MORE INSIGHTS FROM THE ZETA INTERVIEWS

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We thank the many participants in the sittings who asked the Zetas innumerable intelligent questions relevant to the subjects discussed in this book. Your efforts are very much appreciated.
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Foreward

An earlier book, *A Primer of the Zeta Race* (Treurniet and Hamden, 2012) covered a number of topics that were discussed in conversations with extraterrestrial Zeta beings speaking through the medium, Paul Hamden. When these chapters were written, the book was considered complete. However, additional important insights were recognized later, too late to be included in the book. These topics are addressed in the chapters of this supplementary volume.

We are pleased that the chapter, “End-of-life consciousness transition“, was published in the Journal of the World Institute for Scientific Exploration (WISE Journal, Vol. 7(4):75-78, 2018). Since authors retain the copyright to their writings, we are able to reproduce the article here. The cosmology described in the article was inspired to a large extent by the conversations with the Zetas. Nevertheless, their contribution was not acknowledged in the article since the scientific community is likely not prepared to accept them as a source of information. We are sure the Zetas won’t mind this intentional oversight.

Some readers may be skeptical about the medium’s contact with the Zeta race. The Appendix, “Reality of the Zeta race”, was included to address this concern. It discusses a number of instances when the Zetas affected our physical environment, sometimes without the medium being present. These incidents are evidence that they have an existence independent of the medium’s mind.
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1. Introduction

The Zeta race is part of an extraterrestrial species whose home planet is in a dim binary star system 39.5 light years from earth. Humans call it Zeta Reticuli and so we say they are the Zeta race. They have a physical existence, and can also exist in full awareness separated from the physical body. This is a way of life that most humans can experience only at a rudimentary level in altered states of consciousness.

The Zetas have the ability to project their consciousness at the speed of thought to distant places. This enables them to interact with the body of a medium, Paul Hamden, and speak using his physical vocal apparatus. For the past several years, we have accumulated interviews with Zeta beings speaking through the medium in this way. They have taught us that physical existence is part of a much larger reality where both physical and non-physical beings exist.

The Zeta being prepares a vibrational state, and when the medium enters into that altered state of consciousness, the being speaks using the medium’s body. Occasionally, other races come through as well, and each brings a distinct energy that other people in the room can sense and have learned to distinguish.

While the medium is in the altered state, he gives control of his body to the Zeta communicator. He becomes a passive observer, able to monitor any conversation in the 'now', but unable to participate. He typically
cannot remember the conversation later in his normal state of awareness. Therefore, audio recordings are always made. The complexity and consistency of the Zetas’ responses to questions are some of the evidence that the contact is an entity external to the medium. There has also been physical supporting evidence that the beings are who they say they are. They occasionally are visible to people in the room as materialized entities, and have also appeared in craft in other settings.

The Zetas described a version of reality in which all mental events, including physical experiences, occur in what they call “one source energy”. This is a non-physical energy that is aware. It is the consciousness that we all share. The cosmology that follows from this concept offers an all-inclusive understanding of existence, and it can explain otherwise incomprehensible human experiences.

The concept that all of existence is consciousness or awareness is known in human philosophical literature as panpsychism. The following chapters discuss properties of consciousness, how consciousness produces the world of matter, what may limit the creative process that all entities have, and what we can expect to experience at the end of our life on earth.
2. Consciousness underlying existence

Summary. During conversations with beings from the Zeta race, they expressed their understanding of a number of processes in consciousness. We learned that several aspects of consciousness are potentials instantiated by the processes of creation and perception. By extrapolation, we conjecture that consciousness itself is a potential when it is needed, and so has no limits.

The Zetas introduced us to a cosmology based on consciousness. They described a version of reality in which all mental events, including physical experiences, occur in an abstract “consciousness space”. Their information offers an all-inclusive, consistent understanding of existence.

Consciousness is defined as a non-local, universal, creative life force. All that exists is configurations of the energy of consciousness, even inanimate objects having no obvious means to communicate. A Zeta said, “These supposedly inanimate objects are conscious things, and 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 … Matter at
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*its basic level is consciousness.*” Living entities exhibit a class of consciousness that is self-aware; that is, they know that they are aware. All are facets of source or total consciousness. Some are familiar to us as spirits or souls.

Consciousness is a word that can have different meanings. The Zetas’ information included their understanding of various attributes of total consciousness. The following sections discuss these attributes and attempt to refine our understanding of what the Zetas mean by consciousness.

2.1 Some properties of consciousness

Consciousness was said to be analogous to a single waveform that represents all that is. All things that exist, including our familiar three-dimensional spatial environment, are configurations of consciousness. An entity’s thought is a temporary configuration of the waveform. It takes on a more permanent existence when the entity’s intention causes it to be encoded as a component of the waveform. The original thought is experienced again by the entity’s awareness when it is decoded by the perceptual process.

The creations in consciousness are organized according to a dimension of vibration. The dimension has an ordinal scale where a given vibrational state is higher or lower than another. A rational scale like frequency that assumes time is not possible. Time cannot participate in the definition of consciousness since the dimension of time is a construct in consciousness.

Every conscious entity exists in a limited range of these vibrational states appropriate for that individual. The entity has a position on the dimension beyond which it cannot go. This position is known as its highest possible vibration. The range of vibrations encoding our physical universe is known as the etheric realm. The highest possible vibration for humans usually restricts us to these vibrations and enables
us to experience physical matter encoded with only the physical vibration.

Conscious entities create with a process that is analogous to making a simple physical hologram. States of consciousness, ordered according to their vibrational level, are analogous to the spectrum of light. The vibrational energy of a being’s highest possible state of consciousness corresponds to the particular colour of light used to make the hologram. When there is the appropriate intention, this vibrational energy is modulated by the being’s thought of a desired object. The modulated energy is combined with the unmodulated energy to produce a representation analogous to the interference pattern of the hologram. This representation is preserved in a construct of consciousness analogous to the hologram’s photographic plate. The Zetas refer to this substrate as a multidimensional grid (see the chapter, “The holographic principle”).

A creation is experienced anew when it is acted upon by a being’s perceptual process. Like creation, perception is an intrinsic function of consciousness. Perception transforms the information encoded in the interference pattern into the discrete thought that created it. Like the virtual image of a physical hologram, the thought is recovered by “illuminating” the stored pattern with the unmodulated vibration of consciousness that participated in the creation process. The thought is reconstructed in the perceiving being’s consciousness so that it becomes part of its experienced reality. Other beings who have access to that vibrational state can reconstruct the same thought. In our etheric realm, matter is experienced when patterns encoded in the physical vibration of consciousness are transformed by the perceptual process.

Different kinds of consciousness potentials can be realized when the creative process is invoked by a being’s intention. A Zeta explained that matter is “a development of consciousness ... a conjoined process of smaller levels of potentials. Potentials are used as the device
mechanisms for experiential processes.” Some of the consciousness potentials are the sensations elicited in a perceiver by the perceptual process. The experience of colours and other sensations such as taste and smell are irreducible properties of consciousness. In general, the experience of one’s environment is a dynamic conglomeration of consciousness potentials (i.e., sensations) instantiated by the perceptual transformation process.

Objects experienced as matter persist as quantized holographic patterns in the grid. The Zetas refer to these patterns as quanta. The quanta specify the detailed properties of physical bodies such as chemical composition, shape, position, and other physical attributes. A change in the quanta is immediately reflected in the experience of the perceptual transformation.

Other realms are said to exist in consciousness. For example, many humans are aware of the astral and the spirit realms. Each has a particular vibration, and inhabitants of each may experience different infrastructures and rules of behaviour analogous to our laws of physics. As in the etheric realm, matter can be experienced in these other realms as well when their higher-vibration quanta are transformed by the perceptual process to consciousness potentials.

2.2 What is consciousness?

A Zeta said, “We are all the same, seeking to understand the ‘highest nature’, the Creator, the non-local, universal, creative life force.” They would not speculate on how the Creator brought forth itself. In the Zeta cosmology, the Creator always existed and is presumed to be the total consciousness from which all else ensues. A deeper understanding of the nature of consciousness may come from reflecting on the properties of the Zeta cosmology.

The following is a list of the attributes of source, or total, consciousness. The first six attributes are global properties, while the
last three are specific processes intrinsic to consciousness. The processes depend on the preceding global properties, but are equally important to the Zeta cosmology.

2.2.1 Attributes of consciousness

Existence - All that is possible already exists. A Zeta said, “Consciousness has all information, but how consciousness reveals it to itself is a different process, nothing is created.” Things not yet revealed via the creation process could be described as potentials in consciousness.

Wholeness - The source consciousness is a single entity containing all of creation. Separation is an illusion experienced by individual inhabitants of realms. A Zeta said, “The void is a living entity of total consciousness, oligarchical in nature, and is partially living as an experience in separation, through illusion, of self through the vesture of matter. Each separation of consciousness is layers to perform many functions. Some levels of consciousness pervade the worlds of matter, whereas others are multifaceted in energetic form, each having the ability to exist as a race of beings in every form.” In a similar vein, they 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.” There is an “energetic field that 'is and always is'.”

Malleability - Consciousness is configurable. Configurations may be entities such as realms and the created quanta experienced as matter. With the heterodyning process, consciousness is reconfigured to transfer information between processes or effect change (see Treurniet and Hamden, 2012, “Heterodyning vibrational states”).

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Vibration - The vibrational states in consciousness enable distinctions to be made. The dimension of vibration is correlated with affective states. Low vibrations are experienced as negative emotions such as sadness and fear. Higher vibrations are experienced as love by humans and as a state of harmony and stillness by Zetas.

Resonance - A Zeta’s explanation of resonation was understood to be the result of the heterodyning process which was acknowledged to occur in consciousness. They said, “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.”

As in the heterodyning process, any two frequencies may “come together” to produce an output dependent on the two inputs. The increasing and reducing frequencies mentioned by the Zeta would refer to the sum and difference heterodyning frequencies, respectively. A state of resonation exists when both entities shift to the difference heterodyne frequency or state of vibration. In this state, the entities “are in harmony together”. Further evidence that the Zeta had heterodyning in mind is the phrase, “If two entities are to come together”. This implies intention, the non-linear device required for heterodyning to occur.

Without the non-linear element of intention, the two frequencies or vibrations would simply sum. When in phase, one frequency will either reinforce or interfere with the other. Their amplitudes would sum so that the the resultant is greater or less than each amplitude individually. So to achieve resonance in this way, two entities would need to raise and lower their vibrations while seeking the optimal phase relationship. “One must reduce, the other must increase... until they are in harmony together.”

An entity may be unable to achieve resonance with a particular energetic area of consciousness. This would indicate that the entity has encountered a boundary that cannot be penetrated. The entity’s
consciousness could then identify the object in question. A Zeta said, “At the basic construct of matter, it is held together by consciousness. The source entity, if you wish to say, understands form.” Consciousness recognizes the object and its extent, it “understands form”.

**Potentials** - Consciousness has potentials that include the felt sensations known as qualia. A Zeta said, “There is a standardized process within consciousness for a trace that allows you to have a perception of what is bound to your physical reality.” The perceptual process transforms quanta and instantiates the appropriate consciousness potentials so that sensations are experienced.

**Grid** - The grid in consciousness may be used as a medium for telepathic communication. It is also a substrate for quanta so they may persist and be experienced by many entities. A Zeta said, “The grid is like a fluctuating wave vibrating through the universe. It holds all space and time. ... It is a manifestation of universal energies, everything has a resonating grid – every specific energy has its own grid. ... The grid emanates from each planet but is also joined as one. Every physical individual item has its own grid and links into the main grid, everything is all! ... But for the grid to be in its true state, there is no form for the grid.” It holds space and time in the physical vibrations of the etheric, astral and spirit realms of our universe (see this book chapter, “Vibration is multidimensional”). The grid also extends into the physical realms of the Zeta collective consciousness, and likely other realms not known to us. The grid has no form in its “true state”, suggesting that it is then a potential in consciousness. Pieces of it are instantiated when needed to support newly formed quanta resulting from the creation process.

**Creation** - The creation process occurs at the available vibration. Creation is the instantiation in quanta of a thought which already exists in source consciousness as a potential (see **Existence**).
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**Perception** - The perceptual process of an entity transforms created quanta into consciousness potentials. The transformations may be experienced by entities who have access to the vibrational state of the quanta, and so share a consensus reality. Alternative consensus realities exist at different vibrations in consciousness.

**Intention** - The intentions of entities instigate certain non-linear interactions between different configurations of consciousness. Normally, waveforms do not interact as they pass through each other, and a detection device would measure the linear sum of the two waveforms. However, the processes of creation and heterodyning, for example, require modulation of one waveform by another. Intention is the device that produces such non-linear interactions in the energetic environment.

### 2.2.2 An insight into the nature of consciousness

The attributes of consciousness discussed above are organized in Table 2.1. They are grouped as general properties in the left column, more specific properties in the middle column, and processes intrinsic to consciousness in the right column.

<table>
<thead>
<tr>
<th>General attributes</th>
<th>Specific attributes</th>
<th>Intrinsic processes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Existence</td>
<td>Vibration</td>
<td>Creation</td>
</tr>
<tr>
<td>Wholeness</td>
<td>Resonance</td>
<td>Perception</td>
</tr>
<tr>
<td>Malleability</td>
<td>Potentials</td>
<td>Intention</td>
</tr>
<tr>
<td></td>
<td>Grid</td>
<td></td>
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</tbody>
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The *general attributes* column says that consciousness is configurable, and that all possible configurations exist simultaneously as potentials in a unitary concept.

The *specific attributes* column says that source consciousness has fundamental properties analogous to the properties of an acoustic or electrical wave. For example, a segment of the one waveform representing all that is might represent an entity that has a particular vibrational state. Its vibration may or may not resonate with another entity represented by a different segment. The entities may see themselves to be “in separation”, contrary to the conclusion drawn from the general attributes column. Heterodyning of vibrations may occur, as in radio circuits designed by humans. Built into total consciousness are potentials. These are an entity’s experience of sensations when activated by its perceptual process. Finally, an all-pervasive grid exists that is a potential in consciousness. It has no form until it supports configurations of consciousness such as quanta.

The *intrinsic processes* column lists fundamental operations in consciousness. These are the tools available to consciousness so it can have experiences. A Zeta said, “*All beings are of a life force nature, striving for experience, comparison.*” These tools function in the context of the attributes listed in the first two columns. When an entity has the proper intention, a relatively permanent representation of its thought is placed in the grid at the entity’s level of vibration. The representation is decoded by the matching perceptual process. The result is activation of appropriate potentials in consciousness that are the sensations of the entity. Other entities at the same level of vibration may also perceive the creation and share in the consensus reality defined by that vibration.

What can one say about the nature of consciousness beyond what we now know of its attributes? In the discussion of those attributes, the word ‘potential’ was employed several times. In particular, (a) all that
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could ever be already exists as potentials in consciousness, (b) the grid of consciousness is a potential until it serves a purpose such as supporting newly created quanta, and (c) the experience of sensations results from activation of appropriate potentials in consciousness. This leads to the conjecture that consciousness itself was/is the instantiation of a potential and its functions should have no limits.

2.3 Conclusion

The Zetas viewed consciousness as “a non-local, universal, creative life force”. This definition appears compatible with the list of attributes gleaned from our conversations with them. We learned that elements of consciousness are potentials and remain so until needed by the creative process. By extrapolating from the list, we conjecture that consciousness itself is a potential.
3. Vibration is multidimensional

Summary. The dimension of vibration is a fundamental property of consciousness since differences among vibrational states enable distinctions to be made. It is usually thought to be one-dimensional, ranging from low to high. However, the information from the Zetas in our conversations with them suggest that it is multidimensional. A model was devised in which a being’s vibrational state is a state of harmony determined by its position in the model. A being with a vibrational state on a particular plane of the model cannot be aware of existences located on orthogonal planes. The model was applied to show the relationships among different races.

An important property of consciousness in the Zeta cosmology is the dimension of vibration. Anything that exists has a vibrational state that helps to distinguish it from all other things. In the case of a being, the vibrational state of its consciousness reflects the spiritual advancement of the being. There is a direct relationship between the being’s vibrational state and how well it harmonizes with all that exists. Humans in a low vibrational state may spend much of their time in fear and despair, whereas high-vibration humans have more positive feelings such as unconditional love, compassion and gratitude. However, on the basis of information given by extraterrestrial Zeta beings (Treurniet and
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Hamden, 2012) speaking through the medium, Paul Hamden, the dimension of vibration may be much more complex.

Consciousness has other properties in the Zeta cosmology that were not explicitly stated. It seems the Zetas respect our freewill and that we should figure some things out for ourselves. They gave many hints that a linear model of vibration is too simple, and these hints helped us develop a multidimensional model of the vibration of consciousness.

3.1 The concept of nesting

Inherent in the concept of multidimensionality is the idea of nesting. An example of a multidimensional data structure is the matrix $A[i][j][k]$. The array has groups of elements indexed by $k$ nested inside another set indexed by $j$. Similarly, the groups of elements indexed by $j$ are nested inside another set indexed by $i$. This idea of nesting one group as a subset of another group was expressed by a Zeta in the following comments about consciousness space.

*In a dimensional place there are also non-dimensional existences. As explained earlier, there are existences within existences.*

*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.*

These statements are examined further as hints about the nature of consciousness.

3.2 The vibration dimension

The Zetas’ comments support the existence of at least a two-dimensional conceptual structure for the vibrations of consciousness. This can be represented by the matrix $V[i][j]$, where each $i$th level of the array has within it many $j$ elements. We propose that the vibration at
Each $V[i][j]$ element of the array is a function of both $i$ and $j$; that is, $V[i][j] = f(i,j)$.

The existence of the two dimensions of vibration is most recognizable in the discussions about the human etheric body. There appears to be one element of the vibrational state that determines the nature of the physicality, and another that determines the amount of harmony that is present. The Zeta indicated this in the following comment.

"If you have one frequency in the physical, multiple frequencies in the etheric body, and then the highest possible frequency that you are able to be determined by, that attachment is a active flow of energy and frequency between the physical and the higher self using the etheric as the intermediary process. We said to you before that the etheric body held many frequencies."

There are also said to be multiple frequencies in the etheric body. The multiple vibrations encode the various etheric patterns that represent the state of the physical body.

In the above quote, the Zeta said the etheric body has a “physical frequency” which is a relatively unvarying vibration required to create the perception of matter. The Zeta said, “One frequency defines the state of the physical body which is encapsulated by the energetic body which you are calling the etheric body. ... The physical frequency defines what you can remember.” The perceptual process uses this vibration in the transformation of the etheric pattern to a perception of matter. The Zeta also said, “Matter needs to exist in certain frequencies”, suggesting that there are particular vibrations that could be used to create matter. They added, “For it to bind, it needs this frequency”, indicating that without one of these vibrations there is no matter. In accordance with these quotes, the value of $i$, the first index of a cell of the matrix, defines the physical vibration of a state of consciousness.
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The existence of a single physical vibration may also be deduced when a Zeta used frequency as an analogy for the physical vibrations of Zetas and humans. The Zeta frequency was given as 10 Hz and the human frequency as about 7.5 Hz. These numbers are analogies for the actual vibration, since vibration is an ordinal dimension. However, they show that the physical vibration is constant within each race, according to the Zeta. This observation supports the use of an \( i \)th index to define the vibrational state underlying the perception of matter.

The Zeta even said explicitly that there is more than one state of physicality. “There is a potential for beings of races to exist in the different forms of physical frequencies. It does not mean that the physical form is disassociated permanently from its nominal state. It means that we have capacity to exist in a different level of physical capacity. If we choose to exist in a finer level of physical frequency, then we would be not seen in the normal spectrum of a human.” These additional states of physicality would correspond to other levels of the \( i \)th index.

The universe we experience appears to exist at a particular value of the \( i \)th index. The perceptual process uses the vibration parameter to transform compatible etheric forms into our familiar objects. At a different value of the \( i \)th index, the perceptual process would need to be recalibrated to transform a corresponding set of etheric patterns into the experience of discrete objects. The Zeta said, “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.” If the “separation of consciousness” happens when the \( i \)th index is incremented to the next “layer”, another physical existence would be experienced. But the Zeta suggested that the experience might be non-physical instead. This implies that the vibration structure has a third dimension that is non-physical. This is
discussed further in the following section on multidimensional vibrations.

The physical vibration of the \( i \)th index also appears to define the “channel” for communication with a race. The Zeta said, “Each of the races have a base frequency for connection,” suggesting that an individual’s vibrational state for communication is determined by the state of physicality of the race. The Zeta added, “and then depending on the entities within that race would depend on the level of frequency that they hold.” That is, a higher vibrational state needed for communication might be achieved when the individual’s state of harmony is increased to a higher \( j \)th index. The Zeta explained, “We said to you before that the etheric body held many frequencies. Those frequencies can be any value”. This suggests that the etheric body activity can increase the vibrational state and thus, the \( j \)th index. The vibration, \( V[i][j] \), achieved by this process might permit communication with a race at a different \( i \)th index.

The vibrational states of the astral and spirit realms are different from the etheric realm. How do these realms fit into the model of vibration? When someone transitions from the etheric to the astral realm, a new astral body appears that is not visible from our usual perspective (see the chapter, “End-of-life consciousness transition”). This suggests that the consciousness has entered another physical type of vibrational state by incrementing the \( i \)th index. It is then free to change its state of harmony reflected by the \( j \)th index. Similarly, the spirit realm is entered by again incrementing the \( i \)th index. This process is in agreement with a Zeta’s statement, “The spirit realm container and the astral collective consciousness seem to be in separation but are actually as one process.... Do not think the astral realm is there and the spirit realm is there, it is one component but it is in separation.” Differences in the \( i \)th index create apparent separations among realms, but all are part of the same process in the larger context.
3.3 Multidimensional vibrations

In a comment quoted above, the Zeta said, “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.” We are informed that races of beings exist that are not physical but are multifaceted in energetic form. A third dimension of vibration is needed to accommodate such non-physical existences as well. A vibrational state would then be expressed as V[i][j][k]. A schematic of the proposed model is drawn in Figure 3.1.

Figure 3.1. Schematic of a multidimensional model of consciousness vibration.
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The comment that there are beings who are *multifaceted in energetic form* suggests that more dimensions exist and that the vibration structure should be viewed as multidimensional. The structure is easier to understand when we constrain existences to be mutually exclusive so that the structure consists of perpendicular planes. Each plane would have a particular type of energetic form on one of the axes, such as physical or non-physical, versus the variable of harmony on the other. This means that any type of existence would have the ability to increase their vibrational state on the harmony axis, and do it independently of all other types of existence.

In Figure 3.1, the red rectangle shows an example of a being’s possible range of vibrations in our etheric/matter existence. The blue rectangle represents the range of a hypothetical non-physical being. The red rectangle is perpendicular to the blue rectangle, indicating that they are independent.

Mutual exclusivity, or independence, cannot always be assumed, however. The Zeta suggested that an in-between state is possible when they said, “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.... And so there are many in-between states between the physical and the non-physical.” So according to the Zeta, the interior of the state space shown in Figure 3.1 is not forbidden, and it appears to be possible for beings to move incrementally through that space from one plane of vibration toward another.

Our lack of awareness of other types of existences around us suggests that mutual exclusivity is the rule. The Zeta commented, “There are many energies on this earth plane, some are out of 'frequency' with your current processes.” The Zeta indicated that while we exist in our plane of physical vibration, other beings coexist in their own planes that are
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independent of ours. The perceptual process in our physical plane is incompatible with other planes, and we are unaware of the existence of others.

3.4 The vibrations of races

The graph in Figure 3.2 is a schematic of the vibrational states of some races. It is based on the conceptual model of Figure 3.1, but includes details about particular races. The ends of the bars on the i and k axes represent base vibrations which can increase according to the intentions of individual beings of a race. An increase in vibration moves the being’s position on the bar along the jth or “Harmony” dimension.

Figure 3.2. Sharing of the vibrational space among races.
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In the figure, the location of a group of base vibrations specifies the type of a race. For example, the positions of the violet bars labelled z1, z2, and z3 identify vibrational levels of the physical Zeta collective. These vibrations appear to resonate according to some natural law, and so beings of the race can move to the different levels. We were given these vibrations as frequencies of 10, 16, and 32 Hz. The vibration z1 = 10 was said to be the frequency of the Zetas’ physical body of matter. Vibration z2 = 16 is the frequency of a Zeta that is temporarily in separation (i.e., out-of-body or OOB). Vibration z3 = 32 is the frequency of a Zeta who is permanently in separation from the physical body. The body remains in stasis until it is needed again.

There are relations among these frequencies which suggest why they might form a grouping. First, the ratio z2/z1 is 1.6. This approximates the value of the golden ratio, 1.618, the numerical convergence of the Fibonacci series. The series is ubiquitous in describing the geometry of many physical phenomena including the shape of seashells and some galaxies. The golden ratio also defines aesthetically pleasing proportions within works of art, so it appears in psychological phenomena as well. Secondly, the ratio z3/z2 is 2.0, suggesting that the z3 vibration is a harmonic of the z2 vibration.

When the Zetas gave those frequencies as analogs of the vibrations of their collective, they also said that the first human frequency is 7-8 Hz. Other frequencies for humans can be calculated starting from this initial value by using the relationships among the frequencies defining the Zeta collective. To obtain the frequency triplet for the human race, the initial frequency of 7.5 Hz is multiplied by the approximate golden ratio of 1.6 which gives 12 Hz. Then, multiplying 12 Hz by 2 yields 24 Hz. So the corresponding triplet for the human race is 7.5, 12, and 24 Hz. These are represented in Figure 3.2 by the red bars labelled s1, s2, and s3.
More insights from the Zeta interviews

The descriptions that accompanied the Zeta frequencies appear to be equivalent to known human states. Z1 and s1 are the frequencies of the Zeta and human physical bodies of matter, respectively. The Zeta’s temporary state of separation, z2, corresponds to s2, the human OOB state in the astral realm. Finally, the Zeta’s permanent state of separation, z3, corresponds to s3, the existence of human spirits in the spirit realm.

Thus far, each set of numbers is specific to a particular race. It is possible, however, for beings of one race to adopt a vibration of the other. This is necessary, for example, when communication between a human and a Zeta is desired. With the proper intention and actions, an individual human can increase vibration to a higher state of consciousness by moving along the jth axis. By so doing, the human vibration on s1 should be able to reach a level equivalent to a Zeta vibration on z2. Calculation of an equivalent vibration is demonstrated in the following hypothetical example.

The vibration $V[i][j][k]$ was defined as a function of the coordinates in the model, $f(i,j,k)$. For the purpose of discussion, we will arbitrarily define $f(i,j,k) = i*j + k*j$. The value of $i$ for s1 is 8, and the value of $i$ for z2 is 16. Let us assume that the human on s1 wishes to increase vibration to be equivalent to a Zeta on z2 at $j=10$. The value of $k$ is always 0 for the physical type of being, so the desired Zeta vibration is $16*10=160$. The vibration of a human on s1 has a value of 160 when $j=20$ (i.e., $8*20=160$). So we could say that $V[z2,10,0]=V[s1,20,0]$. In practice, however, it may not be so simple. When the medium, Paul Hamden, shares a vibrational state with a Zeta in order to communicate, he does not share the Zeta’s experience completely. Perhaps this is so because this simple vibrational equivalence between the two races loses the multidimensional quality of vibration. The value of the $i$th coordinate defining the races matters.
Entities known as non-physical, interdimensional beings can also be accommodated in the model. A Zeta said there are interdimensional beings that “do not contain the frequencies that relate to being of matter” and “their interdimensional aspect is that they exist within the frequency process between matter”. The frequency process between matter appears to be the Zeta’s way of referring to vibrational states that are not in the physical plane.

Non-physical, interdimensional races do not have a resonating group of vibrations like the physical races. A characteristic of an interdimensional being is that its vibrational state depends on the environment in which it exists. A Zeta explained that the vibration of such a being “is determined generally by where the interdimensional entity exists, much as if you are cold because you are in a cold climate.” This is analogous to the adaptation of a coldblooded animal’s body temperature to that of its environment.

The creators of the physical Zeta race, the Blue Beings, were mentioned as an example of an interdimensional, non-physical race. The physical $i$th coordinate in the model is always zero for such beings. In Figure 3.2, a non-physical race like the Blue Beings is represented by the blue bar labelled “a”, which terminates on the non-physical $k$th axis and extends into the $j$th dimension.

### 3.5 Discussion

A Zeta said in support of the multidimensional nature of vibration, “There are realms within realms, dimensions within dimensions, and interdimensions 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.” The quote summarizes in words the conceptual graphical model of vibration shown in Figure 3.1. The figure suggests why we are mostly unaware of many other
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races in our daily life. They are constrained to exist in vibrational spaces that are not compatible with our perceptual process.

The relationships in the quote appear to exist in the multidimensional model. Specifically, realms within realms may refer to the etheric, the astral, and the spirit realm ranges of vibrations nested inside the physical type of vibrations (where \( k = 0 \)).

The dimensions within dimensions may be interpreted to mean ranges of vibrations in the model where \( i = 0 \), nested inside the superset of the non-physical type of dimension.

Finally, interdimensional beings “do not contain the frequencies that relate to being of matter.” Therefore, interdimensions within dimensions may refer to the vibrational states where the \( i \)th coordinate is zero and two or more non-physical coordinates are non-zero. If there were a fourth non-physical dimension, \( m \), the interdimensional region would be where \( k \) and \( m \) are non-zero.

Figure 3.2 shows how the model can be applied by using specific instances of races discussed by the Zetas in the interviews.

It is interesting that the processes in the different types of vibration are not required to be the same. For example, the Zeta explained that memories of beings are represented as processes in the astral realm but not in non-physical realms. In the astral realm, the memories are “in flow, somewhat like an energetic stream bound intrinsically to the consciousness of an entity.” However, they said that the stream of energy representing memories does not occur in the non-physical dimensions.

To explain this lack of uniformity, the Zeta added, “Consciousness, in this universe, with these states of physicality - which is the underlying structure of what is - then accommodates consciousness.” Consciousness decided that in this universe, with these states of physicality, the memory process was needed in the astral realm. In interdimensional non-physical states of existence, however, the memory process appears not to be required and so it does not exist.
More insights from the Zeta interviews

Some interdimensional beings have a technology that enables them to maintain their vibrational state when moving to an environment of a different vibration. The Zeta explained, “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.” They would represent themselves in the physical plane in a form that shields the non-physical being from the physical environment.

This discussion has extracted another level of meaning from the conversations with the Zetas. It might offer guidance to those people who are able to navigate the intricacies of consciousness space. Knowing that vibration is multidimensional may help to understand how to communicate with the entities who live there.
MORE INSIGHTS FROM THE ZETA INTERVIEWS
4. Resonance across timelines

Summary. An existing model of vibration is extended to include additional complexity of one dimension of the model. An incarnated being of the etheric type of vibration has multiple states on that dimension rather than just one. Further, the incarnation process places threads representing the spirit on many timelines. Resonation of the states of the etheric type links the threads across timelines. The multiplicity of these etheric states identifies the spirit on each timeline more reliably than would a single state. The linkage across timelines enables the consciousness of each thread to passively monitor the spirit threads’ activities on resonating timelines.

In the chapter, “Vibration is multidimensional”, a model of vibration was developed. Figure 4.1 shows the model limited to three dimensions. The human race exists on the $ij$ plane of the model. One axis of this plane, the $i$th axis, represents the base vibration of the physical type. The $k$th axis represents possible non-physical types of existence. The remaining axis, the $j$th axis, represents the harmony or “state of love” dimension that represents the highest possible vibration of a physical type.
A human’s vibrational state is $V(i,j)$, a function of the position on the $ij$, or physical, plane. The physical type or $i$th dimension has slots that represent the base vibrations for the etheric, astral and spirit types. They are all physical types because quanta in each realm can be experienced as matter.

The bars in the $ij$ plane represent the vibrational states of hypothetical individual beings. The bar rooted in the etheric type of vibration gives the impression that an etheric being’s position on the $i$th axis is at one location. New information from a Zeta indicates that this is not so. The model is extended in this article to show that the base vibration for the physical etheric type has multiple states.

Figure 4.1. A multidimensional model of vibration.
4.1 Multiple etheric base vibrations

The Zetas identify a human, not by a name or a physical appearance, but by a vibration that the human holds. They refer to it as a frequency. They said, "We would know who the human was by their prior frequency." When they have sufficient reason, they identify a human by a frequency intrinsic to the etheric body - the etheric base vibration.

The Zeta said of this frequency, "Humans are generally required to hold a frequency so they can be interacted. The normal frequency of the human is in many different states. These different states can exist all at the same time. So we changed the states to reflect one state." To clarify which frequency, they said, "An example is this. If you have an injury to one of your limbs, that limb will hold a certain frequency. The rest of your body will be a different frequency."

The example confirms that the frequency in question is the etheric base vibration. It is the constant frequency continually present throughout the healthy etheric body so it can heal itself when the need arises. When the body suffers an injury, the constant frequency is distorted at the location of the injury to signal that healing should begin. The frequency was thought to be a single frequency, but this was contradicted by the Zeta. They said in the above comment, "The normal frequency of the human is in many different states. These different states can exist all at the same time." So the etheric base vibration normally consists of a number of constant vibrations. A drawing of the model with multiple base vibrations is in Figure 4.2.

The Zetas used this etheric base vibration to identify a particular individual. But they "changed the states to reflect one state"; that is, they combined the multiple frequencies in Figure 4.2 to become one etheric frequency as in Figure 4.1. They said, "It is an energetic frequency. So if the etheric body of the human is in disarray, then we will create harmony for the interaction process." The effect was to
reduce the noise level for recognizing and interacting with the individual. They said to the person, “We were able to use that remembered frequency to interact with you.”

Explaining the process of identifying an individual was a vehicle for the Zetas to inform us about the more complex etheric base vibration. This new knowledge helps to explain why an incarnated spirit consciousness can be aware of experiences on more than one timeline. The remainder of the article discusses the role of timelines in a physical incarnation, and how the etheric base vibrations help to create awareness of oneself on other timelines.
4.2 Human incarnation on multiple timelines

The Zetas told of the existence of multiple timelines that participate in the human spirit realm process. They 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.” The timelines are asynchronous physical existences that are differentiated by their vibrational state.

According to a Zeta, “Humans are facets of consciousness made up of infinite shards or threads.” During an incarnation, these “shards or threads” exist at different vibrational levels on many separate timelines. So a spirit incarnating in a physical body is comprised of many threads of consciousness, each born into one of many timelines. The spirit experiences one incarnation influenced by the many vibrational states of the timelines.

The Zeta said, “If the spirit realm is the onion, the timeline processes are the individual layers.” That is, there is one spirit realm holding many timeline processes. Each timeline has a corresponding etheric realm, and so a stack of etheric base vibrations increasing in vibrational level may be represented in the \( i_k \) plane as depicted in Figure 4.3. The \( k \)th axis in this case represents the increasing vibrational level of timelines. As the Zeta explained, the etheric base vibration on each timeline is actually a range of base vibrations along the \( i \)th axis.

We note in passing that the Zeta race exists on only one timeline, and so they have no direct experience of multiple timelines. They studied the human spirit realm timelines by simulating the incarnation process in their synthetic quantum environments. As they say, their knowledge of timelines is theoretical.

According to the Zeta information, a spirit incarnation is more complex and efficient than is generally acknowledged by humans. A human exists “in infinite realities in the same time, because the oversoul has...
More insights from the Zeta interviews

Separated itself into many forms, and thus existing in many physical manifestations you understand, and these are called timelines.” Further, “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.” In a single incarnation process, a spirit consciousness lives many lives simultaneously but asynchronously on as many vibrational levels.

The incarnated human does not see itself as having multiple existences. The Zeta said, “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.” Each instance of the spirit incarnation thinks that there is only its experience of the ‘now’ when actually there are many. But from the point of view of the originator of the incarnation in spirit realm, there is but one experience with many

Figure 4.3. A timeline stack of etheric base vibrations.
More insights from the Zeta interviews

perspectives. These perspectives are supplied by instances of the spirit consciousness on the timelines. During one incarnation, the spirit’s higher-self benefits from experiences on many physical vibrational levels.

A Zeta said that there can be no influence by a physical body on another timeline. Matter is normally experienced when quanta are transformed by the perceptual process. For a physical body on one timeline to move to another, the quanta defining the body would need to move to the vibrational level of the other timeline. Since a human cannot move matter to another vibrational state, one timeline could not physically affect another timeline.

On the other hand, consciousness is not restricted to only one timeline. The Zeta said, “Consciousness is able to be spread across many existences, so when you come across a non-synchronous time, separation only exists in consciousness” and “Consciousness does not have barriers that are defined by structures of matter.” Since consciousness is not constrained by timeline boundaries, the consciousness of a human on one timeline could overcome apparent separation and be aware of events on other timelines.

4.3 Resonation across timelines

As a general rule, an energetic boundary forms when two energies do not resonate. For example, when one energy is a being, the other may be a realm boundary that repels the being. Conversely, two energies may coexist if they can resonate with each other. The same rules would apply to timelines. The vibrations of consciousness on two adjacent timelines may interact if elements of the timelines resonate with each other.

The previous section described an extension to the model in which etheric layers in timelines are stacked on the physical $ij$ plane of the model, increasing in vibration along the $k$th axis (Figure 4.3). Each layer of the stack has a number of etheric base vibrations that “can exist
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all at the same time.” The etheric base vibrations on one timeline would resonate with the vibrations on an adjacent timeline that are aligned or in harmony.

The vibrational alignment, or resonation, of the etheric base vibrations of two timelines increases the probability that a consciousness on one timeline will be aware of events on both timelines. When asked if a person’s behaviour on one timeline would be similar to their behaviour on a nearby timeline, the Zeta said, “Yes, because each timeline is affected by the immediate frequencies around them.” These timelines resonate when they have frequencies that are harmonically related.

A consciousness on a timeline can be influenced by a lower or a higher vibration timeline. The Zeta said, “This is one time where the determining frequency is not based in lower or higher.” In the perceptual process, a being behaves like a low-pass filter by rejecting vibrations higher than their own highest possible vibration. However, this particular dimension of the model - the physical type of vibration - is not affected by the filtering process. The consciousness of a spirit thread can be aware of the consciousness of its counterpart in either a lower or a higher timeline.

Awareness of another timeline occurs when there is a leap of consciousness to another vibration. The leap does not appear to involve the perceptual transformation of quanta. The Zeta said, “To transition from one timeline to the next is but a leap of consciousness, and even that leap is the same leap over and over. Like a thread, at any point on the thread you have moved away from the last point.” Transformation of quanta is not mentioned, so the leap must be to a transformation already completed by the consciousness on the visited timeline. From this point, the visitor can passively monitor the experiences already generated by the being on the visited timeline. The visitor cannot initiate new experiences without access to the perceptual process. Successive experiences by the visitor on the visited timeline are achieved by leaps
to successive points where memories of perceptual transformations already exist.

The experience of the visiting consciousness should feel like a passive replay of a memory, even though it might be generated in real time by the visited person’s perceptual process. Two such visits to another timeline were experienced by one of the authors while in a dream-like state. The visits felt as if they were experienced from the point of view of the visited consciousness. The visitor was simultaneously aware of the local consciousness of both the visitor and the visited. There were no abnormal discontinuities or violations of physical laws as may occur in dream sequences. Time markers during both experiences indicated that the timelines were indeed asynchronous. The monitored events in the visited timelines occurred about two years and forty years earlier, respectively, than the visitor’s current time.
MORE INSIGHTS FROM THE ZETA INTERVIEWS
5. Heterodyning multiple vibrations

Summary. The heterodyning process changes the state of vibration of a consciousness. A human provides one vibration as input to the process, and the other input is from a higher-vibration entity. Since the vibration of consciousness has more than one dimension, the article discusses whether the heterodyning process can accommodate multiple dimensions. The Zeta’s comments indicated that dimensions of vibration are independent and the heterodyning process should be applied to one dimension at a time.

Vibration is usually considered to be one-dimensional, but comments by the Zetas indicated that it has higher dimensionality. It is better represented by a multidimensional model, \( V[i][j][k][...], \) that is infinitely extendable into as many dimensions as required. The derivation of the model is described in the earlier chapter, “Vibration is multidimensional”.

Figure 5.1 shows a drawing of a two-dimensional subset of the model which is sufficient to locate all possible human vibrational states. The subset is represented by the matrix, \( V[i][j] \). In the drawing, the \( i \)th axis represents “Physical type of vibration” and the \( j \)th axis represents...
“Harmony”. The \textit{i}th axis shows hypothetical positions of the etheric realm and the higher-level astral and spirit realms as base vibrations on that dimension. The bars extending from the \textit{i}th axis represent beings of each type of vibration who have developed a certain amount of harmony represented on the \textit{j}th axis. So a being’s place in the model is a function of \textit{i}, a base vibration, and \textit{j}, the being’s highest possible state of harmony.

The details of the model can only be approximate. Dimensions of vibration have an ordinal scale and so a metric does not exist to differentiate between vibrational states. All we can say is that one state is greater, equal to, or less than another state. Nevertheless, the geometric model is useful for understanding the contents of dimensions and the relations among them.

The model emphasizes that the etheric, astral and spirit realms are all physical existences. In the \textbf{ij} plane, the perceptual process transforms holographic-like representations of thoughts so they are experienced as
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matter. Other races such as the Zeta race have vibrations that are also of the physical type, but do not resonate with human vibrations. The base vibrations of these races (not shown in the figure) are on the \textit{i}th axis as well, interspersed among the base vibrations of other physical types.

Unfortunately, more than one dimension of vibration clouds our understanding of how heterodyning works. The latter process is described more fully in the book, “A primer of the Zeta race”, in the chapter entitled “Heterodyning vibrational states”. The heterodyning process explains how a vibrational state of one being may interact with another being’s vibrational state so that they resonate together at another related vibration. The two beings cooperate to create a potential at the difference between their vibrations. The vibrational state of each being is then moved more easily to that potential so they resonate at the difference vibration. But which of the two dimensions of vibration participates in the process? The conversations with the Zetas provided some answers.

5.1 Two dimensions of vibration

Before it was understood that vibration is multidimensional, a Zeta was asked how a human’s vibration can have many values as well as a single value. Were they using the same word to refer to different things?

The Zeta answered, \textit{“There is a potential for beings of races to exist in the different forms of physical frequencies. It does not mean that the physical form is disassociated permanently from its nominal state. It means that we have capacity to exist in a different level of physical capacity.”} That is, a being can take on a vibrational state different from its usual state of being. The level of physical capacity would refer to a point on the \textit{Physical type of vibration} dimension shown in Figure 5.1.

They added, \textit{“If we choose to exist in a finer level of physical frequency, then we would be not seen in the normal spectrum of a human.”} The Zetas can voluntarily shift their vibration so far along the \textit{Physical type}
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of vibration dimension that they cannot be seen by humans in their normal vibrational state. Shifting far enough could even take them to the astral realm as suggested in Figure 5.1. Certainly, the astral existence is typically not experienced in the human waking state.

Further, they said, “Some would utilize technologies to increase the frequency of the molecular bond of the physical structure to not be seen by a human eye.” The Physical type of vibration parameter is manifested in the etheric realm as the vibration of molecular bonds in matter. The Zetas have technology that can increase the rate of vibration of molecules. The object of matter then dematerializes so it no longer exists for beings still in the lower state of vibration. An example is the Zeta craft which can materialize/dematerialize using such a technology.

The same can be done to a physical human body. The Zeta said, “A human in a physical form may be of a certain vibrational nature, but they still hold a physical form. Another human who is of the same physical form may have relationship with a higher self or other entities. Those entities may accurately deconstruct the physical capacity of the human’s molecular structure so that the human selves are seen to dematerialize.” The human body can be made to dematerialize by heterodyning with another higher-vibration entity, perhaps even its own higher-self. The body dematerializes when its Physical type of vibration shifts to a higher heterodyning difference potential.

In general, the heterodyning process can change the vibrational state of any matter. The Zeta said, “It would be more accurate to say that under the appropriate heterodyning process that all matter can be changed.” The difference potential created by the heterodyning process determines the new position for the vibration parameter on the Physical type of vibration dimension. If it is shifted far enough, the matter dematerializes relative to an observer in the original state of consciousness.
More insights from the Zeta interviews

Is there a relationship between the Physical type of vibration parameter and the many vibrational states of the etheric body? Are they independent or must the etheric body vibrations resonate with the vibration of the physical type parameter? According to the Zeta, “We said to you before that the etheric body held many frequencies. Those frequencies can be any value.” That they can be any value indicates that the etheric body vibrations are not constrained by the Physical type of vibration parameter, and so the dimensions are indeed independent. Since they are independent, increasing the Physical type of vibration parameter on the $i$th axis also should not affect the being’s state of harmony.

Can an overall state of vibration be calculated for the heterodyning process? Such a combined vibrational state might be realized as the sum of vectors representing each dimension of vibration. However, the summing operation assumes the variables are rational numbers. Since vibrations are represented on an ordinal scale, they presumably cannot be summed.

The alternative is to treat individual dimensions consecutively with the heterodyning process. We may assume that the intention required by the process can discriminate among dimensions. A human would choose the higher-vibration being without regard to physical type. The choice would be made solely because the being is known to be very loving. The human would have the intention to heterodyne their current vibrational state of love with the love of the higher-vibration being. The difference vibration would then raise the humans’s vibrational state on only the Harmony dimension.

The ability to choose the dimension that is to enter into the heterodyning process is supported by the Zeta’s comments. The Zetas can “choose to exist in a finer level of physical frequency.” This choice adjusts the Physical type of vibration so they “would be not seen in the normal spectrum of a human.” A change to that same dimension alters
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the vibration of molecular bonds. Even humans can change the state of materialization of their bodies in this way with the help of a higher-vibration entity. It is the heterodyning process that changes the position on the Physical type of vibration dimension in order to affect the state of materialization.

If the Physical type of vibration dimension can be chosen as the sole input to the heterodyning process, so can the Harmony dimension. The dimension selected would depend on what is to be accomplished. For example, if a body is to dematerialize, the Physical type of vibration dimension is the appropriate focus of intention. If the purpose is to raise one’s state of love, then the Harmony dimension should be the focus.

We may conclude that the inputs to the heterodyning process should be either states of harmony or the states of physical type of vibration. The heterodyning process, if successful, will create a difference potential that corresponds to the choice of input. After the difference potential is created, the human state of harmony or the human’s physical type will shift to the difference vibration.
6. Why creating thought forms is hard

Summary. In conversations with extraterrestrial Zeta beings, a creation process was described that requires only thought and the proper intention. A more recent comment by a Zeta explained why this phenomenon is not a natural part of our physical experience. They indicated that there is an initial condition that is difficult for humans to fulfil. The creator being must be able to accommodate thought vibrations that exceed the being’s normal “bandwidth”. This “space of expansion” can be realized with help from a higher vibration being such as one’s higher self. Only rarely is such help forthcoming.

Several books document conversations with extraterrestrial Zeta beings speaking through the medium, Paul Hamden (see [here](#)). The beings answered questions posed by many people over several years. According to the Zetas, the basis for all existence is a living entity they call total consciousness. Consciousness is an energy that is the essence of everything that exists, and its purpose is to learn from experience and evolve.

The books discuss the Zeta cosmology based on the concept that everything is made of the energy of consciousness. Consciousness can reconfigure itself with the power of thought, and there is a well-defined
creation process that beings may use to alter their environment in order to create experiences.

All things, including beings, exist at varying levels of vibration. Beings at a particular level of vibration are not aware of realities created at higher levels. Beings with the right intention can create and modify their environment in order to have different experiences. Such creations exist at the creator’s own highest possible vibration. Beings can also experience creations of other beings at the same level of vibration or lower. So a particular consensus reality experienced by a group of beings is defined by the range of vibrational states available to the group.

If such a creation process exists, why do we not see obvious physical creations being formed from thoughts alone? This question remained unanswered until a recent comment by a Zeta. The comment clarified why beings at the physical level of vibration (e.g., humans) typically cannot change their environment in this way, even if they have the intention to do so.

This chapter briefly describes the creation process, and then discusses the Zeta’s comment explaining why most humans are unable to create thought forms. A physical analogy is also presented that clarifies how intention is only one necessary component of the creation process.

6.1 The creation process

The total consciousness known to the Zetas has basic properties that are elements of the creation process. Of primary importance is the fundamental property of vibration. A being exists in a state of consciousness that we call its vibrational state. Vibration is an ordinal dimension, so a vibrational state may be less than, the same as, or greater than another state.

Another important feature of consciousness is a multidimensional construct that is analogous to a space-filling grid. This grid structure holds all space and time “like a fluctuating wave vibrating through the
The properties of objects are represented in the grid. Where nothing is defined, the grid is without form and nothing is perceived.

A conscious being exists in a limited range of vibrational states appropriate for that individual. When the being has the intention to create, it modulates its highest possible vibrational state with the appropriate thought vibrations. The modulated energy representing the features of the creation is preserved in the all-pervasive grid.

The creation is experienced anew when it is acted upon by the being’s perceptual process. Perception automatically transforms the information contained in the grid into the thought that previously created it. The thought is reconstructed in the being’s consciousness so that it becomes part of the experienced reality. Other beings who have access to that vibrational state can also reconstruct the thought represented in the grid, and so share the same reality as its creator. A being whose highest vibrational state is too low would not be able to do so.

The sensations normally associated with a physical object such as its colour, its roughness to touch, its smell, are irreducible properties of consciousness. They are consciousness potentials that a being may experience. The creation process places patterns in the grid representing the features of the thing to be created. The consciousness of a perceiver selects particular elements of the representation, and these are transformed to consciousness potentials. All takes place in consciousness, so matter has no objective existence independent of consciousness. A 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 form the basic templates of physical matter and may refer to properties such as mass and electric charge. These properties determine how the templates can combine to form more complex objects encountered in our everyday experiences. Further, multiple higher-order templates continually reorganize to create the dynamic physical reality that we experience. For example, the
splash of a raindrop has a representation that changes continuously. The perceptual process transforms the evolving representation of the water to create the illusion of the splash in motion.

The mechanism for creating the matter illusion is complex, yet relatively easy to grasp. But it is difficult to accept fully that the true basis of reality is hidden by the very convincing illusion of matter. We are indoctrinated with the concept of materialism from an early age. Humans learn from birth that physical interactions are lawful, and so quickly develop expectations concerning causality.

6.2 The creation of thought forms

Humans do exercise some creative control over their environment; for example, thoughts and actions create babies and heal physical and mental illnesses. But such creations reorganize existing matter for the most part. Small violations of physical laws by the effects of thoughts are typically not noticed, and so the illusory nature of matter remains hidden.

However, human scientists have discovered with their experiments that thoughts can change the physical world to a small degree. Experiments on telekinesis, for example, demonstrated minuscule but statistically significant effects on the state of matter consistent with human intention. But the expectations arising from the materialistic world view are deeply ingrained and likely to interfere with creation by intention alone.

A Zeta revealed that creation needs more than the proper intention to succeed. They explained, “Perception is the way that you perceive something to be, but to create via intention requires the consciousness to be in a clear space of expansion, understanding what is the end result of the creation, but not understanding often what is being created.” Something besides intention is needed for strictly mental processes to make significant changes to the physical experience.

The significant new information given by the Zeta’s comment is that creation with intention “requires the consciousness to be in a clear
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*space of expansion*. The medium has experienced this condition with the help of the Zetas. In his view, “to create correctly one must understand what environment is required to perform the proper act of creation. This pristine space of consciousness is a rare opportunity to put into action the intention to change the time line, to heal another, to create what is required. It takes an elevation of consciousness to move to that creative state, well above a normal human mind’s ability.”

The Zeta agreed that a *space of expansion* is an elevation of consciousness or an expanded vibrational state. They said, “*When the spirit people are with the medium, the expansive state, the state of expansion, the spirit person sits within that expansive state. It is as though the medium no longer exists in this room, but is able to see through the spirit peoples’ eyes as to what they are seeing.*” The expansive state brought by the spirit person is a vibrational state that is higher than the physical vibration. Because the medium is in this higher vibrational state, “*he no longer exists in this room, but is able to see through the spirit peoples’ eyes as to what they are seeing*. In the expansive state, he is no longer in the consensus reality defined by the physical vibration.

The medium suggested that someone with different abilities like a yogi or monk might understand what is required to move to that space of expansion. The Zeta agreed that beings like the historical Jesus Christ or the Buddha also had different abilities. For example, Jesus is reputed to have fed a large crowd of people with a relatively small basket of loaves and fishes, and he turned water into wine. According to the Zeta, these exceptional people had a local mind that held the consciousness of multiple beings. The Zeta said, “*They are many beings to provide the energetic space, the consciousness, the expansion, to allow the entity, the container, to display a supernatural power.*”

The medium feels that the space of expansion is a wonderful but dangerous place to be since the possibilities are endless. Most humans cannot enter that space without the assistance of the higher self. But they are typically unable to interact with the higher self, and this is actually a safeguard that prevents harm. The energies of ego, emotions,
and desires are incompatible with the state required to create thought forms. These hindrances are minimal or non-existent in the realities of higher vibrational states where creation is less difficult.

6.3 The importance of “space of expansion”

The space of expansion can be understood by analogy with a human technology. The analogy clarifies an implied property of the creation process that has not been explicitly mentioned by the Zetas. That is, the process of encoding a thought must use a vibration that is higher than normal for that being. This follows logically from the need for the space of expansion.

Every being has a highest possible vibration which is employed to both represent and perceive a creation in the grid. The being normally has access only to that vibrational state or lower, and cannot independently access states that are higher. In a technical sense then, a being is analogous to a low-pass filter which cannot pass frequencies higher than a certain value. The cut-off of the low-pass filter is at the being’s highest possible vibrational state. When an entity changes its “frequency” relative to another entity, it expands or contracts its state of consciousness or vibrational state. The Zeta said, “the frequency between us would be different, because the consciousness would either be of an expanded or contracted nature.”

When a being creates a thought form, its highest possible vibration is modulated by the vibrations of the the thought. The need for a space of expansion implies that the thought is processed using vibrations higher than those normally available to the creator being. Without the space of expansion, the thought vibrations would not pass through the creation process. To accommodate the thought vibrations, the being would need to temporarily increase its internal bandwidth. The thought information could then modulate the being’s highest possible vibration. Figure 8.1 shows the increased internal bandwidth as the space of expansion.

The low-pass filter analogy also clarifies what a being needs to do in order to create. The being’s filter cut-off must be expanded beyond the
normal highest possible vibration so that the thought vibrations can pass through the filter. The medium suggested that the higher-vibration higher self could help to create such a space of expansion. The higher self could do this by participating in a heterodyning process also described by the Zetas.

The process is analogous to heterodyning in human electronics technology. The inputs are a lower and a higher vibrational state from the creator being and the higher self, respectively. A potential is created in consciousness at the difference between the two input vibrations.
More insights from the Zeta interviews

Both beings may then move their vibrational state to the difference vibration. Although the potential is created, a higher self is unlikely to resonate with the local consciousness in order to enact the required space of expansion.

From an engineering perspective, the heterodyning process also modulates a carrier wave by a signal of interest. For example, a radio frequency carrier is amplitude modulated with the voice or music signal to be transmitted. The bandwidth required by the heterodyning circuit to perform this function must be greater than the carrier frequency by half the signal bandwidth. The additional bandwidth is analogous to the space of expansion needed for consciousness to create, and so supports how space of expansion was interpreted.

6.4 Summary

The creation process of the Zetas appears to require only thought and the proper intention. However, this phenomenon is not a natural part of our physical experience. The Zetas indicated that there is an initial condition that is difficult for humans to fulfil. The creator being must be able to accommodate thought vibrations that exceed the being’s normal “bandwidth”. This space of expansion can be achieved with help from a higher vibration being such as one’s higher self, although such help is rarely forthcoming.
7. The reptilian influence

Summary. A race of non-physical entities known as reptilians has affected humans for millennia. The reptilians co-opted a global mechanism of consciousness that was originally intended to facilitate human spiritual evolution. They use the mechanism in secret to stimulate the emotion of fear in the human population. The fear produces low-vibration energy which the reptilians use for their own benefit. Humans are not susceptible to the reptilian influence when they enter higher states of vibration and can love unconditionally. However, this can be difficult to do since the emotions of love and fear are incompatible.

Spiritual beliefs often include the concept of invisible entities that manipulate people’s behaviours. The entities are thought to influence human emotions so that people behave badly towards one another. Common legendary figures of this kind are the reptilian being and its derivative serpentine forms. There is a long list of such beings in mythological and religious literature, and more recently in popular entertainment such as television, comics, and video games.

Information about low-vibration reptilians was given by extraterrestrial Zeta beings speaking through the medium, Paul Hamden. The Zetas
More insights from the Zeta interviews

were questioned on this and other subjects by various people who attended many sittings with the medium. The conversations are documented in Treurniet and Hamden (2017) as well as other books and articles. A topic discussed in some detail was a cosmology in which all that exists are configurations in consciousness (Treurniet, 2017; reproduced in the chapter, “A cosmology based on panpsychism”). Consciousness is defined as a non-local, universal, creative life force or energy.

Vibration was said to be a property of consciousness that is tightly coupled to a dimension of love or harmony. A model of vibration based on the Zetas’ information is described in the chapter entitled “Vibration is multidimensional”. Physical and non-physical beings are distinguished in the model by their vibrational states. In our universe, physical beings exist in the vibrations of the physical, astral and spirit realms.

The reptilian entity is a key element of a belief system promoted by David Icke (1999). He draws huge audiences who come to hear how a particular spiritual metaphysics accounts for undesirable aspects of our society. Ward (2014) succinctly summarized Icke’s philosophy as follows.

[David Icke] argues that the universe is made up of “vibrational” energy. The world as we perceive it is just a holographic projection of this. Time is an illusion; there is no past and no future, only an infinite now. Humans are infinite awareness; we are consciousness (“All that there is, has been and ever can be”), but we are victims of a conspiracy. An inter-dimensionary race of beings called the Archons have hijacked our world and have stopped us from realising our true potential. Instead, they keep us trapped in “five sense reality”, feeding off the negative energy created by fear and hate. … A genetically modified human/Archon elite of shape-shifting reptilians manipulate global events
to keep us in this state of fear. Only by waking up to the truth and filling our hearts with love can we defeat this Archontic influence.

Ward’s summary reveals that some concepts promulgated by Icke are similar to those in the cosmology described by the Zetas. He mentions the vibration of consciousness, that the world of matter is a holographic projection, and that time is an illusion inferred from our experiences of sequence. He mentions a race of reptilian beings that occasionally show themselves in our physical vibration. The Zetas confirm that such beings exist and have influenced human spiritual development. Icke suggests that the appearance of some humans can change to that of a reptilian being. According to a Zeta, this could occur if a reptilian were to create a projection in the human observer's visual system.

Icke’s view is attractive because it offers an explanation for how many current political events have an external cause. He believes that non-terrestrial reptilians control humans in positions of power in order to harvest the maximum amount of negative energy from mainstream humanity. This low-vibration energy of consciousness is generated when humans experience emotions such as fear and sadness. Icke maintains that the reptilian influence can be undone with the power of love. This counterintuitive strategy is also recommended by the Zetas.

According to the Zetas, there are many reptilian races covering a range of vibrational states. A particular low-vibration reptilian race has successfully slowed the spiritual advancement of the human race since the distant past. They did this by using a non-physical mechanism in the earth environment which was originally intended to facilitate human spiritual evolution.

7.1 The communications infrastructure

We learned from the Zetas that an all-pervasive, multidimensional grid is a property of consciousness. Holographic-like representations of
matter known as “quanta” are represented in the grid (see the chapter entitled “The holographic principle”). The grid also supports a process which facilitates telepathic communication among beings such as spirits and extraterrestrial beings. Humans are immersed in this configuration of consciousness that supports connections among entities.

The Zeta said of the network for connection, “This is a natural fabric, a natural creative process that is required for all beings to interact with humans. This is built into the quanta, yes. This allows the spirit beings to interact with humans, all other races to interact with humans, to have beings from an astral level to interact with humans. So, there is an inbuilt function into the consciousness of humanity, an inbuilt function into the consciousness of this planet that allows all beings to interact on any levels within the planet that would be inhabitants of the planet. This inbuilt process then allows all entities within this planet to interact with each other. This is the beginning of the collective consciousness of the race.”

They added, “The simple fact that there is an inbuilt global mechanism for connection means that we ourselves could affect the whole race, if that was our intention. Of course, we honour your freewill.” The Zetas would never use the inbuilt global mechanism for connection to interfere with the freewill of the human race.

However, a non-terrestrial reptilian race did interfere in this way when the human race was young. According to the Zeta, “Others would seek to interfere with this [human] race’s ability. They would seek to affect humans for their own purposes, to feed upon them.” They do this “by feeding into the consciousness of the human entity information which would control and provide fear processes.” The reptilians implemented a mechanism in the grid that induces fear in susceptible humans wherever they happen to be on the earth. The reptilians appear to need the low-vibration energy generated by humans in a state of fear.
More insights from the Zeta interviews

7.2 The reptilian influence

A Zeta said of this reptilian race, “They do not exist within our space, ... they come and go. ...They are a rudimentary species, at best.” These comments indicate that the beings are non-terrestrial, exist in another realm, and that they have a low vibration.

When asked if the reptilians were non-physical, interdimensional beings, the Zeta replied, “They are physical entities that are projecting into their own astral realm. Those projections in the astral realm are then abiding by your astral realm, connecting to the human astral realm. Thus they are able to influence, yes.” The reptilians exist in an astral realm that is vibrationally compatible with the human astral realm. There they interact directly with humans in the lower astral vibrations where human emotions such as fear are expressed.

The reptilian form may occasionally be seen by an awake human. The Zeta explained, “Some will see these beings via consciousness. ... They seem to be able to see the full form of an entity standing in a room, but it is an image of consciousness. ... It is a projection.” The reptilian is perceived when its image is placed in the mind of the percipient. The image activates the potentials in consciousness which are the visual sensations, and so the projected reptilian body is perceived. If the projection also controls other sensations such as hearing and smell, the experience of the reptilian could feel as real to the human as the usual experience of a physical being. However, such projections happen rarely. The Zeta said, “Generally, the reptilians do not show themselves out of fear of disclosure, out of fear of a recognition that they are manipulating another. They work in secret. The less attention that they draw to themselves, the more they can influence another.”

It is easiest for the reptilian influence to connect with a human consciousness when the human is in a weakened psychological state. According to the Zeta, reptilians “affect via different processes. If they
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can get a human to perform a function of behavioural ... a non-normal process ... A human may be in depression, a human may be abusing themselves via taking substances. Initially the human has become dysfunctional, but then there is opportunity for those entities to attach themselves to that human by consciousness. There is no technology required.” The resulting connection facilitates the vibration of fear in the human.

A Zeta was asked if reptilians are able to incarnate as hybrid humans like other races. Could a spirit and a reptilian consciousness share a human body using the birth process? The Zeta 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.” So the reptilians cannot use the incarnation process to create a hybrid consciousness. Instead, they influence human consciousness after birth in order to encourage fearful thought processes in the human.

David Icke and his followers contend that the reptilians are primarily interested in controlling humans in positions of power and influence, such as leaders of governments. This notion was dismissed by the Zeta “because of the simple fact that there is an inbuilt global mechanism for connection which means that we ourselves could affect the whole race, if that was our intention.” The global mechanism influences all humans on earth, although the Zeta indicated that “many humans are only affected in a minor potential.”

The Zeta explained that the reptilians’ influence “will affect humans as individuals, and those humans will affect others to create a line of energy potentials that feed back to that being.” Humans at the top of the power hierarchy would be no more susceptible to the reptilian influence than anyone else. But because of their position, they might be more likely to stimulate fears that propagate down a chain of command.
More insights from the Zeta interviews

When susceptible individuals feel fear for one reason or another, they in turn propagate the fear to others. The low-vibration energy from multiple sources is fed back to the reptilians via the consciousness of the human who initiated the process.

7.3 Avoiding the reptilian influence

We may recall feeling emotions that, in retrospect, were out of proportion to the events that triggered them. For example, another person’s behaviour that is usually just a small irritant suddenly elicits full-blown anger. The outburst might be explained as a reaction to unrelated personal circumstances. On the other hand, perhaps it was a response to the inbuilt global mechanism for connection co-opted long ago by the reptilian race. The global mechanism for connection embeds us in a field that continuously biases us to respond to any situation with low-vibration emotions. The reptilian influence stimulates our fears and insecurities which are often part of the human condition to some degree.

A Zeta offered some general advice on how to avoid being influenced by low-vibration entities. They said, “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.” The Zeta explained that to know who you are is “to understand who you are outside of your physical entity, and not to be lead astray by the local consciousness.” We should know without question that we are indestructible, loving, energetic beings living in temporary physical bodies. To stand in your energy means knowing your own energy well enough to distinguish it from outside influences.

When a Zeta was asked how one could escape the reptilian influence in particular, they responded, “To raise vibration, to always show love means that there is no potential to be influenced.” When we are in a state of love, we cannot be affected by lower-vibration influences. The
analogy of a low-pass filter can help to understand why. Every being’s vibrational energy appears as if it passes through such a filter. The reptilian’s filter has a cut-off frequency that is lower than that of a human. So to avoid the reptilian influence, we should raise our vibration above the reptilian’s highest possible vibration. When we feel the love associated with our higher vibration, “there is no potential to be influenced” by the reptilian stimulus.

The Zeta said of the reptilians, “They work in secret. The less attention that they draw to themselves, the more they can influence another.” When the reptilian scheme is no longer secret, perhaps it could be thwarted with the appropriate intention. For example, a meditator may actively ignore the reptilian influence mediated by the global mechanism. Success might be felt as an unusual lightness of being, suggesting a connection with a higher-vibration consciousness normally blocked by the reptilian mechanism.

7.4 Discussion

The reptilians have a long history of influencing the human race. How long is not known, but they had opportunity since humans were placed on this planet. A global mechanism for connection encouraged the new humans to begin the formation of a collective consciousness. It was meant to facilitate the spiritual evolution of the human race. The mechanism was co-opted by the reptilians to potentiate fear in susceptible humans. The humans would then generate more of the low-vibration energy desired by the reptilians.

Humans have a well-known survival instinct, otherwise known as a fear of death. A healthy fear of death would seem to promote the survival of a species, and so it is usually assumed to be encoded in an organism’s DNA. However, this assumption may not apply to the survival instinct. Perhaps the fear of death is continuously stimulated by the reptilian influence enabled by the inbuilt global mechanism. A human affected by
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this fear might even attack other humans to avoid personal harm. The other humans might retaliate when prompted by their own fear of death. It would be maintained and amplified in humans by positive feedback from the continued aggression. The fear of non-existence prompted by the global reptilian influence might be at the root of much low-vibration human anxiety (e.g., Blass, 2014).

The Zetas explained how to avoid the negative reptilian influence. Humans can simply raise their vibrational state to as high a level as possible so they are not affected by the low-vibration energy. Raising one’s vibrational state is equivalent to becoming more loving toward all beings. This can be difficult while under the reptilian influence since the emotion of love is incompatible with fear.

The reptilian methodology is subtle and it requires that they remain hidden. The Zeta said, “They work in secret. The less attention that they draw to themselves, the more they can influence another.” Ignoring people like David Icke unwittingly hides the reptilians’ true nature so they can continue to operate in secret. As we learned from the Zetas, the reptilians use a global mechanism in consciousness to stimulate low-vibration human emotions. These emotions are indirectly responsible for what humanity is doing to itself. While we are unaware of this process, we will not develop strategies to counteract it. Drawing attention to the methodology employed may prompt humans to escape the reptilians’ hold over humanity.
MORE INSIGHTS FROM THE ZETA INTERVIEWS
8. End-of-life consciousness transition

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Summary. When the human body fails at the end of life, the associated awareness continues to function in another context. This is suggested by reports that follow near-death and out-of-body experiences. The transition to this new context is discussed in terms of a cosmology which assumes that all things arise from consciousness - a universal, creative life force that has a dimension of vibration. Like all objects, the human body is a holographic-like configuration of consciousness encoded at a particular vibration. The familiar form of the body is perceived when a perceptual process tuned to that vibration transforms the information to irreducible potentials in consciousness. These potentials are the felt sensations we normally associate with physical objects. In the end-of-life process, the consciousness moves to a similar body that is encoded with a higher vibration. The associated perceptual process is tuned to the higher vibration, and so the body is still experienced as physical. However, the higher-vibration body cannot be decoded by the lower-vibration perceptual process, and so cannot be sensed by the people still in the lower vibration.
A consensus is growing in scientific discussions that life continues after the failure of the physical body. For example, many people have reported near-death experiences (NDEs) when the body fails temporarily after a heart attack or other potentially life-ending events (e.g., Van Lommel, 2010; Long, 2010; Alexander, 2012). The associated consciousness separates from the body, finds itself in another body, travels to another location, meets deceased acquaintances, and returns to the injured body to tell others about the experience. Other reports describe an equally dramatic experience in which a consciousness separates from an uninjured body. This is most likely to occur in an altered state of consciousness when there is no awareness of the body. The consciousness finds itself in a similar body in another place which can seem more real than the familiar waking experience. Such an event is known as an out-of-body experience (OBE) (e.g., Buhlman, 1996; Ziewe, 2008, 2015; Peterson, 2013; De Foe, 2016). This article analyzes a phenomenon common to NDEs and OBEs - the appearance of a similar second body. The second body is experienced as the vehicle which transports the individual’s consciousness.

The phenomenologies of NDEs and OBEs have been comprehensively described, but are hard to explain using scientific theories that depend on the assumption of materialism. A more successful approach is to assume that all existence is a mental construct. This idea is gaining respectability in the search to explain otherwise inexplicable phenomena (e.g., Close, 2000; Mathews, 2011; Lanza, 2016; Kastrup, 2017). For example, Radin et al. (2012) successfully measured a postulated observer effect in the double-slit physics experiment. In this experiment, light behaves as a particle or a wave depending on whether or not the path it follows in the apparatus can be known.

The Zetas described a theoretical framework based on idealism in which physical reality is a manifestation of consciousness. The framework
accounts for the body we normally experience, as well as the one experienced during NDEs and OBEs.

8.1 Overview of the Zeta cosmology

‘Ontological idealism’ is the philosophical concept that all things exist as configurations of an all-pervasive consciousness - a universal, creative life force. The framework of a cosmology based on this concept is described in the book, “The Science of the Seat Race”, in the chapter, *Recapitulation of the cosmology*. The cosmology works because the energy of consciousness has some basic properties which include the following.

- Consciousness has dimensions of vibration and every object or entity is located somewhere on at least two dimensions (see chapter “Vibrational is multidimensional”). Every entity behaves like a low-pass filter in that it has a *highest possible vibration* on a dimension of *Harmony*. It can be aware of phenomena with vibrational states the same as or lower than its own highest state, but is not normally aware of phenomena having higher vibrational states.

- Higher vibrational states can be realized by the entity with the help of a process analogous to heterodyning used by humans in the design of some electronic circuits. The process requires the cooperation of another entity that has a much higher vibration. The heterodyning process and its applications are discussed further in Treurniet and Hamden (2017).

- The energy of consciousness has irreducible potentials that are our sensory experiences. For example, the experience of a smell is the activation of a particular potential in a being’s consciousness.

- Intrinsic to consciousness is the ability to create. The energy of a being’s *highest possible vibration* is modulated by its thoughts when it has an intention to do so. The result is an interference pattern
representing the thought that is placed in a substrate of consciousness. This creation process is analogous to the making of a simple hologram.

- The created representation is decoded by a perceptual process which is also intrinsic to consciousness. Any being with the same or higher vibration may experience the created thought when the representation is “illuminated” by the unmodulated vibration involved in its creation.

The framework proposes that every entity in our universe is a configuration of consciousness analogous to a hologram. The holographic-like patterns containing encoded information exist in the etheric realm, a particular range of vibrations in consciousness. A being experiences the patterns as discrete entities when they are acted upon by the perceptual process. The perceptual process transforms the etheric patterns to consciousness potentials. These are experienced as sensations such as vision, hearing and touch. The sensations are usually interpreted in our materialistic culture as attributes of matter objects that are independent of the perceiver. Such independence is an illusion since all processes involved in the perception of matter take place in consciousness.

8.2 The nature of the human body

We learned from the extraterrestrial Zetas speaking through the medium, Paul Hamden, that the human body, like all objects of matter, exists in the etheric realm at a particular vibrational state of consciousness known as the physical vibration. The primary function of the body is to mediate between a being’s consciousness and its physical experience. As a Zeta said, “Only the ones who choose to be in the physical form are required to hold an etheric body.” The etheric body is a holographic-like configuration of consciousness that is transformed by a being’s perceptual process. The transformation is experienced as a
discrete physical body analogous to the virtual image of a hologram. The body can be perceived only by beings with perceptual processes tuned to the physical vibration.

The etheric representation of the body is dynamic in that it encodes the varying interactions among the biological subsystems of the body. For example, the sensory organs and associated components of the nervous system are encoded in the etheric body. The sensory systems gather information about a physical object by sampling from a spectrum of etheric potentials that represent the object. The Zeta agreed that “intention selects possibilities projected by etheric objects to create the physical illusion.” The selected samples are transformed to higher-vibration consciousness potentials by the perceptual process to give the experience of felt sensations. A conglomeration of such potentials in consciousness is experienced as an object of matter.

Although the body often heals itself, there inevitably comes a time when healing does not occur. An injury to the body may be too great or an illness may be too severe, and so the body ceases to function. A Zeta said, “You must have some form of transition process that disconnects the higher self from the physical entity. It is higher self who chooses what process is available. 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.”

Clearly, the etheric body with its physical vibration persists, else onlookers could not continue to be aware of the lifeless body. The Zeta said, “The physical entity, the matter which makes up the holding ground for the consciousness, diminishes its capacity to hold the consciousness because of the entropy. ... You are a compilation, a concatenation of many forms of matter which, of course, dissipate once the higher nature moves to the transitory state.” The experience of the body of matter by the onlookers can continue for a time until the body deteriorates and becomes unrecognizable.
8.3 The shift to a higher vibration

There is ample evidence from accounts of NDEs that the consciousness of the body continues on, even though it is no longer supported by a functioning etheric body. When the consciousness recognizes that the body may be beyond repair, it releases itself from the etheric body and moves to a different body that is invisible to onlookers. A similar movement of consciousness to a different body occurs at the beginning of an OBE.

According to the theoretical framework, the creation process inherent in consciousness brings the new body into existence. The framework asserts that any created object such as the new body has a holographic-like representation in consciousness. However, the new body clearly differs from the etheric body in that it cannot be seen by human onlookers. Therefore, it must have a higher vibration than the etheric body. According to the Zeta, “When you transition from the existence of a human container, you are then free to move into your spirit realm process and next state. ... You will move to a different state of existence and what you have learned in matter may fade away.”

The onlookers’ perceptual process is tuned to the lower etheric vibration and cannot decode the information in the new body. Practitioners of OBEs say that the higher-vibration body exists in the astral realm and so it is known as the astral body. The Zeta briefly described the OBE when traveling to the astral realm. “Simply, as an act of will, you will drive the physical processes to a point where they do not exist. At that point, the consciousness will release itself from the physical body, and using the etheric template of the body, present itself within the astral realm.”

The astral body that appears during an NDE or OBE is often said to exist in an environment that is initially similar to the familiar etheric earth environment. Experiencers may report flying to another location or moving there at the speed of thought. The environment may change
More insights from the Zeta interviews

according to their expectations or intentions as if their thoughts were externalized. Ziewe (2008, 2015) observed that thought occasionally influenced objects and events during his astral travels, although not all thoughts were equally effective. Thinking spontaneously or allowing thoughts to arise naturally out of expectation was more powerful than the mere intention to create. Nevertheless, he concluded that some laws of nature still apply in such higher-vibration experiences (Ziewe, 2015).

Control of the environment by thought alone is not noticeable in our normal etheric existence. However, small but statistically significant effects of mind over matter have been observed in many experiments (e.g., Schmidt, 1977; Jahn, 1982; McTaggart, 2007; Radin, 1997, 2012). So the universality of the creative process proposed in the theoretical framework is supported in both the etheric and astral contexts.

The visual appearance of the astral body has been observed to change according to the intention of the deceased personality involved. Ziewe (2015) met his departed mother a number of times during his out-of-body experiences in the higher-vibration astral realm. Her visual appearance changed so much between successive encounters that she was often unrecognizable. Although her appearance was unpredictable, her identity was still revealed by the intuitively sensed energy of her personality that remained constant. In the astral realm, the identity of an individual need not be defined by the visual appearance of the body.

Although the astral body appears spatially separated from the etheric body, a Zeta said it is “always connected, never to be completely disconnected.” The connection between differing vibrational states implies the existence of a portal. According to the Zeta, a portal process “establishes a connection that allows transference between the areas of frequency, a stepping down from one frequency to another.” Astral travellers sometimes mention the existence of a cord that connects the astral body to the comatose etheric body. The cord perceived by the astral traveller may be the visual manifestation of such a portal.
More insights from the Zeta interviews

8.4 Conclusion

Some people believe that the failure of the body to function signals the end of their existence, while others believe that they continue on in a spirit form after the body dies. The first belief is typically associated with scientific materialism, while the second is an article of faith in most religions. We show that a theoretical framework based on consciousness can bridge the gap between the two schools of thought.

The framework accounts for the experience of matter, and it accommodates the view that life continues after the body fails. It makes sense of the NDEs and OBEs that many people have reported. The experienced astral body and its environment have a higher vibration in consciousness, and are therefore not visible to onlookers still in their lower-vibration etheric bodies. However, the consciousness in the astral body is still aware of the lower-vibration etheric body and its surroundings. According to the framework, a being can transform quanta at its vibrational level or lower. The theory also suggests the existence of innumerable other realms and forms of life at vibrational levels beyond our ability to perceive.
9. The ascension mechanism

Summary. The ascension process will offer humans the opportunity to raise the vibrational level of their consciousness so that they achieve a higher state of love and harmony. When enough humans do this, the collective consciousness in the astral realm will become self-aware and enable abilities that are now dormant. The mechanism for ascension was described by the Zeta beings and is consistent with their cosmology. An individual human consciousness will be free to remain with the familiar lower-vibration planet, or it may choose to raise its state of vibration to match a higher-vibration planet. The freedom to choose implies that the higher-vibration planet already exists. A human’s perceptual process is calibrated to match either planet’s vibrational state. The calibration parameter is determined from a potential found in each planet’s grid.

Conversations with the Zeta race included the anticipated ascension of the human race. What this means for humanity is discussed in “A primer of the Zeta race”, in the chapter, “Incarnation and ascension”. A Zeta said, “Your ascension will unlock a lot of this potential that lays dormant within you.” For example, humans will have new abilities like awareness of past lives and telepathic communication, and they will be
able to communicate easily with the higher-vibration extraterrestrial races.

This chapter outlines the mechanism underlying the ascension process according to the Zeta information. The mechanism conforms to the Zeta cosmology based on consciousness discussed in other chapters of this book. Knowledge of this framework helps to understand how ascension will work and so it is reviewed in the next section.

9.1 The Zeta cosmology

The Zeta cosmology holds that consciousness is the foundation of all that exists and it has a property of vibration. Each entity in consciousness is situated somewhere on dimensions of vibration (see “Vibration is multidimensional”). An entity behaves like a low-pass filter in that it has a highest possible vibration on a Harmony dimension. It can be aware of phenomena with vibrational states the same as or lower than its own highest state, but is not normally aware of phenomena having higher vibrational states. In the ascension process, the highest possible vibration is expected to shift along the Harmony dimension.

The dimension of vibration is tightly coupled to a dimension of unconditional love, and so the vibrational state of a human is equivalent to a particular ability to love.

Intrinsic to consciousness is the ability to create. The energy of a being’s highest possible vibration is modulated by its thoughts when it has an intention to do so. The result is an interference pattern representing the thought which is placed in a substrate in consciousness known as the grid. This creation process is analogous to the making of a simple hologram. The created representation is decoded by a perceptual process which is also intrinsic to consciousness. Any being with the same or higher vibration can experience the created thought when the representation is “illuminated” by the unmodulated vibration involved
in its creation. The perceptual process transforms the created pattern to irreducible consciousness potentials that are our sensory experiences. For example, the experience of a smell is the activation of a particular potential in consciousness.

The holographic-like patterns resulting from the creation process were named *quanta* by the Zetas (see the chapter on *The holographic principle*). Quanta defining our physical universe exist in the etheric realm, a particular range of vibrations in consciousness. The human perceptual process transforms the quanta to consciousness potentials. These potentials are experienced as sensations such as vision, hearing and touch. The sensations are usually interpreted in our culture as attributes of matter objects that exist separately from the perceiver. Such independence is an illusion since all processes involved in the perception of matter take place in consciousness.

The quanta are supported by a non-spatial, grid-like construct in consciousness. A Zeta explained, “The resonant energy of the grid or the matrix is not just part of this planet, the grid is like a fluctuating wave vibrating through the universe. It holds all space and time. ... It is a manifestation of universal energies, everything has a resonating grid – every specific energy has its own grid. ... The grid emanates from each planet but is also joined as one. Every physical individual item has its own grid and links into the main grid, everything is all!” The earth is an object of matter and, like all matter, is represented by quanta in the grid.

The grid also functions as a medium for non-local, telepathic communication. The Zeta explained, “This [the grid] is a natural fabric, a natural creative process that is required for all beings to interact with humans. This is built into the quanta. This allows the spirit beings to interact with humans, all other races to interact with humans, to have beings from an astral level to interact with humans. So, there is an inbuilt function into the consciousness of humanity, a inbuilt function into the
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consciousness of this planet that allows all beings to interact on any levels within the planet that would be inhabitants of the planet. This inbuilt process then allows all entities within this planet to interact with each other. This is the beginning of the collective consciousness of the race.”

9.2 Collective consciousness and ascension

The human collective consciousness is the conglomeration of all human thoughts and actions and exists in the astral realm. Its vibrational state is the cumulative effect of all the individuals of the race. A Zeta said, “The astral realms are a collection of all thought, all creative processes, all dimensional aspects which come from the existence of thought. This concatenation of all thought forms is the collective mind of the human race.”

The shift in vibration that is the ascension process also affects the collective consciousness. The Zeta said, “The continuing elevation of the thought processes and consciousness of humanity allows the collective mind to form from the chaotic nature it holds.” They explained that the elevation of the human collective consciousness is a shift toward more loving states, since “the predominant consciousness is that it is to be born of love.” The process is relatively slow as “the ascension shift started years ago.”

Under the right conditions, the ascension shift will become more rapid and the collective consciousness will become self-aware. The Zeta said, “The human population one day may decide that it was to change. Then the thought process, the combined collective thought of the human race, would, that one thought, would automatically create the capacity for the collective mind to be charged into action, to make a newly given mind.”

It is important to understand that the shift in human consciousness is not imposed by a benevolent entity or by particular conditions. The Zeta said, “People need to take responsibility for their progression. ... Each
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person has to experience the energetic changes, the need to assimilate with the shift and then to accept the shift.” To shift or not to shift to a higher state of love is a choice made individually by each human on the planet.

9.3 The mechanism of ascension

Human consciousness and all entities in our physical universe are in a range of vibrations that define the etheric realm. An individual consciousness is, of course, integrated with a physical body defined by the quanta of the etheric body. A Zeta said, “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.” If the consciousness were to ascend to a higher vibration, the physical body’s vibrational state should also shift to remain compatible.

The human body is composed of matter like other objects in the physical universe. So for this body to exist in a higher vibrational state on the earth in the midst of other matter, the vibration of all matter would have to shift in concert with the consciousness. This is indicated by a Zeta’s comment, “There is a energetic net around the planet, but it is to do with the way the human physically is, and all other structures that exist on the planet.” The vibrational state of the energetic net (i.e., planetary grid) is the same as the human physical vibration, else the physical world could not be experienced.

This poses a dilemma for the ascension process. How could a human consciousness shift to a significantly higher level of vibration and still be integrated with a body that is in the same range of vibration as other matter? Could the vibration of all things in the earth grid be raised instantaneously? What if another human consciousness did not want to make that shift? Their sense of reality would be disrupted if someone else caused the surrounding matter to change or even disappear. That could be considered a clear violation of freewill.
The Zeta mentioned a feature of the earth grid that would enable the desired goal to be achieved without violating human freewill. The grid contains a parameter specifying the vibrational level used to encode the information in the quanta. The Zeta said, “All planets have the requirement that there is a potential that provides the individual quanta that is the determining factor for what is able to exist within the physical structure of that planet.” The potential in the planetary grid specifies the vibrational level to be used by the perceptual process to transform individual quanta in the grid.

As humans raise their vibration and their consciousness becomes more loving, the vibration required by the perceptual process to transform the physical quanta should rise accordingly. The quanta defining matter must accommodate humans in the unchanged state of consciousness as well as other humans in the raised state of consciousness. The perceptual process would need to operate in the lower vibration as well as in the raised vibration in order “to hold the physical construct that is required for humans to exist.” This would be possible only if a planet existed at both vibrational levels. The two planets would not be identical since some constructs on one planet would not exist on the other planet because of the difference in vibration.

This argument suggests that another planet has been prepared for humans at a higher level of vibration. It would be imperceptible to the lower-vibration consciousness which filters out vibrations higher than its own highest possible vibration. The planetary grid at each vibrational level contains the information needed by a consciousness to perceive the matter existing at that level. As a human consciousness rises to that higher level, its perceptual process would be calibrated with the potential in the higher-vibration grid of that planet. The potential specifies the parameter value for transforming the higher-vibration quanta to sensations.
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Each consciousness can choose whether or not to make the shift, and its freewill is not violated when others shift to the higher vibration. A Zeta advised, “As each person has to experience the energetic changes, the need to assimilate with the shift and then to accept the shift when given guidance and inspiration, they should accept it rather than reject it.”

Ascension will be a dramatic change for a human as quanta are perceived at a higher level of vibration. The Zeta said, “All things must change – as they change, the grid changes, and this changes everything.” The phrase, “this changes everything”, is particularly meaningful in that all will be experienced in a higher state of love.

According to the Zeta, the human collective consciousness is developing as expected. They said, “The collective consciousness of this race is moving on a, I would not say predetermined process, but much of what is happening is already being seen. But, of course, yet we believe a future event will cause matter to become non-matter, my friend.” At some future time, the universe of matter in the etheric realm is expected to disappear for many individuals whose perceptual processes become tuned to the higher vibration.

Although it is beyond the scope of this chapter, we can speculate why ascension is desirable. We learned in our conversations with the Zetas that spirit beings look forward to incarnating to the earth environment. The Zeta explained that the conflict on earth cannot be experienced in spirit realm. They said, “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.” Whenever there is a possibility of conflict between two beings in the spirit realm, “they split off and both environments exist.” (See “Conflict resolution in spirit realm” in the book, “A primer of the Zeta race”.) The spirit beings would recognize that the opportunity to love unconditionally occurs more often when there is conflict. Therefore, they would come to the low-vibration etheric realm to raise their vibrational state more quickly.
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After the ascension process, conflict would no longer be helpful and spirits could choose to incarnate to the new planet. The higher-vibration environment would offer a more pleasant incarnation because of the reduced likelihood of conflict.
Appendix A - Reality of the Zeta race

The extraterrestrial Zeta race has communicated extensively with us via the consciousness of the medium, Paul Hamden. They prefer to connect to individual humans telepathically while their physical bodies remain on their home planet. A Zeta said, “So if I am sitting currently on my planet place, and in connection with this human, what is the fastest form, thought flight.” When the medium enters an appropriate altered state of consciousness, they speak using the medium’s physical vocal apparatus. Many people who sat with the medium have conversed with the Zetas in this manner. The conversations with the Zeta beings were recorded and documented in books and articles.

A skeptic might say that the contact with extraterrestrials was a delusion created by the medium’s mind. However, some of the medium’s personal experiences with the Zetas were corroborated by other people who were present. The Zetas confirmed their independence of the medium’s local consciousness in other ways as well. Even when the medium was not present, people experienced unusual physical phenomena that were taken to be evidence of Zeta activity. Some of these phenomena occurred half a world away from the medium’s location. The phenomena discussed in this appendix can be attributed to
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the Zetas, and so they support the claim that the information received from the Zetas reflects an extraterrestrial view of reality.

A1. Zeta Contact with the Medium

The medium’s exposure to anomalous events began when he was a child about five years of age. He began to separate from his body, walk around the house, then re-enter the body. For many years he experienced phenomena usually attributed to discarnate beings such as spirits. When he began to allow the extraterrestrials to come near him and to speak through him, he often perspired and felt ill. He eventually began to receive the training from the Zetas that allowed him to move to a state where they could speak and work through him. After a considerable time, they learned how to move his hands and fingers, how to breathe, and even if need be, to have a sip of water.

On one memorable occasion, he was asked telepathically by two “shimmery” beings if they had his permission to change an energy boundary in his body. They explained that they wished to make a change to the left temporal lobe of the brain so he would not be as affected by the new energies they brought. With some trepidation, he gave permission and felt pressure on each side of his head. The immediate result was an erratic, pounding heartbeat and a nervous feeling. A hard cough instantly returned the heartbeat to normal, and there was a noticeable increase in the sensation of available energy. Notably, the change made to his temporal lobe was detected years later by an Australian aborigine shaman, although she knew nothing of it beforehand.

The medium has had a number of physical experiences with the Zetas, some of which were shared with other individuals. At the age of 20, he and a friend were visited by a cigar-shaped craft that appeared outside the third-floor window of the building where he lived. The side of the craft opened to show two Zeta beings inside. While he and his friend
discussed what they were seeing, two other friends in a car on the street below drove under the craft. They ran to the door of the house, shouting about the craft sighting. There was no further communication with the beings at that time.

Many years later, the Zetas came regularly to speak at séances hosted by the medium. On one occasion the sitters in the séance invited them to come in a craft. The Zetas accepted by taking the medium’s mind well above the planet. From this vantage point, he showed them where a craft could land safely, and they practiced their approach. They landed one night after a group of 20 expectant people had gathered.

As the craft arrived, a heavy mist rolled in and dogs in the neighbourhood began to howl. The medium and one other person saw red and green lights on the partially dematerialized craft. There seemed to be an inducement to keep the eyes closed, and so the lights were not seen by the rest of the group. The occupants of the craft were heard walking on the gravel surface where the group sat. Then they stopped and stood behind each person. The air felt electrified. They then returned to the craft, the mist rolled back as the craft departed, and the dogs stopped howling. The next day, a circular imprint about 12 meters in diameter was visible in the grass where the craft had landed.

Presently, as the medium moves toward connection, the Zetas prepare a particular state of consciousness. When everything is ready, the medium is inside a “sphere of connection” that allows the Zetas to speak. They provide distinct energies which people in the room are often able to detect. There are sensations that may include stinging, temperature changes, and muscle tensions.

The energies can affect people in other unusual ways. For example, when a Zeta speaks, people in the room often experience tears streaming from the eyes, although it is not accompanied by the usual emotion. This confirms the experience of other contactees that
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resonation with the Zeta energy can have unexpected effects on human physiological processes.

A2. Other physical evidence
The medium co-authored several books about the interviews with the Zetas beginning in 2012. Hereafter, his co-author is identified as “the researcher”. Events occurred in the researcher’s presence that were measurable and so can be reported as being relatively objective. Several of these events are described in this section. They are evidence that the Zetas exist as entities separate from the medium. Direct quotes from the Zetas are in italics.

A2.1 Telepathic contact
The first interview with a Zeta occurred with the researcher located in Canada and the medium in Australia. Communication was via typing on an internet chat application which logged the time when each string of text was sent. The night before the interview, the researcher was awakened from sleep by a whole-body buzzing sensation that lasted a few seconds. In the interview the following evening, the Zeta was asked the purpose of the buzzing sensation felt the previous night. The following exchange was recorded by the chat application.

[6:47:47 PM] Zeta: Your preparation, the preparation for connection
[6:48:02 PM] Zeta: was established prior to this conversation
[6:48:12 PM] Researcher: Did you come to me this morning when I felt the buzzing sensation?
[6:48:27 PM] Zeta: We have answered.

The times when the text strings were transmitted show that the answer to the question came before the question was asked. The question was
sent at 6:48:12, and the answer was received in three bursts from 6:47:47 to 6:48:13. The start of the answer was received 25 seconds before the question was sent. The Zeta must have been telepathically aware of the question while it was being composed.

In the early morning after the interview, the metal stopper from the kitchen sink was discovered on the floor about two meters from the sink. This may have been due to a phenomenon like poltergeist activity also reported by other ET contact experiencers.

**A2.2 Clicks in audio recordings**

Occasionally, clicks were heard in the audio recordings of sessions with the Zetas. Although Zetas beings are telepathic, they also communicate with each other using relatively high-frequency audio clicks much like those emitted by dolphins. When such clicks were heard on the recordings, they were carefully examined.

A recording from one session contained particularly noticeable clicks. The pitch of the clicks was lowered by decreasing the sampling rate by a factor of four. A melody emerged approximating a well-known tonal sequence from the 1977 Steven Spielberg movie, “Close Encounters of the Third Kind”. When asked if this sound was significant, the Zeta replied, “We thought that you might find it amusing.”

In another session, the researcher in Canada spoke with the medium in Australia using the Facebook Messenger application on an Apple iPad. The acoustic signal from the iPad was recorded on the researcher’s Apple iPhone. The Zeta said via the medium, “We will try to affect your recording device ... it has been done.” The ellipsis in that sentence represents a duration of eight seconds. During that time, two obvious clicks 160 msec apart were placed in the recording. However, the clicks were not heard acoustically in the room, so the Zeta must have affected the iPhone or the recording medium directly.
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The device that recorded the melody from the movie was in the same room as the medium, while the device that recorded the clicks was located on another continent far from the medium. These recordings are additional evidence that the Zetas behave independently of the consciousness of the medium.

A2.3 The dome construct

The researcher and the medium both attended a series of séances held in 2013 at the Wallacia Development Centre near Sydney, Australia. After arriving at one event, another attendee suggested to the researcher that an anomalous sensation could be felt on the way to the venue. He retraced his steps and felt a definite, brief sensation on the skin as he walked along. The air was still and the sensation was like walking into a ridge of higher density air. The medium explained that the felt resistance was due to an invisible energy dome placed over the séance room by Zetas who were monitoring the event. The dome protected them from natural and artificially generated electromagnetic noise.

A similar phenomenon occurred at a comparable event held in 2014 at the same venue. This time the researcher and a companion happened to feel the placement of the alleged dome before it had been properly calibrated, according to the medium. Both individuals suddenly felt unusually dizzy and slightly nauseous until they moved away from the location. The researcher discovered that the energy of the alleged dome could be detected by his body as he paced back and forth across it. A Zeta later confirmed, “You were being influenced by the shield that was being created ... the closer you came to it, the more your etheric body reacted to the shield, and the further you moved away from this device, the less you felt.”

The researcher used his body as a detector to measure the extent of the felt resistance. The thickness was judged to be about 1-2 meters, with the resistance varying according to the symmetric shape of a bell curve.
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Further, its length extended at least 50 meters along one side of the event venue. The other side was not studied since it was physically inaccessible. According to the medium, the dome protected the dematerialized Zeta bodies from the electromagnetic noise in our environment, facilitating freedom of movement between their craft and the séance venue.

These measurements are consistent with the presence of a protective dome covering the venue and the surrounding area. Its existence was evidence of Zeta activity that was independent of the medium.

A2.4 Telecommunications interference

The researcher at home in Canada was informed one evening by a visitor that he had been unable all day to call either of the two mobile phones in the house. This was confirmed when the two phones were unable to connect with each other. However, at a half kilometre from the house, they were able to connect once more. On returning to the house, the connection failed again. There appeared to be a region around the house in which mobile phone reception was prevented that day.

On the following day while the researcher was in his house, a particularly tight knot developed in the diaphragm muscle of his body which persisted for about 15 minutes. In the past, a likely Zeta presence has been associated with an effect on the diaphragm and stomach muscles of the body. Later that day, the phones stopped working again in the house for a while.

The effect on mobile phone operation alone is not proof of interference by extraterrestrial beings. However, the restricted range of the effect, the physiological effect on the researcher’s body, and repetition of the interference the next day is consistent with the proximity of Zeta beings or technology. Others have reported that extraterrestrial technology interferes with electrical equipment.
A2.5 A Zeta healing

The Zetas have demonstrated their healing ability a number of times, and several healings are described in the book, “A primer of the Zeta race”.

The following discusses one of those cases and the explanation of how it was done. The Zeta described the methodology in more detail than usual. The recipient of the healing was the researcher who developed precancerous skin cells on his nose known as actinic keratoses. The lesion had been treated earlier with cryotherapy but it returned months later. Healing was performed by the Zeta while the researcher and the medium were in their respective homes half a world apart. Communication during the session was over an internet telephone application. The healing process occurred unexpectedly during a period of silence lasting 1 min 26 sec. The Zeta then explained 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.
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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 the desired state. These etheric changes would be actively resisted by the existing physical energy. To help overcome this resistance, the local consciousness was to assist the healing process to reverse the abnormalities. When asked what strategy to adopt, the Zeta suggested, “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 in the following days, the patient occasionally visualized his body at a much younger age, and imagined his current self merging with that healthier physical form.

Figure A1. Stages of the healing process
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The images of Figure A1 show the affected area on the nose at different times before and after the healing. Surprisingly, a change was already apparent about a half hour after the end of the communication 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 the skin returned to normal.
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