and its contradiction in the grid using the creation process. Spirit A now wishes to lie to Spirit B and telepathically communicates the pointer in memory to the contradictory fact. When Spirit B decodes the message as an act of perception, the included side information will identify the fact as contradicting the true fact. This suggests that a spirit being can indeed lie telepathically, but the recipient would immediately see that it is a lie.

A Zeta confirmed the transparency of a lie communicated telepathically when they said, “Telepathic communication inherently has within it the potential to hold a certain frequency. If you are able to perform the function of a thought, a transfer, to try to infer an untruth in that range of thought processes would also betray the communication, as if inbuilt into the telepathic process is a means whereby a entity is much more exposed to being read or being exposed. Their thoughts are exposed, the quality of their thoughts are exposed, the makeup of the thoughts are exposed, they are not words, they are potentials. The potentials hold within the fabric, the
However, an untruth could be communicated without detection when a spirit communicates non-telepathically with physical siters in a séance setting. The communication channel includes a physical medium who is usually in a deep trance state and unaware of the proceedings. A lie communicated to the sitters by the spirit would not be as transparent in this scenario. As before, the falsehood represented in the spirit’s memory must include side information (i.e., context) that distinguishes it from the true information. Now, however, the intended recipient of the message would not be the one who decodes it. Rather, the spirit would decode its own falsehood and transform it into the physical symbols spoken by the medium’s vocal apparatus. Of course, the spirit would not include the side information, and the sitters would be unaware that a falsehood had been spoken.

17.4 Conclusion
The nature of consciousness space constrains the interactions that are possible among beings. It appears that these constraints are desirable since they prevent beings at low states of consciousness from interfering with the existence of more loving beings. The laws are the basis for a strategy recommended by the Zetas for minimizing unwanted interference by low-vibrational spirits and astral entities.

A discussion of the representations of facts and their contradictions in memory suggests that a falsehood communicated telepathically between energetic beings is easily detected as such. However, communication of a falsehood from an energetic being to physical sitters via a medium’s speech apparatus is not as easily identified as a falsehood.

Given the ever present possibility of deception, the Zeta advised, “You must secure your own truth in regards to all things. Any entity that comes to you and states that you must believe what is said, then you are in error. Challenge all things and then use your intuitive
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*abilities to find your truth.*” This advice is appropriate for evaluating the performances of both mediums and spirits in a séance. The spirit control’s performance is often accepted uncritically, contrary to what the above analysis would recommend. The spirit’s state of consciousness is often not known, and its communication with sitters could be deceptive.
18. Health and healing

**Summary.** Successful healing of different ailments was accomplished by beings of the extraterrestrial Zeta race, performed in collaboration with the medium, Paul Hamden. The Zetas explained the interactions between the physical and etheric bodies, their relation to consciousness, and the processes involved in health and healing. The physical human body is structured according to an etheric body blueprint. Consciousness can recognize when healing is required, and begins the healing process by comparing the structure and function of the body with the etheric blueprint information. The communication appears to involve a quantum process. In one case of healing, the Zeta indicated that they changed the energy of the etheric body and instructed the consciousness to heal the physical body.

For several years, beings from the extraterrestrial Zeta race have answered many questions about themselves, their society, their history, the nature of physical and spiritual existence, and why they and other extraterrestrial races are visiting Earth. The questions were posed to them by people attending séances held by the medium, Paul Hamden. Of particular interest is the Zeta understanding that
consciousness is the basis for all existence.

The Zetas are physical beings who live in physical environments, but they also have the ability to extend their consciousness to a non-physical, multidimensional, energetic environment. One energetic existence is the etheric realm which is transformed to our physical realm by a perceptual process. Every physical body is associated with a corresponding definition or description in the etheric realm. This mutual relationship means that a change in one results in a change in the other.

In a body of living matter in particular, there is constant change that is reflected in the state of the etheric body. The latter responds to pressures from the consciousness of the living entity, and influences the physical and chemical processes in the physical body.

With their knowledge of the relationship between physical and etheric bodies, the Zetas are able to heal various illnesses that resist human medical treatment. The following sections discuss several cases of healing by the Zetas and their explanation of how it was done.

18.1 Cases of healing by a Zeta being

As expressed by a Zeta, “You have a subtle energetic body. This holds all thoughts and frequencies that allow you to accomplish all levels. For us, all illness is energy, all wellness is the same energy at a different resonation. We have proved this many times when the medium is unwell and we come and bring a different vibration to the medium. The medium then becomes well.”

The Zetas have demonstrated their healing ability a number of times, and several healings are described in the following cases. Usually, they do a healing with barely a cursory explanation of what they did. In the first case, they describe their methodology in more detail. The general approach discussed there may be applicable to the other cases, and the Zeta’s comments are instructive.
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18.1.1 Case 1

In this case, an elderly man had asked the medium if the Zeta would heal his nose which had precancerous skin cells known as actinic keratoses. This problem had persisted following an earlier treatment with cryotherapy. The healing was performed by the Zeta during a sitting with the medium. The healing process itself appeared to last for a period of 1 min 26 sec when no words were spoken. After it was finished, the Zeta discussed what had occurred.

There has been an attempt to redefine the etheric energy around your facial area to see if any potential is applied to the abnormal cellular structure. If we have had any success, it will be within three days. If not, we will try again.

The problem with cellular changes in the physical form are that the body is self-programmed to provide these potentials within the framework of its existence. It is a natural response to provide the abnormal cellular structure. The body perceives that it is doing its job.

We have instructed the consciousness of the etheric body in the facial area to reverse the cellular changes. But of course from the physical side, there will be potentials applied to the etheric changes. You, as consciousness, are in the middle and are also responsible for being of a receiving nature, to tell your body that it is appropriate to heal.

In other words, the etheric energy around the affected area had been adjusted, and it would take time for the physical cells to return to normal. These etheric changes would be actively resisted by the abnormal physical energy. To help overcome this resistance, the local consciousness was directed to assist the healing process and reverse the abnormalities.

The man was advised to assist the process by meditating on the body as it was before the appearance of the abnormality. When asked what strategy to adopt, the Zeta replied, “What was your cellular structure before the abnormal cellular structure? You need to be in that state
where you are prior to the cellular structure.” So at times in the following days, the man visualized his body at a much younger age, and imagined his current self merging with that healthier physical form.

The images in the figure show the affected area on the nose at different times. Surprisingly, a change was already apparent about a half hour after the departure of the Zeta at the end of the healing session. The lesions appeared less pronounced than they were about eight hours earlier.

Twenty-four hours later, scabs had formed over the lesions. During the following week, the scabs went through the normal process of healing, and after seven days, the skin appeared normal again.

Immediately after the healing process, the Zeta gave a demonstration of their ability to influence physical matter from a distance. They said, “We will try to affect your recording device ... it has been
done.” The device recording the session was found to have a pair of obvious clicks at the location of the ellipsis in the quote. The clicks were not heard in the room. Apparently, the electronics of the recording device were directly affected by the Zeta.

18.1.2 Case 2
This case is about a healing experienced by a woman who is familiar with the UFO phenomenon, including experiencers who say they have had close contact with extraterrestrial beings. She is an experiencer herself, having been abducted periodically for approximately 50 years.

She contacted the medium, Paul Hamden, to investigate his ability to communicate with the Zeta race. She was skeptical and wished to find evidence that the beings are real. The following is her description of the experience, edited slightly and reproduced with her permission.

The medium alleged that a Zeta being from the Zeta Reticuli star system could communicate through him and offered me the opportunity to speak with this being. Being an experimenter, my curiosity got the best of me, so I set up a session with the alleged Zeta being, knowing full well that most channelers have a very poor track record. (The medium claims that it isn’t channeling, but I don’t have another term for it.) It occurred to me that I should request evidence that the Zeta is real.

I decided to request healing from an illness that had periodically ravaged my body for several years. I had had a formal medical diagnosis of chronic mononucleosis. It was debilitating and reactivated whenever I became fatigued. I ran a fever, had swollen glands, body aches, severe joint pain, extreme weakness, etc. I was not able to drive a car during these periods. I also experienced neurological problems such as cognitive dysfunction (memory and word finding), dizziness and balance problems. The illness was precipitated by a particularly traumatic abduction for which I had partial conscious recall. I
experienced burns on my back and head, weight loss, severe headache, and nausea.

I knew that several experiencers with whom I had worked claimed to have been healed by ETs. Being a skeptical person I had no expectation that I’d be healed. On the contrary, I thought it would give support to my suspicion that Paul was just another channeler whose claims were without merit. Was I wrong!

Three nights later, I awoke experiencing excruciating pain and strong electrical tingling throughout my body. Initially, I was alarmed thinking that I might have been in the throes of a fatal heart attack. Then I remembered the Zeta, so instead of dialing 911, I remained calm and let the experience happen. Finally, it stopped and I drifted off to sleep still wondering what had occurred. When I awakened, I felt like I was 25 again! I could feel none of the aches and pains that a person my age experiences on a daily basis. It has now been more than two years since I was healed. I haven’t experienced one relapse and I hope that it will continue. I documented the event by reporting it to several researchers and my physician.

If anyone else told me this, I would be skeptical. I'd wonder if it was a case of spontaneous healing or if the disease had simply gone into remission. Or if belief had created an illusion. I've asked myself the same questions. But the fact that I have not had a relapse seems like more than a coincidence. I suspect that this unknown force healed me. I call it a miracle and am most grateful to Paul for restoring me to good health.

18.1.3 Case 3

In this case, a man with “ADHD and a bit of OCD or anxiety component” contacted the medium. He had a history of negative influences in his family life, and was under stress from the earliest times. This felt overwhelming and interfered with daily living and sleeping. He believed his problem was not organic, but more like a conditioned response to stimuli encountered from day to day.
The Zeta began with a kind of verbal therapy described by the man as follows.

He verbalized that I needed to “chill out”, although he didn’t use those words. The sense that I got was that they couldn't move things around if I kept being hyper. He expressed that they understood when we have challenging life circumstances. It seemed to be linked to an overall development plan of some kind. He was kind of stern at first to get my attention and then related in a supportive manner. He told me to stop “catastrophizing”. This is true… I saw all possibilities in things, everything was amplified. He told me to chill.

After this direct talk, a vibrational “flush” occurred and those thoughts vanished AND I slept very well for days. Things are much better. Although some of those thoughts are there, I can manage them better.

The interaction with the Zeta lasted about half an hour. The Zetas’s voice was described as “a low continental voice different from the medium.” The man believes that the Zeta’s intervention was responsible for the improved quality of life because the vibrational "wash" had an immediate affect.

He has the feeling that they are still around him occasionally. He says he can tell when they are around, and he has learned to "go with the flow”.

18.1.4 Case 4

This case concerns a woman diagnosed with fibromyalgia, a condition that is characterized by widespread chronic pain, mood disorders and sleep disturbances. The symptoms had gradually progressed in severity over the previous 20 years, and she was on extended medical leave for 20 months before requesting a healing.

She was introduced to the Zeta by chatting with the medium over an internet chat utility to see if anything could be done. In her absence a few days later, the Zeta made the following comments during a
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sitting.

*We have activated the potential for [name] for healing. She may find that she will have problems with her lower part of her legs and feet.*

*It would be interesting if she could get a... what would the test be called... is it possible to test the minerals in the blood of an Earth person for things like your lead or mercury? There is a potential there could be a mineral or chemical within her system that is too great.*

Immediately after the sitting, the medium said he received the impression that the immune system was involved.

Prompted by the Zeta's comments, the woman found references in the medical literature linking metals in dental reconstructions to fibromyalgia. She obtained the support of her doctor, and blood samples were analyzed with MELISA (*Valentine-Thon and Schiwara*, 2003), a test for immune system hypersensitivity to various metals. The initial results showed an extremely strong response to nickel which is known to be associated with symptoms of fibromyalgia in sensitive individuals (e.g., *Stejskal* et al., 2013).

The woman identified and removed foods containing nickel from her diet. Also, her dentist has removed dental implants made of a titanium and nickel alloy, and a stainless steel alloy containing nickel. It is thought that interactions between such dissimilar metals could have created a galvanic circuit in the mouth to increase the release of metal ions into the body. There has already been significant improvement in her condition, and more is expected now that the source of the nickel has been removed.

18.1.5 Case 5

This case does not involve a healing of a specific individual. Instead, a Zeta was asked what they knew about autism, if there was a root cause, or if there was more than one cause.

They replied, *“The cause is a misalignment of the core intelligence or consciousness, not properly resonating with the frequency of the*
physical form, and so, what is highly intelligent manifests as unintelligible information, because the physical body or form does not have the appropriate response mechanisms for the intelligence. The physical body will react when given certain external stimulation. Because it does not fully understand how to filter the information, we said that there is a misalignment of the conscious potential with the physical form.”

In their view, autism can be healed but not with current human medical knowledge and technology. They said, “Your levels of technology are not sufficient. The new form of healings that are based in consciousness will be much more successful in regards to providing these exceptional people with an attitude for voice.”

The Zeta’s statement is included here, since it may offer some insight for helping people with autism.

18.2 The etheric body

The human body, like all physical matter, has a supporting template in the etheric realm containing information that corresponds to the form and function of the physical body. As the physical body grows or changes form, so does its representation as the etheric body. The body also has a local consciousness which is aware of the earthly existence. It has a comparatively low vibrational state, so it is often not aware of its higher self residing either in the spirit realm or some other point of origin such as the collective consciousness of an extraterrestrial race.

The etheric body is the interface between the local consciousness and the physical body. The energy of thoughts from the local consciousness can alter the etheric information and thus affect the physical body. Conversely, messages, such as those from the physical senses, are transmuted by the etheric body to a form that can be received by the higher-self consciousness.

A Zeta described in their own words (in italics) the relationships between the physical and etheric bodies, and the local consciousness.
Initially the three states are in separation. Higher self moves to integrate with a physical container; the etheric body is the field which allows the blending, and once the body terminates, the etheric form is absorbed by the originating consciousness.

One frequency defines the state of the physical body which is encapsulated by the energetic body which you are calling the etheric body. Many of the frequencies that are within the intermediary process of the etheric body are also in a state of change and flux. At any given point you may have what would be considered eddies, if you have the analogy of whirlpools in water.

They described the forms holding energy in the etheric body as eddies or vortexes having the property of frequency.

The energetic body is in a constant state of change as the thought processes permeate the etheric body and change the frequency of what is, as does the higher self when it is to bring about change to the physical body - also, through an act of thought, changes what is the resonance of the energetic body to the physical.

The state of mind that you hold will be much aligned with the etheric body, and the energy that you resonate at between yourself and the etheric body. Now if your mind is much in turmoil then you can expect that much of your etheric body will behave as a reflection of your thought processes.

The etheric body has many vortexes interacting with both the physical body and the local consciousness. A person’s mental state is reflected in the state of the etheric body. Both negative thoughts and emotional physiological states may cause the number of etheric vortexes to increase and have more variable energies. If this agitated etheric state persists, it may become obvious in the state of the physical body.

18.3 Health and the healing process

The different representations of energies in the physical and etheric bodies are described by a Zeta in the following example.
An injury or a sore on the body is obviously of a different nature to the normal state of the cellular process of the skin, but it still exists. It is represented in the physical as a different representation of cellular structure. It is also represented in the etheric body as a different state of energy and frequency. What takes place in the physical is a direct representation of what is happening in the etheric body.

Cellular processes in the physical body represent information from etheric vortexes differing in energy and frequency. So when the physical skin is damaged, the energy and frequency of associated etheric vortexes guide the repair of the physical body.

The implications for health and healing of the physical body is obvious. The etheric template or blueprint is central to maintaining the integrity of the physical body. As expressed by a Zeta, “The etheric body understands its potential. It seeks to continually keep the physical body to that potential.”

The Zeta gave another example, “A cut ensues on the arm. There is no opening in the etheric body, but there is what is perceived to be a vortex under the surface of the etheric body which is connected to the injury. Straightaway, the physical body knows that it has the capacity to provide a cellular reconstruction. The cellular reconstruction is aided by the potential of the etheric body’s blueprint that would denote the original form.”

In other words, when the physical body receives an injury, vortexes form or are altered at the corresponding location in the etheric body. The pattern of vortexes follows the pattern of cellular disruptions, or in the Zeta’s words, “The size of the cellular degradation of injury that has taken place will determine how large the interference is with the etheric body.” The vortexes are “a representation of cellular disruption” in the etheric body. They provide potential to the physical body so that it can reconstruct the cellular damage. The potential originates from the blueprint defining the undamaged body.

The Zeta was asked how the blueprint information was represented
in the etheric body. They replied, “There is a predetermined basis to the genetic structure of the human, or of a animal, or of a tree. So, each of these living organisms have within them, around them, the potential for the etheric body to understand what is the physical potential of the energetic potential of the consciousness potential.”

This indicates that the blueprint information is located in a field of consciousness in and around an organism. Its genetic information, combined with the predetermined physical structure of the organism, defines the ideal state or blueprint. The Zeta calls this the consciousness potential. An injured part of the physical body is given a healing potential by the etheric potential that, in turn, comes from the consciousness potential.

How cells differentiate and grow into precise spatial patterns is beginning to be understood by human science, and it is an important issue in the context of prenatal development. Therefore, it is helpful to know that the consciousness potential brings information about the organism’s ideal form. It provides the physical potential to guide the growth and regeneration of cellular structure.

The etheric vortexes respond to physical disruptions by transmuting energy to physical energy or information in the cells. When asked how this was done, the Zeta responded, “Underneath the energy is consciousness. It is the quanta information of the cellular structure of a human body. That consciousness indicates from beneath at the lowest levels, or the highest levels, of what is the action of the recreation of the cellular process, and of course, all other potentials then exist. The energy then is actively working towards healing the physical cellular disruption.” So, the consciousness potential contains the blueprint for how the cellular structure should be re-created, and this potential drives the etheric potential. Information based on the blueprint is communicated via the etheric body to the cellular level. The communication mechanism is said to be a quantum process in the cell.

The local consciousness can cause an illness to be experienced in the absence of an actual illness. The Zeta said, “What you are conscious
of, you bring to yourself. A belief structure is that you can be harmed, and so you can be. I will give you an example, your common cold. You meet someone with this consciousness, you have a short time to either accept or reject the thought. If you accept the thought, the etheric body complies and vibrates the physical body to create the illness. If you choose to disregard the thought, you do not become ill.”

They emphasized the causative role of consciousness again when they said, “All illness is consciousness, all unwellness is energy. For us, we have shown the medium many times, he may have an unwellness, when we come the unwellness dissipates. The unwellness is based in frequency and consciousness. Once you have understood this fully, the unwellness will drop within your civilization.” This ability of consciousness to promote wellness may explain the power of the placebo effect.

On the other hand, consciousness may decide that healing should not take place. The Zeta explained, “The consciousness of the etheric body actively controls what takes place on the physical body. Now of course, if there are external influences such as radiation, that will imply to the physical body cellular degradation or disruption. The etheric body may choose to either try to repair the information, or will actively ignore what is taking place, understanding that at some point, under instruction from the higher self, the etheric body should terminate its ability to continually make the physical body in a state of wellness.”

In other words, when the physical body is damaged by external events, the repairs will normally take place unless the higher self of the local consciousness intervenes to prevent it. For example, in Case 1 of the healings described earlier, the skin on the nose was supposedly damaged by ultraviolet radiation, resulting in the appearance of actinic keratoses. Since the damage was not immediately repaired by the body, the local consciousness must not have attempted to do so. This inaction was overridden by the Zeta’s healing ability. In their words, “We have instructed the
consciousness of the etheric body in the facial area to reverse the cellular changes.”

At some point in every person’s life, the higher self will choose to allow the physical body to fail. The Zeta said, “The physical body must terminate its potential, else the etheric body will hold the physical body in a constant state of wellness, and there is a potential that the physical human body could live a lot longer.” To avoid living indefinitely, the physical body’s potential is reduced at some point so that it can no longer repair itself. It will then terminate, and the energy of the etheric body will transmute to a form that can be “absorbed by the originating consciousness.”

18.3.1 A Zeta technology for healing

The beings of the Zeta race spend much of their existence in the energetic realm with consciousness separated from the physical body. They have developed sophisticated technologies suitable for this non-physical realm, including a technology “to heal people, to place symbology into etheric body of humans, to make better.” For this, they use symbols that represent functions to perform, analogous to the names and code of subroutines in our computer languages. One method for healing physical beings is to place appropriate symbology into their etheric bodies.

A Zeta explains, “We use many functions for the healing process. Much of that is symbols. Symbols hold frequency. A frequency is then determined, let me explain. You have the crystal in the middle of the table. That crystal provides functioning connection. There are no other crystals like it, all crystals are individuals. What if you could take that crystal and make it into an etheric symbol, and place the symbol into the etheric body? You would have a working representation of the crystal within your own body.”

The Zeta was asked how they would make the physical crystal into an etheric symbol. They replied, “The crystal is emanating a set of frequencies. The crystal is used to communicate. It has a comparative frequency within the Zeta frequency. It allows for
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connection process. Now, if the crystal, if its function was to you to perform healing, then we would provide the frequency as a symbology, a multidimensional symbol process. The symbol would replicate the frequency of the crystal, and the symbol would then be placed into the etheric body to resonate. Because it is a frequency and the etheric body is frequency, it would then modify the frequency of the etheric body.”

The etheric crystal, implanted in the proper location in the etheric body, changes a frequency in the etheric body so that the physical body is perceived to heal.

The technology based on crystals is not the only way to accomplish healing. It may have been chosen for discussion because it provided a concrete example of the principle they wished to teach, that physical healing requires manipulation of frequencies in the etheric body.

18.4 “Experiencer” illnesses

Many humans have experienced close contact with extraterrestrial beings. Some report being abducted to another place that seemed to be an alien craft, and have been traumatized by the experience. Many more have found the experience to be positive, and these people prefer to call themselves “experiencers” rather than “abductees”. However, even though the experiences may have been positive, some experiencers have become physically ill after being in close proximity to an extraterrestrial being.

The reported symptoms are often those associated with fibromyalgia and chronic fatigue syndrome (e.g., see Gilbert). In a survey of experiencers, Marden and Stoner reported that 38% of respondents were diagnosed with chronic fatigue syndrome or reactivated mononucleosis (also known as immune dysfunction syndrome), when only 1% of the general population report the same diagnoses. Why would this be?

A Zeta explained, “When you are in our presence, our energy filters into your energy and then there are changes that are temporary.”
There are changes to your body and consciousness. This is because humans are taken out of this corporeal three-dimensional realm and moved closer to their true self”. They added, “When the human is connected to us, the cells are excited as we are of a different frequency, and this allows manifestation of what is an underlying unwellness in the human”.

The vibrational state of the Zeta race is different from that of the human race, and the Zeta explained that proximity to a Zeta causes undesirable effects on human physiology. The state of the human etheric body is temporarily distorted by the Zeta energy, causing what could be a longer lasting illness of the physical body. Accordingly, for their own safety, humans were advised to not approach closer than 30-50 meters from a craft, else the physical body would not be able to cope with the changes.

On another occasion, a Zeta revealed that “illness is understood by the etheric body when it is completely attached to the physical body.” Conversely, “illness is not understood by the etheric body when it is semi-detached from the physical body.” These comments suggest that the coupling between the body and the illness can be loosened, and that this affects the transformation of the etheric body to the physical body.

Some effects of the Zetas’ presence on humans can be reversed with a Zeta’s help. This was demonstrated to the medium, Paul Hamden, who sometimes became ill when he was still adapting to their presence. He understands that the unwellness came from too rapid reduction of frequency from the Zeta frequency, or abrupt disconnection of the Zeta from the human. This left him vulnerable to being in a state of unwellness. The Zetas restored him to his original state of wellness by first raising his etheric frequency to the same level that caused the illness, and then lowering it slowly until it was at the body's normal base frequency.

Specific examples of physical harm caused by proximity to a Zeta were also given. Actual physical contact may create a burn on the skin of the human. The Zeta explains, “You cannot touch us, you
would be burnt. As you moved closer, your skin would become burnt because of frequency.” and “Every entity has etheric template, frequency of etheric template to interact with human etheric template. Increase in frequency for the human then translates to physical changes in the cellular structure, and cellular structure representation of burnt skin.” That is, the higher vibrational state of a Zeta’s etheric form would interfere with the human etheric form and burn the skin that was touched.

The Zeta was asked, “Are the vibrational states of some races closer to the human vibrational state and, therefore, less likely to cause burns?” They replied, “There is obviously potentials for different beings that interact with humans. It would also suggest that the humans may be being interacted with on a level that negates that being of a mind of being conscious. It is the consciousness that causes the physical form to become burned. This is why most contact is a form where the human is asleep, because the consciousness does not operate in its normal parameters.” They agreed that beings from various races would expose humans to different potentials or vibrational states. Humans are less likely to be harmed by physical proximity when they are asleep and therefore less aware.

Interestingly, the Marden and Stoner study found that 22% of respondents who had close contact had suffered “burns, hair loss or conjunctivitis” following the contact experience. Burn marks on the upper back and sunburn-like rashes were reported, sometimes on the entire body. Also, burns on the back and head after a contact experience were mentioned above in the Case 2 report on healing. Presumably, these burns resulted from exposure to the incompatible vibrational state of another’s etheric body.

Proximity to a Zeta may also damage the mental health of a human. A Zeta said, “To look into the eyes of the race, you may lose your mind, your construct would disintegrate.” When asked if the effect were caused by looking into the eyes or just being near, the Zeta replied, “The nearness to the body, because of the frequency that encompasses the physical container. Also, the consciousness which
permeates from all living organisms is a different state of existence.”
To prevent such harm from their race, the Zeta said, “We do not allow the humans to look into our eyes. You may see an imagery of us, it is a projection.”

Also because of nearness to a Zeta’s body, “Your consciousness would fracture because we operate within an etheric boundary that is much larger than the human. So when we come, the human consciousness, the structure that is held by frequency, which is the physical entity of your container, would dissipate.” The damage to the physical body would interfere with the function of the local consciousness that it contains.

The Zeta was asked if some extraterrestrial beings were safer for humans to be near than others. An extensive answer revealed that the potential to be affected by proximity to an extraterrestrial being varies under different conditions.

There are many races. Many would not affect in any way the physical human body, but their technology may. If it was genuine contact, on some level there would have been a preparation of the human to allow them to be within the energetic construct of the other race.

We have found that if we are in the physical form, which means to be within your physical environment, if we are to look within your gaze, psychologically you are damaged. If you come near the technology while you are in your normal state of consciousness, then you will be affected. This affected process is because the consciousness provides a mechanism for defence. The defence creates an energetic barrier around the physical body which provides a potential for the human to present the skin, or the epidermis, as being burned. This is quite a technical discussion but it shows that with the proper training of consciousness that a human can decrease the level of consciousness of the etheric body, thus not producing any of the adverse effects to the immune system, to the skin, so that there is not a phenomenon of presenting being burned. Also, more importantly, it is that the construct of the mind of the human is not damaged.
Once again, in contact situations, it is the presentation of consciousness when the human is in its own state that provides the damage. So, often the human’s consciousness is altered so that there is no perception of damage, damage being a altering of the structure of the cognitive processes of the human. And also, what you would class as the matrices process, which is the combined thoughts that the human would hold that would create the consciousness of the human as a presentation, as a personality. This finally tuned matrices process, because it exists in a state of consciousness that is in balance, would become imbalanced, would become disharmonious. That is why, for contact situations, there must be either the human in a sleep state, or the human in a pre-prepared state.

Now many humans of other cultures are able to interact with many beings because their life has revolved around inclusive, or being included, the thought that these other beings exist. The stronger your resistance to contact situations, the more potential there is for you to be harmed.

18.5 Discussion

The relationships among consciousness, the etheric body, and the physical body were expressed in different ways over a number of interviews with the Zetas. The following summary of the healing process clarifies how consciousness restores a body to health.

The physical human body is structured according to an etheric body blueprint described as a consciousness potential. It is based on the predetermined general shape for a body of the race, modified according to the genome of the particular being. The consciousness potential defines the body’s expected form and function. All errant biological processes are continuously corrected according to this blueprint information. Therefore, a healthy, uninjured physical body conforms to the consciousness potential or blueprint defining the body.

Unusual deformations of the physical body such as an injury are
repaired as long as the higher self approves and the physical body’s natural resistance can be overcome. An array of etheric vortexes that correspond to the injury are made to resonate with the physical body by consciousness. A vortex appears to be a conduit for a quantum process that transmutes the consciousness potential or blueprint to a physical potential. The process provides the physical body with the information needed to regain the state of wellness defined by the blueprint.

The Zeta was asked, “How is the energy of the etheric vortexes transmuted to physical electrical energy in the cells?” They replied, “The consciousness is the quanta information of the cellular structure of a human body.” This implies that a quantum process transmutes the consciousness potential to the etheric body which is transformed by the perceptual process to the body of matter. Further, the consciousness is said to hold “what is the action of the recreation of the cellular process.” That is, it knows what needs to be done to heal the body. A quantum process appears to make this information available to the etheric body.

According to the Zeta, there are normally multiple frequencies in the etheric body forming vortexes. These vortexes are “in a state of change and flux.” When an injury occurs, the vortexes associated with the injury are tuned by consciousness to facilitate the quantum process. We are told that the local consciousness, “through an act of thought, changes what is the resonation of the energetic body to the physical.” A vortex in the etheric body appears to be a kind of portal which has been described as a mechanism for transferring information from one vibrational level to another. Local consciousness adjusts the properties of the portal to pass blueprint information to the physical body.

Hameroff and Penrose (2014) have suggested a specific quantum process for communicating physical sensory information to consciousness. Their “Orch OR” theory proposes that quantum computations in brain cell microtubules account for consciousness. Hameroff (Chopra, 2010) speculated that physical processes in the
brain connect via quantum entanglement to a consciousness embedded in a Planck-scale, space-time geometry. The irreducible space-time geometry is their definition of consciousness. This is a limiting definition, but could be made compatible with the Zeta cosmology where all that exists springs from a foundation of consciousness.

The microtubules in the “Orch OR” theory are ubiquitous in all cells, not just brain cells. They are part of the cytoskeleton, an intracellular matrix that supports the shape and function of cells. Could a similar process mediate the flow of blueprint information in the other direction? This is suggested by the Zeta’s statement, “Consciousness indicates from beneath at the lowest levels, or the highest levels, of what is the action of the re-creation of the cellular process.” Perhaps the vortexes of the etheric body are entangled with processes in the physical microtubules. Information received by the microtubules in this way might directly affect the cytoskeleton architecture to which the microtubule belongs, and influence the cell’s physical properties.

On at least one occasion for each person, the higher self will decide that repair of the body is not to occur. Perhaps the spirit is to experience the illness as a life lesson, or perhaps the time is approaching for the body to terminate and the spirit to transition.

In the four cases of healing described above, an illness or injury had persisted for some time, suggesting that the higher self may have chosen to not repair the body. In the first three cases, the Zeta was able to override this decision, and in the fourth case they identified a previously unrecognized physical condition causing the illness.

In Case 1, the Zeta instructed the consciousness of the etheric body to reverse the cellular changes to conform to the consciousness potential, and an improvement was seen within a short time. The person being healed was advised to support the local consciousness with visualizations of the healed state.

In Case 2, the healing occurred three days after meeting the Zeta through the medium. The experience of severe pain and tingling for
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A short period during the night might have coincided with the Zeta’s instruction to the local consciousness to return to the healed state. The sensations may have been an indication that physical changes were happening to minimize the deviations from the body’s blueprint.

Case 3 was a healing of a psychological condition resulting from stress. The Zeta treated it with counselling, then a vibrational “flush” was felt which was followed immediately by a long-lasting, improved state of mind. Although the symptoms of ADHD are behavioural, they often respond well to certain stimulant drugs, suggesting that a physical abnormality is involved (see here). So in this case as well, the Zeta may have encouraged the local consciousness to return the physical body to its ideal state. This would have removed any accumulated organic pressures to behave a certain way. After the healing process, some negative thoughts continued to occur, although these were managed better. This case suggests that the Zeta corrected biological processes underlying abnormal behaviour, but did not change habitual thought processes that had developed over time.

In Case 4, the Zeta indicated that the problem was due to an abnormal amount of a metal in the person’s body. A blood test reported high sensitivity to nickel which is known to be associated with the displayed symptoms. Sources of nickel in the body were removed and the symptoms were diminished. In this case, the Zeta was prevented from healing since they could not remove the sources of nickel in the body such as fillings in the teeth. However, they did identify the nature of the problem and that suggested a treatment path.

The Zetas have demonstrated their ability to heal a number of times, including other cases not discussed here. However, they may also deny a request for healing. As already mentioned, a possible reason is that the higher self intends the illness to be part of that person’s experience in this lifetime.

But there could be another reason as expressed in this statement to a
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group of sitters by a Zeta, “When we are in your company, we are two different societies, two different races. We understand your requests and often will seek to fulfil your requests. But we have also seen that it is a requirement for humans who seek contact with our race, to perform the function, to perform the effort that is required to connect to us. It is seen to be that it must be an easy process to contact other races, but of course it is not, as it is not an easy process for us to come and speak to you. You yourselves would have seen different times and different aspects of energies that have been presented in this room where we have had the capacity to speak to you more clearly on some occasions, and on other occasions to not have the same process. We are presented with difficulty in coming and speaking to you as a group because it is dependent on the mediumistic energies that are held in the room, and also of the energies that you bring. If you wish to speak to another race, then you must also abide by that race, their frequency, their abilities, their potential. You may present yourselves at the lowest possible entry point in frequency, but for a human to accomplish this, they must fully extend themselves. And this is why when we are asked to heal others, that we seek for them to understand their own capacity to reach out to us as a race.”

This statement from the Zeta is reminiscent of why they are here; that is, to help raise the state of consciousness of the human collective mind in order to facilitate communication with extraterrestrial races (see chapter, Why are they here?). This will happen when enough individual humans choose to exist in a higher affective state such as unconditional love.

In the above statement, the Zeta appears to suggest that healing is a tit-for-tat exchange - they will heal and the human is to respond by working to achieve a higher state of consciousness in order to connect with the Zeta race. However, this interpretation misses the essential point that healing is a collaboration. To speak to another race, the Zeta says that one must be willing to harmonize with all aspects of that race - their frequency, abilities, and potential. So, healing is a reciprocal process that includes the desire by the human
to connect with the Zeta race. Humans must fully extend themselves to connect, and understand their own ability to do so. Without that mutual involvement, any communication is difficult and healing is less likely.

Successful healing requires resonation of the Zeta and human states of consciousness. This is made possible when the human desires healing and harmonizes with the Zeta state of being. For a healing, the states of consciousness must be compatible or success is not be assured.
19. Timelines

Summary. The Zeta cosmology includes uncountable timelines that are part of the process of a spirit incarnating from the spirit realm. The timelines are distinguished by their states of consciousness. Physical processes cannot be exchanged between timelines, but a local consciousness may become aware of events on another timeline. This accounts for the occurrence of the ‘deja vu’ phenomenon. The Zeta beings are able to study the human use of multiple timelines in experiments that simulate the process. They also have technology for opening and closing portals between timelines.

Both the extraterrestrial Zeta and Anunnaki races have answered questions posed by sitters in séances held by the medium, Paul Hamden. The nature of time was discussed occasionally, and we were given a view quite different from what we normally hold. The Zetas reject our concept of time as a dimension that can be quantified on a rational scale like space. Rather, they live in the eternal “now” where they recognize change as a sequence of events, but not localized on a rigid dimension of time. In their words, “The process of existence is each task is completed and then the next task
is moved on to.”

The Zetas informed us that an advanced race of beings, known as Hyperversals to some humans, were responsible for creating countless numbers of timelines for beings to experience as a physical existence.

**Zeta:** The Hyperversals, when creating the nucleus of the Multiverse, split the form, the initial creative potential of this entity, into fragments - something like a stream. This stream of matter became the Multiverse. When the first process of time began, it was then segmented into various streams. This is not a synchronous process.

**Zeta:** We believe that the source energy has created multiple timelines and existences and dimensional processes for the ability to understand self; it is learning from facets of existence. We are all connected to each other on all levels. The source entity has become a complete entity; there is a continual journey for all energies.

In that quote, the Zeta acknowledges the existence of multiple timelines created by “source energy”. Yet, a being on a timeline is still thought to exist in the “now”.

**Zeta:** You think of time as you would a watch ticking. The reality is that time is a reference point, not a continuum. Just because on your planet you perceive a cyclic process, does not mean time exists.

So a timeline may be thought of as a sequence of events to be experienced by a being in its subjective “now”.

The created timelines exist as constructs where source consciousness can have experiences and come to understand itself. Humans think of time as an objective dimension segmented into units such as seconds, minutes, hours, days, etc. Instead, the Zeta suggested that we should “imagine that everything is encapsulated within a tubular form, that you are a conduit. No matter how hard you try, you cannot influence the other conduits, else there would be chaos.” Our “now” is defined as a cross-section of only that conduit.
It is impossible for us to move physically from one timeline to another. However, consciousness can focus on more than one timeline. Consciousness existed before the timelines came into being, and so it is possible for a person to become aware of an event on another timeline. A Zeta explained that timelines exist as different states of consciousness, and humans make particular use of the timelines in their incarnation processes.

**Zeta:** The timelines are ... not segmented by your time process. They are based on dimensional aspects and frequency. So when the discussion of a timeline is due, there is a deception that they are a segment related to each of the incarnations. But what is taking place is that you are in operation in frequency, and depending on frequency will depend on the type of interaction that you will have with your perceived reality.

The Zeta emphasized that each timeline exists “in frequency”, meaning that each exists as a unique state of consciousness or vibration. They also explained that “humans are facets of consciousness made up of infinite shards or threads.” So when a spirit chooses to incarnate in a physical body, many similar versions of itself are born into as many timelines. The threads differ with respect to their state of consciousness which matches that of the timelines. The spirit may then experience physical existence under the influence of the many states of consciousness offered by the different timelines. The Zeta commented, “This reality is an illusion. The consciousness of the spirit people is able to exist in many rooms, all believing that they are existing within the same environment.”

The progression of the lives on the timelines should vary widely, since the different states of consciousness would undoubtedly be associated with different choices. So some timelines are very different from others and some might be quite similar. The Zeta explains that similar timelines account for the experience of deja vu.

**Zeta:** The possibility of multiple existences for you is a reality. Many of the existences, of living in that timeline, is of a non-synchronous process. Often you are moved energetically from the physical and
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phase shift into another timeline, depending on the relative distance of.... Words now fail us...

Imagine that there is a running track and each being that are to run, are on the starting positions and “are you”. You are all instances of the runners. You all start running. At some point some catch up with the other of you, and at other points some of you are running faster than others. So if each runner is on a timeline, as each comes closer to the other, you sense and perceive you have in some way experienced a process before. Consciousness is not encapsulated in the physical body, consciousness is able to be spread across many existences, so when you come across a non-synchronous time, separation only exists in consciousness.

In other words, although timelines are asynchronous, a sequence of events playing out on one timeline may slightly lag a similar sequence on another timeline. According to the Zeta, consciousness can detect when this happens, since awareness is not restricted to a particular physical timeline. The local consciousness of the physical being on the lagging timeline may notice the similarity and puzzle why the *deja vu* event seems so familiar. The Zeta explained, “As you change frequency you move closer to the other parallel timeline, the existence that you as a faceted person have possibly experienced before, and that way you sense reality that you have never encountered before, but it is familiar to you.”

When asked if it were possible to see into the other timeline, the Zeta replied, “Yes, through consciousness, of course, through controlling the process to understanding the mechanics.” This suggests that voluntarily seeing across timelines can be learned, as well as happening spontaneously as *deja vu*. The Zeta indicated that it is possible to travel between one timeline and another, since “the current timeline is one of frequency, the other timelines are also the same.” They suggested that transferring one’s consciousness from one timeline to another should be possible as indicated by the following comment.

**Zeta:** You are travelling along a thread, and so the other threads, the
other existences that you hold are also travelling in parallel. Now, for you to leave this timeline and to move to another timeline, the point of entry is relevant because when you leave this timeline, you no longer exist. You would only have existed up to the point that you left. So to enter into another timeline, you must enter into what is seen to be a point which would not interfere with the other parallel you.

The Zetas have a theoretical rather than practical knowledge of timelines because the race participates in only one timeline process. According to the following comments, what they know is based on studies of a model of the human process in a synthetic quantum environment or SQE. These simulation experiments give probabilities that certain effects will occur.

**Zeta:** There is also the ability of many races to create a mirror image of a current timeline [i.e., the SQE simulation], and then place functions within the timeline to understand the perceived probability.

**Zeta:** Much of the discussion we are having is based on theoretical models that we have discussed with others amongst our race. There is no guarantee that what is said on this subject is known to be a truth.

**Zeta:** Now for us, we exist on one thread, one infinite thread as you do. This does not mean that we cannot study the other threads. We have our own technological processes such as the quantum environments where we are able to take imagery of each of the chosen timelines, and then we can study the probabilities. But we only view probabilities, that is true.

Interviewer: Is one of the reasons a Zeta may wish to be incarnated in a human container the possibility that they can experience the existence of multiple timelines?

**Zeta:** The collective consciousness of the race is based on multiple frequencies. Now, if you as a Zeta entity are in operation within one of those frequencies, if you were to incarnate, as you say, into a
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container, the timeline that you incarnate to ... the real issue is, my friend, that the time lines are not what you believe them to be. They are not segmented by your time process. They are based on dimensional aspects and frequency. What is taking place is that you are in operation in frequency, and depending on frequency will depend on the type of interaction that you will have with your perceived reality.

The Zeta says that the ability to enter a timeline depends on one’s compatibility with the timeline’s frequency or state of consciousness. It is not a matter of simply choosing a timeline. The Zetas “are in operation within one of those frequencies” and so have a particular state of consciousness that restricts them to our timeline. Humans, however, have access to many more timelines according to a theoretical model of existence for all entities in the spirit realm construct.

**Zeta:** The theoretical model of existence states that a human would be a level of consciousness that is partially based in the oversoul process, and so it could exist in infinite realities in the same time, because the oversoul has separated itself into many forms, and thus existing in many physical manifestations you understand, and these are called timelines. But for us, our consciousness is not seen as the oversoul process, so there is no theoretical model required for placing ourselves into the separate timelines I explained.

That is, the oversoul process provides the many soul facets that can be assigned to multiple timelines. Spirits in spirit realm that choose to incarnate as humans are part of this process. However, the Zetas’ consciousness is not organized the same way, and so the Zeta race is able to use only the one timeline.

Our immediate impulse is to see ourselves as having multiple existences on many timelines, but this is not correct. The Zeta counters this impression with the following comment.

**Zeta:** As has been stated by us many times, the function of time or timelines is that it exists only for the observer, and so the observer,
no matter where they are observing from, sees that point as the now. And so to believe that they are multiple humans on any timeline, that does not accurately describe how humans view themselves in a timeline process.

This comment indicates that the result of the timeline process does not come from multiple individual humans, each with a unique experience on their own timeline. Rather, only one observer views the incarnation process, and it simultaneously experiences many perspectives. However difficult it may be for us to comprehend, the sequences of experiences in the many states of consciousness all converge to one sequence of observations in the now.

19.1 The Zeta experience of one timeline

In the chapter, *Incarnation and ascension*, we learned that a Zeta may choose to incarnate in a human container. However, as mentioned above, they can do so only on this one timeline. They do not simultaneously experience many timelines like spirit realm entities do when they incarnate. The following are interview segments where questions were answered about the Zetas’ use of the timeline.

Interviewer: Have you talked about how the Zeta race came into being before?

**Zeta:** A facet of one race existing on many other forms of existence not related to timelines, produce a race to exist on one timeline function.

Interviewer: Could you explain a bit further?

**Zeta:** And so, interdimensional races are creating matter, creating consciousness to exist in matter on one timeline for the purpose of experience. Information from the race to move back to the interdimensional race called the Blue Beings, the creators of the race.

Interviewer: If this timeline was not the best timeline, would you be able to change to another?
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Zeta: No, it has been determined by the creator races that this is the best possible timeline. It is the intermediate frequency, the middle frequency. The middle frequency provides the most experience, because from the middle, other frequencies are more widely spaced.

Interviewer: Are you meant to reconnect to the Blue Beings?

Zeta: They are guides.

Interviewer: Every Zeta coming here for experience, do you choose what time and place and circumstances you come to?

Zeta: Yes of course.

Interviewer: So you do choose a particular timeline for a reason?

Zeta: No, we choose a particular time which is now, and so if I wish to incarnate as a human in a thousand years time, that is now.

Interviewer: Why is one particular timeline chosen over all the others?

Zeta: That presupposes that the theoretical model is in operation and that the spirit densities of the human population are existing in infinite manners. We have chosen this timeline, this experience, this existence because it is the one that we are in.

Interviewer: There has to be a purpose or a reason why you chose this planet…

Zeta: …because we exist in this timeline.

Interviewer: Ok, so the next incarnation that a Zeta were doing, and you would pick a point…

Zeta: …only on this timeline. This timeline exists because of this physical universe. If I was to exist in a theoretical different timeline, I would exist in another universe, but the collective mind of the race exists now.

Interviewer: What is behind the decision for the choice of a different universe or the now over the timeline for a zeta to come here?
Zeta: There is never a choice to move to another universe, another existence. That would mean a disassociation of the collective mind.

Interviewer: When it's time for you to have your experience, is it just for the experience or will you be coming here in a particular timeframe for a reason.

Zeta: There is always a reason, but I will not be disclosing that.

Interviewer: So there is a reason for choosing a particular timeline...

Zeta: ...a particular point on the timeline. Do not confuse the different existences.

Interviewer: So you would choose this particular point, but you would have a reason for choosing that point.

Zeta: Yes.

19.2 Interference with timelines

The Zetas agreed that individual humans might be able to transfer their personal awareness to another timeline by learning to change their frequency or state of consciousness to approach that of the other timeline. It also appears to be possible to create portals that allow entities to cross such timeline boundaries. These matters were discussed with beings from both the Zeta and the Anunnaki races.

19.2.1 A vision of timeline changes

The following discourse on timelines was given by the Anunnaki being who also came to speak through the medium. As we have seen, timelines are distinguished by their vibrational states, and the Anunnaki used colour effectively to describe the panorama of many timelines. Colour has been used by the Zetas as well to distinguish among states of consciousness. Here, the Anunnaki discusses limitations on intrusive changes to a timeline.

Timeline issues can be significant, a change may be made to a flow of time, many threads, many colours flowing through the universes, as a combined force.
When an entity from another timeline interferes with this timeline, the colour of the thread changes and the process changes, but all of the threads are continuous.

So it’s like pushing your finger into your hand and the colour changes, once released it returns to normal.

Once the colour has returned to the flow of the multithreaded timeline, what was perceived as a change reverts back to the original timeline.

What is to take place will take place. An internal change to a timeline is never successful, but a non-synchronous time line is of a separate nature, and perceives only one timeline to exist in this universe, so it has its own timeline. Once a timeline is split, it rejoins.

Now here is the point. If you are part of a flow of time, if the change was made in advance of the sitting process, and you move into the change, then that change to the time line would affect you. But it would be a requirement the change would need to be relatively close to your coming to it. For example, if you are sitting at six, and it’s five now, and an entity changes the timeline, the change may be enough as you move into the six PM process. You may move to a new paradigm and will be affected, but the change would need to be made close to you. If the change is made well away from you, by the time you arrived, the change would be reversed.

The timeline is self-healing because it all flows from within itself, all of the universes in one harmonious flow, a very beautiful thing to behold.

19.2.2 A discussion of timeline portals

The Zetas explained that “source consciousness has within it definitive barriers and boundaries for what may exist”, and that “between each boundary or realm as you would say, there are delineating frequencies that are conjoining.” What are these boundaries and can they be crossed? We learned that boundaries in
the energetic realms experienced by a being are illusory. Whether they exist or not depends on the being’s state of consciousness. A Zeta says, “if you were to leave your body and come on a journey with me, I could take you to many dimensions, many races, many realities, many places, because there are no boundaries, and consciousness is playing a game of illusion with itself.” Clearly, this Zeta has learned to be in a state of existence where there are no boundaries.

The Zetas use the analogy of tubes to describe timelines. The walls of the tubes are physically impenetrable and can only be crossed by a being when it adjusts its state of consciousness appropriately. Some beings like the Zetas have developed the skills to construct a portal across boundaries dividing regions. For example, the medium, Paul Hamden, once remarked during a conversation with a friend, “They just appeared in the room again, a small white vortex about 6 inches across.” To him, this was an indication that one or more Zetas were interested in joining the conversation. The vortex was symbolic of a portal into our relatively low state of consciousness as suggested by the following comment.

**Zeta:** We believe that many humans think that a vortex is a funnel-type device, but generally, it is a descriptive process that is utilized to give an understanding of a process. And now, it would be more accurate to state that what exists between frequencies is an intermediate layer of a connectivity between the two which allows a crossing over or a crossing between the formations.

And so let me explain. If this is a room, there is a room on the other side of that wall. If a door is placed in between the rooms, then we may enter through the door from one room to another, and so that would be the vortex process.

The Zetas have a technology for opening and closing portals, which is described in the section, *Applications of the cymatics analogy*. As indicated in the following comment, the technology creates a bridge between two constructs having different frequencies or states of consciousness.
Zeta: The frequency of this area compared to the frequency of where we are, these are different. The intermediate process is one which establishes a connection that allows transference between the areas of frequency, a stepping down from one frequency to another.

19.2.3 The opened portal at Wallacia

The following interview segment discusses the opening of a portal during a sitting at the Wallacia Development Centre near Sydney, Australia.

Interviewer: Who opened the portal from the other timeline at the public sitting at Wallacia?

Zeta: The feature of the portal process was that beings from a different timeline were to open access to this dimensional process to disrupt the timeline.

Interviewer: If time doesn't exist, how is that possible?

Zeta: The clock, the ticking does not exist, time does not exist, so what exists is what takes place, so if this is changed... How to explain this... Imagine your life in a long tube – horizontally. You stand up and view the tube, and see yourself performing certain functions in the now. As now you are viewing this, you go to another part of the tube and see a child in the now. It is from the point of the observer as to what is the now. So a statement such as “all things are now” is possible. If the process is interfered with and is changed, then many things will be altered in the now.

Interviewer: Are you saying the timeline has been interfered with?

Zeta: Yes, this non-synchronous time has been altered. Humans who have access to races have changed certain points using many things.

Interviewer: So if they are trying to move to this time frame, are they trying to change “now” or make more changes?

Zeta: There is a natural order in all things. Even change has an unpredictable process in regards to what a entity would believe is an outcome. No one is able to predict what is the outcome.
We have seen one possible outcome. Even observing something taking place, changes what is taking place, so the act of observation makes change. Free will exists, right up to the point where it does not exist. Humans believe they are making decisions based on freewill.

Interviewer: But isn't higher self in charge of all things?

Zeta: Higher self seeks experience. The human mind cannot understand this concept. All facets of higher self are split between existences. All of the existences make up the group soul process. This is why, when one entity transitions to a spirit realm, it does not understand the other lives or facets it is living, unless they have a connection. Many timelines, many spirit realms, all connected - but whether a portion of self can access itself in other timelines is another question.

Interviewer: What would have been a consequence of a human being taken through a portal not of their own volition?

Zeta: Each timeline holds its own frequency. If a being from another timeline is brought through to another timeline, then the timeline will change. Your circle is a technology, not a spirit circle, although spirit can speak in some circumstances. They desired the physical signature on a separate timeline. Any time a level of energy is increased and recognized, with the proper technology a doorway can be opened.

Interestingly, the unexpected opening of a portal at Wallacia was instigated by humans who are also in contact with extraterrestrial races. According to the Zeta, they were after technology involved in the medium’s communication with the Zetas. This technology was manifested as the circle, and it was their intention to determine its signature in order to implement something similar on the other timeline.
20. Orbs - an etheric technology

Mysterious balls of light or orbs have been seen at different scales. They are either high in the sky alone or in groups, or close to the earth in scenes that are photographed most often using a flash from a camera. Out of curiosity, the extraterrestrial Zetas were asked through the medium, Paul Hamden, what these orbs were and how the lights were generated. Their answers indicated that both kinds can often be physical phenomena, but some instances are related to technologies originating in the etheric realm.

Figure 20.1. Example of orbs in the sky
20.1 Orbs in the sky
Multiple balls of light or orbs in the sky often appear to have coordinated movements. The number of orbs seen at one time ranges from one to several hundreds, and they have appeared both in daylight against a clear blue sky and at night. Figure 20.1 shows typical examples of multiple orbs.
20.2 Disks in local scenes

Another orb phenomenon occasionally appears in photographs of nearby scenes. For example, the photograph in Figure 20.2 shows a number of light spots scattered about the scene. Such circular spots or disks are often assumed to be projections of three-dimensional orbs. If they were not, why would they usually appear as circles in the photos? An alternative understanding is that they are caused by tiny particles in the air reflecting the light from the camera flash back to the camera (see here). But this would not explain why many of these disks have complex internal details often appearing like features of human or non-human faces. The perception of faces could be attributed to pareidolia, the illusion of familiar objects in random displays, especially since we seem to be wired from birth to recognize faces. But perception of faces in these disks is not a rare event, so an unbiased observer might soon begin to question that the disks are random displays.

The images in Figure 20.3 are the disks in Figure 20.2 numbered 1 to 4. They were enlarged and enhanced using equalization and small increases in brightness. The images show examples of different kinds of non-human faces peering through a circular portal.

Figure 20.3. From left to right, disks numbered 1, 2, 3, and 4 in Figure 20.2

Figure 20.4 shows the remaining three disks in Figure 20.2 processed the same way. There are suggestions of facial features, but the representations are not as good as those in Figure 20.3. Notice in
Figure 20.4. From left to right, disks numbered 5, 6, and 7 in Figure 20.2

Figure 20.2 that the disks numbered 1, 2, and 3 appear to be closer to the person's body than the other disks. Could this have helped to improve image fidelity?

20.3 Zeta knowledge of the orbs and disks

The extraterrestrial Zeta beings were asked what they knew about the orbs in the sky and the disks nearer at hand. What are the two types of phenomena? How is the light produced? They were also asked if the balls of light that move across the sky have any relation to the much smaller disks photographed nearer the location of the camera? The following is the transcript of the ensuing conversation, beginning with the sightings of balls of light in the sky.

Zeta: Often they are projections of consciousness from us to a human. Rather than have a craft or a physical encounter with a human, there is a intermediary process, which is an "intention". The intention is the act which is to be synchronized with the human, sometimes the human’s perception is that an entity has stepped out of a ball of light or the craft has appeared out of light, but often the representation, the intermediary process, is to prepare the local consciousness of the human for a function which is to be performed.

Interviewer: How is the light produced?

Zeta: If the light is seen by many humans then it is a formation of electrons from the earth’s atmosphere. If it is seen by a singular
human it can be an act of local consciousness, holographic representation... a thought.

Interviewer: You wouldn't do that if there were more than one human?

**Zeta:** *It would depend on the purpose behind the intermediary process.*

Interviewer: Where do the craft come from?

**Zeta:** *They are as varied as the races. Not all beings and races use the same process.*

Interviewer: Which races create and use these balls of light?

**Zeta:** *Of course, our race uses this process.*

Interviewer: Do you know of any others?

**Zeta:** *There are not human names to name the race.*

Interviewer: Are there many?

**Zeta:** *Most races, yes..it is a safe process to create this.*

Interviewer: What is the purpose?

**Zeta:** *Interaction, performance of a function... to connect to a consciousness.*

Interviewer: Contact with your own?

**Zeta:** *There may be, not that we would interfere with a local time line. There may be an action which is to be performed, so there must be a thought instigated to make this happen.*

Interviewer: Do the balls of light which go across the sky have a relation to orbs photographed inside?

**Zeta:** *There are many lights, there are many instances of lights, there are many types of light processes, some being the intermediary process as discussed, others being the craft themselves emitting light, others being the electrical interference in the atmospheric*
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conditions. There are many types of phenomena. Even the spirit people are able to create a non-threatening process.

Interviewer: Humans readily accept this. Some of the smaller orbs seem to have faces in them, do these represent beings?

Zeta: Often yes, they are also a intermediary process, a projection of an entity that is wishing to communicate.

Interviewer: Are these orbs portals, used by a being to observe us?

Zeta: That is what I have said.

Interviewer: How are the orbs placed there?

Zeta: Simple function, you have your model air craft - they have remote controls. It is the same process. They are technologies.

The Zeta explained that they might place an orb high in the sky to be seen by a person, "to prepare the local consciousness of the human for a function which is to be performed." The sighting synchronizes a human to have further interactions with the Zetas. The function might be as innocuous as instigation of a thought in the person's mind so that an action will be triggered. The orb would be telepathically projected into a single person's consciousness, but if several people are to see it, it will be physically present in the sky either as a craft emitting light, or as a formation of electrons from the earth's atmosphere - a plasma.

The disks photographed nearer the photographer, especially when a flash was used, are an entirely different phenomenon from the orbs seen in the sky. According to the Zeta, these disks are not all images of particles in the air, such as dust or water droplets. Some are remote controlled devices that act as portals through which the physical environment can be observed from another realm. They can have complex internal structures that are representations of spirit beings who wish to communicate. We can often interpret the structures as images of faces.
20.4 Additional examples of faces in disks

Examples of faces in disks have accumulated as people present their photographs on-line. We thank the owners of the photos for making them public. The array of processed disks in Figure 20.5 contain
recognizable human and non-human faces, although the quality does vary somewhat. A few of the images were rotated to bring the faces to an upright position. Some faces will be recognized immediately, while others may take a few seconds before they jump into focus. Roughly the same number of disks were also processed that clearly did not show a face, and these are not included.

20.5 Discussion
The Zeta’s answers to our questions revealed that the two kinds of light phenomena, although very different, both originate in another realm.

The orbs in the sky are sometimes intended as a means of contact between a Zeta and a human. The orbs could be craft that materialized from the etheric realm, or plasma balls created in the atmosphere by such craft. In some cases, an orb is sent telepathically to a single human for the same purpose, and appears physically real to that person. The person’s perception seems to synchronize a telepathic communications channel so that further subtle interactions can follow.

Some photographed orbs or disks of light seen nearer to the photographer are devices that also originated in a non-physical realm. These devices are controlled remotely by non-physical entities who wish to communicate as well. The Zeta said, “Even the spirit people are able to create a non-threatening process”, suggesting that the attempts to communicate with these disks come from the spirit realm.

However, the Zeta emphasized that “There are many lights, there are many instances of lights, there are many types of light processes, some being the intermediary process as discussed, others being the craft themselves emitting light, others being the electrical interference in the atmospheric conditions. There are many types of phenomena.” That is, not all lights in the sky are communications from beings in another realm, and some disks of light in photographs are reflections from particles in the air.
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The appearance of faces in the internal structures of the disks are likely symbolic attempts at communication and not mere accidental reflections from dust particles. Figure 20.3 and Figure 20.5 show a number of examples of “a projection of an entity that is wishing to communicate.” Although recognition of patterns in the internal structure of a disk is subjective, there should be general agreement that many are representations of faces. The Zeta implies that their origin is the spirit realm.

The majority of the faces pictured above are non-human. Are they the actual faces of spirit entities who exist in the spirit realm? In “The spirit realm as information fields”, the Zeta mentioned that spirits returning to the spirit realm may represent themselves visually however they wish, simply by intending to do so. So spirit people have the option to look like any human or non-human entity. On the other hand, since the face in a disk is a projection, it may be an avatar chosen for the device by the spirit operator.

Given that the disks are a manifestation of an etheric technology, can we say anything about how the technology works? In this regard, Ledwith (in Ledwith and Heinemann, 2007) discussed some interesting ideas from a scientific perspective based on extensive observations of orbs. Ledwith believes that the orbs themselves are stimulated by the camera flash to emit light. The evidence suggested that the light from the orb is delayed slightly relative to the much brighter camera flash, and so they must be separate events. He also proposed that the camera flash stimulates a process of fluorescence near an orb whereby the orb emits different colours.

Ledwith also believes that the orbs are under intelligent control. He even attempted communication based on “yes” and “no” answers, although the details are not disclosed in the book. Also, a few of his photographs show that masses of orbs can organize themselves into an amazing vortex structure. He concluded, “The overwhelming nature of this evidence has to show at least a significant level of consciousness in most if not all the orb forms. It is equally evident that they can also exhibit a group ‘mind’ when they appear,
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disappear, or otherwise maneuver in perfect unity.”

Ledwith has taken the theoretical position that orbs exist in an extension of our physical reality. He proposes that different levels of this reality somehow exist in widely separated octaves of the electromagnetic spectrum. Our reality is invisible to beings in a higher octave until they develop a technology capable of seeing our part of the spectrum. He believes that orbs are such a technology.

The Zeta cosmology offers a different perspective. Spirit beings, who remotely operate the disks, exist in the etheric realm which is a dimension of the multidimensional reality in consciousness. According to the Zeta, the beings have an etheric technology that enables them to interact with the physical realm. This interaction may use the quantum process that the Zetas mentioned in the context of healing the human body (see “Health and healing”). The physical human body is maintained or healed using blueprint information obtained from a corresponding etheric body. The information is in the form of an etheric potential that becomes a physical potential via a quantum process acting between the two realms. The etheric device directly involved in the process appears to have the shape of a vortex.

The technology of the disks may also use a similar quantum process via a vortex to communicate information to and from the physical realm. For example, if it were a quantum entanglement process, the state of etheric photons would be complementary to the state of entangled physical photons. Effectively, this would be a transfer of information since the etheric operator would then have the information needed to view the physical environment. To make the process reversible, a photon in the physical realm would need to be entangled with an etheric photon with complementary properties. Photons might then be sent out from the physical disk by the etheric operator in response to the camera flash entering the disk, as proposed by Ledwith. The colours of the physical light emitted by the disk would be chosen by the etheric disk operator.

The quantum process, whatever it is, may be a general method for
interactions between the physical and etheric realms. As mentioned, a quantum process was involved in transferring information from the etheric body to the physical body for healing. Also, a quantum entanglement process was specifically mentioned when a Zeta described how they create a synthetic quantum environment, an energetic copy of a physical environment (see "Zeta technology"). It seems likely that a quantum process is also part of a technology that lets a being look into our world from the etheric realm.
21. The realms of races

In physical mediumship séances, sitters often interact with entities who present themselves as spirits of people who lived on Earth at one time. Spirits of loved ones may also appear informally to individuals, particularly during emotionally charged times. The spirits say they exist in a spirit realm. The Zetas have helped us understand this state of existence.

The spirit realm is an aspect of what the Zetas call “source consciousness”. It may be understood at two quite different levels of analysis. One level is from the point of view of a “consciousness space” where information is represented using the analogy of a waveform. The other level is how this information is perceived and reconfigured by spirit beings who are themselves facets of the source consciousness. This chapter discusses what we have learned from the Zetas at both levels of analysis.

Mechanisms in the spirit realm enable spirits to incarnate to a physical existence, but the Zetas have no need of that. A Zeta explained, “We do not have the same process as the spirit realm because the collective consciousness of the race and the physical
existence of being part of the race, are one.” They learn by the time they are adults to control the relationship between the physical state of consciousness and the state of being in separation from the physical body. When a Zeta’s physical body wears out, an identical one is grown and the consciousness is transferred to the new body. However, there are similarities between the Zeta and human states of consciousness, and some information they have given us about themselves is useful for understanding the spirit realm.

### 21.1 The new cosmology

The spirit realm, like everything else, is a construct formed from the energy of a multidimensional consciousness space. This is a space in an abstract mathematical sense, so it is not spatial in the way we normally understand it. Our familiar 3D space and its contents are also constructs created in this multidimensional space.

The energy of consciousness space is aware of its own existence; that is, it has consciousness. The Zetas say that all existence is a configuration of this energy. For example, “Source consciousness has within it definitive barriers and boundaries for what may exist. There is nothing that can be created that is outside of it, all forms, all shapes, all existence is determined by this process. All matter would disintegrate without this. There would be no planets, there would be no universe, it is held together by consciousness.”

An important organizing principle in consciousness space are states of consciousness - a dimension with an ordinal scale where a state is lower or higher than another state. These states of consciousness are meaningful in that they correspond to affective states like fear and unconditional love. So we can say that variations in affective states determine the existence of those “barriers and boundaries” in consciousness space, and are essential to the creation process.

The energy of source consciousness is configured to form entities that we call souls. In the Zeta's words, “The soul belongs to a class of energies which distinguishes it from all other conscious entities in the universe. It is self-aware and understands its distinctiveness. The
soul is multifaceted and incarnates in many states of being in many realms while still remaining one entity.” The multifaceted energies allow consciousness to be in separation so that it can have new and independent experiences.

The purpose of existence is to evolve and learn, and there is a pressure to evolve in a specific direction. That is, all facets of the soul desire to become part of a collective or group consciousness in a state of love.

21.2 The creation process

All beings need to experience different environments in order to grow. As configurations of consciousness space, they have the ability to create whatever they wish. All that is needed is the intention to create. So by thought alone, consciousness can be reconfigured into whatever situation is desired. This creative ability extends to the residents of the spirit realm, and enables them to create new environments as well.

Two attributes of consciousness space are important for the creation process. First, the affective dimension that includes states like fear and love is an inherent property of this space, and each facet of every soul entity has the ability to love to a greater or lesser extent. Second, a multidimensional grid is the basic construct that holds all creations. The grid itself is said to have no form unless it is distorted by a creation. In its pure undistorted form, the grid is a potential that cannot be perceived.

The Zetas gave us a way to think about the energy of consciousness space by using the analogy of a waveform. A single waveform is said to represent all that is. Individual objects or beings are components of this unitary waveform. Conversely, individual things integrated into the one waveform by the creation process are decoded by a being’s perceptual process. Perception transforms the waveform into separate things for the being’s consciousness to experience.

Every being is characterized by a particular highest possible state of
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consciousness or affective state. A being’s intention to create something alters the vibrational energy of that state, and the modified energy represents the intended thing. It is processed and preserved in the grid.

Other beings who share that state of consciousness or higher, can as an act of perception, reconstruct the thing represented in the grid. These beings may therefore share the same reality. A being whose highest state of consciousness is lower than the state that created the pattern would not be able to do so. This constraint affects the relationships that are possible among beings.

21.3 The function of the spirit realm

According to a communicator from the Anunnaki race, also speaking through the medium, our spirit realm was created long ago by his race to support the development of the human race. They recognized that spirits needed a safe place from which to be reborn into a physical existence in order to develop. In the words of the Anunnaki, “the spirit realms were created to contain the consciousness of a human entity. It was seen that when humans were first created that they required a transitional holding ground. After they had transitioned to this energetic container, they could then choose to move back to a physical form if they wished.”

A Zeta explained, “In the spirit realms, all are seeking to move past their current vibrational state ... each is then able to determine what step is to be taken next in their development path.” The spirit assesses its current vibrational state and chooses the best way forward. The Zeta added, “When a spirit entity decides to incarnate into a physical form, it may be based on the personal experience that the entity wishes to receive.”

A being from the Pleiadian extraterrestrial race, who came to speak through the medium as well, gave a similar explanation. He informed us that a spirit assesses its true vibrational state after it returns to the spirit realm, and then chooses what to do next based on that assessment. He said, “The only time a resonating form would
have a true understanding of its nature is when it is in the original energy state. Then it can place 'intent' into a life form's path. It may place the symbols required for realignment with the energetic grid into a person's symbol matrix.” Appropriate symbols are placed in the spirit’s energy field as guidance for the intended path in the next lifetime.

The Pleiadian explained that reincarnation “is like reading a map. You are on a journey. At each juncture, changes occur, and your existence is one of moving forward.” Continuing with the analogy, the spirit reorients itself at each stop sign on the journey. It then decides which direction to turn for the next life and what supplies are needed to get there.

21.4 Information fields in the spirit realm

A Zeta used the analogy of an informational field to discuss the nature of spirit realm. A more detailed discussion is in the chapter, The spirit realm as information fields. They said, "These constructs that we give you are ways for the human mind to understand what exists in consciousness.” The spirit realm container is described as a multidimensional creation, an entity of consciousness that is separate from its contents. At this level of analysis, the contents are said to be interconnected threads of information. “There are threads of consciousness, and the threads of consciousness are individuals who have existed in the physical form. The threads are informational fields which combine to create the whole soul process.”

The threads may perceive themselves as human, but may also choose to not do so. After an experience as a human in physical spatial dimensions, a spirit being has a strong belief that spatial dimensions exist. The thread of a spirit recently transitioned to the spirit realm often sees itself as a human living in the spatial dimensions of its recent physical existence on Earth. The thread’s expectations create and activate the illusion of its own appearance, living in an illusion of three-dimensional space in the spirit realm.

A spirit to be born in a human body is one of many facets of an
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information thread in spirit realm known as the spirits’ higher self. A higher-self thread at the lowest level of the spirit realm hierarchy, combines with other like threads to form an informational field known as the oversoul. Similarly, multiple oversouls are integrated into an even higher level oversoul. The Zeta explained, “The higher self is the thread, the oversoul is the collective consciousness of the multiple lives of entities. They are also singular in nature and existing infinitely as oversouls.” Yet the sense of individuality is not lost at higher levels of the hierarchy. They said, “Your individuality as a thread will always exist as long as you choose for it to.”

The Zeta explained further, “Remember for the consciousness living within the spirit realm container, the perception is that they are not threads. The perception is that they are entities living within structure. ... The informational field has the ability to create any construct, any belief system, any existence that a human soul requires.”

Although a number of higher-self threads form an oversoul group consciousness, each remains an identifiable entity for as long as it chooses. In fact, each higher-self thread believes itself to be the individual form that it created according to its belief structure upon the spirit's return to the spirit realm. It is not aware that it is a thread entwined with others in a higher-level structure.

21.5 Frequencies in realms

21.5.1 The meaning of frequency

When Zetas speak with us, they use the vocabulary and concepts available to them, most often those of the medium. This can lead to inaccuracies in communication when they talk about things beyond our understanding. For example, their use of the word “frequency” became questionable when we learned that they do not use the concept of time like we do. In response to our concerns, they explained how they used the word.

Zeta: You have asked, how do we know what frequency is when we
have no time, as it is a calculation based on a segment of this. Frequency is defined by us by the level of consciousness that an entity holds, and so as you move from one frequency to the other, your consciousness is placed in an expected state. … We have only ever used that word as a comparative process to try to give some meaning to the difference and to provide some comparison between your race and ours.

They say that they have only ever used the word “frequency” to mean state of consciousness. We suggested in “Creation and Consciousness” that “vibration” might have been a more appropriate word since it alludes to a felt rather than a numeric property of the phenomenon. The sensation of vibration would be a closer analogy to the state of consciousness intended by the Zetas.

In their explanation of frequency, the Zeta explained that conjoining of frequencies means “that it is in resonation, so if two entities are to come together, two different frequencies, then the frequencies of the two entities must change so they can be conjoined and resonate together… one must reduce, the other must increase… until they are in harmony together.” Resonation of frequencies here means resonation of states of consciousness. So resonation and harmony or their opposites are properties of states of consciousness.

The Zetas insisted that “no numerical values are able to be given to what frequencies exist between us and your realm.” This indicates that the state-of-consciousness dimension has an ordinal rather than a rational scale. The ordinal scale allows one to say only that a state of consciousness is greater than, equal to, or lesser than another state of consciousness. The scale would not permit the concept of harmony to be measured in terms of frequency (cycles/sec). For example, we define a sound as harmonic when it has a sequence of equidistant spectral peaks, with the space between successive peaks equal to a fundamental frequency. Without the rational scale for frequency, we would not be able to measure that the sound was harmonic by this definition.

So how would the Zetas know when certain states of consciousness
are harmonic without using a rational number system? The concept of vibration as an alternative to frequency may help. Vibration is a felt quality, and two vibrational states may simply feel consonant or dissonant in the moment. So if states of consciousness are vibrational states, then they resonate when they feel consonant or do not resonate when they feel dissonant. The felt quality exists without the need for a rational scale to measure harmonicity (Plack, 2010).

21.5.2 Frequencies of races

When the Zetas were queried about what they meant by resonation, the answers were usually rather vague. They do not use rational numbers and a rigid time scale, so the idea of spectral components at certain frequencies that create harmonicity is foreign to them. Rather, they feel vibrational energies in the now, and this is sufficient to recognize consonance and dissonance among states of consciousness.

The Zetas have used frequency as an analogy for state of consciousness in an attempt to show how states of consciousness can vary in and between races.

Zeta: The base frequency for Zeta is 10 cycles at a level where an entity is not requiring a separated level of consciousness. But there are other levels of frequency, 16 would be where a being would be in separation from self for a short time, 32 cycles is required to be in a permanent cycle of separation. We have seen that humans are between 7 and 8 cycles, some lower, some higher, depending on the frequency a human holds.

When the Zeta was asked what was meant by a base frequency, they replied, “That analogy is in relation to the level of resonation that a being would hold energetically.” The frequencies are said to be analogies, but the language used suggests that states of consciousness in the Zeta collective are like tones selected from the spectrum of a complex sound. The “base frequency” is the lowest state of consciousness, while “other levels of frequency” are higher states of consciousness. Each is the vibrational state of Zetas in a
particular state of consciousness.

The frequencies that were given are analogies for states of consciousness, so they should at least represent estimates. For the sake of discussion, let us use those estimates as physical frequencies. Let 10 Hz be the frequency for a Zeta in physical form, 16 Hz for a Zeta who spends some time in separation, and 32 Hz for a Zeta who is permanently in separation.

Like the Zeta collective, the human race has a physical frequency. The Zeta gave the human base frequency as 7-8 Hz, so we will say 7.5 Hz. Humans also exist at higher frequencies as confirmed by a Zeta in the following comment.

**Zeta:** You as human beings are living on a planet within your physical existence. However, you can easily transcend past the physical barriers. Each time you contact the spirit realms to pass information from a deceased person to a loved one, you do this. Another form of moving past a barrier is astral travelling or out-of-body experiences. These phenomena allow you as a being to move to different frequencies.

Further, when asked if the spirit realm has a wide range of vibrational states, the Zeta replied, “They exist in many different states of consciousness.”

So, analogous to the Zeta collective, humans have a temporary separation from the physical body in the astral realm and a more permanent separation in a spirit realm. The Zeta also said, “An astral body experience could be the same as how we are, attached to the physical body while in the energy realms.” This similarity justifies calculating the higher human frequencies in proportion to the Zeta frequencies.

The Zeta “astral” frequency of 16 Hz divided by the physical frequency (State P) of 10 Hz yields a ratio of 1.6. Multiplying the human physical frequency of 7.5 by 1.6 gives 12 Hz for the human astral frequency (State A). The permanent state of separation for the Zetas is comparable to our spirit realm. Its frequency of 32 Hz is
twice the Zeta “astral” frequency, so the lowest human spirit realm frequency (State S0) should be twice the human astral frequency, or 24 Hz. Figure 21.1 shows graphically the frequencies of the vibrational states for both races.

According to the Zeta, “The spirit realm container and the astral collective consciousness seem to be in separation but are actually as one process.” They added, “Do not think the astral realm is there and the spirit realm is there, it is one component but it is in separation.

The properties of each array of frequencies are consistent with this view that the states of a realm are separate but part of the same process. First, the spirit realm is an octave higher in frequency than the astral realm, and second, the astral/physical frequency ratio of

Figure 21.1. Frequencies of vibrational states
1.6 is very close to the golden ratio of 1.618 (Livio, 2002). This number is intrinsic to the Fibonacci number series which is a common organizing principle in many natural spirals from sunflowers to galaxies. These relationships between the different states imply that they are not independent.

To examine further the relationship between the physical and spirit realms, the Zeta was asked if the vibrational state associated with the physical planet resonates with the spirit realm's vibrational states. They replied, “There is a perception in the question that the matter is in separation from consciousness. But understanding that all things exist due to their relationship with each other, means that all things are in a synchronous relationship. Some may seem different, but it is only the state they present that indicates difference.” That is, perceived differences are not to be taken literally. “All things are in a synchronous relationship,” means that nothing exists in isolation and everything has a context. Things that appear to be separate are actually oscillating together as part of the one universal waveform in consciousness space. So the suggestion that the physical and the spirit realms are discrete entities is an artifact of perception.

Realm frequencies are approximations for states of consciousness on an ordinal scale, and the numerical values imply that sharp distinctions exist between states of consciousness. A Zeta was asked if physical frequencies are found in the spirit realm. The following reply again makes clear that the assumption of sharp distinctions is incorrect.

Zeta: Delineating a process that defines what is physical and non-physical - once again, the analogy of the ocean. There is water in the bottom of the ocean, there is water at the top of the ocean, and there is water all of the way in between. What defines the water from the body, what defines what is water at the top and water down below. Why is not the water all of the same level. The point is that there are no clear delineating features between the ocean, they are one body, but water exists all the way through from the bottom to the top, but it is not the same water. It is a body.
In the following comment, the Zeta cautions further that sharp distinctions in general are artificial and do not reflect what actually exists.

**Zeta:** *What determines generally the difference between the frequencies is the type of frequency. So for a spirit person to be in the physical form requires a binding of the life force of the consciousness into the physical framework, into the etheric body.*

The “life force of consciousness” is bound to the physical etheric body when the higher frequency of the spirit realm is mixed with the lower physical frequency. In terms of the above estimates of frequency, the 24 Hz spirit realm frequency would modulate the 7.5 Hz physical frequency in the etheric body. It is not one or the other, but both frequencies that are present as suggested by the ocean water analogy.

**21.5.3 Avoiding redefining spirit realm**

The following list of comments show that the Zetas have said time and again that they are not to enter the spirit realm. The reason has to do with the differences in the frequencies of the races. If a Zeta being and the spirit realm frequencies were to come together, the ensuing interaction would modify the spirit realm.

**Zeta:** *The laws that created the spirit realm function negate any race from moving into the spirit realm consciousness, because the underlying factor would be that, if an extraterrestrial was to move consciousness in full form entity as physical body into the spirit realm, it would change the frequency and negate the ability of the humans to traverse between the realms, and so spirit realm would become unusable.*

**Zeta:** *We are not to enter into the spirit realm, because that is to then redefine the parameters of the spirit realm container.*

**Zeta:** *All consciousness comes from what is and always will be, but to believe that a race will exist in spirit realm is not possible.*

**Zeta:** *We are not to enter into the spirit realm. The container process*
which is a transitional entity for the human race is not to be changed, so no race may enter and show full form within the spirit realm. It would create too much of a change in consciousness.

**Zeta:** There are laws which forbid a consciousness to enter into other... it is forbidden to become observed, it is forbidden to change, to bring about change unless you are part of the physical system, the human physical system, else the collective consciousness of the human race could be bypassed and the races just enter into the spirit realm. Therefore when the spirit people incarnate into the human form, they would have full knowledge of the races that exist. But where is your freewill? It would have been taken from you.

**Zeta:** If a being is to enter into an environment, and the environment specifically is created for the consciousness, and the consciousness holds an understanding of itself as a human form, then of course any other consciousness from another race which moves into that space would have the perception by the original consciousness of being different.

The Zetas say that the frequency of the physical form is intrinsic to the consciousness of a race and the differences in form are what normally keep the races apart. They said, “it is forbidden to become observed” in spirit realm; that is, to appear as a full form Zeta entity. The full form would presumably include the physical frequency of the etheric state, and this frequency would disrupt the spirit realm.

On the other hand, they explained that an interdimensional being, one without physical form, is able to enter the spirit realm without causing a disturbance. In their words, “Since the interdimensional consciousness has not existed in a physical form, it brings with it no potential to be understood as a physical form.” Interdimensional beings do not disrupt spirit realm processes “because they do not contain the frequencies that relate to being of matter.” Difficulties arise only when a being with a different physical state of consciousness enters the spirit realm.

The Zeta said that there are “laws” that forbid them to enter the spirit
realm. Are these laws a consequence of the natural laws of consciousness space? These govern how things change when one state of consciousness interacts with another. Such change would be unavoidable, since “if two entities are to come together, two different frequencies, then the frequencies of the two entities must change so they can be conjoined and resonate together.”

A Zeta was asked directly if its vibrational state would cause the spirit realm vibrational states to change so they would resonate with the Zeta frequency. They explained, “I will say that it is a possibility that it would change the spirit realm. It would again influence all that in the realm of consciousness would have some effect on them. There would be an increase in the level of consciousness because the spirit realm would then have the ability to understand a race of beings that exist outside of the humankind. But this will never happen.”

If a Zeta were to “come together” with the spirit realm, then the spirit realm frequencies would change naturally under the influence of the Zeta frequencies. The Zeta frequencies “would again influence all that in the realm of consciousness would have some effect on them.” That is, some entities would remain unaffected, perhaps any visiting interdimensional beings that have no physical state.

The spirit realm frequencies would move to resonate with the Zeta frequencies, changing the spirit realm so it would “have the ability to understand a race of beings that exist outside of the humankind.” This would be seen by the Zeta collective as a serious infringement of human freewill. The mere presence of a being from a higher-frequency race would “redefine the parameters of the spirit realm container.” The ramifications of this automatic process of change would “negate any race from moving into the spirit realm consciousness.”

It appears to be a natural process that would cause the spirit realm energy to change in the presence of a Zeta being, so what would “forbid a consciousness to enter into” the spirit realm? Why would
the Zeta being not enter? The answer appears to be that the love it has for other races prevents it from interfering with human freewill by causing the spirit realm frequencies to change. A Zeta said, “Your freewill is of utmost importance to us.”

This need to not interfere with the freewill of races is called a “law” of the collective. The Zeta insists that it is not by choice that they do not enter the spirit realm, but that “the law states, the laws of the race”. The prohibition appears to be a part of the core belief structure of the race, always respected and requiring no enforcement.

### 21.5.4 A conceptual model of realms

The spirit realm is an instance of a more general phenomenon that exists in the energy of consciousness. A Zeta said, “There are realms within realms, dimensions within dimensions, and inter-dimensions within dimensions, all is inside everything else. Each dimension is vibrating at a different level, then you can understand that everything is one and everything of the whole.”

Like all creations, realms are illusory constructs in consciousness space. The Zeta said, “These ‘realms’ that you describe are one of illusion, let this be stated at the outset. There are no defined boundaries between all of those states, as if some doorway existed between realms or dimensions. These energetic realms are actually divided only by the actual waveform's ability to move into and out of the energetic area.”

According to the Zetas, a realm is defined in terms of vibration or state of consciousness. This suggests that it is someone's creation and that it may be experienced only by beings having the same state of consciousness as the creator being, or higher. These beings would be able to resonate with the realm’s state of consciousness, while beings with lower states of consciousness would not even perceive the realm’s existence. Indeed, an Anunnaki being, also speaking through the medium, claimed that they had created our spirit realm.

The perceptual process of a being inside the realm would cause it to experience a realm boundary as a visible barrier with spatial extent
that cannot be crossed. The boundary occurs where the being does not resonate with the vibrational state of its energetic environment. The Anunnaki being said, “Many energies form the etheric boundaries that spirit beings exist in.” Perhaps the many energies reduce the likelihood that a being in the realm could resonate with the vibrational states of the boundary.

The Zeta was asked if the border of the astral realm was defined by its frequency, and how it differed from the spirit realm frequency. They replied beginning with an analogy, “You are surrounded by radio waves but you cannot see any of them, but each one of them holds its own channel. Generally, the frequencies are in separation because of the type of wave that they are, so something can exist inside in other things but be in separation.” This means that the frequencies that define realms interact linearly like radio waves do, so the different frequencies propagate independently and do not distort each other.

When asked if the frequency of the inside of the spirit realm differed from the frequency of the border, they replied, “Of course, because inside the spirit realm entity is consciousness creating its own construct.” The nature of a realm interior created by consciousness was discussed earlier. The states of consciousness in the Zeta collective were expressed as frequencies, and were taken as the beginning of a harmonic series of states.

The Zeta was asked if there could be another realm having exactly the same frequencies as the spirit realm, and they agreed that there could be.

Zeta: Yes, because the spirit realm is local to its physical container so the transitory positions between the physical planet and the spirit realm is a local relationship.

Interviewer: But if two realms had the exact same frequency or vibration, would they not be the same thing?

Zeta: No, because there may be a planet in this universe that has a frequency and a planet in another part of the universe that has much
distance that also has frequency of the same nature.

Interviewer: And they would remain apart?

Zeta: Yes.

Zeta: As the spirit realm container is much aligned in the energetic realms, many other spirit realms, many interacting with each other, many entities come from other races to populate the spirit entity that is associated with the planet. This is called a soul process, and answers how a population can continually increase on a planet realm.

The illusion of reality, including our familiar three spatial dimensions, is created in the one unitary waveform of consciousness space. So spirit realms with the same frequencies are unique if associated with different contexts. For example, they may be associated in the illusion with different physical planets located at separate locations in the universe.

There are many distinct spirit realms “much aligned in the energetic realms”. The alignment is of vibrational states, so there is the possibility for entities to move from one realm to another. The Zeta revealed that beings from the spirit realms of other races come to our planet’s spirit realm, and this provides for the continual increase in the population of Earth.

The discussion in the above section, “Frequencies of races”, suggests a general pattern of energies in realms associated with a physical planet. Specifically, there is a sequence of ascending states of consciousness. The lowest State $P$ is the state of the physical and etheric energies of the planet. The next higher state is State $A$, forming a planetary realm we call the astral realm. State $P$ does not resonate with State $A$, but physical entities in State $P$ are able to move temporarily to State $A$ under certain conditions. State $S_0$ is the next higher state. It resonates with State $A$, and it is the entry point to another planetary realm that we call the spirit realm. After State $S_0$, there are multiple states, State $S_n$, in that same realm, and each state resonates with State $A$. By analogy, States $S_{0-N}$ are like a harmonic
sequence of tones with a fundamental defined by the frequency of State A.

This is a very simplistic model that came from the frequency-based description of the Zeta energies presented as an analogy for states of consciousness. The model sheds light on situations where there are contrasting states of consciousness.

21.5.5 Applications of the model

The array of states of consciousness of a race helps to understand a number of comments by the Zetas. Consider the following instances.

Case 1:

Zeta: The guides to the medium that are spirit-based are able to move out of spirit realm and partially come into the physical processes so that they can speak to him. We are able to communicate with them because they have moved their frequency out of alignment with the spirit realm process, remembering that we are not to enter into spirit realm.

Interpretation: Guides or spirits from spirit realm are able to leave State S₀, shift through State A and partially into State P. State P does not resonate with State S₀, so the Zeta can connect with the guide in State P without drawing the realm States S₀-N to the Zeta state.

Case 2:

Zeta: This is why so many of the phenomena that are seen such as orbs and lights and other forms of matter, exist only for a short time, because the informal threads of consciousness move in and out of the frequency, the fabric of the human existence, and this is why your friends can come and speak to you, because they move between the frequencies to come and speak to you.

Interpretation: Threads of consciousness in spirit realm are responsible for the appearance of orbs when they shift from State Sₙ into State P. Physical mediums appear to facilitate this shift so that spirits may appear to sitters.
Case 3:

**Zeta:** One facet of the spirit realm is your oversoul. They are like rooms with many entities in each room, each of the rooms creates a dwelling. Your house has many rooms, your house is the spirit realm, each of the rooms has potential to be many entities.

Interviewer: Do you mean the rooms are like consensus realities?

**Zeta:** Yes they are.

Interpretation: The Zeta describes an oversoul as one of many rooms in the spirit realm. Each room is a consensus reality. In the section, *Consensus reality*, we learned that a shared state of consciousness is a requirement for beings to feel they are in a consensus reality. So each oversoul or room in the spirit realm is a unique state of consciousness, State $S_n$.

Case 4:

Interviewer: Will the collective consciousness of the human race be able to communicate and interact with other races?

**Zeta:** You will be accepted as a individual entity, but you will never be allowed to integrate your consciousness with another race. You do not have capacity to move carefully through another race’s consciousness.

Interpretation: The human collective consciousness could not integrate with the consciousness of another race. It does not have the capacity to “move carefully through another race’s consciousness.” Perhaps it is unable to compensate for the mismatching states between the races such as are shown in Figure 21.1. The Zeta says the human consciousness would not even be allowed to try. The conjoining of the human state of consciousness with incompatible states of the other races would have undesirable effects on the other races.

Case 5:

**Zeta:** But of course there are within all realms the potential for an
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interchange of information, but the levels at which those exchanges take place, the nexus of information, is based in frequencies that would be well beyond the existence and understanding of the spirit realm beings.

Interpretation: In the analogy describing their states of consciousness, the Zeta said that State A and State $S_0$ were 16 and 32 Hz, respectively. By extrapolation, the corresponding human states were calculated to be 12 and 24 Hz. Additional harmonic frequencies beyond State $S_0$ would resonate with State A, the fundamental frequency. The higher frequencies are shown in Figure 21.2 for both races.

![Figure 21.2](image)

Figure 21.2. A frequency common to both races

According to the Zeta, there is the potential for all realms to exchange information at a frequency associated with “a nexus of
information”. For example, an individual human consciousness in spirit realm should be able to connect with the Zeta collective through this nexus. Perhaps it exists at the common 48 Hz frequency identified by the horizontal line in Figure 21.2. In any case, the Zeta considers the frequency associated with the nexus of information to be unattainable by spirit realm beings.

On another occasion, the Zeta mentioned, “When a spirit person moves back to the spirit realm process, the residual effects of the existence as a human creates the reality of the human, the spirit human. Once that is transitioned, then the consciousness moves to different states of understanding of itself.” A sitter then asked, “Why could it not join with another race?” and the Zeta replied, “It can if it goes to the connected points, the transitional realms between the spheres of consciousness. But of course the consciousness would need to be in a state where it was able to move into the transitional process.”

The “transitional realms between the spheres of consciousness” appears to be equivalent to the “nexus of information.” A proper state of consciousness is needed to enter this transitional realm, and this state may well be unattainable.

Case 6:

Zeta: When you are in our presence, our energy filters into your energy and then there are changes that are temporary. There are changes to your body and consciousness. This is because humans are taken out of this corporeal three-dimensional realm and moved closer to their true self.

Interpretation: This comment refers to how humans may become ill after being in close physical proximity to a Zeta being (see “‘Experiencer’ illnesses”). The human is in State P and the Zeta is most likely in its State A, the temporary state of separation. The human’s State P will attempt to conjoin with the Zeta’s State A and so will be drawn towards the human’s State A, the fundamental frequency of the harmonic spirit realm sequence, its “true self”.

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Case 7:

Zeta: There are many energies on this earth plane, some are out of 'frequency' with your current processes. They live their own lives around you, there are many beings doing this, you only believe what you see.

Interpretation: The Zeta is referring to beings having states of consciousness around the human State P. Incorporeal beings exist in State P, the human physical state of consciousness. These beings are known as earthbound spirits. But because they are etheric beings rather than physical/etheric beings, they are not detectable by most humans. Also, some interdimensional beings could be between State P and State A, but are even harder for humans to detect because they “are out of 'frequency' with your current processes.”

Case 8:

Interviewer: Can you describe how you once moved an entity away from the medium?

Zeta: Yes of course, I moved into its presence. The frequency that I hold is much different from spirit people. They are unable to maintain their level of consciousness when we are around so they must leave our environment.

Interviewer: So there is an incompatibility between their state of existence and your own?

Zeta: Yes.

Interviewer: And yours, because it's a higher frequency, overrides the other one?

Zeta: Yes, of course.

Interpretation: The Zeta explained why it was able to repel a spirit being from a particular location. The State A frequency held by the Zeta was higher than the State A or State P frequency held by the spirit being. The spirit being had to leave in order to maintain its integrity, because the higher Zeta frequency might have conjoined
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with the lower spirit frequency and disturbed the spirit’s vibrational state.

Case 9:
Zeta: Are spirit realm people much different than other races, each having its own transitional realm? So to say that you have a spiritual guidance, and guides that are spirit would be a common theme across many races, but those races exist within their own spirit realm entity.

Zeta: As the spirit realm container is much aligned in the energetic realms, many other spirit realms, many interacting with each other, many entities come from other races to populate the spirit entity that is associated with the planet.

Interpretation: The human race has a transitional or spirit realm and other races may have their own transitional realms. Each transitional realm has the function of providing spirit guides for the race. The transitional realms of many other races are in vibrational alignment with our spirit realm. This means that State P and the associated harmonic series in the transitional realm are similar for those races. The similarities are such that entities in one realm are able to move to the transitional realms of other races.

Case 10:
Zeta: There are many facets to the race. The only facet of the race that is excluded from the collective mind are the abductor race. They are entities that have decided that they will journey on their own path, that they will take upon themselves a new construct, that they do not wish to be part of the collective. ... They chose service to self.

Interviewer: If the abductor race attacked you, would you defend yourself?

Zeta: They would not, they know not to. If they were to come near us, they would be re-integrated into the collective mind. They would not be able to assert themselves.

Interpretation: The group of Zetas called the abductor race was
discussed in “About the Zeta race”. The “service to self” beings of this race have taken genetic material from humans for experiments to improve their own genetic structure.

The Zeta was asked how the collective would respond if it were attacked by the abductor race. They implied that an overt response would not be necessary because “they would be reintegrated into the collective mind” if they came too near.

To be reintegrated with the collective, the vibrational state of the abductor race must be lower than that of the Zeta collective. The higher frequency being is always dominant when there is a conjoining. The abductor race must avoid the Zeta collective if it is to persist in its current state.

The dominance of the Zeta collective implies that its State P is higher than that of the abductor race. This further implies that State P of the abductor race is nearer to State P of the human race. Therefore, mere physical proximity of humans to the abductor race should cause fewer health issues than proximity to beings of the Zeta collective (see “‘Experiencer’ illnesses”). Nevertheless, there appear to be other good reasons to keep the “service to self” abductor race at a distance.
22. Conflict resolution in spirit realm

A previous chapter, *The spirit realm as information fields*, discussed a Zeta’s low-level description of the spirit realm. Entities there were described using the analogy of a hierarchical structure of information threads. A spirit being at the lowest level of the hierarchy lives a physical incarnation to accumulate experiences and then returns to the spirit realm information field. According to the Zeta, “The informational field has the ability to create any construct, any belief system, any existence that a human soul requires.” So on its return, the spirit being perceives a familiar environment consistent with its own expectations.

The spirit realm information field is experienced at a higher level of description when the information is decoded by a being’s perceptions. The Zeta said, “If you wish, you can perceive yourself to be of a human construct. But also if you do not wish to live in that construct, then you do not.” Since the environment that is created is based on expectations, we might wonder if spirits deal with conflict as they did in the physical form.

In the physical lifetime, they sometimes encountered situations where their desires conflicted with those of others. They might have
found ways to compromise to get some of what they wanted, they may have fought to get everything they wanted, or they may have agreed to part company and each go their own way. Does a similar kind of conflict resolution also occur in the spirit realm? Do spirits incarnate so they can experience the opportunities for growth that conflict offers? These concerns prompted the following series of questions for the Zeta.

Interviewer: I sometimes wonder about the purpose of our physical existence here. It occurred to me that the creative process is not the same here as it is in the energetic realm, and I think that freewill is more easily obstructed in our physical existence than elsewhere. Is that the reason why people incarnate in physical form, so they can interfere with each other’s desires?

Zeta: Amusing question, to interfere you say, why?

Interviewer: Well, we often do that, one person wants to do one thing, and another person thinks we should be doing something else, and we can’t just wave a wand and each have our own way.

Zeta: Much simpler for you, yes. For the spirit people that come into the human form, they desire experience. To leave the energetic realm and to move to physical is much excitement for them, to go on a journey.

Interviewer: Is the excitement because they have to deal with other people’s wishes and desires in conflict with theirs?

Zeta: There is a dynamic environment within the physical, yes, and of course the spirit people do not have the potential to experience the physical within the spirit realm.

Interviewer: In the energetic realm where the creative process seems more straightforward, how are conflicts resolved between two beings at the same level of consciousness? If one wishes to have an environment one way and the other wishes to have the environment a different way.
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**Zeta:** *Then they split off and both environments exist.*

Interviewer: So then those two beings will not be associated with each other any longer?

**Zeta:** *If it is a spirit realm entity, yes. Then what is to take place is the imagery of the two beings integrated into each other’s reality.*

Interviewer: So multiple versions of each …

**Zeta:** *Correct.*

A similar conversation at another time by another interviewer expanded on how conflict is resolved in the spirit realm.

Interviewer: Are all the conflicts we have here also in the spirit world?

**Zeta:** *No, what if all of the entities in this room except you are a figment of the consciousness?*

Interviewer: Ok, so the belief structures might carry on, but because there is no physical form, there’s a different existence?

**Zeta:** *Yes. it is a different existence. You would be isolated from those spirit realm friends if you wished to harm them. But you would not know that you were in separation from them because you would have created your own reality.*

Interviewer: So all of the others that believe the same would be in the same space anyway?

**Zeta:** *No, they would be in their own space. They have no physical form, and they are of consciousness. They live their own story.*

Interviewer: And so the people they bring into their story…

**Zeta:** *Do not exist, are like the human mind, creates injury but the story isn’t heard, your imagination. So the real spirit people who mean no harm are allowed, through a frequency of love, to connect to each other.*

Interviewer: Ok.
Zeta: And you would not be allowed to harm consciousness as consciousness are not real. Also, from what we have seen and learnt about the spirit realm, the core frequency would negate, diminish, not allow the entity’s consciousness to become part of the core belief structure.

The Zeta did not say whether the opportunity for conflict resolution motivated spirits to incarnate. They did say, however, that spirits do not have the possibility to experience physical existence within the spirit realm, and that is why they are often excited to have the opportunity to incarnate. Presumably, conflict is one of the experiences they expect to have.

Conflict can occur in the spirit realm but, interestingly, it would not be noticed. When two spirits have an irreconcilable disagreement with each other, their environments split so that each goes their own way in separate realities. This would not be noticed since a simulacrum of the other is created by each spirit’s creative process.

Every spirit lives their own story as they would like it to be. They may harm others, but these others are simulacra, and the harm occurs only in the spirit’s imagination. The consciousness of a simulacrum is not real, so it cannot be harmed in a dispute. It also would not become part of the “core belief structure” held by the conscious entity that is spirit realm.

Real spirit people who mean no one any harm are able to connect with each other through a vibrational state of love.
23. Managed plausible deniability

Summary. An interview with a Zeta confirmed the existence of a control system hypothesized by Jacque Vallée (1975). Non-terrestrial beings, humans in positions of authority, and spirit controls in physical mediumship séances regulate the uncertainty about how to explain UFO and physical mediumship phenomena. The uncertainty prevents the fear that would accompany forced acceptance of a radically new worldview. Incremental exposure to uncertain evidence of paranormal phenomena should allow humanity to eventually acknowledge the existence of an energetic realm, and freely choose to accept the implied new understanding of reality. Besides the reduction of fear, the Zetas have the additional objective of telepathic communication among human and extraterrestrial races. For that to happen, humans need to recognize the energetic realms, that love is a creative force, and that a more loving human collective consciousness will allow the telepathic communication.

Paranormal phenomena are experienced by people in all walks of life. For example, unidentified flying objects (UFOs) are repeatedly
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seen in the sky. These objects are often thought to be unidentified craft exhibiting impossible flight characteristics. Other paranormal effects are regularly produced in physical mediumship séances. Inexplicable phenomena that occur in the presence of a human medium include levitation of heavy objects, the materialization of apports, and materializations of the familiar forms of deceased individuals.

Emotional reactions often ensue following the appearance of such anomalous events. One side of an argument may support acceptable scientific explanations, or may question the observer’s sanity, or may insist that a hoax has been perpetrated. The other side may take the view that something magical has occurred for which there currently is no explanation. Because the phenomena cannot be satisfactorily explained, they are disparaged by most scientists and ignored as much as possible. But the failure to explain may lie in the limitations imposed by our current understanding of reality.

Jacques Vallée (1975) suggested that discussions about explanations may be why the inexplicable anomalies occur at all. He proposed that such discussions are encouraged by a control system designed to help us change the myths behind our concept of reality. We are exposed to anomalous events and different ways of explaining them in such a way that a particular level of uncertainty is maintained. Vallée observes that a “characteristic feature is a constant factor of absurdity that leads to a rejection of the story by the upper layers of the target society and an absorption at a deep unconscious level of the symbols conveyed by the encounter.” That is, when the available evidence is unsuited to conventional scientific analyses by the upper layers of the target society (i.e., institutions like universities), it is assessed intuitively by the individual observers and those who become aware of their reports.

Vallée argues that the inexplicable events are produced by an intelligence of some kind. Obvious candidates are an extraterrestrial race who fly the unidentified craft, and spirits of the deceased who control the events in physical mediumship séances. Our experiences
with these events give us opportunities to contemplate unconventional explanations and arrive at a different understanding of reality.

23.1 The Zeta presence

The extraterrestrial Zeta race is a race of physical beings who can also exist “in separation”, i.e., as a consciousness apart from the physical body. The consciousness exists in a disembodied state in a non-physical energetic realm, and may communicate with us through a human medium. They have told us much about the Zeta and human races as documented in this book.

Vallée’s hypothesis of a control system was examined further by asking a Zeta if extraterrestrial races and spirit realm beings were involved in such an operation. The following is the transcript of the discussion about the control system hypothesis.

23.1.1 The interviews

Interviewer: The hypothesis proposes that beings from extraterrestrial races and spirit realm manage human reactions to energetic phenomena like materializations of craft, apports and ectoplasm. The purpose is to control the general perception of proof regarding such phenomena so that there is a desired level of uncertainty in the population. The degree of plausible deniability of unconventional explanations is managed by encouraging conventional explanations by debunkers of the evidence.

The objective of managed plausible deniability is to create conditions that help raise the state of the human collective consciousness. 1) Deniability impedes the buildup of fear which must be avoided. 2) Uncertainty about the evidence encourages each individual human to work out for themselves the nature of reality suggested by the mysterious events. Under these conditions, humans are more likely to recognize the dimension of love as the foundation of existence.

Is it true that the Zeta beings, other races, and spirit realm beings, all
work to manage the collective human belief in the non-physical realms for the reason proposed?

Zeta: Yes.

Interviewer: Most Earth governments refuse to acknowledge the existence of extraterrestrial races. Was this official position of governments arranged by Zetas and other races in order to allow plausible deniability in the population?

Zeta: There is agreement.

Interviewer: Can you elaborate?

Zeta: Many of the changes that are being made are made slowly. Once the level of understanding has reached a level where participation in those levels of consciousness is sought by humans, then of course plausible deniability will no longer need to exist. But prior to that, the only way to move through the various stages of levels of filtering of consciousness that is a perception of the human mind, is to continually question what is currently presented to the human race. And so yes, there is agreement between the races and some levels of the government in regards to what should be presented. Because if the governments were to make a statement that the races exist, there would be an automated jump for the consciousness of the human race, but in which direction? Would that be one of fear? Would the human mind entertain the thought of fear?

It is healthy to question, healthy for the human psyche to question, to perceive, and to question again, as slowly coming to maturity and understanding, because what is to be presented to a race may not be what has been considered before, but may be something that is completely different.

Interviewer: Will this management strategy lead to more proof of the existence of energetic realms as the state of the human collective consciousness continues to rise? That is, will greater contact with craft and more conclusive evidence for physical mediumship phenomena be indications that people are becoming more loving?

Zeta: Before loving, is understanding. There are levels to be
achieved in consciousness. All of the signs that are given through various aspects of consciousness are guideposts.

In a later interview, the following exchange continued the discussion of the control system.

Interviewer: We talked before about the control system that manages the uncertainty that people have about the reality of the non-physical realms. You agreed that the Zeta race was a party to the control system, but the medium finds this hard to accept. Can you confirm that members of the Zeta collective participate in the control system?

Zeta: There is a release of information. There is a process. We do not see this as a control system. Yes, it is a method of control, but it is not a formal structure that is utilized. It is malleable, it flows, it is able to change. It serves a purpose.

Interviewer: Does the so-called Zeta abductor race participate in the control system as well?

Zeta: They do not.

Interviewer: Are there any races that do not concern themselves with the control system?

Zeta: There are many races which do not concern themselves with the activities of humans at all.

Interviewer: If there are races that ignore the control system and do whatever they want to do, is the control system able to compensate?

Zeta: That is why the control system, at this stage, is malleable. It is not able to completely manage processes. There are points of exchange, points of chaotic exchange.

We seek only to support a race to a different experience. Once that experience is realized, there is no need for this control structure as you call it, but a less informal structure will be in place. As many humans will not be able to partake of the structure that is to come, their minds will not be able to exist in those states.
23.1.2 Discussion
The interview with the Zeta confirmed that beings in the energetic realms collaborate to maintain an optimal level of uncertainty in the human population about their existence. They do this because that level of uncertainty gives people the freedom to deny that the observed “absurdities” violate existing physical laws. A person may choose to remain in denial in order to avoid being in fear. Such denial when in ignorance of the true facts is known as plausible deniability. On the other hand, the uncertainty may also encourage people to consider alternative realities that could explain the inexplicable. So the controlled level of uncertainty, or managed plausible deniability, ensures that people will have the freewill to choose what they want to believe.

For example, a UFO may suddenly appear in the sky and disappear just as suddenly. It reappears and travels at an astonishing velocity and makes impossibly sharp turns. When an observer reports the sighting, many people may offer conventional explanations that avoid the necessity of accepting a new reality. Alternatively, some may believe that the UFO was an extraterrestrial craft with novel capabilities. This result would repeat after each subsequent sighting. Such a gentle, incremental approach prevents a fear response that would be accompanied mainly by thoughts of self-preservation. The Zetas expect that most people will eventually decide for themselves that extraterrestrial races with novel technologies do exist, and that they mean no harm.

Similarly, physical mediumship séances are typically conducted in a way that does not allow objective evidence about spirit energy to be gathered. Plausible reasons are usually given by the medium or the spirit control. For example, we are told that light interferes with spirit energy, although a weak red light is sometimes allowed. In the darkness of the séance room, very few anomalies can be visually confirmed by the sitters. We are also informed that modern scientific instrumentation emits electrical noise that disrupts spirit activity, so physical measurements are rarely permitted.
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The problems caused by light and electrical noise may be real, but spirits have been able to deal with them when they occasionally chose to do so. The imposed prohibitions conveniently allow a spirit control to maintain a level of uncertainty for the sitters. The prohibitions also provide reasons for preventing formal scientific investigations that would significantly reduce the uncertainty about anomalous physical effects. The level of uncertainty is optimized so that people may wonder but still have plausible deniability. That is, they can accept conventional explanations and choose to reject the concept of the spirit realm if they wish, and fear is avoided.

Vallée (1975) refers to this process of maintaining a particular level of uncertainty as a control system. In an engineering sense, he is correct. However, the words have an unintended connotation when applied to human activity. They suggest that human behaviour is being manipulated in a certain way by outside agencies. People who value their perceived autonomy may immediately see this as a potential violation of their freedom. As explained above, however, the converse is true. The level of uncertainty maintained by the control system actually preserves people’s freedom to choose. They are less likely to be forced into the realization that their understanding of reality is wrong.

The Zeta expects humans to eventually raise the level of their collective consciousness so that paranormal phenomena are no longer mysterious. They said, “Once the level of understanding has reached a level where participation in those levels of consciousness is sought by humans, then of course plausible deniability will no longer need to exist.” A similar idea was expressed by Vallée (1975) when he said, “When this irreversible learning is achieved, the UFO phenomenon may go away entirely. Or it may assume some suitable representation on a human scale. The angels may land downtown.” But this acceptance cannot happen quickly without frightening people. Instead, hints of a new reality are given gradually so people have the time to decide for themselves what is true.

In the following segment from an earlier interview, another Zeta
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being confirmed that their disclosure of the extraterrestrial presence is being withheld so as not to create fear in the population. These comments were made before the issue of a control system was addressed.

Interviewer: Is there in the near future a change coming in regards to disclosure?

Zeta: There have been some complications, yes. Sixty to seventy earth years of physical contact of governmental structures. The realm of consciousness did not assist the races to interact with the humans. The level of consciousness that humans have did not support contact. And years gone by, the consciousness increases.

Let me say in regards to disclosure, we will disclose on our terms. May I make a statement without offending you?

Interviewer: Yes.

Zeta: You are a simple race. We do not wish to put you in fear so we must disclose simply.

The Zeta commented that they will “disclose on our terms”. Presumably, when the human race as a whole is ready to accept the new reality without fear, the control system will no longer be necessary. But for now, we are susceptible to fear so they will disclose “simply”, primarily by exposures of craft in the sky rather than more elaborate exposures involving social and political institutions.

The successful operation of the control system would require the collaboration of governments and opinion makers on Earth. The Zeta affirmed that “there is agreement between the races and some levels of the government in regards to what should be presented.” Over the years, official coverups of UFO sightings by government agencies have occurred with the enthusiastic support of the mainstream media.

The extraterrestrial races must have made a compelling case in order
for all Earth governments to agree to cooperate. Perhaps it was as the Zeta said, “If the governments were to make a statement that the races exist, there would be an automated jump for the consciousness of the human race, but in which direction? Would that be one of fear?” The expectation of a fear response might have been overblown, but that was not the only argument in favour of the control system. The Zeta asserted, “It is healthy to question, healthy for the human psyche to question, to perceive, and to question again, as slowly coming to maturity and understanding.” That is, in the long run it will be better for the human race to discover revolutionary new knowledge by itself. The uncertainty created by the control system would “stir the pot” and help make that happen.

23.2 The Brookings report

Some of the concerns mentioned by the Zeta are touched on in a well-known report (Michael, 1960) prepared for NASA by the Brookings Institution, entitled "Proposed Studies on the Implications of Peaceful Space Activities for Human Affairs." It addresses issues that might arise if humans were to become aware of extraterrestrials. A discussion of this aspect of the report may be found in the article by Redfern (2015), “E.T. and the Brookings Institution”. In retrospect, government policy seems consistent with the report, and it may have been used as a guide in that respect.

The Zeta’s concern about a possible fearful reaction by the public is reflected in the report by the statement, “The knowledge that life existed in other parts of the universe might lead to a greater unity of men on earth, based on the oneness of man or on the age-old assumption that any stranger is threatening.” That is, the authors suggest that people world-wide may become more unified either because they see themselves more clearly as members of one terrestrial race, or because they feel threatened by the existence of non-terrestrial races.

A relevant footnote on page 225 of the report is not included in the form of the publication referenced in the bibliography. The footnote
speculates that “of all groups, scientists and engineers might be the most devastated by the discovery of relatively superior creatures... Advanced understanding of nature might vitiate all our theories at the very least, if not also require a culture and perhaps a brain inaccessible to earth scientists.” The comment suggests that the authors already had a sense that human science would be severely challenged by new knowledge of the energetic realm.

The report mentions possible “political or social repercussion” affecting the role of government, and that governments might be able to take advantage of any disruptions or changes in attitude. It recommends that further studies be done “to determine emotional and intellectual understanding and attitudes -- and successive alterations of them if any -- regarding the possibility and consequences of discovering intelligent extraterrestrial life.” Attitudes towards extraterrestrial life may change, and presumably, so might the likelihood of a fearful and hostile human reaction.

The authors of the report also recommend looking for guidance on the question, “How might such information, under what circumstances, be presented to or withheld from the public for what ends?” How much should the public be told, or not be told, about the extraterrestrial presence, and why? Remarkably, the control system implements an answer to this question. Presenting or withholding information about anomalies maintains a desired level of uncertainty. This is done to minimize the likelihood of fear in the population. So the government-approved Brookings report anticipated what the Zeta now agrees is in place - the controlled release of information to the public concerning the extraterrestrial presence.

We have seen evidence of the control system in operation. On one hand, there are sporadic official leaks of UFO information that could be true, followed by denials from government agencies and media personalities. On the other hand, there are occasional reports of hard-to-explain UFO sightings, and also patterns of lights in the sky that are easier for skeptics to explain. These could be the handiwork of the extraterrestrials, also feeding information into the control system.
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to maintain uncertainty. It seems likely that both human and extraterrestrial agencies are working to manage plausibility deniability.

The authors of the Brookings report did not have the mandate to address physical mediumship. This may have been an oversight, intentional or otherwise. According to the Zetas, both the “impossible” UFO behaviours and physical mediumship phenomena depend on the existence of the energetic realm. If the control system helps humans become aware of this new reality, it should also be managing the degree of uncertainty with regard to physical mediumship.

The behaviours of spirit controls on one hand and skeptical human reporting on the other appear to manage plausible deniability with regard to physical mediumship. Spirits allow only limited scientific investigation of inexplicable phenomena in the séance room. Also, humans do their best occasionally to write evidential scientific reports which are often countered by accusations of fraud. The result is a similar level of uncertainty in the followers of physical mediumship regarding the reality of the spirit realm. The uncertainty encourages a search for new ideas about the fundamental nature of reality.

23.3 The Zetas’ long view

The Brookings report appears to be in agreement with the Zetas with regard to what is being done. It suggests controlling the release of information because the population might otherwise react with fear. The control system that appears to be in place encourages various conflicting explanations of apparent anomalies. The resulting uncertainty minimizes the fear which might otherwise interfere with our search for explanations.

For the Zetas, the absence of fear is but the first step toward a more ambitious goal. They say they would like to communicate telepathically with humanity, and so we are being asked to tune our consciousness to the proper channel, so to speak. The control system
encourages us to try out new ideas and begin to understand how the human race might reach the required state of consciousness. The Zetas have given us broad hints by sharing details of a cosmology based on the energy of a unitary, aware source consciousness existing as a multidimensional “consciousness space”.

The Zetas understand that the energy of consciousness space is the essential nature of all that is. They say everything that exists, including our physical universe, is a configuration of this energy. Beings that are facets of this primary consciousness exist in this energetic realm, and have the ability to make changes to their environment. All one needs to be a creator is the intention to create. So all beings have the innate ability to reconfigure consciousness into whatever form they desire.

A way to think about the energy of consciousness space is to use the analogy of a waveform. A single waveform is said to represent all that is. Individual objects or beings are components of this waveform. Conversely, individual things integrated with the one waveform are recovered by a being’s perceptual process. Perception is the inverse of the creation process and transforms the waveform into separate things for the being’s consciousness to experience.

A new creation alters the content of the one waveform. A being operating in the energy of a particular state of consciousness or vibration, “intends” to modify that energy to reflect the intended creation. Then the modified energy is combined with the original energy to create a result analogous to the interference pattern of a hologram. Other beings operating at the same state of vibration can, as an act of perception, reconstruct the creation and share in that reality. A being whose highest vibrational state is lower than the state that created the pattern would not be able to do so. The constraint that low-vibrational beings cannot share the experiences of higher-vibrational beings has a profound effect on the kind of relations that can exist among beings.

The Zeta race and other extraterrestrial races operate at a higher vibrational state than humans do, and this is the main reason we are
unable to communicate telepathically with them. A telepathic message may be considered a creation to share with others. Those others, of course, must exist at the same or higher vibrational state to perceive the message.

Raising the state of the collective consciousness is a significant challenge for the human race. The difficulty becomes more evident when we learn that the ‘states of consciousness’ dimension is equivalent to a ‘states of love’ dimension. Beings who are in similar states of love can communicate telepathically, so the Zetas hope and expect that we will work to raise the state of love of the human collective consciousness.

23.4 Conclusion

The interview with the Zeta confirmed the existence of a control system that maintains a level of uncertainty about how to explain UFO and physical mediumship phenomena. Its purpose is to prevent the fear that would probably occur in response to generally accepted, irrefutable evidence of the energetic realms. Without the fear, humanity will be better able to recognize and accept the revolutionary change in worldview that the existence of the energetic realm demands.

The control system is employed jointly by non-terrestrial beings, by humans in positions of authority, and by spirit controls in physical mediumship séances. Besides the reduction of fear, the Zetas have the additional objective of communicating telepathically with the human race. For that to happen, humans need to recognize the energetic realms, that love is a creative force, and that a more loving human collective consciousness will facilitate telepathic communication with extraterrestrial races.
24. How special is the energy of the soul?

This chapter addresses a seeming contradiction in the words of the Zetas with respect to the uniqueness of the nature of the soul. Proper resolution of this issue is important, since the information they bring must be consistent to be of value. As we will see, the contradiction is resolved when we understand that the Zeta insisted on limiting the context of one of the discussions.

The following statement represents the view expressed in various ways that all that exists is a form of consciousness.

**Zeta:** All life, all forms of existence have consciousness. All are a form of energy which exists and transmutes to each new state after its transition. All energies, when moving to form will choose what form they take, whether it be animal or mineral, there is full consciousness of the form they have taken, and the ramifications of that existence.

Taken by itself, it says that the form of consciousness that is the soul is no different from anything else. However, the following two quotes say that the soul is in a class different from all other energies of consciousness.
**Zeta:** The nature of the soul in its own understanding, its own container, understands that by its own nature it belongs to a class of energies. This class of energies remains as a whole form, one entity, broken into many forms, many existences.

**Zeta:** The soul belongs to a class of energies which distinguishes it from all other conscious entities in the universe. It is self-aware and understands its distinctiveness. The soul is multifaceted and incarnates in many states of being in many realms while still remaining one entity.

Here the Zeta says that the soul belongs to a special class of energies different from all other classes. Further, it understands that it belongs to this class. That is, it is self-aware and understands that it is different. Self-awareness seems to be what makes it a unique form of consciousness.

In contrast, the following interview fragment questions the uniqueness of the soul compared to all other conscious entities. This conversation was part of a discussion concerning the separation of things made of matter.

Interviewer: We as beings have a consciousness that belongs to a special class of consciousness that is self-aware, that is what we have been told...

**Zeta:** All matter has consciousness. Your table as you say cannot speak. Why is that? Does it have a mouth? [Interviewer: no] Does it have the organs to support a connection process? [Interviewer: it does not] So how would it communicate with you?

Interviewer: I would conjoin with it?

**Zeta:** Yes, and so now, you believe that there are different levels of consciousness, but if you were, for example a stone, a crystal stone, are you able to communicate with this entity? You see, human beings believe that if you cannot speak or somehow indicate your intentions, then your level of consciousness is in some way different to them.
Interviewer: To my mind, what distinguishes us from inanimate objects is the nature of the consciousness that they contain.

**Zeta:** No, I will say to you that these supposedly inanimate objects are conscious things, and that the difference is in the level that you communicate with them, as you are only a construct of matter as they are a construct of matter.

Interviewer: Yes, at the level of matter, but at the level of consciousness there is supposedly a difference. We have been told that there is a special class of consciousness from which souls were derived, and this consciousness has self-awareness. It knows that it exists.

**Zeta:** There is self-awareness, yes, but I think this is a little bit complicated, and we are using a very simple work. Your table is aware because it is made of matter, and matter at its basic level is consciousness. It can not communicate because it does not have the required physical components. I cannot in some way speak to the table, although I can sense the table as you can sense frequency from a stone. If I was to hold a stone in my hand, or a table or a chair or any other item, I would receive information from the energy of the item.

The Zeta insisted that an object like a table consists of the same energy of consciousness as living beings. They asserted that we humans see the table as having a different class of consciousness only because it does not have the physical structures that would enable it to communicate with us.

But then the Zeta said, “There is self-awareness, yes, but I think this is a little bit complicated.” This suggests that they intentionally did not include the concept of self-awareness in the discussion, ignoring any attempt by the interviewer to include it. They were speaking only of awareness in this conversation, and not self-awareness.

Like all other entities, the consciousness that is the table can communicate with another entity by sending energy, even if it does not have the structures we have for communication. The table’s
ability to know that it is communicating, that it is self-aware, was not considered relevant to the conversation. The topic of discussion was only about the separation of things in consciousness.

This interpretation resolves the apparent contradiction in the Zeta’s comments about consciousness and the unique nature of the soul. Although all things are consciousness with the potential to interact energetically with other aspects of consciousness, not all have the ability to be self-aware. The soul is self-aware, and in that sense, it is a unique configuration of the energy of consciousness.
25. Affect - a dimension of existence

In previous chapters, we learned that our familiar three-dimensional space and its contents are constructs created in a multidimensional space that the Zetas refer to as “one source energy”. This non-physical energy is aware of its existence; that is, it has consciousness. Everything that exists is a configuration of this energy. A Zeta said, “Source consciousness has within it definitive barriers and boundaries for what may exist. There is nothing that can be created that is outside of it, all forms, all shapes, all existence is determined by this process. All matter would disintegrate without this. There would be no planets, there would be no universe, it is held together by consciousness.“

Fragments of the energy of consciousness form what the Zetas call a “group soul”. Individual souls in the group soul are facets of this energy that have independent experiences as beings in various forms. All beings have a state of consciousness which may be understood as a state on a dimension of affect.

The meaning of affect varies somewhat across different academic fields of study. As states of consciousness, affect ranges from higher valence, transcendent feelings of compassion or unconditional love,
to lower valence feelings such as anger, hate or fear. The affective dimension is the organizing principle behind the existence of those “barriers and boundaries” in source consciousness, and is essential to the creation process.

The Zetas have said that their race experiences affective states beyond human experience, and so states of consciousness may be analogous to the spectrum of light. Just as our biology limits the range of colours we can see from red to violet, we may also be limited in the range of affect we can experience.

The word ‘frequency’ is often used by the Zetas as an analogy for state of consciousness, so that a particular frequency corresponds to a particular state of consciousness. They explained that frequency means “the level of consciousness that an entity holds, and so as you move from one frequency to the other, your consciousness is placed in an expected state.” The level of consciousness that an entity holds is a subjective state of being and not an objectively measurable frequency as the analogy would suggest.

Further, we were informed by a Zeta that “no numerical values are able to be given to what frequencies exist between us and your realm.” That is, the frequencies of realms are not numeric and so cannot be compared as if they were rational numbers. However, they could be compared on an ordinal scale; that is, one could say that a frequency is greater than, equal to, or less than another. Since we understand frequency to be a rational rather than an ordinal number, perhaps frequency was not the best analogy that they could have chosen.

In the chapter, Creation and Consciousness, where the definition of frequency was first discussed, we suggested that vibration is a more appropriate word than frequency for describing state of consciousness. A state of vibration reflects a feeling or an emotional state rather than a physical measurement. In fact, the words ‘vibration’ and ‘frequency’ were used together when a Zeta said, “Now we see the real reason as to why beings incarnate. There are the obvious lessons that increase the vibrational frequency of the
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group and individuals.” Also, the dimension of vibration was given as a correlate of the affective dimension when a Zeta said, “Each time you act in a loving way towards each other, you are raising your vibration.” It is safe to say that “state-of-consciousness”, ‘frequency’ and ‘vibration’ as used by the Zetas in our conversations all refer to an affective state.

The chapter, Creation and Consciousness, also presents a model of creation based on comments made by the Zetas in various contexts. It describes how consciousness, the unitary waveform underlying all existence, is altered by the intention of a being to create. The model was described to a Zeta, who confirmed that it was correct.

According to the model, a being in its highest possible state of consciousness may create by having an intention to do so. The intention modulates the energy of that state. The modified energy is combined with the being’s unmodified energy to produce a result analogous to the interference pattern of a hologram. The pattern represents the desired creation and is preserved in the medium of consciousness.

A created intention can be perceived only by other beings operating at the same state of consciousness or higher. These beings may therefore share the same reality. A being whose highest state is lower than the state that created the pattern would not be able to do so.

25.1 Love as a means to an end

In general, a being in a particular state of consciousness cannot experience the creations of another being in a higher state. This constraint has a profound impact on the kind of relations that can exist among beings. For example, loving beings are not exposed to beings with little ability to love and who are mainly concerned about themselves.

The Zetas recommended that we use higher affective states like unconditional love to control our exposure to other beings in the energetic realms. For example, when faced with an unwanted, low-frequency spirit being, we should encourage it to depart by adjusting
our affective state to a higher level. They said, “Be in tune with a
guide entity that was already at that level, or a loved one that you
knew could somehow raise your frequency. Or to, as you say, be with
love.”

Similarly, a medium in a high state of consciousness can keep sitters
in a séance from being bothered by such entities. They explained,
“When you provide an atmosphere of love, you are protecting
yourself and your sitters, are providing a proper environment for
your spirit friends and other energies to come. This love is a
protection mechanism, it negates others from coming who are less
than on the love frequency.”

There is an exception to the general principle that lower vibrational
beings cannot interact with higher vibrational beings. That is, a
loving higher vibrational being may invite a lower vibrational being
to resonate with it and feel its higher affective state. This accounts
for the inexpressible love some people have felt from other beings
during near-death and other transcendent experiences.

An unexpected sensation of a loving presence is an indication that a
loving entity is near. A Zeta said, “If another entity that was a higher
vibration frequency than you would come to you, then you would
sense love from him. You would not be trying to defend yourself from
a loving entity, but you would be allowing your frequency, your
emotions to increase as you become one with the entity.” Again, “If
you were to see an angel, and you felt the love from the angel, you
would understand that you were increasing in frequency and
emotional capacity.”

The Zeta identified the mechanism for such a feeling of love. They
explained, “When you are shown love, the frequency you are
provided stimulates the etheric body process, you are given an
implant of love.” So, the love from another entity is felt when its
higher vibrational state resonates with the etheric body. The
resonation is equivalent to receiving an etheric implant that
stimulates the sensation of love.
25.2 Helping humanity with love

The Zetas hope to help humanity with the energy of love to develop a higher state of consciousness. The chapter, *Why are they here?*, explains that the human collective consciousness forming in the astral realm is in a chaotic state. Zeta beings cannot change this directly while in their own form, so they hold humanity “in focus area”. A Zeta implied what this entails when they said, “It is not a task easily undertaken to project love towards anger, to control what will not be controlled, to hold in your hand a potential of a race.”

As the Zeta revealed in the following disclosure, they are using a technology to focus love toward the human race in collaboration with like-minded humans on the planet who provide access.

**Zeta:** There is an active program in place where many of our race have come together and sit within circular processes, inside clear spheres. There would be roughly 8 to 10 of us sitting together. Each of the spheres has within it a representation of your planet. We focus together as a group and hold a planet’s consciousness within our thought process. Replicate this across many hundreds of spheres. This combined thought process, this combined telepathic joining, preserves the undulating effect of the collective mind of the human race around this planet. We are holding, as a group, the consciousness of the race in its current state to aid in the process for the transitional environment that the human mind is moving through.

This combined effort is based on what is best for the human race. ... It is a desire to want to be of service, to move into a state of consciousness. There are certain rewards that are attained when sitting with others, personal levels of satisfaction, knowing that the support that is given to beings such as yourselves, is of a worthwhile nature. There are many humans that are seeking to support the collective consciousness of the human race to a greater potential. Each of these individual humans numbering in the millions across the planet are the nodes, are the entry points for this consciousness, for this collective effort in aiding the planet.

The Zetas’ external influence is expected to beneficially affect the
state of the human collective consciousness. This will “provide an entry point for other races to have physical contact to a larger degree with you as a race.”

25.3 Does a Zeta feel emotion?

The Zeta race is a practical race that is adept at manipulating the environment. This is expressed in their comment, “We are a very technical race. Everything for us is experimentation.” They treat a state of consciousness as an energy that can be increased or decreased depending on the situation, and so they are not always in their highest state of love. They said on one occasion, “Is it possible for a lower frequency energy to produce love? No, not at all, no. So we come in love. That is an energy that we bring with us if we choose to. We present the energy that best suits the conversation processes.”

A sitter asked why she felt a lovely energy in the areas of the solar plexus and heart, and the Zeta replied, “Because we come in love.” Anecdotes such as this confirm that the energy the Zeta produces can indeed be of love. Because their higher affective state has been sensed, we can be assured that they are not lower vibrational beings. Nevertheless, they can choose to come in a lower affective state if they feel it is warranted.

The Zetas made a decision long ago to purge their consciousness of low-frequency emotional processes that lead to destructive behaviours. A Zeta explained, “There was a time when we felt the extremes of emotions, but those things were changed. It was a choice of the race to be more productive. … and so genetic modification processes were put in place and certain functionality was removed.” So now, “There is joy, there is love, but there is not anger, there is not greed. Those emotions do not serve us.” The higher frequency processes remain, so “there is compassion, there is oneness … There are other emotions you do not know.”

A Zeta tried to describe how their emotional life differs from that of humans. They said, “We do not function the way a human functions.
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We have capacity to have emotional responses, but we do not seek emotional fulfilment. We seek harmony to the race. No entity works for itself.” Further, “When you are in complete harmony with other beings, you are in a symbiotic level of consciousness with the entities, and there is no words to state and no emotional capacity to understand the silence, the peace. We come from a place of quiet, the collective consciousness of the race is quiet, and there is stillness. … If the state is one of harmony and stillness, there is no requirement to bring in these other emotional frequencies. The perception of the race is that when you are in stillness there is no requirement for any other emotive state process.”

So the answer to the question, “Does a Zeta feel emotion?”, is that the race’s experience of the affective dimension is different from ours. They have eliminated negative emotions such as anger and greed, but they do experience love and compassion when appropriate. Their higher vibrational states can also be expressed in ways that are not part of the human experience. There is a feeling of complete harmony with other Zetas in the collective consciousness, and a completely satisfying state of stillness. Nothing more is required.

25.4 Summary

The conversations with the Zetas suggest that the affective dimension is a property of consciousness itself, and is the foundation of the creative process. It manifests from the cosmological level to the personal level. States of consciousness create in the energetic realms, and states of consciousness shape the emotions we feel for each other. These states have practical relevance in the energetic realms when they influence the interactions that are possible among beings. For example, the Zeta race is focusing love on humanity to create conditions more suitable for human communication with extraterrestrial races.

The ways that the affective states are experienced varies among physical races, much like sensory experiences do. The Zetas have
modified their own genome in order to reject anger and greed in favour of joy, compassion and love. Their achievement of a collective consciousness enables them to experience the higher state of consciousness as a symbiotic relationship with other Zeta beings in a state of peace, harmony and stillness.
26. Heterodyning vibrational states

Summary: Beings in energetic realms often change a vibrational state for its own sake or as a means to accomplish certain tasks. In interviews with a Zeta, the extraterrestrial being confirmed that heterodyning used in human radio electronics can perform similar functions in the energetic realm. A being in a higher vibrational state can assist a lower-vibration being to raise its state of consciousness by using this process. Also, a local consciousness uses heterodyning to instruct the physical body how to heal itself. Further, heterodyning enables a consciousness to create in the energetic realm. In particular, it is a component of a Zeta technology for creating a higher-vibration simulation of a physical environment. Heterodyning is revealed as a general purpose tool for processes operating in and across realms.

In the section, Instruments to control etheric energy, a human technology was described that seemed to be similar to an energetic process used by the Zetas. The process of heterodyning is often part of electronic circuits that modulate a frequency or shift one frequency to another. The concept is also employed by the Zetas to control processes in the energetic environment. For example, it is an
important part of the creation process. This chapter expands on how heterodyning is essential for managing operations in the physical and energetic realms. Its use in diverse processes suggests that the concept has general applicability.

### 26.1 The heterodyning process

The introduction to heterodyning in an earlier chapter describes how a new frequency is created from two original frequencies. Two signals with frequencies $f_1$ and $f_2$ are inputs to a non-linear device called a mixer, and become two new signals with frequencies $f_1 + f_2$ and $f_1 - f_2$. These sum and difference frequencies are called heterodynes. The following trigonometric identity shows that the product of two sinusoidal signals on the left side are transformed by the mixer to the two terms on the right side containing the sum and difference frequencies.

$$\sin(2\pi f_1 t) \sin(2\pi f_2 t) = \frac{1}{2}(\cos[2\pi(f_1-f_2)t]) - \frac{1}{2}(\cos[2\pi(f_1+f_2)t])$$

The sum and difference frequencies are called the sum and difference heterodynes. If only the difference frequency is desired, the sum is removed with a low-pass filter. The result is a shift in frequency to the difference frequency. This is called **superheterodyning** and is often used in the tuner circuits of radio receivers.

The same process may be used to modulate a radio carrier wave with a lower-frequency baseband signal containing data to be transmitted (e.g., see [here](#)). The carrier wave is heterodyned with the baseband signal in the mixer and becomes modulated at the sum and difference frequencies.

### 26.2 Heterodyning in the energetic realm

The Zetas speak often of the conjoining and resonation of entities that have different states of consciousness. To conjoin means “**that it is in resonation, so if two entities are to come together, two different frequencies, then the frequencies of the two entities must change so they can be conjoined and resonate together... one must reduce, the**
other must increase... until they are in harmony together.”

The comment may merely mean that two frequencies resonate only after they have moved towards each other and are identical. However, there is no indication what would cause the frequencies to change. The comment has deeper significance in the context of the heterodyning process. Any two frequencies may heterodyne or “come together” to produce an output dependent on the two inputs. There is no requirement that the original frequencies become identical.

The increasing and reducing frequencies mentioned by the Zeta would refer to the sum and difference heterodyne frequencies, respectively. A state of resonation exists when both entities adopt the difference heterodyne frequency or state of consciousness. In this state, the entities “are in harmony together”.

A critical component of the heterodyning process is the non-linear device required to produce the sum and difference frequencies. The identity of this device can be inferred from the creation process (see the chapter, Creation and consciousness). The creator being modulates its “highest possible frequency”, the carrier signal, with the properties of the thing to be created, the baseband signal. This happens only when there is an appropriate intention. So, intention would be the non-linear device required for heterodyning in all energetic processes.

The Zeta was asked about the similarity of processes used in healing (see chapter, Health and healing) and in the making of a synthetic quantum environment or SQE (see section, Synthetic quantum environments). Both were said to involve a quantum process. Specifically, they were asked if the transfer of “the quanta information of the cellular structure of a human body” during healing was at all like the quantum entanglement process used in creating an SQE. They replied enigmatically, “That question will require much more background information because the comparison between quanta and entanglement and synthetic quantum environment has relationship but also is difference, not different, a
difference.”

The emphasis on “difference” is incomprehensible until the reference to the heterodyning process is recognized. The Zeta’s response hints that the difference heterodyne frequency is related to very dissimilar processes like healing and creating a synthetic quantum environment. These are among several applications of the heterodyning process explored with the Zeta in the following sections.

26.2.1 Raising a state of consciousness

In the following interview segment, a Zeta was asked to confirm that the heterodyning concept was more than an analogy, and that it accurately portrayed how a being could shift its vibrational state.

Interviewer: Humans have a technology that passes two input frequencies into a non-linear device. That is, the inputs are combined so that the output frequency is the difference between the two input frequencies.

Zeta: I understand.

Interviewer: Does some of your technology combine a low frequency of consciousness with a higher frequency of consciousness, to produce a frequency that is the difference between the two?

Zeta: No.

Although the Zeta immediately understood the concept of the heterodyning process, they denied that the race has a technology that processes states of consciousness in this way.

Interviewer: As a hypothetical example, suppose a human with a state of 8 cycle/sec, communed in love with another being who has a state of 32 cycles/sec. Does a difference frequency of 24 cycles/sec temporarily take the place of the human’s 8 cycle/sec frequency so that the human feels the love from the higher difference frequency?

Zeta: Yes it does, and then of course once the other being of the
higher vibratory nature removes itself from the reality of the lower waveform, the lower waveform reinstates itself because its natural environment reimplements its normal state of frequency.

Interviewer: So the human would feel the love of the higher frequency?

**Zeta:** Yes, of course.

The Zeta agreed that the race does use the heterodyning process to shift states of consciousness. It is not implemented as a technology, but is performed directly by a being’s consciousness to raise its vibrational state. The process requires the cooperation of an entity that is at a much higher vibrational state.

The lower-vibration being begins with a loving appeal to the other entity while simultaneously presenting the lower vibrational state as one input to the heterodyning process. The emotion of love increases a being’s capacity to be in a higher state of consciousness. In response, the other entity offers its higher vibrational state as the other input. The resulting heterodyning difference frequency persists only as long as the higher-vibration entity intends to share it with the lower-vibration being.

Every being has a “highest possible frequency” and is normally unable to sense vibrational states that are higher than that limit. So each being has the equivalent of a low-pass filter which rejects the sum heterodyne frequency that is theoretically produced. The filter also prevents the lower-vibration being from sensing a higher difference frequency on its own. But the entity with the higher vibrational state has the ability to share a high difference frequency with the lower-vibration being. The shared resonation ceases when the higher-vibration entity departs, and the lower-vibration being returns to its former state.

In a later interview, the subject of heterodyning was raised again, and the Zeta offered more information about the process.

Interviewer: We recently discussed with you a process for obtaining a difference frequency in the energetic realms. When a low
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frequency entity intends to commune with the higher frequency of another cooperating entity, it moves to a frequency that is the difference between the two frequencies. You confirmed that this process works.

Zeta: But the higher frequencies, the higher consciousness, only donates a portion of their consciousness to exist in the lower form. The lower form increases its totality to then create the intermediary process. The higher form, the higher level of consciousness, only commits a small portion that is required, because the levels of consciousness that are held by different entities are of different levels of magnitude.

Their reply indicates that the heterodyning process is not a burden for the higher-vibration being. The energy of the higher state of consciousness is always much greater than that of the lower state of consciousness, and the process takes only a small amount of energy from the higher-vibration being. We could take this comment as

Figure 26.1. Heterodyning vibrational states
carte blanche to experience the higher states of consciousness that the heterodyning process offers.

Figure 26.1 shows a schematic of heterodyning a low vibrational state B with a higher vibrational state A. In the absence of the higher-vibration being’s intention, heterodyning does not occur and the low vibrational state does not change. But when the higher consciousness intends to share its higher state of consciousness, “the lower form increases its totality to then create the intermediary process”, the difference A-B.

26.2.2 Connecting with other races

The medium, Paul Hamden, discussed the process of connecting with a number of extraterrestrial races in “Applications of the heterodyne analogy”. Each race, including the human race, has a characteristic vibrational state. In order for beings from two races to communicate, their energies must be adjusted to a common vibrational state. As the Zeta said, “For connection purposes, ... as there are many energies that are in existence, then for them to come to being to exist for connection purposes, there must be some point of interconnection in regards to the process of frequency and resonation of frequency.” The heterodyning process could form the required common frequency from the “many energies that are in existence.” One vibrational state from a being of each race could be selected as inputs to the heterodyning process, and the shared difference heterodyning frequency would be the connection frequency for communication.

The discussion used frequencies in cycles/sec that were given by a Zeta as analogies for the vibrational states of their race in comparison to the state of the human race. According to the Zeta, “The base frequency for Zeta is 10 cycles at a level where an entity is not requiring a separated level of consciousness. But there are other levels of frequency, 16 would be where a being would be in separation from self for a short time, 32 cycles is required to be in a permanent cycle of separation. We have seen that humans are
between 7 and 8 cycles, some lower, some higher, depending on the frequency a human holds.” The numerical values indicate relative differences in vibrational states, but will be taken as actual frequencies for the purpose of this discussion.

Heterodyning a Zeta frequency of 16 Hz with the human frequency of 8 Hz would yield a difference heterodyne of 8 Hz. Of course, this is the same as the human’s normal frequency and offers no advantage for connection with the Zeta. Does this mean that a 16 Hz Zeta being cannot connect with a human using the heterodyning process? It may be possible but only with the assistance of a being from the spirit realm.

In the chapter, “The realms of races”, a model of spirit realm frequencies was developed where the base frequency of the realm is 24 Hz. If a 24 Hz spirit realm being were heterodyned with the 8 Hz human being, the result would be a difference frequency of 16 Hz. The spirit being would resonate with the human at this frequency, and offer the same opportunity to a waiting 16 Hz Zeta being. The spirit being could then depart while the Zeta maintained the resonation with the human and continued the connection process.

This two-step procedure may be necessary for the Zeta to connect with a human if the Zeta does not have access to the higher 32 Hz vibrational state. There is reason to believe that this two-step process does occur when the medium opens up to connect with a Zeta. That is, he often connects first with a familiar spirit friend before moving on to connect with the Zeta.

The Zeta was asked if the medium’s frequency was heterodyned with the higher frequency of the spirit friend in order to experience a difference frequency close to, or the same as, a Zeta frequency. The Zeta responded, “No, there is a potential created that we move into. There is no capacity to create the consciousness of the race, but we require a space to move into.” They clarified that the heterodyning process does not create the Zeta frequency, but rather it creates a potential for the frequency to exist.
This is a subtle but important distinction concerning the heterodyning process in general. The process does not create the difference frequency, because frequency is a property of consciousness, and consciousness cannot be created. Rather, heterodyning creates the potential for a consciousness of that frequency to enter. So the spirit being and the medium create a space where they resonate at the difference frequency. This space is then at a potential compatible with the Zeta’s frequency, thus facilitating the connection. Perhaps it would be more accurate to say that the heterodyning process creates a difference potential rather than a difference frequency.

The medium uses variations in breathing to adjust the energy required for connection. Does he relinquish control of his breath work to the Zeta when he resonates with it at the difference frequency? The Zeta answered, “The breathing processes are often left with the local consciousness which understands its ability to increase or decrease the levels of energy required. But once a entity takes over, it then utilizes its capacity, inside the framework of consciousness that it now exists in, to permeate the current existence. Quite often, no breath work is required once there is the possession of that space.” Note that the Zeta implicitly agreed that resonation at the heterodyning difference frequency occurs as suggested.

A one-step connection procedure is also possible when the 8 Hz human being heterodynes with a 32 Hz Zeta being. In this case, the difference potential is at 24 Hz, which facilitates the resonation of both the human and Zeta states of consciousness at that frequency. A Zeta agreed that the human would feel the love resulting from the significantly higher 24 Hz difference frequency. The Zeta connects with the human while both are resonating at this frequency. It should also be possible to add the second step so that a 24 Hz spirit being moves to resonate with the 24 Hz difference potential to establish communication with the human as the Zeta departs.

So with the heterodyning process, a 24 Hz spirit being may assist a
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16 Hz Zeta being to connect with a human. Also, a 32 Hz Zeta being could directly connect with a human, or assist a 24 Hz spirit in the spirit realm to connect instead. These insights are based on a simple model which may only approximate what is actually possible.

In any case, a human’s desire to connect is merely a prerequisite and is not enough to make it all happen. The Zeta and any spirit being involved must have the intention to resonate with a human who desires connection.

The heterodyning process was described several years before the relevance of the concept was recognized. It enabled the medium to communicate with an interdimensional race called the Blue Beings. A being of the race said, “But for you to get to this point where we could share has taken a few years. … We entered into an agreement with other energies to allow a resonation which would bring you to a place of joining with us hopefully without a problem in the processes.”

Hamden (2010, p. 39) elaborated further on making that connection, “These blue beings described themselves as ‘bodiless’. Their energy was very loving and kind. Unfortunately, for us to gain access to them in circle, we had to ‘vibrationally stand on the shoulders’ of other beings. This turned out to be somewhat like a ladder process. We would need to assimilate into the group-energy various entities. As each one came and went, the next would arrive and speak, until finally we were able to speak to these ‘blue beings’.”

The procedure for changing the medium’s energy so that he could connect with the Blue Beings appeared to require sequential applications of the heterodyning process involving beings with other vibrational states. The difference frequency from one pair of inputs was heterodyned with the vibrational state of another kind of being, and this was repeated several times. The choices of states to be paired in successive steps would have been constrained by the start and end states and by the differencing operation that is part of the process.
26.2.3 Self-healing

In the chapter, *Health and healing*, the Zeta described the relationship between the physical and etheric bodies, and the role of the local consciousness in maintaining the physical body. The form of the physical body is specified by a blueprint said to be a potential of the local consciousness. The blueprint is derived from a generic template for a body of the human race, modified according to the characteristics of the particular individual. The consciousness potential is transmuted to an etheric potential in the etheric body.

A healthy, uninjured physical body conforms to the consciousness potential or blueprint defining the body. The Zeta said, “*The etheric body understands its potential. It seeks to continually keep the physical body to that potential.*”

The local consciousness recognizes when healing is required, and communicates the blueprint information to the physical body. When the body suffers an injury, “*there is what is perceived to be a vortex under the surface of the etheric body which is connected to the injury.*” The pattern of vortexes in the etheric body follows the pattern of the physical injury. The vortexes appear to be involved in communicating the consciousness potential of the blueprint to the physical body via the etheric potential. This information stimulates the healing process.

The Zeta was asked how etheric information is communicated to the physical cells of the body. They responded, “*Underneath the energy is consciousness. It is the quanta information of the cellular structure of a human body. That consciousness indicates from beneath at the lowest levels, or the highest levels, of what is the action of the re-creation of the cellular process, and of course, all other potentials then exist. The energy then is actively working towards healing the physical cellular disruption.*” The Zeta explains that the blueprint represents “*quanta information of the cellular structure*”, or information at the lowest level that points to what action should be taken to heal the physical cellular disruption.
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As mentioned earlier, the Zeta hinted that the heterodyning process communicates the blueprint information to the physical body. This prompted the interviewer to propose the following scenario for the Zeta’s approval.

Interviewer: In the healing situation, the local consciousness potential is a higher frequency and the physical potential is a constant lower frequency. The local consciousness has the intention to combine its frequency with the physical frequency. The difference frequency is imposed temporarily on the physical potential. Since the difference frequency follows the frequency of the consciousness potential, it is able to guide the healing process.

Zeta: Yes, of course.

The Zeta’s response confirms that the heterodyning process can communicate information across realm boundaries. The etheric body exists in a non-physical realm, yet has a template that guides the structure of the physical body. This is done by influencing the state of a physical potential that guides the unfolding of physical processes. The varying consciousness potential and the constant physical potential produce a difference potential via the heterodyning process. The difference potential, which follows the vibrational states of the consciousness potential, is adopted by the physical potential as intended by the local consciousness.

In terms of Figure 26.1, the consciousness potential is the high vibrational state A, and the physical potential is the low vibrational state B. The latter changes to A-B when the local consciousness has the intention to heal.

26.2.4 Creating a SQE

In “Synthetic quantum environments”, a technology is discussed that was supposedly given to a human agency by a race of the extraterrestrial Grey species. The humans named it a “synthetic quantum environment” or SQE, and described it as “a fold in the time-space continuum in which the Grey extraterrestrials have established an 'artificial holographic planetary domain’.”
The Zeta confirmed, “There is a device that is used to create the unfolding of the special process and then once the cavity, I believe would be the word, is created, it is then populated with the correct molecular image that will then represent the environment that was to be used for exchange of energy and information”.

The SQE is a container that can be populated with any content copied from elsewhere, including the physical realm. It is a non-physical environment that the Zetas use to conduct non-destructive simulation experiments. It exists for “the purpose of experience” and “as a place of learning”. It is “an energetic existence that is separate to your own, something like a holographic existence.”

As mentioned earlier, the Zeta hinted that the creation of an SQE also uses the heterodyning process. So the interviewer presented a proposal to a Zeta that explains how a physical environment might be copied to an SQE.

Interviewer: In the SQE creation situation, a constant high frequency input is provided by a Zeta being. The low frequency input is from the physical environment to be copied. The intention to produce the difference frequency is provided by the Zeta. The output of the process is the difference frequency. It follows the variations in the physical input frequency, since the Zeta frequency is constant. This difference frequency then becomes the input to the creation process that creates the SQE.

**Zeta:** The SQE is the potential, the lower frequency is the matrix of reality, the form that is to exist within the environment. The Zeta, as you say, create the potential for the other possible lower potential to create the form. The form performs a function. For us it is irrelevant whether the form is seen as high or low potential. What must be created is the form. An example is that the timeline of a human may be created. What offers the most stable potential for us to view that framework that has been created, will be offered to the technologies of the SQE. It is the form that takes priority.

The Zeta’s response appeared to acknowledge the validity of the
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proposed scenario and added further details. They emphasized that the SQE container is a technology separate from the forms created inside it. The Zetas have the intent to create the SQE, and provide a constant reference potential as one input to the heterodyning process. In Figure 26.1, this is the input labeled A. The second input, labeled B in the figure, is the variable potentials obtained from a “matrix of reality”, the environment to be simulated.

The level of the reference potential is not critical since the vibrational state of the created forms is irrelevant. The stability of the created forms appears to vary under different conditions, and the most stable result is determined empirically by viewing a created framework. The corresponding difference potential is presented to the SQE technology which creates the forms in the container.

In the earlier discussion, the Zeta said, “So depending on what you wish to create and preserve as an environment, would determine the level of quantum entanglement that is required by a being that is to synthesize the energetic entities.” The meaning of “level of quantum entanglement” was not understood then, but now an interpretation related to the heterodyning process is possible, and this was presented to the Zeta.

Interviewer: I suggest that the level of quantum entanglement relates to the level of consciousness provided by the Zeta being to the heterodyning process. This would determine at what difference frequency or level of consciousness the SQE is created. Is this understanding correct?

Zeta: The SQE always holds a form. It always exists within a framework of technology. What is input into it, determines what is created within it. It is not a fully act of consciousness, but a mixture of technology and consciousness. It is a framework that allows itself to be given input which then creates the internal form.

The Zeta responded that the SQE container is designed to always hold a form. The contents of the container will change when an input is provided, and the new contents are created by consciousness aided
by technology. The vibrational state of the created forms is determined by the difference potential, labeled A-B in Figure 26.1. Of course, the average level of the difference potential is a function of the constant reference potential offered to the heterodyning process.

Can we now say what is meant by the “level of quantum entanglement”? The level likely refers to the reference potential that produces the most stable difference potential. The best performing level is contingent on “what you wish to create and preserve as an environment.” It may be data-dependent.

With respect to quantum entanglement, the SQE was described as “a mirror image process”, which is consistent with the human understanding of quantum entanglement. Perhaps the Zeta meant that the heterodyning difference potential is the mirror image at the quantum level of the original “matrix of reality”.

### 26.3 Discussion

The applications reveal that the heterodyning process is a general tool for making things happen in and across realms. It shifts and modulates physical carrier signals in radio systems, and it can also perform similar useful functions in the energetic realm.

As part of the process of creation in the energetic realm, heterodyning modulates the creator being’s “highest possible frequency” with information about the thing to be created. Also, heterodyning can help raise a being’s state of consciousness. A procedure for doing so is suggested at the end of the chapter, Zeta technology. We are free to use this process, since it does not burden the higher-vibration being that is involved.

Heterodyning can also transfer information between the physical and energetic realms. For example, when the body self-heals, its blueprint information is communicated from the energetic realm to the physical realm. As another example, information in a physical “matrix of reality” is communicated to the energetic realm when
forms are created in a synthetic quantum environment. So the heterodyning process can transfer information in both directions across the apparent boundaries separating physical and energetic realms.
27. Life forms of consciousness

All is made of the stuff of consciousness, including what we call inanimate matter and all sentient entities. A Zeta speaking through the medium, Paul Hamden, said “All life, all forms of existence have consciousness. All are a form of energy which exists and transmutes to each new state after its transition. All energies, when moving to form will choose what form they take, whether it be animal or mineral, there is full consciousness of the form they have taken, and the ramifications of that existence.” Entities exist in particular states of consciousness or vibrational states. These manifest on a range of affective states, so low-vibration beings have little love and may exist in fear or hatred, while high-vibration beings have unconditional love and compassion toward all beings.

The soul is a particular form of consciousness that has self-awareness. In the Zeta's words, “The nature of the soul in its own understanding, its own container, understands that by its own nature it belongs to a class of energies. This class of energies remains as a whole form, one entity, broken into many forms, many existences, so, saying this, a being is able to incarnate into many states of being in many realms.” The soul is consciousness organized hierarchically,
such that “Many soul facets can combine to form one entity. This means many entities, individual group souls, can combine to form a faceted being, living one existence.”

The Zetas have confirmed the existence of a number of different types of beings. There are races that incarnate into a physical existence like humans do via a transitional or spirit realm process. Also, the Zetas have discussed their own existence as a collective consciousness, and they have introduced us to the nature of other very different kinds of beings as well. For lack of a better word, they are known as interdimensional beings. In general, many of these beings or races are in separation from each other because they exist in different contexts often characterized by distinct states of consciousness.

Additional insight came from an Anunnaki being who also spoke through the medium, “You have one extreme where the Zeta races are based on the non-emotional collective process. They hold their technology up as something to be admired - nothing wrong with that, but we are more of an emotional race. This is why you bear a resemblance of your emotional make up. But we are not looking to turn our race into a collective consciousness process, and that is the other races. Of course, there are the dimensional beings with no physical form. We would speak to them as we speak to you. You would speak to the representative of the existence. We understand that there are many races, too many to count. You deceive yourself to think you are the only race.” This comment gives a taste of the following discussions concerning the various kinds of beings that have come to our attention.

27.1 Transitional realms

A transitional realm is a construct of consciousness associated with a physical planet. Its primary function is to be a safe place for spirits to go between lifetimes in a physical form on the planet. Much of what we know about transitional realms is from information about our spirit realm that the Zetas and Anunnaki have provided.
A Zeta advised, “These realms that you describe are one of illusion, let this be stated at the outset. There are no defined boundaries between all of those states, as if some doorway existed between realms or dimensions. These energetic realms are actually divided only by the actual waveform's ability to move into and out of the energetic area. Does this then limit what waveform can move where? Yes. These barriers are needed for many reasons. As each waveform or energetic being think within their confines, so they are.” A realm has a boundary only for beings who’s waveforms cannot move through the boundary waveform. That boundary may not exist for other beings in different vibrational states, and so the Zeta described it as an illusion. The illusion is necessary since it provides a context for a being’s thoughts and gives the being a sense of identity.

There was not always a spirit realm associated with our planet. The Anunnaki explained, “Prior to the spark of consciousness of the developing entities on this planet when no consciousness existed, there was no need for a spirit realm, as all energy is and always is. Energy was transmuted to consciousness in a form of a cellular construction, a life form on this planet. There was then seen to be a need for a housing of consciousness of the physical being when they had transitioned to the spiritual realm.”

The spirit realm was created according to the intentions of a creator being from the Anunnaki race. The Anunnaki said through the medium, “The spirit realms were created to contain the consciousness of a human entity. It was seen that when humans were first created that they required a transitional holding ground. After they had transitioned to this energetic container, they could then choose to move back to a physical form if they wished. ... It [the container] also developed as you developed. It now stands as a separate entity to us. It now exists as a free-form flowing energetic environment for you to experience yourselves in multiple forms.”

The Anunnaki said in another conversation, “Many energies form the etheric boundaries that spirit beings exist in. These realms are populated by the physical beings who transition to those realms. As
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the consciousness of the collective human soul has increased exponentially, so have the etheric realms used to house the energetic bodies of the transitioned physical being.” The spirit realm is formed of consciousness and raises its highest vibrational state in order to accommodate human soul facets that are rapidly increasing in vibrational state.

The Zeta said, “In the spirit realms, all are seeking to move past their current vibrational state, we seek to help them to do this. Once separated from the physical existence, each is then able to determine what step is to be taken next in their development path.” The choice of a particular reincarnation by a spirit comes from the desire to improve the current vibrational state. The choice is not limited by the spirit realm container, since it “has within it potential for infinite levels of conscious existence.”

The Anunnaki being quoted earlier said that the human race is not unique. The Zeta concurred when they said, “Do not believe that you are the only race existing within the universe. There are many races that are supporting many civilizations.”

A conversation with the Zeta indicated that races much like the human race exist, incarnating to a physical existence on a planet and moving to their own transitional realm between physical lifetimes. Although different systems of transitional realms may have the same vibrational states, they remain distinct because the associated planets have unique locations in the universe. The different locations provide context so that the different spirit realms are distinguishable in the multidimensional consciousness space.

The Zeta also said, “As the spirit realms container is much aligned in the energetic realms, many other spirit realms, many interacting with each other, many entities come from other races to populate the spirit entity that is associated with the planet. This is called a soul process and answers how a population can continually increase on a planet realm.” The alignment of the many spirit realms are in terms of vibrational state, which means that these races share the human state of consciousness. They are so much alike in that regard that
spirits may move to spirit realms of other races where they are needed. All would be working towards raising their vibrational state since that is what the transitional realm process is designed to do. The shared vibrational state also means that humanity may encounter some of these races physically when we or they become space-faring civilizations.

27.1.1 Transitional realm entities
The facets of a soul process exist as a hierarchically organized information structure. A transitional realm is a sub-hierarchy at a particular level of this structure. At the bottom level are higher-self entities, and these combine to form oversoul entities which constitute group minds. Oversoul entities at any level of the hierarchy combine to form higher-level oversouls at the next level. This grouping continues indefinitely until the transitional or spirit realm itself subsumes all that it contains.

The various entities in the realm are distinguished primarily by their vibrational states. A given vibrational state is shared by a group of entities, and these entities then also share a consensus reality. The information structure associated with that vibrational state or consensus reality is transformed by a being’s perceptual process into sense data or qualia for the being to experience. Qualia such as colour, taste, smell, and visual forms are potentials of consciousness and require no more explanation than consciousness itself.

The higher-self entities at the bottom of the hierarchy subdivide into spirit beings which incarnate into physical existences. The Zeta said, “The energetic beings you call ‘spirit’ are actually an entity formed from energy that has an ability to hold information like a capsule. This vibratory form resonates at a level of its existence.” A spirit’s purpose is to experience and to learn. It animates a physical being in human form, as well as the many non-physical life forms we humans do not yet recognize.

Humans are generally not aware of the non-physical realities, because according to a Zeta, “The physical frequency negates you
from understanding who you really are, and so generally humans do not remember where they have come from. Their local consciousness is in operation continually.” In general, beings in lower vibrational states cannot perceive, and are not aware of, any information that exists in higher vibrational states. This is a fundamental property of existence in consciousness, yet beings in transitional realms still choose to incarnate into the lower vibrational states of physical existence. This experience appears to provide unique opportunities for beings to raise their state of consciousness.

### 27.1.2 Earthbound spirits

Earthbound spirits are a part of the transitional realm system. They are spirit beings that remain in the physical vibrational state after the failure of the physical body. They linger in the etheric realm where the templates for all physical objects are found, and so the experience may be consistent with their recent physical existence. They do not complete the transition to the spirit realm perhaps because they think they are still physically alive, or because of a desire to stay with loved ones still living in physical bodies. Occasionally, they may attempt to communicate with physical beings, who in turn may have anomalous sensory experiences.

The higher self is involved when a spirit becomes earthbound. This was discussed by a Zeta in the context of an accidental demise of the physical body. “Would it be a malfunction of the physical body or an accident as you call it, higher self is never affected, only the physical body and the entities left behind. You see, my friend, higher self is in much control of its own timeline, its own existence, and so when these accidents occur, higher self is never caught unaware of what is to take place. I would say to you that some higher selves even take with them portions of their local consciousness, and remain attached to the physical entity and still experience much of what is available to you in the physical. Some have called them earthbound entities.” So the earthbound spirit is a facet of a higher self that is unwilling or unable to let go of the local consciousness with its strong attachment to the recent physical existence. The Zeta sees it as just another form
of experience for the higher self.

More details about the earthbound existence were revealed in this segment of an interview with a Zeta.

Interviewer: Is an earthbound entity always a spirit combined with its higher self, or can it be without its higher self?

**Zeta:** *It is its higher self in separation from its oversoul process, but quite often the oversoul process is still connected in many ways to the separated entity. There is no separation.*

Interviewer: Some earthbound spirits are not very loving. Does this reflect the state of the higher self?

**Zeta:** *That is a reflection of an inability to, one, understand the new existence, secondly, to not have released much of the experiential processes that have existed in the physical structure of the body. They are much related to the existence of the human concerns.*

Interviewer: How does the human physical frequency compare to the spirit realm frequencies?

**Zeta:** *The physical body is driven by the emotional processes, biological and chemical. These catalysts within the physical form drive the decision making process within this environment. This does not exist outside of the physical container.*

The Zeta explained that an earthbound spirit is a facet of a higher self that is somewhat separated from the higher-level oversoul process. The higher self chooses to have experiences in the etheric realm where it retains human ways of responding to what it encounters. Emotional responses to particular circumstances were learned by the physical being, and these responses might be expected to come to the fore in the etheric realm under similar circumstances. The earthbound entity may attempt to communicate with a living human under certain conditions, and this can be an unnerving experience for a person who is inadequately prepared.
27.1.3 The Anunnaki race

A being from the Anunnaki race has also spoken through the medium, Paul Hamden. The medium recognized that it was from a different race because of the novel energies he had to learn to assimilate. The Anunnaki being spoke at length about the influence of their race on human biology and culture, but here we are concerned mainly with the Anunnaki race itself. They are included in this section because they make use of a transitional realm like humans do. The following are partial transcripts of conversations that briefly describe characteristics of the Anunnaki and their planet.

Anunnaki: I am from a race called the Anunnaki. We are beings who seed planets with life. When the Anunnaki first came, many of the human beings that existed on your planet were not in any social order, but based in the hunter/gatherer process. Many of the humans that existed were creations of other races. This would have been around two hundred thousand (200,000) of your years ago. We placed a similar looking entity, a hominoid being, onto the planet, and we then gave them the ability to create and build and work within a structured hierarchical system. Some would say that we created the first civilization on this planet.

I am a king. There are 12 kings to the Anunnaki race. As we placed civilization onto this planet, we instigated the process of civilization. We gave you the 12 months of your year, your 12 signs of the zodiac, your measuring instruments, all that is based in 12 has come from us. Why 12? Do you know why? There is an originating process for 12, and it is simple as we have 12 fingers, you see, 6 on each hand.

There are 12 kings of rule or authority over 12 regions of the planet, our planet, not your planet. Each of the kings has a, what you would call, totem or symbol which relates to their region. The totem of my region is as in a bird, like one of your eagles. Each of the regions has a leading council for each of the kings, and each of the kings has a seer who guides them in the journey. We do not literally resemble now your human race. We would literally resemble the Egyptian process, and the look and standard of that process as well. We are
based, our technology is based more on the universal aspects of energy.

I have a wife. She is my queen, and we will have children one day. I have many, I would say, subjects as you call them. I have a council which deals with the day-to-day issues of all of the people that live within the community. I do not live in a castle, but there is the great hall which is 300 of your meters long, 100 of your meters wide, and 50 of your meters high. Some of the Anunnaki soldiers stand either side of my throne as you would say, and they are there to protect me. We are a race that are between 8 and 10 of your feet high, and this is why we are depicted as very large entities as compared to a human being.

We are much like the look of your face, we are much like humans in the way that we look, except you have 10 fingers, of course. We breathe oxygen as you do. We have said we are able to metabolize different atmospheres, but we are able to breathe oxygen as well. We have something similar to your lungs but we have three of them. This gives us great strength as we are able to provide our muscular structure with much of needed oxygen. You would find that most beings of a physical nature would have a device for moving their life force around their physical entity which is their body. The stomach is not similar - we have said we eat when there is a celebration process. You are able to draw life force from your environment. Some have called this the pranic energy process.

We do not resile from the fact that we were initially a warring nation, but much of that now is symbolic. We are a warrior race, and the pyramids and the cultures that surrounded those processes were guided by us. Killing each other does not necessarily work as we have found out. It is better to live in harmony than it is in violence. For us, much of the warrior caste is now but a symbolic gesture, and so when the processes of disputation occur between our races, we are using a symbolic process of choosing a warrior to face each other and no blood is spilled, obviously. It is more about bringing people together in a harmonious environment and discussion, but
the symbology of the confrontation exists because we are a warrior race.

Yes, I have emotions, I can be forced to anger, and I can be compassionate. I would defend my wife, I would defend my kingdom, but you must come and attack me, then I am in defence. I am compassionate, but I will defend my right to exist. We will not be challenged by any race. As with your race, if one of your own sees fear in your eyes they may attack you. When we deal with other races, we stand strong, and this is why we state we have no fear of other races.

The Anunnaki expanded on his understanding of consciousness and races.

Before anything existed, what was there? There was nothing, of course. But in nothing existed consciousness, as consciousness has always existed. Of course, I know that this has been stated by the other race [i.e., the Zeta race], but consciousness in its desire to understand itself, and you would say God, created all things for races, not just human beings. You are not so special you know, I'm sorry to tell you that. There are many races, countless races, all believing, all understanding, some knowing of other races, some believing they are special and by themselves, being worked with by many other races to increase their consciousness. Some races are well behind you, others are in front. We ourselves are continuing to develop.

As you now can genetically create life but could not many years ago, you would be seen by many races as being highly advanced. But consciousness is experiencing itself through every race, every facet, every individual, every piece of matter, every conscious thought that is created. You are just in states of separation from self, as you are, as I am, we are all one. But we see each other differently because we come in different forms.

An Anunnaki has a life expectancy of 36000 Earth years and, because of the long life, offspring are produced only as required for
survival of the species. The population number is unknown since they do not take a census. There is a transitional realm much like the human spirit realm, and a welcomed death is followed by a reincarnation process. An Anunnaki collective consciousness or race memory also exists where “the knowledge gained in the lengthy process of the life span is kept.”

They have craft, but these are considered too slow for dealing with other races. They are technically advanced in many other areas as well. For example, they have “the staff of movement”, a teleportation device which is about seven feet tall with an orb of light. One would “bang it on the ground, and be instantly moved to a new place.” There are mechanical devices “to move physical objects by changing their initial physicality, such as dematerialization, for manipulation of a physical device by changing its frequency through sound.” This is assisted by the consciousness of “spirit folk and other entities.”

They also have a technology which created the human spirit realm container. The Anunnaki said, “When the human race was first created by races and ourselves, it was seen that the human form, once it had consciousness, was able to evolve. On transition, consciousness that had evolved sought out other consciousness, and so a container called your spirit realm was created where all consciousness from this planet could transition to. This is how spirit realm entities, consciousness, understood how to move back through into the human form as a process of experience, and you have called this reincarnation.”

The Anunnaki have a limited telepathic ability which they use to contact other races such as the Zetas and some members of the human race. The range of this Anunnaki ability can be extended by a Zeta being who acts as an amplifier. The Anunnaki traveled in craft at one time, but do not do that anymore. Instead, they physically move to other planets, seeded with their progeny, using their teleportation devices. They come to view what they have created. Telepathic communication and teleportation between Earth and the home planet is possible for about three years every 3600 Earth years.
because of the changing distance as their planet moves in its orbit.

The Anunnaki home planet is bigger than Earth but has no effect on any planet in the solar system. It exists at a different level of physicality or vibrational state. The Anunnaki found this difficult to explain “because of the fact that in your mind you perceive a physicality. I venture to say that between all matter is space.” He added, “We are not a physical planet that you understand. Everybody expected to see a new planetary body come through the system.”

A Zeta explained further, “The Anunnaki planet is partially dematerialized, a physicality, so the molecular structure of the planet is not as closely bound together as your physical planet. It has matter, it's construct is of matter, but there is matter that you cannot touch around. I'm trying to think of an analogy - your water comes in many states, but it is still the same element, is it not? And so the physical planet for the Anunnaki is a substance between a physical element such as water and the gaseous substance such as steam. And so there are many in-between states between the physical and the non-physical. When they are existing on their own planet, they are of the same nature as the planet. When they move from their existence to a new planet, they take on some of the physical manifestation of the planet they are visiting.”

The Anunnaki can adjust their state to appear solid to people on Earth. The Zeta said they could do something similar by populating their consciousness with fine matter to make themselves appear solid. However, if they were touched by a human hand, it would go through them as if they were a hologram.

The Anunnaki said of their larger role in the universe...

*We are scattered amongst the universes, we are many, we do not live only on one planet.*

*We travel the galaxies placing life onto many of the physical planets.*

*We are mortal, we understand, we breathe, we exist.*
We are the Anunnaki and we are your guardians.

We come as guardians to seek out our children, to nurture and to bring guidance in some forms.

We hold other races at bay from your planet.

27.2 Interdimensional beings

There are beings in consciousness space that do not have a physical existence. The Zetas refer to them as interdimensional beings to distinguish them from extraterrestrial beings. A Zeta explains, “Extraterrestrials are human words for the human tongue, denote all other races that are not humanoid from this planet but are physical. So, if you say extraterrestrial, then you understand that the race holds a physical form and exists in the frequency of matter. Now, interdimensional entities such as the Blue Beings and others exist within frequency in a state of non-matter but of consciousness. Their interdimensional aspect is that they exist within the frequency process between matter.” To the Zetas, a frequency refers to a vibrational state, and so the vibrational state of an interdimensional entity differs from that of a being that has a physical existence.

The Zeta agreed that there is a range of vibrational states dedicated to any particular race. Using the frequency analogy, a hypothetical example was proposed to the Zeta. “Suppose the human process is centered at 8 Hz with a range from 7-9 Hz, and the Zeta process is centered on 16 Hz with a range from 14 to 18. Would the frequencies between these ranges, 10 to 13, be available for interdimensional beings to use?” The Zeta replied, “Hypothetically, yes.” They added an analogy, “We understand your radio frequency process, so between each of your radio frequencies is difference, the difference is interdimensional.”

The Zeta was asked if interdimensional beings exist at both low and high vibrational states. They responded that they do, but that they are “generally of a higher nature.” Further, the vibrational state of an interdimensional being seems to depend on its context. According to the Zeta, “It is determined generally by where the interdimensional
entity exists, much as if you are cold because you are in a cold climate.” The Zeta agreed that one interdimensional being was distinguishable from another by the variations in their waveforms. They compared it to a brainwave pattern.

Interdimensional beings appear to have existences that we might understand, as suggested by the following information provided by a Zeta. “Do not think for one moment that these energy races do not have forms of technologies, just because they are in a non-physical state. They perceive themselves to be quite solid to each other. In some sense when they are interacting with us in our waveform bodies, we are physical to them as well. Just as in the spiritual realm, they perceive themselves to be of a solid nature. This is also how the dimensional energies who are waveforms see themselves. A point to understand is that in a dimensional place there are also non-dimensional existences. As explained earlier, there are existences within existences.”

The question was asked if an interdimensional being could exist within the physical frequencies such as the astral realm. The Zeta replied, “They may do what they wish according to the structures that they abide by. How they would enter into a lower frequency form is to shield themselves within a cocoon process of consciousness, to present themselves as being of the same level of consciousness and frequency as the surrounding entity.” The ability to enter lower-vibration environments while protecting themselves inside a cocoon of consciousness is reminiscent of a deep sea diver in a diving suit. The device is an example of the interdimensional technology mentioned by the Zeta. Without such a device, the being would itself move to a lower-vibrational state.

We were told many times by a Zeta being that one of that race will never enter the spirit realm (see chapter, The realms of races). For example, they said, “If an extraterrestrial was to move consciousness in full form entity as physical body into the spirit realm, it would change the frequency and negate the ability of the humans to traverse between the realms, and so spirit realm would
become unusable.” Humanity’s freewill is very important to them, and they would interfere with it by allowing their physical nature to disrupt the spirit realm.

However, such adverse effects are not produced when an interdimensional consciousness participates in spirit realm processes. The Zeta said, “The interdimensional consciousness has not existed in a physical form, it brings with it no potential to be understood as a physical form.” So it does not disrupt spirit realm processes like a Zeta being would, because “they do not contain the frequencies that relate to being of matter.”

The Zeta explained further, “Interdimensional consciousness enters into the spirit realm process at a oversoul level. The oversoul consciousness perceives the interdimensional entity, which is a non-physical entity, as being akin to a telepathic communication. There is no tainting of the information that is produced when a being takes a physical form.” They added, “Only a non-physical consciousness, non-physical incarnated races may become threads to oversouls within spirit realm.” So an interdimensional consciousness may enter the spirit realm by directly joining with an oversoul entity using a telepathic process. The Zeta believes that the presence of interdimensional consciousness is the reason why “much of the higher frequencies exist within the spirit realms. They exist behind the spirit realm, feeding into, and from.”

Could the interdimensional being, joined with an oversoul, participate in the consciousness of an incarnated human? The formation of a Zeta/human hybrid consciousness requires agreement from the human parent, but “interdimensional entities would be in agreement on levels that are related to the frequencies of the oversoul process in the spirit realm. This means that of course those consciousness are able to, with agreement, move to some semblance of a human form.” So some humans may be influenced by the higher vibrational state of an interdimensional consciousness, unless the entity’s purpose is merely to observe. This is suggested by the Zeta’s comment, “The separation of consciousness through the oversoul
process is given to incarnation to the form in the physical body to provide comparison only.”

Like all conscious beings, interdimensional beings also have a creative ability. The Zeta confirmed that these beings use the now familiar creation process motivated by intention. In fact, the interdimensional being “has no other avenue but to create”, suggesting that creation is an essential part of its existence. Of course, other beings like humans and Zetas can experience those creations “only if the entity, the matter that it is, is in a position to see or understand what has been created.” That is, beings like us are oblivious to the activities of interdimensional beings until we achieve a high enough vibrational state. According to a Zeta, “The interdimensional beings do not create underneath their existing frequencies,” so we should not expect to see their activities while we are in our lower vibrational states.

27.2.1 The Blue Beings

The interdimensional Blue Being race is of special interest to the Zetas. They are the creators of the Zeta race as discussed in the section, “The Zeta collective consciousness”. They are normally without physical form, but may present themselves in the physical realm as narrow-faced blue beings. As indicated above, they would do this by cocooning themselves in a protective shield of consciousness.

The following are the words of a Blue Being speaking through and to the medium, Paul Hamden. Near the end of the address, they say they move “information around to each individual in the collective as required”. This suggests that the progenitor of the Zeta collective consciousness is also a collective consciousness entity.

**Blue Being:** Your abilities are your own as are your feelings and experiences, but sharing those as you go along is an important process. Compare this thought - we are bodiless, we gain information regarding structures, feelings, cellular contacts, by a being like yourself. In return we share our existence with you, our
structures and beliefs. In this, we grow together as one. But for you to get to this point where we could share has taken a few years. As you have seen, each time we came close to you, the cellular prospect of engaging with us caused you to reject the process. So we entered into an agreement with other energies to allow a resonation which would bring you to a place of joining with us, hopefully without a problem in the processes. As now, when we come we wait in the background hoping for contact, as any slight variation to your thought process will cause a blockage. We then wait for the process to begin. The meditations and sleep have been very helpful in allowing us to have contact with you. This feels like a fine process.

We are a civilization who are in the dimensional realms – ones that are the opposite to this physical universe. We have come to this group as it is a way for us to communicate with peoples from the planet, and in this great work we are able to share light and love between races.

Integration with extraterrestrial races will advance your civilization to a great degree. Imagine this - some races have been altered structurally for the purpose of creating an advanced civilization. Do you as a race of human forms not desire a change, one that will elevate you all to a new platform of experience, see the magnificence of what a universal being can be? All strive for this process, there are none who have moved to this goal yet. All are moving vibrationally to levels of quantifiable experience of self.

Things which register in your earthly field require a certain amount of information to be passed to you via physical processes. We are able to progress as a race as we move our information around to each individual in the collective as required. Not all information is required to be stored in the being of the entity we are. For instance, we can expel large amounts of information but retain the experience of the information. Thus we have less molecular structure to our beings. This also allows for clearing of energies from our state of existence.
27.2.2 The Trillians

Not much is known about the interdimensional beings known as Trillians. They may manifest as black, formless shapes in the vibrational state of the physical or ethereal realms. The medium, Paul Hamden, has seen only two Trillians. They are very uncommon as they need access to a gateway or portal to enter the Earth plane, and these are rarely available.

Trillians appear to be neutral entities that are amplifiers of affective states such as fear or love. For example, if a person is in a state of fear, a Trillian could make that person feel much more fearful. Conversely, if a person feels love towards anyone, the Trillian could enhance that feeling of love. The medium describes it as behaving like a magnifying lens. It would attach itself to the person’s energetic body to sense the existing affective state and encourage more of the same emotion.

According to the medium, the way to rid oneself of a Trillian is “to state openly that you do not fear it, that you are quite capable of dealing with your own issues, and that you would like protection from the universe and support from your guides to remove this process.” The presence of a Trillian may be difficult to determine since the negative state could be mistaken in the longer term for the actions of a collector entity (see “Interactions with low-vibration entities”). But the amplified state of fear brought by a Trillian might be countered by the same method recommended by the Zetas for ridding oneself of a collector entity. On the other hand, an amplified state of love might be enjoyed by the affected person, and not be seen as an issue to be addressed.

27.3 The astral beings

The astral realm is a construct in which all human mental activity is recorded. It is currently in a process of change that should eventually transform it into a self-aware human collective consciousness. In the meantime, it is also home to low-vibration thought forms known as collectors. These are discussed in the chapter, “Interactions with
low-vibration entities”. According to a Zeta, collectors are “a parasitic race, feed off fear and energy of humans and other races.” They promote longterm, negative egocentric behaviour in humans that generates the low-vibration energy they need.

The collectors are the ultimate shape-shifters. The Zeta said they “present themselves as beings which they are not. ... They extend themselves into the dream state of the human, and present themselves as reptilian entities, as shadow people, as spirits, as mythical creatures, as demonic entities, as angels, seeking to gain control over the human’s mind.” They encourage behaviours in susceptible humans that create low-vibration energy. They then receive the energy for their own use, since they have no way to create energy on their own.

According to the medium, Paul Hamden, the astral realm holds no souls. It is a consciousness based on human existence. The entities it holds behave intelligently because the human mind acts in that way. The astral realm is the same as the highest and lowest human intelligence, a hologram of humanity. The entities existing in the consciousness of the human collective are given power due to the mass of belief that is placed on them. They work by weakening a person, by interfering with their frequency. It is a battle of wills.

The Zeta said, “They are harmless unless you have behaviours which support them.” They will eventually be recognized as a robotic thought form dependent on the current chaotic state of the astral realm. They will be unable to coexist with a higher-vibration collective consciousness, and they will then transmute into another form of consciousness.

27.4 The Zeta collective consciousness

The Zeta race was created by the interdimensional Blue Beings race, but became a collective consciousness by their own efforts. A Zeta described the initial role of the Blue Beings, “A facet of one race existing on many other forms of existence not related to timelines, produce a race to exist on one timeline function. And so,
interdimensional races are creating matter, creating consciousness to exist in matter on one timeline for the purpose of experience. Information from the race to move back to the interdimensional race called the Blue Beings, the creators of the race.” The Blue Beings and the Zetas are now sources of information for each other, analogous to humans and their spirit guides. So from the beginning, the Blue Beings’ purpose for creating the physical Zeta race was to acquire new information.

When asked why the Blue Beings decided to create the race on only one timeline, the Zeta replied, “It has been determined by the creator races that this is the best possible timeline. It is the intermediate frequency, the middle frequency. The middle frequency provides the most experience, because from the middle, other frequencies are more widely spaced.” The meaning of “more widely spaced” is not obvious when we know that vibrational states exist on an ordinal scale. The distance measure likely refers to the ease with which one frequency can resonate with another. So the intermediate timelines are closer in that sense, and give the Zetas more opportunity than other timelines to explore adjacent vibrational states. Living on only one timeline is discussed further in the chapter, “Timelines”.

The Blue Beings created the Zeta species so that they procreated sexually like humans do now, although that process has changed. A Zeta was asked if they also reincarnated at the beginning using a transitional realm as humans do now. They answered, “There was a process, but it was not related specifically to the spirit realm. The spirit realm has the capacity to hold all of the transitional information. These types of transitional processes which are related to our race was held in the original creator’s mind - its ability to extend itself to hold the transitional performance from a physical container to a consciousness state and then back. Of course there was the desire of the creator entity for the race, the Zeta race, to move to its own ability and capacity to perform a level of interaction between the physical and the non-physical. So the mind of the Blue Beings provided facilities similar to that of a transitional realm to move a consciousness from one physical container to another.
The Zeta race did not always exist as a collective consciousness. It was an initiative of the race itself. A Zeta explained, “In the past, many thousands of generations ago before the race moved into the state of singularity, before it became the collective consciousness, there were a few entities that transitioned. I think the easiest way to explain it is to speak in your terms, yes? Some of you on this planet will take the first steps to leave your body and move into a space which is not in spirit realm. You will be the nucleolus for the singularity for the collective consciousness of the race and those entities become the elders of a race. The nucleolus is determined by the higher self entity, the frequency of the potency of the collection between the higher self and the local consciousness, the potential of the cellular structure of the container, and the will of the human or the entity.” The Zeta explained the creation of a singularity as if beings from the human race were to undergo it as well some day.

Whether beings will initiate the singularity of a new collective consciousness depends on “what they are prepared to undergo to become separated while they are alive.” They explained further, “Your transitional processes require that the body is in termination before you move to a state of energy consciousness, but to move to the singularity requires that you do so before the body terminates much like a permanent projection.” So the move to the singularity needs to happen while the body is alive but comatose.

The Zeta added, “The higher self takes with it what it requires and leaves and creates a consensus reality. This is required because, for a race to move beyond its boundaries, there must be made a space for others to transition into. So in the inception of the singularity for our race, 700 or so were able to make the transition to the collective mind. Those 700 held in a space of consciousness so others could attract themselves to that.” So in the case of the Zetas, the singularity was seeded with about 700 beings who created a new identity outside the normal energetic boundary so that others of the race could join.

The transitions of the 700 would have happened relatively quickly
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because “to transition slowly you would fail. Once you are away from your physical container, if you are away from your normal transitional process and you are - let me give you an example. As a spirit person you will transition to the spirit realm. But what if you were to transition and hold your consciousness away from spirit realm, what would sustain you.” So like the consciousness of a spirit person who needs a spirit realm to maintain its identity, the 700 Zeta seeds required that the singularity be established in short order so their consciousness could survive as intended.

The collective consciousness of the Zeta race took many generations to develop. A Zeta said, “The collective mind has become the ultimate goal of the race, to exist purely in thought, and to not be moving from container to container. We seek to be like our brothers in consciousness. But we are also a part of the physical, we are able to travel within the physical, but as well travel energetically, so there are multiple ways to be in existence. ... Interdimensional entities of non-physical state that exist in higher frequencies and much closer to source consciousness, of course we aim to emulate that state of existence.”

At present, the Zeta collective consciousness has trillions of members. A Zeta was asked if one member spoke for all. They replied, “If the collective will is for one to speak, then yes, that can be the determination. But one never speaks for a race, but normally for a section of a race. We will use your human words to describe. Each section of the race interacting with this planet are based into groups. These groups are utilized into working groups to form various functions in regards to working with individuals and groups, so I speak for the group. There are other bodies, which are seeking to coordinate the groups.” The collective consciousness appears to be an information resource for the race that can be accessed when required. Each Zeta being is not always connected to the collective, since not all information is relevant to everyone.

The collective consciousness is also a place of synergism for the race as indicated by a Zeta’s comment, “When you are in complete
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harmony with other beings, you are in a symbiotic level of consciousness with the entities, and there is no words to state and no emotional capacity to understand the silence, the peace. We come from a place of quiet, the collective consciousness of the race is quiet, and there is stillness.”

The Zeta race does not require a transitional realm. As a Zeta explained, “We do not have the same process as the spirit realm because the collective consciousness of the race and the physical existence of being part of the race, are one.” However, the Zeta agreed that the human race and the Zeta race come from the same source, although they and the spirit realm process have different vibrational states. In general, this is the primary distinguishing feature among a possible infinite number of races, both physical and non-physical.

27.5 The Abductor race

Not all of the Zeta species chose to belong to the collective consciousness. The Zeta explained, “There are many facets to the race. The only facet of the race that is excluded from the collective mind are the abductor race. They are entities that have decided that they will journey on their own path, that they will take upon themselves a new construct, that they do not wish to be part of the collective.” This facet chose the way of “service to self”. The Zeta said, “They were given freewill to leave, and so generationally, others have left and continue to procreate using the human method.” The split happened many generations ago.

Since the abductor race still procreates sexually, a Zeta was asked if they use a transitional realm to reincarnate, or do they now use technology to create a new physical body and transfer the consciousness from the old body to the new body. The Zeta replied, “They do not use a spirit realm. They use a... Let me give you a simple example. When you are having a memory, you realize you are having a memory only when you come back from the memory. You don’t realize you are having a memory while you are remembering it.
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It’s only afterwards that you say, “Ah, I remember that.” While you are in the memory, there is no understanding that you are in the memory. What I am talking about in regards to the abductors, as we have called them, are able to extensualize their existence to then move themselves back to a physical form via another entity.” So a being of the abductor race can move its consciousness from the physical container, represent itself like a memory without noticing that it has done so, then move itself back to a new physical container.

The Zetas chose to refer to this “service to self” facet as the abductor race, because it is known to abduct humans here on Earth. They explained, “They are seeking to change the genetic structure that they hold. They believe that they are diminished in some form, and not all entities like to serve others. They feel that they have the right to create decisions based on what is good for them and not for others.” So they have taken genetic material from humans for the purpose of experimentation. The Zeta informed us, “The abductor race as we call them has a facial structure which is different to ours.” So the race should become visually recognizable to us as we gain more experience with the species.

The Zeta said concerning the activities of the abductor race, “That is a difficult situation for us, and in all of our sitting processes and discussion we have faced that question, that we do have a portion of the race that are disassociated from us because they refuse to abide by the non-interference policy. Just as you cannot stop a human from performing a function, because all entities have freewill, all we can do is exclude them from the collective mind of the race, and then continually seek to undo the damage that has been done. And so, if a human or any being from any race is taken for any purpose, we would then seek to determine how to undo what has been done.”

27.6 The Reptilian race

The Reptilian race is generally thought to be rather unpleasant. According to the Zetas, the Reptilians decimated the Zeta home
planet long ago so that it will never recover. The Zetas made a collective decision then to retaliate and they repelled the Reptilians. Since then there has been no more war, but the peace has been tenuous.

The Reptilians are now in the Earth environment. A Zeta was asked if there are now non-human races near Earth that have selfish interests and wish to exploit the human race. They replied, “One race that we will say who they are is what's classed as the, by your earth tongue, as the Draconian and Reptilian type processes.” Further, they warned, “It would be wise for your people who are working with that race to be aware in the back of their minds, they may not be working for the ultimate good of your race.”

A Zeta made a revealing comment when they said, “They do not exist within our space, they do not exist within the cavity process of your moon, they come and go. … They are not part of the many races that use the moon process as a stopping mechanism.” If the Reptilians do not exist within our space, then where are they? They must reside in some other realm of consciousness space, and have a technology that enables them to move to our space.

A Zeta was asked if Reptilians were able to incarnate as hybrid humans like other races do. They replied, “They do not have the same functioning integration process to the human race. They do not come through incarnation, they come through integration. One may be influenced by them. They influence others to think according to their process. To incarnate means you must have permission. They cannot enter into spirit realm process, so how would Reptilians get permission? They cannot. They must influence after birth process.” They do this “by feeding into the consciousness of the human entity information which would control and provide fear processes.” The human’s higher self does not interfere because it sees it as another form of experience.

We were advised by a Zeta, “True reptilian entities do not control as many humans as believed. More humans are controlled by the collector race.” The behaviour of a Reptilian is easily simulated by
an astral collector process (see above section, “The astral beings”). The Reptilians “are able to interfere with any entity which allows them to, but they are generally not affecting that many humans.” So it is likely that interference with a human is more likely to be by a collector than a Reptilian. The Zeta added, “You must also understand that you are affected by what you allow. If you are based in ego or fear then the entities perceive chance to come. This is why the mediumship process is much dangerous because once you open yourself to the process, if you allow your mind, your ego to take over the emotional journey, you can be influenced by many entities.”

We should not paint all Reptilians with the same brush of negativity. This is being done to the Zeta species when people do not distinguish between the race of the collective consciousness and the abductor race. Several reports of personal encounters suggest that some Reptilians are capable of directing love toward a human.
28. The illusion of matter

The conversations with the Zetas led to the realization that our physical universe and all it contains is an illusion. The realization was strongly supported by Edward Close in his book, *Transcendental Physics*. Close (2000) explained how modern physics requires that the observer’s awareness creates physical reality moment by moment. By definition then, our experience of reality is illusory, not what it seems.

This new understanding was soon followed by the discovery that it was not all that original. The Hindu metaphysics of *Advaita Vedanta* has a similar concept called *maya*. Like the Zeta view of source consciousness, the Advaita holds that *Brahman* is the one and only reality and all else is mere appearance or illusion. The following sections discuss the mechanism of the illusion of matter, and why incarnating spirit beings would want to have the physical experience.

28.1 The context of all illusions

A Zeta said about the concept of a source consciousness, “*There is nothing that can be created that is outside of it, all forms, all shapes, all existence is determined by this process. All matter would disintegrate without this. There would be no planets, there would be no universe, it is held together by consciousness.*” Source
consciousness is multidimensional, and our familiar 3D space and its contents are one of the constructs in this consciousness space.

Source consciousness is described as the void by a Zeta when they said, “The void is a living entity of total consciousness, oligarchical in nature, and is partially living as an experience in separation, through illusion, of self through the vesture of matter.” The entity of total consciousness has configured itself so that parts of it appear to be in separation from other parts. The separation is an illusion partly accomplished by the appearance of matter which is meant to provide different and independent experiences for source consciousness.

The Zeta added, “Each separation of consciousness is layers to perform many functions. Some levels of consciousness pervade the worlds of matter, whereas others are multifaceted in energetic form, each having the ability to exist as a race of beings in every form.” Distinctions in levels of consciousness form souls or spirits having different vibrational states and living an “experience in separation”. Some are beings that “pervade the worlds of matter”.

A Zeta said, “Consciousness has all information, but how consciousness reveals it to itself is a different process, nothing is created.” This means that definitions of all possible constructs exist in source consciousness. They are selected, activated, and perceived as seeming acts of creation by conscious beings.

28.2 Mechanism of the energetic illusion

How thoughts can change the environment in the energetic realms was discussed in the chapter, Creation and consciousness. A Zeta agreed that a good analogy for understanding this creative process is the physical process for creating a hologram with laser light. A being’s intention allows its thought of a desired object to modulate its vibrational state in order to create a representation of the object. The representation is a pattern that is laid down in a substrate in consciousness. The pattern is then available to be perceived by the same being or other beings at the same or higher vibrational state.

In general, the representation of a creation is encoded as a
distributed pattern in the energy of consciousness. A being may transform the pattern with its perceptual process and perceive the original thought in its own consciousness. Since it was created from a thought, the perception could rightly be called a shared illusion. It is analogous to the virtual image seen when viewing information on a holographic film.

All sensations that can be experienced from a creation, such as smell, touch, taste, colour, and sound, are intrinsic qualities of consciousness. Much of experience depends on these “felt states” that are the end result of sensory processes. These irreducible properties of consciousness, also known as qualia, are described by a Zeta as potentials.

For example, a Zeta was asked, “What is light?”, and they replied, “It is obviously potential.” They added, “Light is a frequency some would say, which is a truth that a light has potential to be consciousness.” That is, light may be described as a certain frequency of electromagnetic radiation which reaches conscious awareness. But also, “If light exists where no matter exists, then consciousness will accurately understand itself to be in a potential. ... Consciousness creates its own illumination.” In the absence of electromagnetic radiation associated with matter, light may still be perceived in energetic realms as a certain potential of consciousness. So light and all other sensations reach awareness when a being’s consciousness has the corresponding potential.

28.3 Mechanism of the physical illusion
As the Zetas have said, source consciousness has in it all that could possibly be. When something is created, a creator being selects and instantiates whatever is desired. The definition of the desired thing already exists in source consciousness. The Zetas suggested that a race of beings “that are much older, wiser and advanced than yourselves and us” has placed a set of activated definitions in a dimension of consciousness space known as the etheric realm.
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The definitions are templates that allow beings like us to participate in creating illusory physical experiences. A Zeta commented, “Now remember that without matter, consciousness has no reflection, and so all consciousness exists from one source entity, but exists in matter as multiple races.” The beings of a race reflect consciousness. They are equipped with the proper etheric sensory mechanisms so they can see themselves and other constructs in the physical illusion. The physical illusions are experienced when the sensory information from the etheric templates is reflected back to awareness in consciousness. Since the individual consciousness is a facet of source consciousness, the process of perception closes a feedback loop. The experience by the being is consciousness observing itself.

The relation of this process to modern quantum theory was discussed by Close (2000). He proposed that an object is presented to an observer as a spectrum of potentials or possibilities according to a well-known equation in quantum mechanics. The observation triggers a cascade of quantized sensory processes in the observer’s etheric body, and the cascade terminates when a non-quantized receptor is encountered in the consciousness of the observer.

Close suggested, “The final receptor completing an observation must be something real, existing beyond physical quanta, capable of receiving and properly organizing the distinct impressions of form and structure relayed by the effects of the quanta of matter and energy that we perceive as existing in an objective physical world. Since the interpretation of form and structure as information with meaning is a function of the conscious observer, this something must be closely related to, if not the very substance of, consciousness itself.”

Close concluded, “Every observation is an instance of reality/primary consciousness observing itself. It is the completion of a self-referential loop. Structure and form, originating in primary consciousness, is projected as a spectrum of potentialities. The process is completed when one specific structure or form is selected
by observation and confirmed again in the nonlocal space of consciousness.”

According to Close’s view, source consciousness presents the physical universe “as a spectrum of potentialities” that is known to quantum mechanics. The observer selects particular potentials from this spectrum and transmutes them to the non-quantized individualized consciousness. The observation is confirmed by comparison with the original defining construct in source consciousness where it has always existed. Like the Zetas, Close could say that the experience by the being is consciousness observing itself.

A Zeta agreed that matter is perceived when “intention selects possibilities projected by etheric objects to create the physical illusion.” The possibilities projected by etheric objects correspond to Close’s spectrum of potentialities provided by primary consciousness. So the etheric template for an object may be understood as the collection of wave functions described by quantum mechanics as probabilities. The observer selects wave functions from the possibilities projected by the etheric object.

The Zeta said, “Matter is an intermediary process. It is a development of consciousness. Matter is a conjoined process of smaller levels of potentials. Potentials are used as the device mechanisms for experiential processes.” The smaller levels of potentials that form the etheric templates of matter may refer to properties such as mass and electric charge. These properties would determine how the basic etheric elements can combine to form templates defining the macroscopic objects of our everyday experiences. Multiple higher-order templates reorganize in a lawful manner in the etheric realm to yield dynamic illusory physical experiences.

As in the energetic illusion, perception of sensations such as colour and taste form the physical illusion. A Zeta explained, “There is a standardized process within consciousness for a trace that allows you to have a perception of what is bound to your physical reality.”
They added, “So the hologram (that you state) is correlated by in making this a bridge, allows you to all experience the same thing.” The etheric template was created by the energetic process described by the hologram analogy. When the template is sampled by several observers, all perceive similar physical sensations and share a common understanding of the defined object.

The perceptions of a physical illusion by multiple observers are not necessarily the same. The Zeta cautions, “Matter defines experience of consciousness, in as it limits potential.” The potential created in consciousness is a trace that may vary depending on the quality of the template defining a being’s sensory system. For example, certain colours cannot be experienced by a colour-blind human because the etheric template defining that particular visual system does not support it.

The appearance of physical matter takes place within a particular range of vibrational states. A Zeta said, “Matter needs to exist in certain frequencies. For it to bind, it needs this frequency.” This constraint refers to the existing vibrational states of the etheric forms. So a being who wishes to experience the physical illusion must be able to experience the vibrational states of the etheric templates.

The incarnation process allows spirit beings to lower their highest possible vibrational state to match the physical vibrational state. But, as a Zeta indicated, “The physical frequency defines what you can remember”. The lowered vibrational state interferes with the ability of incarnated beings to remember their previous higher vibration existence.

A being’s physical body is defined by the etheric body and is experienced by the same process as any other physical object. A Zeta said, “The physical body is a potential. The way that its potential is perceived and used is directly a response from the entity working with the physical body.” When asked about the entity receiving the sensory information, the Zeta replied, “There is capacity for the local consciousness to participate in this process, but the greater
process is the higher-self heterodyning, as you call it, back to the local consciousness and beyond.” According to the Zeta, the sensory information is communicated to the higher self, the higher-vibration entity associated with the local consciousness of the observer. The higher self is a facet of source consciousness, and so the perceptual process is source consciousness observing itself.

In summary, the etheric precursor of matter is presented in consciousness as a spectrum of quantized potentials. Particular potentials are selected by the consciousness of an observer and reconstructed in a non-quantized form in consciousness. All takes place in consciousness, so to believe that matter has an objective existence independent of consciousness is an error.

The mechanism for the matter illusion is complex, yet relatively easy to grasp. But we are indoctrinated with the concept of materialism from an early age, so it is difficult to accept fully that the true basis of reality is hidden by the very convincing illusion of matter.

28.4 An important practical difference

There are differences in how the physical and energetic illusions are created, and these affect what experiences are possible. Creation of the physical illusion makes use of existing energetic illusions in the etheric realm, and so there is an added layer of complexity that incarnating spirits choose to experience.

Humans learn from birth that physical interactions are lawful, and so quickly develop expectations concerning causality. Such expectations become deeply ingrained and would interfere with creation by mental processes. A Zeta explained, “Perception is the way that you perceive something to be, but to create via intention requires the consciousness to be in a clear space of expansion, understanding what is the end result of the creation, but not understanding often what is being created.” Because we find it difficult to adopt the required state of consciousness, our intentions alone cannot easily change the physical experience.
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A Zeta suggested “the real reason as to why beings incarnate. There are the obvious lessons that increase the vibrational frequency of the group and individuals”. But what are the obvious lessons to be learned that attract a spirit to experience the often stressful physical illusion?

The issue was pursued with a Zeta in the following interview fragment.

Interviewer: I sometimes wonder about the purpose of our physical existence here. It occurred to me that the creative process is not the same here as it is in the energetic realm, and I think that freewill is more easily obstructed in our physical existence than elsewhere. Is that the reason why people incarnate in physical form, so they can interfere with each other’s desires?

Zeta: Amusing question, to interfere you say, why?

Interviewer: Well, we often do that, one person wants to do one thing, and another person thinks we should be doing something else, and we can’t just wave a wand and each have our own way.

Zeta: Much simpler for you, yes. For the spirit people that come into the human form, they desire experience. To leave the energetic realm and to move to physical is much excitement for them, to go on a journey.

Interviewer: Is the excitement because they have to deal with other people’s wishes and desires in conflict with theirs?

Zeta: There is a dynamic environment within the physical, yes, and of course the spirit people do not have the potential to experience the physical within the spirit realm.

According to the Zeta, spirit beings who desire experience anticipate the incarnation process with a sense of excitement. They cannot reproduce the dynamic physical experience while in the energetic spirit realm, so they need to incarnate to experience the physical illusion. Why the prospect of experiencing a physical incarnation is exciting may be understood by comparing energetic realm illusions
with the physical illusion.

In the energetic illusion, conflicting situations appear to be automatically resolved in a way that is not possible in the physical illusion. A Zeta was asked if conflicts occurred in the spirit realm and how they were settled. The following interview fragment indicates that their resolution is easy.

Interviewer: In the energetic realm where the creative process seems more straightforward, how are conflicts resolved between two beings at the same level of consciousness? If one wishes to have an environment one way and the other wishes to have the environment a different way.

Zeta: *Then they split off and both environments exist.*

Interviewer: So then those two beings will not be associated with each other any longer?

Zeta: *If it is a spirit realm entity, yes. Then what is to take place is the imagery of the two beings integrated into each other's reality.*

Interviewer: So multiple versions of each …

Zeta: *Correct.*

In an energetic realm, beings are able to experience what they wish. When two beings disagree, each one seamlessly creates a new environment containing a simulacrum of the other. The simulacra are imagined versions of the actual beings. They appear to have no desires of their own and exist to satisfy the creator being.

Clearly, such creativity is impossible for beings in the physical state of vibration. Rather, people might attempt to dominate or compromise to find a solution to an impasse. Their ability to pursue either path is restricted by the physical tools at their disposal. Options are limited by the etheric constructs that are available and by our inability to create additional constructs within the illusion as desired.
28.5 Why choose the physical experience?

We questioned why spirit realm beings would want to experience a relatively low vibration existence in the physical illusion. According to the Zeta, they are happy to do it for the experience. But it is clearly more than that. The Zeta commented above, “Now we see the real reason as to why beings incarnate. There are the obvious lessons that increase the vibrational frequency of the group and individuals.” As well, “people seek insight and expanded consciousness.” According to these comments, the spirit being desires to raise its vibrational state by expanding its consciousness to higher levels. A higher vibrational state corresponds to a greater ability to love.

It should be easy to love in the spirit realm where perceived conflict is easily avoided. It is harder in the lower vibrational states of the physical illusion where there are often significant differences of opinion. A Zeta observed, “Where is the ego based? In self, within the physical range of frequency, within anger, envy.” In the physical vibration, people see themselves in separation from each other and the spirit’s good intentions prior to incarnating are usually forgotten. It is easy to ignore the cost of not loving others. On the other hand, it is still possible for people in the physical vibrational state to behave in a loving manner toward all people, even when the love is not returned. Such unconditional love increases “the vibrational frequency of the group and individuals”, and moves one toward a higher state of consciousness.

So spirits are excited to incarnate to the physical vibrational states, not just for anticipated pleasures, but to experience the expected difficulties in relating to one another. Resolving these difficulties creates great opportunities to grow in ability to love. This would be the primary objective for each incarnating spirit, and why the physical illusion exists.
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