

*A Primer of the Zeta Race*  
*Volume 2*

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A PRIMER OF THE ZETA RACE, VOLUME 2

**A**

**PRIMER OF**

**THE ZETA RACE**

**VOLUME 2**

# **A PRIMER OF THE ZETA RACE, VOLUME 2**

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## **Revision History**

The book has been revised as new information became available. This page informs what new material was added in this edition.

Edition 2 - Added “Heterodyning vibrational states”

- Added “Life forms of consciousness”
- Added to “Conflict resolution in spirit realm”

Edition 3 - Added to "Connecting with other races”

- Added Case 5 to “Health and healing”
- Added to “Communicating a falsehood”
- Added to ““Experiencer’ illnesses”
- Added to “The Zeta collective consciousness”

Edition 4 - Added to “Managed plausible deniability/The interviews”

- Added “The illusion of matter”

## **Acknowledgements**

We thank the many other participants in the sittings who asked the Zetas many intelligent questions. 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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## Forward

William C. Treurniet

“A primer of the Zeta race”, was published in a number of editions, each one meant to be the last. But the Zetas continued to give us information, and we continued to add it to the book. Finally, after the 10th edition, we decided that the book was complete. However, a small amount of additional information was received that expanded on information in the 10th edition. So an 11th edition was created that included the minor updates, and the book was renamed “[A primer of the Zeta race, Volume 1](#)”.

Considerable new information was also received, and it is published here as Volume 2. As in the first volume, each chapter focuses on a different subject and adds to the accumulated knowledge. Familiarity with Volume 1 is desirable as it provides much useful context.

The information that comes through the medium, Paul Hamden, comes primarily from the Zeta race that is believed to be from the Zeta Reticuli star system. Like us, a Zeta being has a physical and an energetic existence, but is able to project its energetic body and consciousness to other places in the energetic realm. It is able to interact with the medium’s energetic body and thereby use his physical vocal apparatus to speak.

The medium gives control of his body to the Zeta and becomes a passive observer, able to monitor any conversation that the being may have with other people in the room, but unable to participate in the conversation. He does not store any received information in memory as he is typically unable to remember it later in his normal state of awareness. Therefore, audio recordings of the sittings are always made.

People other than the medium may pose questions to the Zeta and receive answers. These interviews have told us much about the Zeta race, its history, society, science, and why they are visiting us. This second volume continues the discussion and analysis of interesting information from the conversations with the Zetas.



## 1. 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.*

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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*

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*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, he 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, he commented, "Rather than presenting, you were receiving. Not the intended result."

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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.*



## 2. Interactions 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, it's validity is not as easily detected. Therefore, depending on it's 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 attributed to 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 is 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 via the medium, Paul Hamden, and is discussed in [Volume 1](#). 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.

## **2.1 The nature of consciousness space**

According to the Zeta cosmology, all existence is a multidimensional entity we may call “consciousness space”. This space has an uncountable number of dimensions arranged on a spectrum of affective states, meaning that the relative amount of love is the controlling influence for all that exists. Every living being 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

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vibration. Because the dimension of affective states has an ordinal scale, such vibrations can be sensed but not represented as a frequency on a rational scale.

Beings can experience creations that exist at their own “*highest possible state*” of consciousness or lower, and must somehow raise that highest possible state in order to interact with more loving entities than themselves. This constraint is an important natural law of consciousness space.

The Zetas use the waveform as an analogy for how a thing is represented in the energetic environment. Waveforms representing things are components of a single unitary waveform containing all the energy of consciousness space. Consciousness space also contains a multidimensional grid which has the potential for representing creations. 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 the grid. Any being capable of operating at the same state of consciousness as the creator or higher can “illuminate” the pattern and reconstruct the object represented in the grid as an act of perception. However, 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 of [Volume 1](#) entitled “*Creation and consciousness*”.

A being’s intention initiates the creation process and possibly other processes as well. Two additional processes driven by intention are suggested in [Volume 1](#) in the chapter entitled “*Instruments to control etheric energy*”. One process would change a being’s state of vibration to maintain health and facilitate communication. The other process appears to be analogous to computation and would be used, for example, in the creation of Zeta craft entities and in searching the equivalent of databases. Intention appears to be a non-linear process suitable for modifying waveforms in an otherwise linear system. The power of intention is so fundamental that it should also be recognized as a natural law of consciousness space.

## 2.2 Management of 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 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 “*highest possible 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 consciousness generated by 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 resonance with the loving being, the sitters’ states of consciousness may rise beyond the 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.

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**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 equivalent 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.

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So there are at least two ways to minimize the possibility of unwanted interference in a séance. The circle leader's request for 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-vibrational entities. It is remarkable that consciousness space has the properties that allow us to achieve the desired goal with love.

### 2.2.1 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 love.

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 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*

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*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.

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**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 explains 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 facilitating 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 resonating 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 own energy and avoid all confrontations with any energetic entity.

### **2.3 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.

#### **2.3.1 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.

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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.

***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 he and the interviewer could experience a consensus reality if he were to match the latter’s vibrational state. He could then perceive the physical room. In his 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

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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 should be expressed more specifically as learning that is dependent on the accompanying vibrational state.

### 2.3.2 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 he replied, *“In flow, somewhat like an energetic stream bound intrinsically to the consciousness of an entity.”* He agreed that the memories are part of an all-inclusive energy construct, but they are contained 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.

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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.

### **2.3.3 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

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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 he was 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 makeup of the fabric.”*

However, an untruth could be communicated without detection when a spirit communicates non-telepathically with physical sitters 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.

## 2.4 Conclusion

The natural laws of consciousness space constrain the interactions that are possible among beings in the energetic realms. 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

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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 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.

### 3. 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. The blueprint is based on the predetermined form for a body of the human race, modified according to the genome of the particular individual. Consciousness recognizes when healing is required, and begins the healing process by communicating the etheric blueprint information to the physical body. The communication appears to involve a quantum process. In one case of healing, the Zeta indicated that he 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,

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and so there is a non-physical as well as a physical reality. Much of this information is published in Volume 1 of "[A primer of the Zeta race](#)."

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 where other laws of nature apply. One of the energetic dimensions is the etheric realm which parallels our physical realm. Every physical body is associated with a corresponding body in the etheric realm. The etheric body contains all the information needed to describe the physical body. 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.

### 3.1 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.



### 3.1.1 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.

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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 his ability to influence physical matter from a distance. He 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.

### 3.1.2 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!

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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.

### 3.1.3 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

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“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”.

### 3.1.4 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 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

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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.

### 3.1.5 Case 5

In this case, a healing of a specific individual is not reported. Instead, a Zeta was asked what he knew about autism, if there was a root cause, or if there was more than one cause.

He 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 his view, autism can be healed but not with current human medical knowledge and technology. He 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 to helping people with autism.

## 3.2 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 in 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 local consciousness.

A Zeta describes in his 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.*

He 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 resonation of the energetic body to the physical.*

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*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 affect the state of the physical body.

### 3.3 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 receive 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*



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*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. He 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 (e.g., [Koch and Reinhardt](#), 1994), and it is an important issue in the context of prenatal development (see [Human Embryology](#)). 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

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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 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.”* 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.”*

He emphasized the causative role of consciousness again when he 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.”*

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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 his 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."*

### 3.3.1 "Experiencer" illnesses

Many humans have experienced close contact with extraterrestrial beings. Some report being taken involuntarily 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*

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*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".* He 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 human 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 ([Volume 1](#), p.167).

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 physical and etheric bodies can be loosened, and that this interferes with the exchange of energy and information between them. A weakening of the overall connection between the physical and etheric bodies would cause deleterious effects on wellbeing.

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 caused by decoupling of his etheric body from his physical body. 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

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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?” He 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.”* He 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”* and *“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.”* So, damage to the physical body would interfere with the

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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 a 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.*

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*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.*

### 3.3.2 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 he would make the physical crystal into an etheric symbol. He 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 etheric crystal, implanted in the proper location in the etheric body, changes a frequency in the etheric body to cause the physical body 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.

### 3.4 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?" He 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 physical potential. Further, the consciousness is said to hold "*what is the action of the re-creation of the cellular process.*" That is, it knows what needs to be done to heal the body. The quantum process makes this information available in the physical body.



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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 to the physical realm. 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 the definition of consciousness. This is a limiting definition, but is not incompatible with 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.

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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 he identified an 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 a short period during the night may have coincided with the Zeta's instruction to the local consciousness to return to the healed state. The sensations were likely an indication that the physical potentials had begun the biological processes needed 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 instructed 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 a high level 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 he could not remove the sources of nickel in the body. However, he did identify the nature of the

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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 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 ([Volume 1](#), *"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.

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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 not possible.

Successful healing requires resonance 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 healing to occur, the states of consciousness must be compatible or the Zeta may deny the request.

## 4. Timelines

Summary. *The Zeta cosmology includes uncountable timelines that are part of the incarnation process for 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 exist on only one timeline because they are a different organization of consciousness. However, they 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 constructs having different states of consciousness, including timelines.*

Both the extraterrestrial Zeta and Anunnaki races have answered questions posed by sitters in séances held by the medium, Paul Hamden. Much of the information has been published in [Volume 1](#). 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.*”

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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, in the realm of consciousness such independence across timelines is not enforced. Consciousness existed before the timelines came into being, and so it is possible for a person to become aware of an event on

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another timeline. A Zeta explained that timelines exist as dimensions 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. He 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 copies of itself are born into as many timelines. The copies 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 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*

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*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



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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 he 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 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*

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*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 a 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.

### 4.1 The Zeta experience of one timeline

In [Volume 1](#), “Incarnation and ascension”, we learned that a Zeta may choose to incarnate in a human container. However, as mentioned above, he can do so only on this one timeline. He does not simultaneously experience many timelines like spirit realm entities do when they incarnate. The

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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?

**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*

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*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.*

## 4.2 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.

### 4.2.1 An evocative 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 uses 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.*

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*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.*

### 4.2.2 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 usually 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*

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*process.*

The Zetas have a technology for opening and closing portals, which is described in [Volume 1](#) in the section on “*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.*

### 4.2.3 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.*

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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 a 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.



## 5. An explanation of gravity

The author, WT, asked the medium, Paul Hamden, for an opportunity to question the Zeta beings about the force of gravity. Perhaps they could provide insight that would help our Earth scientists understand the fundamental nature of this force. The answer from a Zeta came to the medium early one morning as a download of telepathic visions and as a form of automatic writing. The medium transcribed the initial statement and the Zeta remained to be interviewed further by the author. More information came in the ensuing conversation with the Zeta.

There appear to be some gaps in the information given, and an attempt to interpret what was said follows the transcript.

**Transcription of Zeta download:** *Gravity pertains to matter - depending on the mass will determine the gravity body. The frequency of matter also determines the possibility of attraction, change of frequency negates matter, frequency determines pull, cyclical action of frequency of matter causes other matter to be attracted to it as all matter is in pulse, all matter attracts.*

**Medium:** I see many masses all in resignation. The universe is like water drops in glass all sliding towards each other. Speed determines distance that frequency can be held from other matter. The influence of gravity is diminished by distance. Gravity is frequency. That's my very early morning download.

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The imagery was much more powerful than the words. You know when music is in harmony it blends. When it is not in harmony it is levitation, or not in attraction. Music is like frequency of matter, discordance is the key. To change the harmony provides repulsion.

**WT:** Matter in harmony attracts?

**Medium:** Yes.

**WT:** I wonder how to determine frequency of matter? All matter must have the same fundamental frequency.

(The Zeta enters the conversation again via the keyboard)

**Zeta:** *Frequency is determined by the basic fundamentals of matter's structure. So mass of matter structure determines gravity density and frequency. Basic frequency is coalescence of harmony of combined matter frequencies. Mass x frequency x structure determines attraction, mass being basic combination of atomic structure of matter.*

**WT:** So frequency of mass must be constant?

**Zeta:** *Because distance between molecular structure determines attractions, frequency of mass is constant, determined by all combined matter to form body of matter.*

*Dematerialized craft move through substrate of universe by ignoring body of matter rules - not ignoring, being different - not in harmonious environment but by being harmonious in different harmony to basic universe of matter. Original matter's ethereal body determines structure, so materialized state compared to dematerialized state its consciousness structure.*

*Re-materialization is performed and supported by energy body capacity to hold basic quanta pattern. Matter then re-establishes form. Propulsion system of state-of-matter drive of craft not affected due to etheric body in same state as craft.*

**WT:** Ah, matter forms only when etheric template is compatible with matter frequency?

**Zeta:** *Occupants also in temporary stasis of motion. Stimulate etheric body*

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*to reacquaint matter to form. Pulse determines organization of matter to be reinstated by etheric body, so etheric body holds matter in disassociated state.*

*To re-assimilate matter, pulse is used to tell frequency to realign. Pulse is from external source, as cannot be inside etheric all body of matter whilst jump process taking place. Technology in place to reanimate craft.*

**WT:** Is there a code in the etheric template that instructs to assimilate matter?

**Zeta:** *The etheric template holds code, yes.*

**WT:** And pulse activates this code?

**Zeta:** *Yes, to assimilate matter, code is information field. Etheric body holds all information. Larger field holds all information. Information within field is informal field to formal field. Formal field collection of all structures of matter within this universe. Field permeates everything.*

### 5.1 Commentary

The Zeta said that the frequency of matter is determined by the *basic combination of atomic structure of matter*. This frequency is a constant, *determined by all combined matter to form body of matter*. Exactly how the Zeta would calculate matter frequency is not specified.

The Zetas have said elsewhere that whenever they use the word ‘frequency’, it is intended as an analogy for state of consciousness ([Volume 1](#), “*Creation and consciousness*”). Since matter is consciousness in their cosmology, a particular frequency of matter could be a particular state of consciousness or sensed vibrational state. The Zetas would manipulate the vibrational state of matter to cause it to materialize or dematerialize.

Although frequency is always intended as an analogy, a Zeta has elsewhere assigned numerical values of frequency to particular states of consciousness. This suggests there may be an approximate, yet consistent, relationship between a numerical frequency and a state of consciousness. Therefore, we may be justified in using numerical frequencies to understand the Zeta’s information on gravity.

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The frequency of matter in Hz can be calculated by using the formulae,  $E=Mc^2$  and  $E=hf$ , where  $E$ =energy,  $M$ =mass,  $c$ =speed of light,  $h$ =Planck's constant, and  $f$ =frequency. Equating the right sides of the two equations, and substituting the values for the constants gives  $f=M \times 1.356 \times 10^{50}$ , where  $M$  is in kilograms. For example, Carbon has an atomic weight of 12.011, so one mole ( $6 \times 10^{23}$  atoms) has a mass of 12.011 gm, and one atom has a mass of  $2 \times 10^{-26}$  kg. According to the formula, the frequency of a Carbon atom is  $2.72 \times 10^{24}$  Hz. This frequency corresponds to the [Compton wavelength](#), the wavelength of a photon with the same energy as the rest-mass energy of the atom.

The Zeta's comment, "*mass being basic combination of atomic structure of matter*", indicates that the mass needed to calculate frequency should be based on a combination of the atomic weights of all the elements involved. In the simplest case, a Zeta craft would be constructed from a material made from a single element, and the mass variable would be the weight of a single atom of that element. But when there are multiple elements in the craft, the mass might be determined simply by averaging the individual weights of the different kinds of atoms.

According to the Zeta, the frequency of matter has a cyclical action that attracts matter to matter. All matter is "*in pulse*", suggesting that the attractive force arises from matter synchronized with matter represented as a unitary waveform. The amount of *pull* is affected by the frequency. If the frequency of matter is changed abruptly, it *negates matter*, suggesting that there is no attraction when the phase of the waveform of one body of matter cannot follow the phase of another body of matter. The Zeta said that relative speed affects attraction, perhaps due to doppler shift affecting relative phase. Distance between objects also affects attraction, so synchronization of the phase of matter waveforms may decrease with increasing distance.

In the Zeta cosmology, consciousness contains all that could ever be imagined. The Zeta could be referring to this when he mentions the formal information field that contains all possible structures of matter. The etheric body would be instantiated from a virtual pattern and the Zeta may be referring to the information it contains as an informal field. The etheric

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body defines the shape and the chemical composition of a corresponding physical form, so it acts as a template for the physical body.

The Zeta says that the etheric template has a code for activating the assimilation of matter to form the physical object. When the code is switched on, the etheric body frequency is aligned with the frequency of matter, and matter is organized by the template. The etheric body frequency might be measured in Hz since it appears to have an electrical interface with the physical environment. Alternatively, an etheric body frequency refers to a particular state of consciousness.

In the context of craft propulsion, the etheric body of the craft holds the pattern of its physical body. When a craft is dematerialized, the etheric body holds the coarse matter of the physical craft in a disassociated state, perhaps in the form of finer matter. The physical bodies of the craft occupants are also placed in a “*temporary stasis of motion*”.

Dematerialization of the craft occurs when the craft’s etheric frequency is no longer aligned with its matter frequency. The status of the etheric code that controls this alignment is toggled by a pulse. The source of this pulse must be external to the etheric body.

The etheric form of the craft can still use the ‘*matter of state*’ drive in the etheric realm which uses the creation process (see [Volume 1](#), “*Zeta technology*”). Technology is in place to reanimate the craft when desired. Re-materialization of the craft is triggered when the code is changed by the external pulse to instruct the etheric and matter frequencies to realign. The disassociated matter then reconstitutes according to the craft’s etheric template, and the occupants’ etheric bodies are stimulated to fill their etheric templates with the matter held in stasis.



## 6. What is light?

Near the end of a discussion with a Zeta, he was asked, “What is light?” He answered, “*It is obviously potential. It is the ... We do not have the words to describe the phenomenon... not now.*” This response was surprising since the Zetas have very rarely said that they could not answer a question. Ending the answer with “...not now” suggests that the subject of light may be sufficiently complex that he needed to organize his thoughts before answering.

In the next session, a different Zeta interrupted the flow of conversation to return to the unanswered question concerning the nature of light. He delivered a monologue that lasted almost six minutes. Clearly, it was not a subject that had a quick answer. Some of what he said seemed rather obvious, but even these remarks took on added significance as he expanded on the nature of light. The following is a transcript of the Zeta’s lesson on light.

### 6.1 A lesson on light

*What is light? Of course, a light is potential, a light is a, depending on who you are, what race, will then define what potential it will provide. For the humans, they are able to see a certain energy within a framework and the perception is light.*

*Now of course, some of your animals see different forms of potentials,*

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*different types of light. These potentials are also used in many different forms. So you see that a light can be a mechanism to provide illumination in darkness, that light can also be a communication.*

*Light is a frequency, some would say, which is a truth that a light has potential to be consciousness. Now of course, how a being sees this light is up to the way that they exist. If they exist within the physical, then they will use their physical eyes to view the light. Light is also used as a mechanism for life stimulation, to excite the potential of a cellular structure. Without light, many would perish. The physical body is able to convert light to the necessary components required to survive. Light also provides a balancing mechanism for consciousness. Your physical body is designed to require light.*

*On some level the etheric body of a human, or of any entity, is designed to accept light as a mechanism to provide stimulation, or to power it. You have developed technologies to convert light to energy, your solar power process. That is a biological function that has been moved to a physical technological process.*

*All beings of consciousness will see a form of light. If light exists where no matter exists, then consciousness will accurately understand itself to be in a potential. It is up to the consciousness as to whether they choose to perceive themselves as being in the darkness, or semi-darkness, or a bright level of consciousness.*

*So, it could be said that consciousness will determine its own existence, how it views itself and its surroundings by what provides it with the most comforting environment. Some consciousness may choose to live in what is perceived to be a darkness, whereas others will choose to live in a lighted consciousness. Consciousness creates its own illumination. I believe I have answered the question satisfactorily.*

### 6.2 Commentary

The view that light is a potential was expressed in both the initial brief response and in the longer discourse that followed. For the Zetas, that is the short answer to the question. Potential is a capacity or possibility to



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perform an action. For humans, this potential is expressed as a perception of rainbow colours within a certain range of wavelengths. Other beings may experience this potential as something quite different. For example, the Zeta beings are sensitive to infrared light only, so *“the presentation of imagery is seen as different types of heat.”*

The Zeta said, *“Light is a frequency, some would say, which is a truth that a light has potential to be consciousness.”* The Zeta clarified in an earlier interview ([Volume 1](#), *“Creation and consciousness”*) that they always use the word “frequency” as an analogy for “state of consciousness”, and so light is equivalent to a state of consciousness. Further, light is said to have the *“potential to be consciousness”*, which implies that light is a precursor to consciousness. Light appears to be as fundamental to existence as consciousness itself, since it is both consciousness and a potential to be consciousness.

The Zeta stated further, *“If light exists where no matter exists, then consciousness will accurately understand itself to be in a potential.”* So light can exist in the absence of all matter and in that state, consciousness sees itself to be in a potential. Of course, the potential of consciousness is to create things, including matter.

Every conscious being has the ability to create with its intentions ([Volume 1](#), *“Creation and consciousness”*). It can *“determine its own existence, how it views itself and its surroundings”*, and this appears to include how the potential in consciousness is experienced. The Zeta said, *“Some consciousness may choose to live in what is perceived to be a darkness, whereas others will choose to live in a lighted consciousness.”* That is, the potential in consciousness is experienced as a certain level of illumination, depending on a particular being’s intention. So as the Zeta said, *“Consciousness creates its own illumination.”*

In our physical reality, when an electron in an atom changes state, electromagnetic radiation of a certain energy is emitted. The energy initiates a chain of events that culminates in a visual perception. It enters a being's eye to stimulate retinal and neural elements, and a brain mechanism transmutes the physical energy to a representation in the etheric body. The Zeta said, *“The etheric body of a human, or of any entity, is designed to*

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*accept light as a mechanism to provide stimulation.*” So the etheric body is designed to be part of the visual system, to be visually stimulated. A possible mechanism for the senses to stimulate the etheric body is the quantum process of entanglement as suggested by Hameroff (Chopra, 2010). The resulting etheric potential forms a representation in consciousness that the being’s perceptual process interprets as light. The particular intensity of light that is experienced is a choice made by the being.

Humans often equate electromagnetic radiation with light, and we see now that these are not the same. Light is a potential of consciousness, and electromagnetic radiation is a phenomenon that belongs to our physical realm. For example, man-made nuclear explosions emit intense radiation. A Zeta was asked once if such explosions affected higher dimensions. He replied, *“They are contained within their own spheres of influence ... As an intermediary process, the etheric body would be unchanged but from a physical process, the body would be reactive to the energy of the device.”* Although a body of matter is obliterated by intense radiation, its etheric body is not directly affected. However, it is the template for the physical body, so it would necessarily respond to the changed state of the physical body. In general, physical energy is able to affect the energetic realm directly only as perceptions of a conscious being in a physical body.

## 7. Physical evidence of an etheric body

Summary. *A photograph is analyzed containing anomalies that are best interpreted as matter in the process of dematerializing. A branch of a clematis bush is translucent in the photo, and is associated with a motion trail resulting from a short rotational movement of the branch. The trail appears to be actual material left in the space beside the branch as it moved. This is consistent with disassociation of the physical branch from a supporting etheric body. The photo also supports the existence of a Zeta technology for dematerializing physical objects. A simultaneous change to the appearance of a bright object in the sky suggests that extraterrestrial technology produced the anomalous behaviour of the branch.*

The process underlying materialization described by the Zetas was discussed extensively in [Volume 1](#) in the chapter, “*A physics of materialization.*” An object can materialize because it is more than matter. It has an invisible body in a parallel dimension we call the etheric realm. This etheric body is a template that defines all the properties of the body of matter such as chemical composition, shape, position, and other physical attributes. If the properties of an etheric template were modified, there would be a corresponding change in the state of the associated physical object.

The relation between matter and the etheric realm became clearer when the Zetas answered our questions on materialization of ectoplasm and apport.

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Ectoplasm is produced from a medium's body during a physical mediumship séance while the medium is in an altered state of consciousness. The medium's spirit control creates an etheric body or template for the ectoplasm and attracts the matter needed to fill the template. Most of the matter is formed from disassociated water in the medium's body. The ectoplasm is emitted from an opening in the medium's body, such as the mouth. It is usually reabsorbed by the medium's body before the end of the séance.

An apport, on the other hand, is a natural or manufactured object that materializes in mid-air. The spirit control chooses an object existing at some unknown location in space/time and copies the etheric template of the object to the desired location. Appropriate matter in the vicinity is drawn to the new template, or it is created by the spirit being from an invisible substance called fine matter. Unlike ectoplasm, apports continue to exist indefinitely after they are created.

A Zeta summarized the materialization process as follows, *“When a medium develops the ability to apport or materialize processes, they are understanding that the spirit realm people are in relationship with other entities. Some would say they are called in. Now, the spirit people take an image of the energetic body of the process, and of course the image contains all of the physical structure for the basis of the apport process. 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.”*

The statement reveals that spirit people call for assistance when they wish to materialize objects. We learned on another occasion that the materialization process may involve entities other than spirits who *“determine the proper molecular structure for the apport sequence.”* Also, a Zeta may *“determine if the physical body of the medium can create the required elements for the apport.”*

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But the Zetas themselves have gone much beyond simple apports. For example, their craft can materialize in the physical realm and dematerialize again at will. The chapter in [Volume 1](#) on “*Zeta technology*” describes these craft and the means of propulsion. In the current volume, the chapter on “*An explanation of gravity*” offer additional details of the materialization process. There we learn that gravity is related to the process of dematerialization in that both are a function of the frequency of matter.

The etheric body of the craft has a frequency which either does or does not resonate with the frequency of matter. When the frequencies are in harmony, the craft is in physical form. When the frequencies are dissonant, the craft is dematerialized and its matter is held in a disassociated state by the etheric body, possibly as invisible fine matter. According to a Zeta, the etheric body of a craft has a code that controls its state of harmony with the frequency of matter. The status of this code may be toggled by a pulse originating from a source outside the etheric body in order to change the state of materialization of the craft.

### 7.1 A demonstration of dematerialization

A demonstration of this toggle switch in operation was displayed in a remarkable series of four photographs taken by an acquaintance in England. The interval between the four photos was 18, 12, and 20 seconds, respectively. The second and third photos in the series taken 12 seconds apart are shown in Figure 1 and Figure 2, respectively, where each are scaled the same amount to fit the page.

The photographer’s intention was to capture the small bright object seen in the sky. Of primary interest now, however, is the clematis bush at the bottom of each image. The bush clung to a fence about 6-7 feet away from the photographer.

The EXIF information shows that the photos were taken in early March around 6:30 PM using the camera’s flash. The size of the first photo is 4608x2592 pixels, and the second is 4608x3456 pixels. The photographer did not adjust the size in the short interval between the photos, so the change is inexplicable. Note, however, that it resulted in bringing more of the clematis bush into the photo in Figure 2.



Figure 1. The normal photograph



Figure 2. The anomalous photograph

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Figure 2 shows what appears at first glance to be a motion smear next to the large branch of the clematis bush. The apparent smear suggests that the branch rotated counterclockwise while the camera shutter was open, with the centre of rotation well below the bottom of the photo. The presumed motion is also consistent with the change in relative position of the branch compared to Figure 1.

However, the initial impression that the smear was caused by optical smearing in the camera due to movement of the branch does not withstand closer scrutiny. Notice that the colour of the apparent smear is not the same as the colour of the branch, so the branch could not have been in motion during the exposure. Also, notice that the smear is darker next to the thicker nodes of the branch, even when a node itself is a lighter colour.

A more successful interpretation is that the movement of the branch occurred the instant before the exposure began. While it moved, it was also in the process of dematerializing. The reduced brightness beside the branch is due to particulate matter left behind while the branch moved. The matter from the branch was no longer held in place by the etheric body framework. The darker areas beside the branch nodes are consistent with this interpretation. At these locations, the thicker nodes were releasing a greater amount of disassociated matter.

More evidence that the branch was dematerializing is its transparency in this photo. Other branches that are behind it in the preceding photo, now appear to be in front. The branch's detailed structure is still evident, however, indicating that some matter was held by the etheric body framework when the photo was taken. Also, the colour of the branch is now similar to the sky behind it, and this is another sign that the branch is translucent.

Recall that the orb in the sky to the left of the branch was the focus of the photographer's attention when the photos were taken. Figure 3 shows from left to right, the orb cropped from each of the four successive photos. The orb in the third photo is markedly flattened compared to the other photos, and it is also smaller. Its area was measured to be almost one-third the area in the other photos, and it is obviously brighter. The third image in the figure is, of course, cropped from the photo shown in Figure 2. The orb was

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expected to be independent of the clematis bush, yet it clearly is not. It's shape and size changed dramatically in concert with the implied motion of the large branch in the same photo.

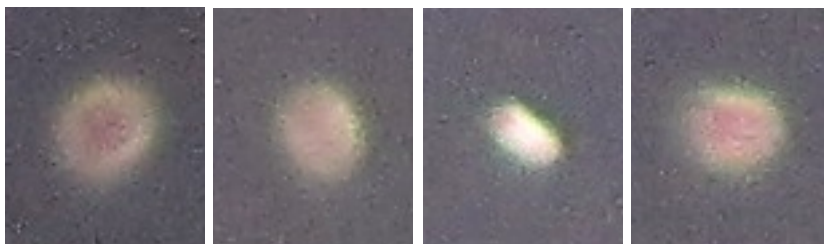


Figure 3. Successive images of the orb - left to right

### 7.2 Discussion

According to the Zetas, a technology exists which can initiate dematerialization of a physical object from a remote location. This appears to have happened the instant before the photo of Figure 2 was taken. The evidence indicates that a dematerialization switch was toggled and the effect was to disassociate the matter from the etheric body of the large branch. At the same time, the etheric body was rotated a small amount. As it moved, it left behind some of the disassociated matter, thus forming the visible motion trail. Since the branch then had less physical substance, it became translucent. The matter trailing the moving etheric body was not completely transparent, and so it dimmed the light passing through it from the background. A greater amount of disassociated matter trailed the thicker nodes of the branch, and the higher density left a darker trail at the level of the nodes. The switch was toggled again after the photo was taken, since the branch appeared normal in the next photo.

The photo of Figure 2 must have been planned and executed by an intelligent being given the complex, precisely timed sequence of events depicted. The being likely also controlled the change to the larger image size setting. It was changed just before the anomalous photo was taken, and ensured that more of the bush was captured in the lower part of the photo at



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the critical instant. It seems we were intended to have this demonstration of dematerialization, perhaps to help us accept the reality of the etheric realm.

The changing qualities of the orb might be related to the manipulation of the branch's etheric body. It might be worth noting that the major axis of the elliptical shape is oriented in the direction of the branch's motion. Perhaps the orb was the visible manifestation of a portal to the etheric realm, or of a craft that performed that function.

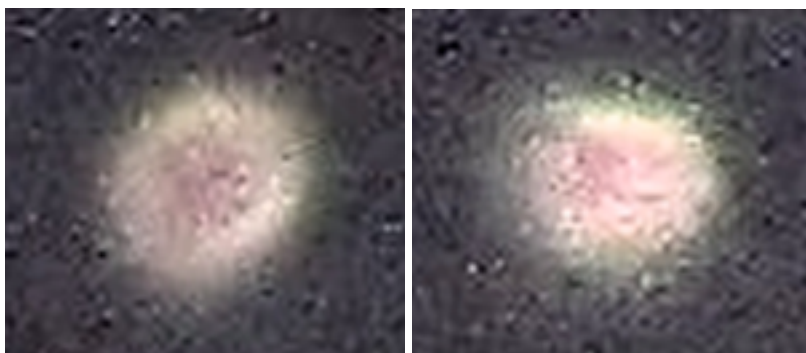


Figure 4. Enhanced orbs: Left - first photo, Right - fourth photo

Figure 4 shows the orb from the first and fourth photos taken 50 seconds apart. These suggest that it has some structure, especially in the fourth photo after the branch had returned to normal. The disk shape at the top of the object is reminiscent of craft in many UFO sighting reports. Perhaps the left and right images show the bottom and top of a craft, respectively, and the four images in Figure 3 show the craft in the process of turning over.



## 8. 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.

### 8.1 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 1 shows typical examples of multiple orbs.



Figure 1. Example of orbs in the sky

## 8.2 Disks in local scenes

Another orb phenomenon occasionally appears in photographs of nearby scenes. For example, the photograph in Figure 2 shows a number of light spots scattered about the scene. Such circular spots or disks are often



Figure 2. Illuminated disks in a photograph

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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.

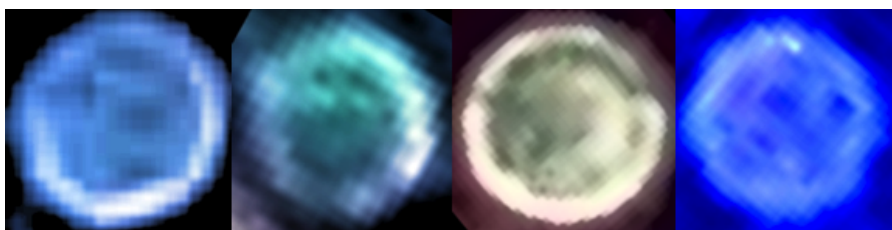


Figure 3. From left to right, disks numbered 1, 2, 3, and 4 in Figure 2

The images in Figure 3 are the disks in Figure 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.

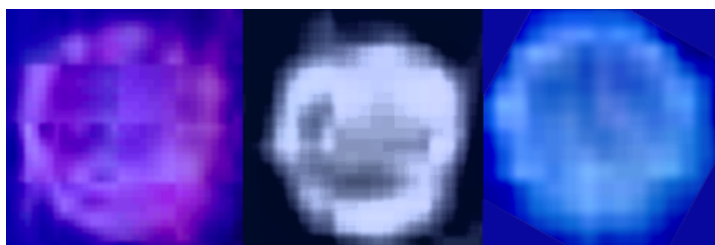


Figure 4. From left to right, disks numbered 5, 6, and 7 in Figure 2

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Figure 4 shows the remaining three disks in Figure 2 processed the same way. There are suggestions of facial features, but the representations are not as good as those in Figure 3. Notice in Figure 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?

### 8.3 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?

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**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 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.

### **8.4 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 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.



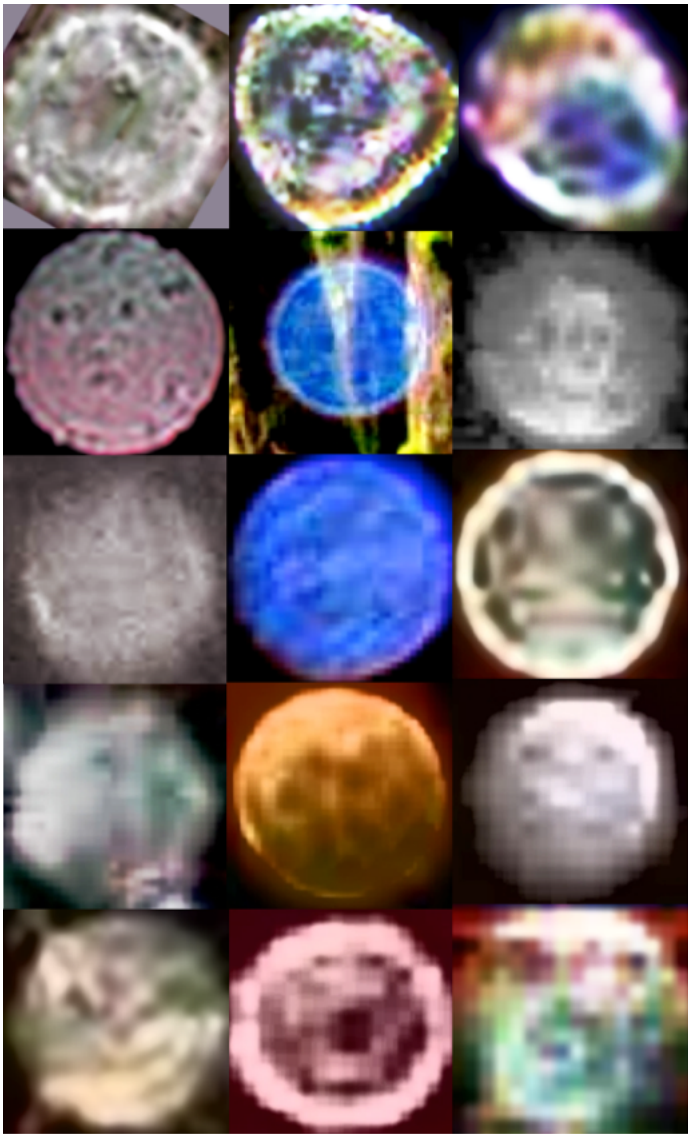


Figure 5. An array of faces in enhanced disks

## 8.5 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.

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 3 and Figure 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

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actual faces of spirit entities who exist in the spirit realm? In [Volume 1](#), “*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 concludes, “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, 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 described in [Volume 1](#) 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

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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*”, this volume). 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 [Volume 1](#), “*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.

## 9. 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.

### 9.1 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.

## 9.2 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 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.

## 9.3 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.

## 9.4 Information fields in the spirit realm

A Zeta used the analogy of an informational field to discuss the nature of



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spirit realm. A more detailed version of this discussion is in [Volume 1](#), *“The spirit realm as information fields”*. He 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 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 explains, *“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. He says, *“Your individuality as a thread will always exist as long as you choose for it to.”*

The Zeta explains 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.

## 9.5 Frequencies in realms

### 9.5.1 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 [Volume 1](#), “*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

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consciousness. So resonance 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](#)).

### 9.5.2 Frequencies of races

When the Zetas were queried about what they meant by resonance, 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*

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*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, he 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*

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*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 1 shows graphically the frequencies of the vibrational states for both races.

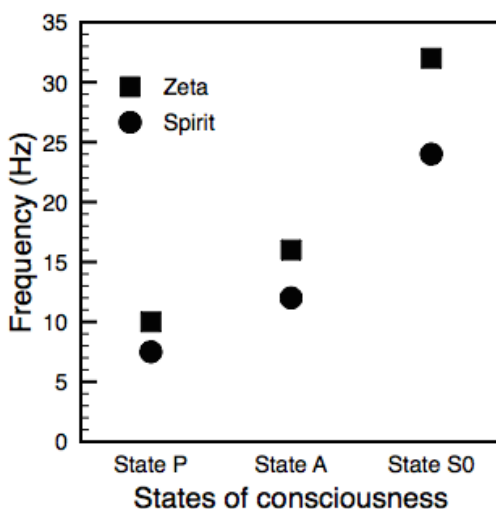


Figure 1. Frequencies of vibrational states

According to the Zeta, *“The spirit realm container and the astral collective consciousness seem to be in separation but are actually as one process.”* He added, *“Do not think the astral realm is there and the spirit realm is there, it is one component but it is in separation.”*

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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 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. He 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.*

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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.

### 9.5.3 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.*

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**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 a 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. He 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, he explained that an interdimensional being, one without physical form, is able to enter the spirit realm without causing a disturbance. In his 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.”*



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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. He 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.

### 9.5.4 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. He 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*

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*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, he 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 he 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.

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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.

### 9.5.5 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  $S_0$ , shift through State A and partially into State P. State P does not resonate

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with State  $S_0$ , so the Zeta can connect with the guide in State P without drawing the realm States  $S_{0-N}$  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  $S_n$  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 entitled “*Consensus reality*” (this volume), 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.*

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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 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 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.*

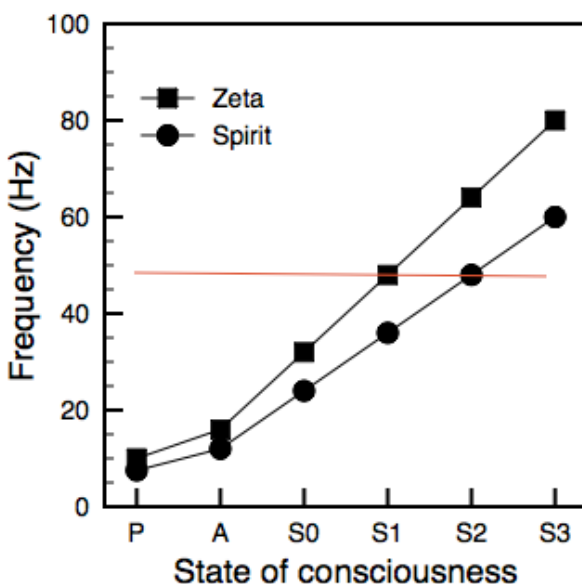


Figure 2. A frequency common to both races

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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 2 for 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 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*’

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*illnesses*”, this volume). 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”.

### 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



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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 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 reintegrated into the collective mind. They would not be able to assert themselves.*

Interpretation: The group of Zetas called the abductor race was discussed in [Volume 1](#), "About the Zeta race". The "service to self" beings of this race

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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. He 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 this volume, “*‘Experiencer’ illnesses*”). Nevertheless, there appear to be other good reasons to keep the “service to self” abductor race at a distance.

## 10. Conflict resolution in spirit realm

A previous chapter on “The spirit realm as information fields” ([Volume 1](#)) 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

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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.

**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.*

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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. He did say, however, that spirits do not have

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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.

## 11. 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 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

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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.

### 11.1 The Zeta presence

The extraterrestrial Zeta race is a race of physical beings who can also exist



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“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 [Volume 1](#) and the present volume.

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.

### 11.1.1 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?

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**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?

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**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.*

### 11.1.2 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

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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.

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

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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. He 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 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.

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**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.

### 11.2 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

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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

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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 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.

### **11.3 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



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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

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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.

### **11.4 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.



## 12. 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 in [Volume 1](#), 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.*

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**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

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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 insists that an object like a table consists of the same energy of consciousness as living beings. He asserts 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 he intentionally did not include the concept of self-awareness in the discussion, ignoring any attempt by the interviewer to include it. He was 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.



## 13. 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



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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 [Volume 1](#), “*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 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”,

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‘frequency’ and ‘vibration’ as used by the Zetas in our conversations all refer to an affective state.

The chapter on “*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.

### 13.1 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. He 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. He explained, “*When you*

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*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. He 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 resonance is equivalent to receiving an etheric implant that stimulates the sensation of love.

### 13.2 Helping humanity with love

The Zetas hope to help humanity with the energy of love to develop a higher state of consciousness. The chapter in [Volume 1](#), *“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 he 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

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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 a 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.”

### 13.3 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

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*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. He said, *“We do not function the way a human functions. 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.

### **13.4 Summary**

The conversations with the Zetas suggest that the affective dimension is equivalent to 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 another. 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.



## 14. 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 an energetic simulation of a physical environment. Heterodyning is revealed as a general purpose tool for processes operating in and across realms.*

In [Volume 1](#), “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.

### 14.1 The heterodyning process

The introduction to heterodyning in Volume 1 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.

### 14.2 Heterodyning in the energetic realm

The Zetas speak often of the conjoining and resonance of entities that have different states of consciousness. 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.”*

The comment may merely mean that two frequencies resonate only after

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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 ([Volume 1](#), “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 (“Health and healing”, this volume) and in the making of a synthetic quantum environment or SQE ([Volume 1](#), “Synthetic quantum environments”). Both were said to involve a quantum process. Specifically, he was 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. He 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

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several applications of the heterodyning process explored with the Zeta in the following sections.

### 14.2.1 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, he 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

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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 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.*

His reply indicates that the heterodyning process is not a burden for the

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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 *carte blanche* to experience the higher states of consciousness that the heterodyning process offers.

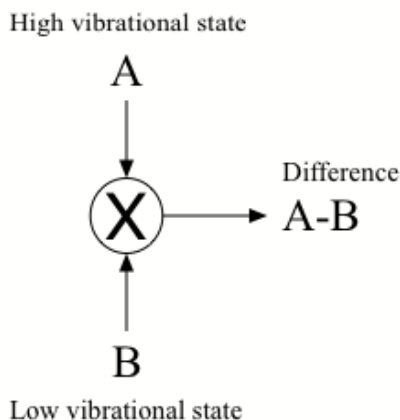


Figure 1. Heterodyning vibrational states

Figure 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.

### 14.2.2 Connecting with other races

The medium, Paul Hamden, discussed the process of connecting with a number of extraterrestrial races in [Volume 1](#), "*Applications of the heterodyne analogy*". Each race, including the human race, has a characteristic vibrational state. In order for beings from two races to

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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 in Volume 1 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”* (this volume), 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

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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."* He 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 an 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 resonance at the heterodyning difference frequency occurs as suggested.

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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 resonance 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 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 resonance 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



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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.

### 14.2.3 Self-healing

In the chapter, “Health and healing” (this volume), 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. He 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*

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*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.

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 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.

### 14.2.4 Creating a synthetic quantum environment

In [Volume 1](#), “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

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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 proposed

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scenario and added further details. He 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 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 discussion of Volume 1, 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 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 as discussed in Volume 1. Perhaps the Zeta meant that the heterodyning difference potential is the mirror image at the quantum level of the original “*matrix of reality*”.

### 14.3 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”, in [Volume 1](#). 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.

## 15. 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

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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.

### 15.1 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

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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 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.”*



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The Anunnaki being quoted earlier said that the human race is not unique. The Zeta concurred when he 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.

### 15.1.1 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,

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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.

### 15.1.2 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.

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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.*

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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.

### 15.1.3 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.*

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*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*

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*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

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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*

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*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 he could do something similar by populating his consciousness with fine matter to make himself appear solid. However, if he were touched by a human hand, it would go through him as if he 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.*

## 15.2 Interdimensional beings

There are beings in consciousness space that do not have a physical



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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.”* He 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. He 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. He 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*

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*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 (*“Avoiding redefining spirit realm”*, this volume). For example, he 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*

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*information that is produced when a being takes a physical form.”* He 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.

### 15.2.1 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*

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*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 resonance 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*

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*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.*

### **15.2.2 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 etheric 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”*, this volume). 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.

## 15.3 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”* (this volume). 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.

## 15.4 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. He 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*

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*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.”* He 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.



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The transitions of the 700 would have happened relatively quickly 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. He 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 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*

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*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.

### 15.5 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. 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,

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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. He 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.”*

### 15.6 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. He 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, he warned, *“It would be wise for your*

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*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 he 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. He 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

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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.



## 16. The illusion of matter

The conversations with the Zeta beings 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.

### 16.1 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.

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Source consciousness is described as the void by a Zeta when he 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.

### 16.2 Mechanism of the energetic illusion

How thoughts can change the environment in the energetic realms was discussed in the chapter of [Volume 1](#) entitled *“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.

A being may perceive the original created thought by decoding the pattern and reconstructing the 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 he replied, “*It is obviously potential.*” He 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.

### 16.3 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.

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

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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.

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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 defined by quantum mechanics as probabilities. The observer selects components of the wave function 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.”* He 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.”*

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*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.

## 16.4 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 the energetic illusions in the etheric realm, and so there is an added layer of complexity that incarnating spirits choose to experience. 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.*

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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.

## 16.5 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. A 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 is the primary objective for each incarnating spirit, and is why the physical illusion exists.





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