

Zeta Science for Humans

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Zeta Science for Humans

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Foreword

The book describes aspects of the Zeta science and technology and discusses how they may connect with human science. Some information from chapters in an earlier book, *A Primer of the Zeta Race*, (Treurniet and Hamden, 2022) are repeated, such as a discussion of the Zeta craft and the technology for creating a cavity in space/time. Two earlier books, *The Zeta Interviews* (Hamden and Treurniet, 2020) and *Alien Interaction Trilogy* (Hamden, 2012) contain the transcripts of interviews with extraterrestrial Zeta beings who spoke to people through the Australian medium, Paul Hamden.

The earlier book, *A Primer of the Zeta Race*, contains analyses of various technical and non-technical topics discussed in the interviews. The present book is for readers who want to think more about the Zeta science. For example, the holographic-like quanta of the Zeta science invite comparison with the holographic principle formulated by human scientists. The Zetas' view of how matter is experienced is similar to the ontological idealism found in some human philosophies. For example, certain parallels of the Hindu Advaita Vedanta metaphysics written long ago are compared to the Zeta cosmology to show that the concepts are not new. The recent model developed by Kastrup (2019) is an updated version of the cosmology.

An article on the Zeta cosmology (Treurniet, 2022) was published in a compendium of academic analyses of consciousness. The chapter is reproduced as Chapter 2 in the book. Also included are two articles originally published in the *Journal of Consciousness Exploration & Research*. These scientific articles show how human sciences may be related to the Zeta science and extended.

1. Introduction

The Zeta race is one of many races of an extraterrestrial species whose home planet is somewhere in the Zeta Reticuli star system. They have a physical existence, and can also be 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.

Over the past several years, Zeta beings speaking through the Australian medium, Paul Hamden, were recorded and documented. Zetas can learn to project their consciousness at the speed of thought to distant places while their bodies remain on their home planet. This ability enables them to interact with the medium's body and speak using his physical vocal apparatus. 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 some other people in the room have learned to distinguish.

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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 can remember little of the conversation later in his normal state of awareness. Therefore, audio recordings were always made. The complexity and consistency of the Zetas' responses to questions are 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, such as the shared appearance of craft acknowledged by several people at a time.

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; that is, it is the consciousness that we all share. The Zeta cosmology that follows from this concept offers an all-inclusive, consistent 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 the ontology of idealism. The following chapters explain how things work in the energy of consciousness, including how consciousness produces the world of matter. Human scientific knowledge can be reinterpreted and integrated with a science based on idealism. Chapters such as *Connections to human theories* suggest how this might be done.

2. An extraterrestrial cosmology¹

A comprehensive extraterrestrial cosmology grounded in consciousness accounts for well-known but inexplicable phenomena such as near-death and out-of-body experiences, telepathy, and remote viewing. It also accounts for the instantaneous materialization of matter and some puzzling behaviours of alleged extraterrestrial craft. Consciousness is said to be a potential that is instantiated in any form that is required. It has attributes that include a multidimensional vibration and intrinsic processes of creation and perception. The perceptual process transforms configurations of consciousness to potentials experienced as sensations. The sensations are commonly but incorrectly interpreted as matter that is separate from consciousness.

Mysterious craft are seen in the sky from time to time that appear to be controlled by intelligent beings. Occasionally, non-human beings have been observed next to craft on the ground, or they have contacted

¹ Reprinted from “*A Greater Reality: The New Paradigm of Consciousness, the Paranormal, and the Contact Modalities - Vol. 1,*” Hernandez, R., Schild, R., Grosso, M., Klimo, J., Long, J. (Eds), © Consciousness and Contact Research Institute, p. 448-491, 2022.

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individual humans without craft. An extensive survey found that most contact experiences have been positive (Hernandez et al., 2018). Detailed reports of craft sightings and contacts with humans suggest there are non-human intelligences on Earth that may be extraterrestrial.

Several such beings have spoken with groups of people through a human contactee, Paul Hamden, who is also an experienced medium. When the medium enters a particular altered state of consciousness, a being can speak with the medium's voice. They said they are extraterrestrial and called themselves the Zeta race. To come to our planet, they connect to an individual human telepathically or travel in a craft. The journey in craft takes time, and so they prefer to interact with the human consciousness while their bodies remain on their home planet.

Many people conversed with these Zetas over a number of years. The discussions were about the Zeta race, the human race, and humanity's relationship with extraterrestrial races. The interactions were unscripted, and both the complexity of the information and its internal consistency support the claim that the sources of information were entities other than the medium. Transcripts of the recorded conversations were published in Hamden and Treurniet (2020). The information was analyzed from different perspectives in Treurniet and Hamden (2022).

Events experienced by the medium, including two close encounters with Zeta craft, were witnessed by acquaintances. The shared experiences established that the extraterrestrial contacts were not imagined. Also, extraordinary physical phenomena attributed to the Zeta presence were experienced by others in the absence of the medium. Some of this physical evidence is documented in the appendix to Treurniet and Hamden (2022).

The Zetas spoke of a reality greater than our physical universe. A cosmology emerged in which experiences in a consensus reality are transformations of patterns in consciousness (Treurniet, 2019). As with any cosmology, there are initial conditions and these are expressed as attributes of consciousness.

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The cosmology accounts for various phenomena that cannot be explained by human science. It stands on its own merits, independent of the source of the information. The author's role was to help pose questions to the Zetas, comprehend the received information, and present it in an accessible format. In the following discussions, quotes from the Zetas are written in italics.

2.1 A cosmology based on consciousness

The foundation of the Zeta understanding of reality is consciousness. All that exists, including our universe of matter and other states of existence not accessible to us, are configurations of an energy of consciousness.

For the Zetas, the ground of all being is *“a living entity of total consciousness, oligarchical in nature, and is partially living as an experience in separation, through illusion, of self through the vesture of matter.”* The being of total consciousness lives an ‘experience in separation.’ It consists of many entities and environments, some of which are experienced as matter and others as non-matter.

Consciousness is all-inclusive. The things we consider to be inanimate are as much configurations of consciousness as the beings who are self-aware. A Zeta said, *“These supposedly inanimate objects are conscious things. ... 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.”*

Some of the energy of total consciousness is configured to form entities that we call souls. In the Zeta's words, *“The soul belongs to a class of energies which distinguishes it from all other conscious entities in the universe. It is self-aware and understands its distinctiveness. The soul is multifaceted and incarnates in many states of being in many realms while still remaining one entity.”* The multifaceted energy allows consciousness to appear to be in separation and individual facets to have independent experiences.

2.1.1 Attributes of consciousness

The Zeta said of the energies of total consciousness, “*Originally, all energies come from one place, one source energy; they long to be reunited with the ‘whole’.*” The pressure to form a wholeness once again is an organizing principle acting on many layers of separation in consciousness. Unity will eventually be achieved through the experiences of entities in these layers of separation. Experiences can be generated because consciousness has a number of fundamental attributes. These attributes are arranged in broad categories in Table 2.1.

Table 2.1. Essential attributes of consciousness

<u>General attributes</u>	<u>Specific attributes</u>	<u>Intrinsic processes</u>
Existence	Vibration	Creation
Wholeness	Resonance	Perception
Malleability	Potentials	Intention
	Grid	

The *General attributes* column of the table says that consciousness is malleable, and that all possible configurations exist simultaneously as potentials in a unitary concept.

The *Specific attributes* column says that consciousness has properties analogous to those of an acoustic or electrical wave. The analogy of a single waveform was used by a Zeta to represent ‘all-that-is’. A part of the waveform having a particular vibrational state may or may not resonate with a different part. Beings may thus see themselves to be ‘in separation’, contrary to the conclusion drawn from the General attributes column. Total consciousness has attributes known as potentials. Instantiations of particular potentials are a being’s experiences of sensations. Finally, a grid exists without form as an all-pervasive potential in consciousness. It is instantiated as needed by the creation process to support thought forms. In our universe, the grid

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‘holds all space and time’, indicating that spacetime was created from potentials in consciousness.

The *Intrinsic processes* column lists operations that are fundamental to consciousness. These are the tools available to consciousness so beings can have experiences. These tools function in the context of the attributes of the first two columns. When a being has the proper intention, a relatively permanent representation of its thought, a creation, is placed in the grid at the being’s level of vibration. The representation is decoded by a matching perceptual process which instantiates specific potentials in consciousness. The potentials are the sensations experienced by a being. Other beings at the same level of vibration or higher may also perceive the creation and share in that consensus reality.

The following list explains the table entries in more detail.

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.*” That is, things not yet revealed via the creation process (see **Creation**) could be described as potentials in consciousness. A particular potential is the possibility of an existence.

Wholeness - The total consciousness is a single entity containing all that exists. A Zeta said, “*There is nothing that can be created that is outside of it.*” There is an “*energetic field that 'is and always is'.*” The layers of separation are illusions experienced by individual facets of consciousness.

Malleability - Consciousness is configurable. Configurations may be realms defined by “*definitive barriers and boundaries for what may exist,*” and include the thought forms experienced as matter. Consciousness can be reconfigured to transfer information between processes or to effect change.

Vibration - Vibration is a multidimensional property of consciousness on an ordinal scale. That is, a given vibrational state is higher, the same, or lower than another, but there is no metric for measuring the distance

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between them. An entity has a *highest possible vibration* but may achieve higher vibrations by resonating with other entities.

Resonance - To achieve resonance, two entities raise or lower their vibrations until they are in harmony together. A state-dependent boundary is experienced when an entity is unable to resonate with a particular energy of consciousness.

Potentials - A potential is the possibility of an existence in consciousness such as a sensation. Sensations are instantiated by the perceptual process (see **Perception**).

Grid - The grid is a multidimensional construct in consciousness required by the creation process (see **Creation**). It is a mental substrate in which thought forms persist so they may be experienced by their creator and other beings of like vibrational state or higher. The grid has no form in its '*true state*', suggesting that it is then a potential in consciousness. It is instantiated to support newly formed creations.

Creation - Creation is the instantiation in the grid of a thought which already exists in total consciousness as a potential (see **Existence**). The creation process occurs at a vibrational state available to the creator being.

Perception - The perceptual process of a being transforms creations into consciousness potentials. The transformations may be experienced only by entities who have access to the vibrational state of the creation, and so share a consensus reality with the creator.

Intention - To have an intention is '*to place a belief structure in thought that something will change.*' An intention enables one configuration of consciousness to modulate another.

Can these attributes of consciousness help to understand the nature of consciousness itself? In the discussion of the attributes, the word 'potential' was employed several times. In particular, (a) all that 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 new creations, and (c) the experience of a sensation results from instantiation of a particular *potential* in consciousness. These attributes

suggest that consciousness is a potential that is instantiated in any form that is required.

2.1.2 The creation and perceptual processes

The human race is restricted on a vibration dimension of consciousness to a range which defines our physical universe. This range of vibrations is known as the etheric realm. Realms also exist at higher vibrations that humans cannot sense in their waking state of awareness. As explained by a Zeta, *“The frequency of the human race is based in a lower frequency and because consciousness exists in different forms and states of frequency, to access memories from a different frequency field, the human is negated from accessing that information.”* Because the human race exists at the lower vibrations, we are unaware of much information that is beyond our reach. In all realms, beings create in order to gain experience.

2.1.2.1 Creation

The intrinsic process of creation enables a creator being to place a pattern in the grid that represents a thought form in its mind. The creation process is analogous to making a simple physical hologram. That is, light of a particular color from a laser is split into two beams. One beam, known as the reference beam, is directed to a photographic plate. The other beam, called the object beam, is reflected from the object to be recorded. The object beam interacts with the reference beam to form an interference pattern on the photographic plate. An image of the original object may then be constructed by illuminating the photographic plate with light of the same color as the reference beam that created the interference pattern.

The creation of a thought form follows an analogous process. States of consciousness ordered according to their vibrational level are analogous to the spectrum of light. A being has a *highest possible vibration* analogous to the frequency of light used to make a hologram. When the being has the intention to create, the thought of the desired object modulates the highest possible vibration, although lower vibrations may

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be used if required. The modulated energy is combined with the unmodulated energy to produce an interference pattern. The interference pattern is preserved somewhere in the multidimensional grid, a mental construct analogous to the hologram's photographic plate.

The Zeta referred to the holographic-like patterns in the grid as *quanta*. The quanta represent the experience of a thought as it was conceived in a creator's consciousness. A created pattern is not a concatenation of less complex patterns, unless that was the creator's intention.

Although the creation process is intrinsic to consciousness, humans in the etheric realm are generally unable to bring new matter into existence by thought alone. Small effects of human mind over matter have been observed (e.g., Schmidt, 1977; Jahn, 1982; McTaggart, 2007; Radin, 1997; 2012), but only rarely is it reported that a human can materialize objects of matter (Haraldsson, 1987; Talbot, 1991). The reason may become clear by analogy with modulation of a radio frequency carrier wave. The carrier can be amplitude modulated by a voice or music signal to be transmitted. The modulated carrier contains frequencies higher than the unmodulated carrier. This is analogous to modulation of a being's highest possible vibration in the creation process. A Zeta explained that the modulation requires a *space of expansion* to accommodate vibrations beyond the highest possible vibration (Treurniet and Hamden, 2022). Humans typically lack the space of expansion, so they are unable to create thought forms.

Consciousness without quanta would be a potential where all things are possible. According to a Zeta, "*Consciousness has all information, but how consciousness reveals it to itself is a different process, nothing is created.*" That is, all possible thoughts are potentials in consciousness. Consciousness reveals a thought by instantiating it in the grid. By so doing, the thought is shared with other beings. Since all beings are facets of total consciousness, consciousness reveals the thought to itself with that process.

2.1.2.2 Perception

A creation is experienced anew when it is acted upon by a being's perceptual process. Like creation, the perceptual process is an intrinsic function of consciousness. Perception transforms the information in the created interference pattern into the thought from which it was created. Like the image of a physical hologram, the thought is recovered by 'illuminating' the interference pattern in the grid with the unmodulated vibration of consciousness that participated in the creation process. The thought then becomes part of the being's experienced reality. Other beings who have access to that vibrational state, including those whose highest possible vibration is higher, can reconstruct the same thought. Things created in our universe are experienced when etheric patterns are transformed to sensations by the matching perceptual process.

Matter is inferred by an entity from the sensations that it experiences. A Zeta said, "*Matter is an intermediary process. It is a development of consciousness ... a conjoined process of smaller levels of potentials. Potentials are used as the device mechanisms for experiential processes.*" Consciousness potentials are the sensations elicited when the perceptual process transforms quanta representing an object. The sensations are irreducible properties of a being's consciousness but are often interpreted as properties of material objects separate from consciousness.

Like all matter, the human body is an object represented in the grid by vibrating quanta. A Zeta said, "*It is able to on many frequencies understand emotions, energies, interchange of energy, and matter to energy.*" The consciousness of the body, or spirit, is a facet of a higher-vibration entity known as the higher self. After conception, the facet merges with the etheric body and becomes the body's highest possible vibration. The Zeta explained, "*Higher self moves to integrate with a physical container; the etheric body is the field which allows the blending, and once the body terminates, the etheric form is absorbed by the originating consciousness.*"

The etheric body enables the higher-self consciousness to experience matter in the etheric realm. The local consciousness, merged with the

etheric body, filters sensory information sampled from the quanta in the grid. The information may also be passed to the higher self through a less structured, non-ego driven, subconscious process. The perceptual process in the higher self then transforms the information to consciousness potentials which are experienced as sensations.

2.2 Multidimensional vibrations

Everything that exists has a vibration that distinguishes it from other things. The vibration dimension has an ordinal scale, meaning that a given vibrational state is higher, the same, or lower than another state, but the distance between them is not defined. A Zeta said, “*No numerical values are able to be given to what frequencies exist between us and your realm.*”

They agreed that their use of ‘frequencies’ in this context was unsuitable since frequency is a function of time, and the dimension of time is not a basic attribute of consciousness. The intended meaning of frequency was “*the level of consciousness that an entity holds, and so as you move from one frequency to the other, your consciousness is placed in an expected state.*” A more appropriate word with a similar meaning is vibration, a sensation that can be felt and compared in the ‘now’.

The Zeta’s comments suggested that vibration is multidimensional (Treurniet and Hamden, 2022). It may be represented by a matrix, $V[i][j][k][\dots]$, extended to as many dimensions as required. Several of these dimensions were revealed in a discussion about the human etheric body. A Zeta said, “*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.*”

The *one frequency in the physical* is a relatively constant vibration that is within the range defining the etheric realm. It is located on the i th dimension of the model. The Zeta said, “*We would know who the human was by their prior frequency,*” and so the vibration appears to identify each human individually. It also enables humans to resonate with beings at other levels of vibration on the dimension, and it is instrumental in the process of self-healing.

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The Zeta mentioned ‘*multiple frequencies in the etheric body*’, and these would be represented on another dimension of vibration. The ‘*multiple frequencies*’ encode the various etheric patterns of energy that represent the structure and function of the physical body. The Zeta said, “*The cells exist in energy, they are resonating at certain frequencies which combine to form a physical human container.*”

The Zeta also referred to a dimension of harmony, “*Each time you act in a loving way towards each other, you are raising your vibration. ... When you are in complete harmony with other beings, you are in a symbiotic level of consciousness with the entity, and there are no words to state and no emotional capacity to understand the silence, the peace.*” Harmony is represented in the model by the *j*th dimension. It refers to the affective relationship one has with all that exists. Humans with a low vibration on this dimension experience much fear, despair, or sadness, whereas high-vibration humans have more positive feelings such as compassion, gratitude, and unconditional love.

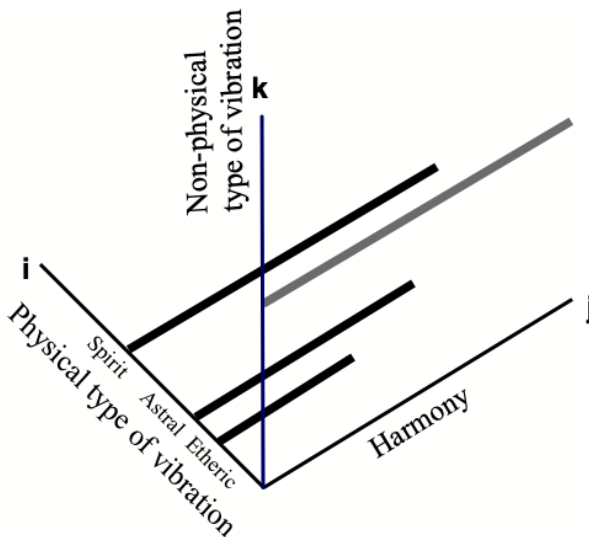


Figure 2.1. A multidimensional model of vibration.

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Figure 2.1 shows the **i** and **j** axes in a drawing of the model limited to three dimensions. The label on the **i**th axis is “*Physical type of vibration.*” This axis shows a hypothetical being’s etheric vibration on that dimension. The bar extending from this vibration as a base shows that the being has developed a certain level of harmony on the **j**th axis.

As well as the etheric type of vibration on the **i**th dimension, a Zeta confirmed that other types of physicality also exist. They said, “*There is a potential for beings of races to exist in the different forms of physical frequencies. ... 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.*” Finer levels of physical vibration are found in the astral and spirit realms which typically cannot be experienced by awake humans. These realms are also shown in Figure 2.1 as base vibrations on the **i**th dimension. Like the etheric realm, they are identified as physical types of vibration, and so the **ij** plane is the physical plane.

A being’s vibration on the *Physical type of vibration* dimension, combined with its vibration on the *Harmony* dimension, is “*the highest possible frequency that you are able to be determined by*” in the Zeta’s words. This resultant vibrational level is the *highest possible vibration* available to the creation process, and limits what can be revealed to a being by the perceptual process. A being’s *highest possible vibration* in the model is its location on the physical **ij** plane.

The Zeta revealed that there are also non-physical types of vibration. Beings of these vibrations are not physical but are “*multifaceted in energetic form. ... they do not contain the frequencies that relate to being of matter.*” These might include alleged angelic beings and other entities mentioned in folklore and the metaphysical literature. A human may occasionally experience such a being when an image is projected directly to the senses. The vibrational state of the being is expressed by the model as $V(\mathbf{i}, \mathbf{j}, \mathbf{k})$, where the **i**th index is zero and the **k**th dimension represents a ‘Non-physical type of vibration.’ In Figure 2.1, a hypothetical being is represented on the non-physical plane by the bar extending from the **k**th axis.

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The etheric, astral and spirit *Physical type of vibration* are all existences accessible to humans. 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) are on the **ih** axis as well, interspersed among the base vibrations of other physical types. Quanta everywhere on the **ij** plane are experienced as matter when transformed by a matching perceptual process.

2.3 The existence of realms

Realms are regions in the multidimensional vibrations of consciousness that differ in their vibrational states and, therefore, cannot be accessed by all beings. Recall that a thing placed in the grid by the creation process can be perceived only by beings having access to the vibrational state of the creation. This applies to realms as well.

Realms are different from one another because they vibrate at different levels, and the borders of a realm are defined by its vibration. The Zeta explained that a realm boundary exists for a being when the being does not have the ability to resonate with the particular energy. The state of consciousness of the being may resonate with energies inside the realm but not at its perceived edge. The realm boundaries are important because they help the realm inhabitants define who they think they are.

Like matter, realms are perceptions created in the mind. A realm persists only while a being's vibrational state continues to resonate with it. When a being manages to raise its vibrational state, it can become aware of previously hidden regions in the vibrations of consciousness. Beings that exist at the highest states of consciousness do not experience realm boundaries at all. These beings have moved themselves *'to a place of understanding that there are no barriers.'*

2.3.1 Instances of realms

Realms are creations, and so an entity was responsible for creating the etheric realm which defines our universe. The creation appears to have included whatever was required for the realm contents to evolve according to the natural laws we experience. For example, the attributes

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of quanta determine the detailed physical properties of matter such as electric charge. A Zeta concurred, “*All matter is, at a subatomic level, based on particles, which means that matter is in a constant state of resonance with other matter to form what is classed as gross matter.*” For clarification, they added, “*All subatomic particles broken down to their finite level pass the energy as consciousness.*” So, subatomic particles originated in consciousness when the etheric universe was created, and the quanta defining the particles interacted and combined according to their states of resonance as the universe evolved.

Some people in the etheric realm are able to achieve an altered state that enables them to experience the astral realm, another *Physical type of vibration* (Figure 2.1). The local consciousness separates from the etheric body and finds itself in a higher-vibration astral body. Our conversations with the Zetas revealed that “*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.*” Astral experiences are often reported to be similar to those in the familiar etheric realm. This should be expected since the experiences occur in a context created by human mental activity.

Another instance of a realm construct is what is commonly known as the spirit realm. This realm provides the infrastructure needed by spirit beings who wish to incarnate to the vibrational level of the etheric realm. A Zeta described the spirit realm using two levels of analysis (Treurniet and Hamden, 2022). One was at the level of a being’s experience while the other described relationships among beings viewed as threads of information. When spirit beings are viewed as information threads, the threads may join with other threads. The joined threads form higher-vibration group minds. However, the thread level of analysis is not recognized by the beings in the spirit realm. They unknowingly use the information in the threads to create physical experiences and persist as individuals as long as desired. The spirit rediscovers its *true self* on returning from an incarnation, and lives in a manner consistent with its mental processes or thoughts.

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There are many spirit realms, each associated with a planet in the universe. The various spirit realms are vibrationally aligned but are distinguishable due to the different locations of the planets. Spirit beings may move from one spirit realm to another and can choose to incarnate on any of the associated planets. Humans might encounter beings from such planets when we or they become sufficiently advanced space-faring civilizations.

The Zetas inhabit *Physical type of vibration* realms like humans do, but these realms are not vibrationally aligned with the human realms. The difference in etheric vibration may cause humans to become ill after close contact with the Zeta beings (see Section 2.5). Also, the Zetas are careful not to intrude on the human spirit realm, as their incompatible vibrational states would interfere with spirit realm functionality. They said, “*We are not to enter into the spirit realm, because that is to then redefine the parameters of the spirit realm container.*” The prohibition on entering a spirit realm is a core belief of the Zeta race that is always respected.

The Zeta and human realms are vibrationally incompatible, but Zetas appear able to shift temporarily into the human realm. Alternatively, there is a possible avenue for direct contact and information exchange. A Zeta referred to a ‘*nexus of information*’, a high level of vibration common to both Zeta and human realms. The *nexus* state of consciousness is achievable by Zeta beings but was said to be well beyond the reach of spirit realm beings.

2.4 Heterodyning states of consciousness

Consciousness has information that is distinguished by its vibrational level. The flow of information can be controlled by a process known as heterodyning. Humans discovered how to apply the heterodyning process in electronic circuitry. A simple application creates an output signal that depends on the properties of two input signals. Specifically, the frequency of the output is the difference between the frequencies of the inputs. The input signals must pass through a non-linear device such as a transistor.

A Zeta confirmed that this physical process is analogous to a process in consciousness (Treurniet and Hamden, 2022). For example, two beings with different vibrational states may interact to create a potential at the difference between them. The difference potential enables the beings to move more easily into that vibrational state. The non-linearity analogous to the transistor device is the intention of the participating beings.

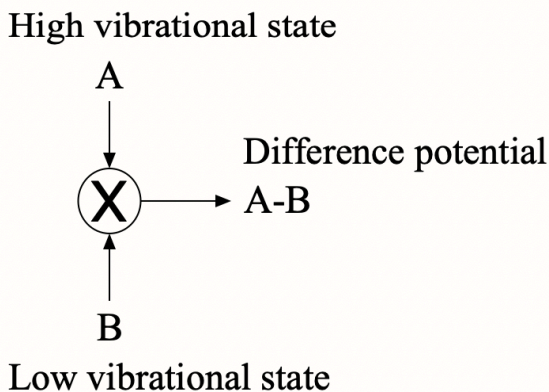


Figure 2.2. Heterodyning vibrational states

Figure 2.2 is a schematic of the process. A and B are the respective high and low vibrational states, intention is signified by X, and (A-B) is the difference potential.

Heterodyning is a key function in a number of processes in consciousness. It enables one vibrational state to communicate information to another vibrational state in a controlled way. The following discusses how the heterodyning process can facilitate shifting one's vibrational state to a higher level, how it is part of the process of self-healing, and how the Zetas use it in a technology for creating a separate realm environment.

2.4.1 Shifting vibration of consciousness

Vibration is multidimensional as discussed in Section 2.2, so the heterodyning process is applied to the dimension chosen by a human's intention. The *Harmony* and *Physical type of vibration* dimensions shown in the graphic of Figure 2.3 form the physical plane of vibration available to humans and other physical beings.

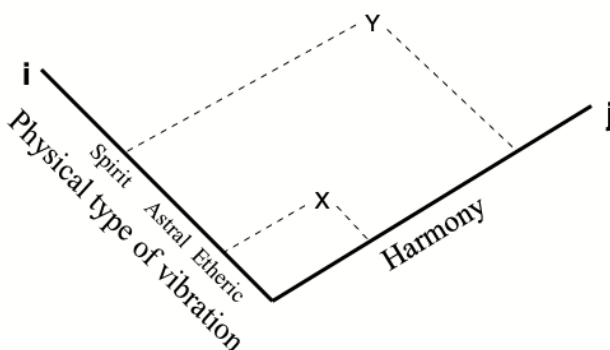


Figure 2.3. Positions on the physical plane of vibration.

A human may raise their vibration on the *Harmony* dimension by heterodyning with a higher vibration being. The being might be part of the human's spiritual belief system who, according to a Zeta, will happily participate since the heterodyning process is not a burden. The process begins with the human moving to the highest state of love that is already possible for them to achieve. The Zeta advised, “*That strong emotion gives you the capacity to be in a different frequency.*” That is, the feeling of love increases the human's capacity to shift to the even higher state of love facilitated by the heterodyning process.

In Figure 2.3, a human in the etheric realm is represented by X and a higher vibration being in the spirit realm is represented by Y. The input vibrations from the human and the higher vibration being are held simultaneously in the human's mind. The human's intention is the non-linearity required to activate and maintain the heterodyning process. Consistent with the intention, a potential is formed at the difference between the input vibrations on the *Harmony* dimension. The potential facilitates the shift of the human's consciousness to that difference vibration. The shift is felt as the onset of a loving energy, a sign that the heterodyning process was successful.

Alternatively, the intention could apply the heterodyning process to the *Physical type of vibration* dimension. Some extraterrestrial beings such as the Zeta race exist at vibrations on this dimension that do not resonate with the human vibration. Nevertheless, a human medium might still connect with such a being by matching their vibration to the being's vibration. This could be done with the cooperation of a higher-vibration spirit being. By heterodyning the medium's vibration with an appropriately selected vibration of the spirit being, a difference potential would be created at the vibration of the extraterrestrial being. The medium could then shift to the difference vibration and resonate with the extraterrestrial being. The resonance would enable a connection for communication to be created if that were the intention.

2.4.2 The self-healing process

The human body, like all matter in the universe, is defined by quanta in the range of vibrations of the etheric realm. The quanta of the etheric body contain information that corresponds to the form and function of the physical body. When the quanta are transformed by the perceptual process, the etheric body is experienced as the physical body.

A 'blueprint' of the physical body is retained by the local consciousness in the form of consciousness potentials. The blueprint is derived from the generic template for a body of the human race, modified according to the characteristics of the particular individual.

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A healthy, uninjured physical body conforms to the consciousness potentials or blueprint defining the body. The Zeta said, “*The etheric body understands its potential. It seeks to continually keep the physical body to that potential.*” When there is an injury, “*The cellular reconstruction is aided by the potential of the etheric body’s blueprint that would denote the original form.*” The etheric body is normally kept in the state specified by the blueprint information in consciousness so that the experienced physical body has the expected function and appearance.

The Zeta was asked how etheric information is communicated to the physical cells of the body. They responded, “*Underneath the energy is consciousness. It is the quanta information of the cellular structure of a human body. That consciousness indicates what is the action of the recreation of the cellular process, and of course, all other potentials then exist. The energy then is actively working towards healing the physical cellular disruption.*” The injured body heals according to the blueprint information in the local consciousness.

With the intention of the local consciousness, a continuous heterodyning process monitors the state of the physical potential of the etheric body. The physical potential is the etheric base vibration of the *Physical type of vibration* in the model of Figure 2.1. It is constant throughout a healthy body and is the lower-vibration input to the heterodyning process. The higher-vibration inputs are the consciousness potentials representing the body blueprint. These potentials vary according to the blueprint information. In the above quote, ‘*all other potentials then exist*’ refers to the heterodyning difference potentials.

When the body is healthy and undamaged, the physical potential is constant, and so the difference potentials follow the varying consciousness potentials of the blueprint. When the body is damaged, the physical potential at the site of the injury is distorted. The distortion causes the difference potentials to deviate from the consciousness potentials defining the healthy body. The deviation of the difference potential identifies a need for healing at the location where it occurred.

The local consciousness initiates the healing process when the difference potential indicates that it is required. When the body is healed, the physical potentials at the site of the injury are restored to the normal level, and the difference potential is brought back into line with the blueprint information.

2.4.3 Simulation of an environment

A Zeta confirmed rumors that humans had been given access to an extraterrestrial technology capable of creating a ‘synthetic quantum environment’ or SQE (Treurniet and Hamden, 2022). The SQE is a container in the energy of consciousness that is like a realm. It is populated with objects in the etheric universe transposed to the higher vibration of the SQE. They said, “*There is a device that is used to create the enfolding of the special process and then once the cavity is created, it is populated with the correct molecular image that will then represent the environment that was to be used for exchange of energy and information.*” They added that it exists for ‘*the purpose of experience*’ and ‘*as a place of learning.*’ The entry of a human into such a simulated environment would be similar to beginning an out-of-body astral experience - the movement of consciousness to a higher-vibration body.

When the Zeta explained how the contents of the SQE are created, it was evident that the technology employed the heterodyning process. The lower-vibration input to the process is supplied by a *matrix of reality*, the etheric environment to be simulated. The other input is a constant higher-vibration energy supplied by a Zeta operator who has the required intention. The resulting difference potential exactly follows the variations in the *matrix of reality* since the vibration supplied by the Zeta being is constant.

The heterodyning difference potential guides the process that creates the SQE contents. The infrastructure of the SQE is a mixture of technology and consciousness ‘*that allows itself to be given input which then creates the internal form.*’ The contents of the SQE are experienced as matter, so quanta are created from the information in the difference potentials.

2.5 Illness from contacting higher vibrations

People who have had close contact with extraterrestrial beings may report that they felt ill afterwards. This phenomenon was confirmed by a Zeta who said, *“When you are in our presence, our energy filters into your energy and then there are changes that are temporary. There are changes to your body and consciousness. This is because humans are taken out of this corporeal three-dimensional realm and moved closer to their true self.”*

When the Zeta’s higher-vibration energy interacts with the human body, the body’s vibrations are increased and its biological processes may malfunction. A Zeta craft also emits the higher-vibration energy, and a Zeta recommended that humans approach no closer to a craft than 30-50 meters.

Further, they said, *“When the human is connected to us, the cells are excited as we are of a different frequency.”* The change in vibration *“allows manifestation of what is an underlying unwellness in the human.”* This suggests that the humans who became ill were already unwell before the encounter. The Zeta vibration disrupted the human body’s ability to manage the illness and so the illness became noticeable.

The Zeta’s vibration appears to affect the human’s *Physical type of vibration* involved in the self-healing process. When the encounter interferes with self-healing, it may exacerbate an existing medical condition. As can be seen in Figure 2.1, an increase in the etheric type of vibration on this dimension would move the human closer to the spirit realm vibration. As the Zeta put it, the human would be *“moved closer to their true self.”*

Physical contact between a Zeta and a human can create what appears to be a burn on the skin of the human. The Zeta explained, *“You cannot touch us, you would be burnt. As you moved closer, your skin would become burnt because of frequency.”* The higher-vibration energy of the superposed states of consciousness would affect the human’s physical cells so they appear burnt.

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A survey of 50 contactees by Marden and Stoner (2011) found that 22% of respondents had suffered ‘burns, hair loss or conjunctivitis’ following the contact experience. Burn marks on the upper back and sunburn-like rashes were reported, sometimes on the entire body. Presumably, these burns were from exposure to the incompatible vibrational state of the extraterrestrial energy.

Close proximity of a human to a Zeta could also have a deleterious effect on the mental health of the human. The Zeta said, *“To look into the eyes of the race, you may lose your mind, your construct would disintegrate.”* The container of the human’s local consciousness would be damaged by the nearness of the Zeta’s etheric body. When asked if the effect were caused by looking into the eyes or just being near, the Zeta replied, *“The nearness to the body, because of the frequency that encompasses the physical container. Also, the consciousness which permeates from all living organisms is a different state of existence.”* To prevent such harm from their race, the Zeta said, *“We do not allow the humans to look into our eyes. You may see an imagery of us, it is a projection.”*

The Zeta was asked if the vibrational states of some races closer to the human state would be less likely to cause burns. They replied, *“There is obviously potentials for different beings that interact with humans.”* That is, beings from various races would expose humans to different potentials or vibrational states. They continued, *“It is the consciousness that causes the physical form to become burned. This is why most contact is a form where the human is asleep, because the consciousness does not operate in its normal parameters.”* The Zeta advised that humans are less likely to be harmed by physical proximity when they are asleep and therefore less aware.

In general, the likelihood of harm is minimized when contact is not resisted. They said, *“The defence creates a energetic barrier around the physical body which provides a potential for the human to present the skin, or the epidermis, as being burned. ... The stronger your resistance to contact situations, the more potential there is for you to be harmed.”*

2.6 Applications of the cosmology framework

The Zeta cosmology has fundamental attributes and general processes that can be used to explain or predict phenomena. A variety of human experiences cannot be explained by current science but can be understood in the context of the cosmology. Phenomena that are hard to explain include near-death experiences, out-of-body experiences, remote viewing, and telepathy. Inexplicable physical phenomena have also been seen, such as materialization of apports and certain behaviors of presumed craft. Even everyday sensory experiences are not understood since they are not a function of matter. The cosmology offers insights into these phenomena.

2.6.1 The experience of sensations

Sensory experiences are common but are hard to explain. They are often taken for granted and the need for an explanation is easily ignored. For example, the experience of a certain color of light is explained in terms of the associated physical parameters such as wavelength and intensity. These parameters predict the quality of an experience in words but cannot describe the experience itself. According to the Zeta cosmology, quanta are transformed by the perceptual process and instantiated as higher-vibration consciousness potentials. These potentials are the experiences of sensations.

In higher-vibration realms, the quality of sensations should be enhanced when quanta are rendered and transformed with greater precision. Also, the greater range of vibrations may yield sensations not available to lower vibration beings. Ziewe (2008, p. 165) encountered sensory experiences in his out-of-body travels that were unknown to him in the lower-vibration etheric realm. Alexander (2012, pp. 38-40), in a report of his near-death experience, described another world that was ‘brilliant, vibrant, ecstatic, stunning.’ The color of people’s clothes ‘had the same kind of living warmth as the trees and the flowers.’ A girl’s outfit had an ‘overwhelming super-vivid aliveness.’ He found himself riding on the wing of a butterfly, ‘alive with indescribable and vivid colors.’ He experienced truly unusual sensations in the higher-vibration realm.

2.6.2 Near-death and out-of-body experiences

The idea that a spirit consciousness persists after the failure of the body is becoming more accepted. Many people have reported a near-death experience (NDE) when the body fails temporarily after a heart attack or other potentially life-ending events (e.g., Ring and Cooper, 2008; Van Lommel, 2010; 2013; Long, 2010; Alexander, 2012). When a NDE occurs, the consciousness of the person separates from the distressed body and finds itself in a similar body that is invisible to other humans in the room. In this state, the consciousness may have various novel experiences including blissful meetings with deceased acquaintances and angelic entities. Eventually, the consciousness returns to the injured body to tell others about the experience.

A consciousness may also separate from an uninjured body. This tends to occur when it is not aware of the body. The consciousness finds itself in a similar body in another place which can seem more real than the familiar waking experience. This is known as an out-of-body experience (OBE) (e.g., Buhlman, 1996; Ziewe, 2008; 2015; Peterson, 2013; Kirkpatrick, 2015; De Foe, 2016).

According to the Zeta cosmology, all objects of matter in our universe are configurations of consciousness. The configurations are holographic-like patterns, or quanta, existing in the etheric range of vibration. Since the human body is matter, it too is represented as quanta. The body can be perceived only with perceptual processes tuned to the etheric vibration.

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. When the local consciousness recognizes that the body may be beyond repair, it releases itself from the etheric body and moves to a body that is invisible to onlookers. The consciousness returns when the body is resuscitated, and the person may report an NDE.

A similar movement of consciousness to another body occurs at the beginning of an OBE. A Zeta described the transfer of conscious

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awareness 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 creation process intrinsic to consciousness brings an astral body into existence that is patterned after the etheric body.

The created astral body also has a holographic-like representation in consciousness. However, it 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. Any humans in the etheric realm cannot decode the information in the astral body because their perceptual processes are tuned to the lower etheric vibration. On the other hand, the consciousness in the astral body is still aware of the lower-vibration etheric body and its surroundings since any being can transform quanta at its highest level of vibration or lower.

The astral body that appears during an NDE or OBE exists in an environment that may initially appear similar to the familiar Earth environment. The perceptual process tuned to the astral vibration continues to transform quanta in either realm, and so consciousness continues to experience matter. In the astral realm, experiencers may report that their body flew to another location or moved there at the speed of thought (Ziewe, 2008, pp. 35-36,130). The environment may change according to their expectations or intentions as if their thoughts were externalized.

Ziewe (2008, p. 129; 2015, p. 53) observed that thought occasionally influenced objects and events during his astral experiences, although not all thoughts were equally effective. Thinking spontaneously or allowing thoughts to arise naturally out of expectation was more powerful than merely having the intention to create. Ziewe (2008, pp. 138-139; 2015, p. 91) concluded that there were still ‘laws of nature’ influencing such higher-vibration experiences. A Zeta agreed that a higher-level construct of consciousness like a realm influences the belief structure of every inhabitant and so encourages a consensus reality.

2.6.3 Telepathic communication

What is telepathic communication? The medium explained, “Images are sent to us via telepathic communication from spirit and guides. We may see the images via our imagination or as a vision. We can see images, symbols, direct information, and colors, or just sense the energy emotionally” (Hamden, 2012, p. 110).

The Zeta said, *“The grid is used by many races and planetary beings, somewhat like a communication process. Not only does it aid in the telepathic communication between your beings of this planet, we use it as well. All conscious thought is placed into the grid, and it is used by many ET races as a medium for telepathic communication.”* To communicate telepathically, a being creates a message in the form of quanta in the grid. The perceptual process of the recipient would need to be tuned to the message’s vibrational state or higher in order to transform the message quanta to sensations.

According to a Zeta, a being typically creates using its highest possible vibration. However, a message from a higher vibration being must be created with the lower etheric vibrations in order to be received by a human. That this is possible was confirmed by a Zeta and supported by humans who say they have been contacted telepathically by extraterrestrial beings (Hernandez et al., 2018).

One reason why extraterrestrial races are helping to raise the vibrational state of the human collective consciousness is to facilitate telepathic communication. A Zeta said, *“Your collective mind, in its undulating state, is being prepared for the transition to a telepathic process”* and *“Then, of course, the other races which view you on your daily basis, will actively interact with the collective mind of the human race.”* The extraterrestrial races are watching and waiting for the human collective mind to evolve.

Would a telepathic being recognize that someone was attempting to communicate an untruth? In answer to this question, a Zeta indicated that telepathic communication reveals information about the sender as well as the intended message. An attempt to lie telepathically would be

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reflected in the quality of the potentials in the quanta that represent thoughts and intentions. So, the receiver of the thoughts would feel whether or not the information was intended to deceive.

Telepathic contact with extraterrestrial races is undermined by the eagerness of many humans to experience such communication. A Zeta said, *“And so we have found that telepathic communication is the best method but there are many pretenders. They present themselves as our race, and this has caused much problem for us, as we cannot stop a human who has freewill from interacting with any entity they wish.”* The comment emphasized again that humans should not ignore the intent accompanying the telepathic message.

Telepathy as an intuitive process also functions to circumvent the need for a system of time measurement. A Zeta said, *“You could say that the amplitude of the telepathy removes the need for time. ... The information is given that you must be somewhere. It is given as a point of reference. It is weak. As the telepathic signal builds its amplitude, when it reaches a certain level, then you know that you must be at that place.”* A sense of anticipation or urgency builds as an event draws near.

The Zetas have designed some of their technology to have a telepathic ability. For example, they interact telepathically with their craft which are conscious beings. To communicate with the craft, *“an astral form is needed or thought projection”*, suggesting that humans in their current etheric vibrational state would be unable to do so. The Zeta continued, *“But realize this, the thought must be of a very specific nature, and there are biological barriers around the craft, to stop certain energies from penetrating through the craft which we class as a being.”* It appears they have dealt with some security issues concerning such communications.

Another technology is ‘*the chair*’, a telepathic device that extraterrestrial beings use to magnify their own thought processes. The chair is said to be *“a hybrid system where there is a organic and metallic process. The organic integrates with the psychotropic processes. This allows the amplification of the psychic portion of the etheric field and thus you have a connection to a communication*

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device.” The word psychotropic suggests that thoughts in the psychic portion of the etheric field are amplified by chemical substances that affect the nervous system.

The Zetas expect that humans will eventually master telepathic communication. In the near term, human technology is already being developed to enable a kind of mind-to-mind communication. They warned that there are dangers in this approach. When a technology is required for telepathic communication, control of the communication is in someone else’s hands. They suggested that technologically assisted telepathy should be accepted temporarily, and that *“ultimately you can move into connection with each other. The amplified state of thought that you will exist in will allow you to bypass the technological states.”* Such natural telepathy awaits a fully functioning collective mind, and so it cannot happen until the human collective consciousness changes dramatically.

2.6.4 Remote viewing

When performing a remote viewing exercise, a viewer’s intention is to have sensory experiences of a particular remote location (Puthoff, 1996). The property of consciousness that might help to distinguish locations is the grid. A Zeta said a grid was instantiated to support the creation of spacetime. With the grid as a frame of reference, quanta representing objects of matter would have particular locations in spacetime. A consciousness could ‘think’ to those locations to remote view the objects. It is important to note that the grid is a mental concept and not in itself an indication of spatial extent in consciousness.

Like a telepathic message, objects to be viewed remotely are encoded as quanta in the grid. A remote viewer’s perceptual process would transform quanta at a particular location as if they were a telepathic message. Both the remote object and the telepathic message would be transformed to higher-vibration consciousness potentials to be experienced as sensations.

A viewer’s perceptions of the remote object could be biased by expectations of what to find. To minimize such distractions, remote

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targets are sometimes identified to the viewer by arbitrary alphanumeric codes. Such blind identification of the remote site can be successful, suggesting that the remote viewer does indeed use the intuitive telepathic process. The intention to perform the task would focus on the end goal rather than the path taken to reach the goal. The focus on the end result appears to be a general principle for utilizing the energy of thought.

Novice remote viewers would have to overcome the learned bias to transform quanta at nearby locations. That strategy is inappropriate for accessing an unfamiliar remote scene. To become proficient, they would practice setting the intention to use the telepathic process instead. When the remote viewer's intention is successful, the quanta at the remote site are transformed by the perceptual process to be experienced as sensations.

Remote viewing is most successful when the focus is on the experience of the sensory features rather than the interpretation of what they mean. The expert remote viewer typically reports features like color, smell, and texture. Trainees are discouraged from reporting constructs such as particular buildings or other manufactured items in favor of the sensations experienced.

2.6.5 The materialization of an apport

An apport is an object that suddenly appeared in mid-air, usually in the presence of a physical medium (Von Ludwiger and Nahm, 2016), but sometimes spontaneously (Roll, 1972). The object continues to exist like normal matter. The materialization is usually attributed to the actions of a spirit being.

Figure 2.4 shows an image of an apport that appeared during a physical mediumship séance with the German medium, Kai Muegge. The crystalline object shown in the left panel fell from the underside of the medium's downturned palm into the author's hand. The medium's hand was easily visible in soft red light. The materialization of the object coincided with a brief twinkle of white light. The presumed spirit said with the medium's voice, "It is the first time that we opened the

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crystalline structure and embedded certain portions of ectoplasmic substance to see afterwards.”

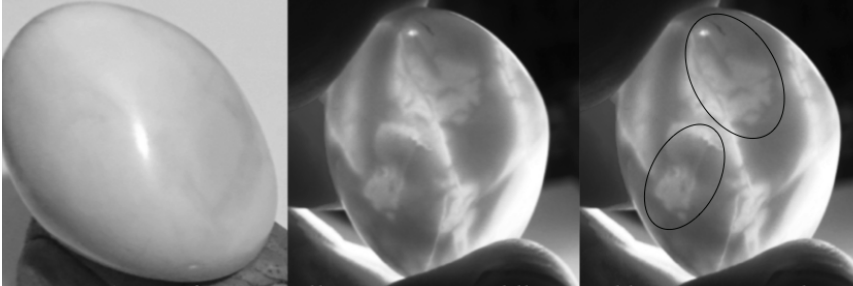


Figure 2.4. Left - Crystalline apport, Middle - Backlit interior, Right - graphic overlay.

Remarkably, when the crystal was backlit in darkness and held at a certain orientation, clear representations of a male and a female human head appeared as shown in the middle panel of the figure. The right panel identifies the locations of the representations with the oval graphical overlays.

Figure 2.5 shows an enlarged view of the interior of the crystal from a slightly different angle. Some features of the man’s body are more noticeable. The right hand is beside his head with the palm turned upwards, and the fingers and forearm can be distinguished. The left hand is cupped just behind the woman’s head. The two larger dark areas on the right side of the image might then be identified as the man’s left arm and leg, with the left foot extending to the floor.

The probability of finding such detailed depictions of human heads and other body parts in natural objects of this kind would be very low. If by chance they were found, they might be attributed to pareidolia. However, the alleged spirit’s comment anticipated that something unusual would be found inside the apport. Such prior knowledge eliminates chance as an explanation.

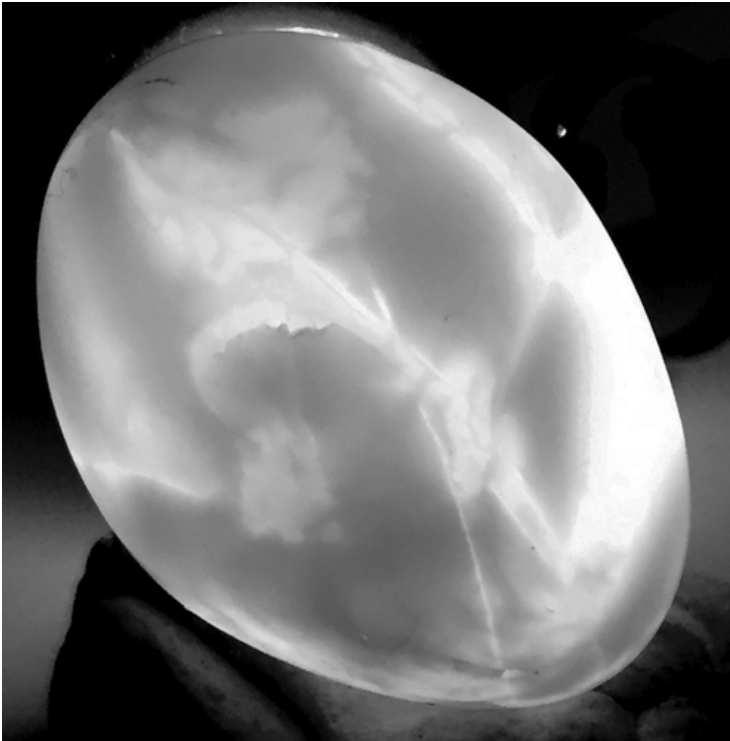


Figure 2.5. Larger view of apport interior, slightly different orientation

The Zeta cosmology accounts for the appearance of the anomalous object. The object was perceived as matter, meaning that it was represented at that location by quanta in the etheric realm. The alleged higher-vibration spirit may have copied the etheric representation of the crystal from elsewhere, then altered it to create the internal forms. The object was experienced as matter by human observers at the instant when the quanta became compatible with their perceptual process.

2.6.6 Unusual performance of craft

Craft that apparently belong to no earthly power have been seen in the sky for many years (Dolan, 2002, 2009). Their observed aerial performance is sometimes beyond human technological capabilities, and so they are often thought to be controlled by extraterrestrial visitors. The Zetas confirmed that a number of extraterrestrial races are indeed in the Earth environment and have occasionally allowed themselves and their craft to be seen by humans.

The Zetas discussed the design of their craft and methods of propulsion (Treurniet and Hamden, 2022). Their information support the observations and tentative conclusions in Treurniet (2021) based on photographic evidence. In particular, a subtle toroidal optical distortion was often seen adjacent to craft in photographs. An example in Figure 2.6 was cropped from a photo taken in 1967 near Torrance, California. The image in the left panel was cropped from the original photograph.

The middle panel shows the torus near the craft after the image was enhanced with equalization. The right panel emphasizes the toroidal shape with a graphical overlay. The torus is in the frontal plane in this example, while other photographs show different perspectives as would be expected from three-dimensional objects that can rotate in space.



Figure 2.6. Left - original photo, Middle - enhanced, Right - graphic overlay, Credit: Unknown, 1967

The evidence discussed in Treurniet (2023a, Chapter 3) suggested that the toroidal distortion was created by localized magnetic and/or

gravitational fields produced by a craft's propulsion system. Such fields would organize matter in the atmosphere into visible contours. When a Zeta was asked to explain the toroidal shape seen near some craft, they replied, "*Etheric representation of physical capacity of propulsion system. ... The shape is a distortion in the energetic fabric of the environment. Because it is multidimensional, it is able to make craft move in all directions. ... Part of the craft, yes*" (Treurniet and Hamden, 2022).

The craft can exhibit unusual behaviors. They have the ability to suddenly appear and disappear to the eyes of human onlookers. Merely becoming imperceptible is known as cloaking. The craft can also disappear by dematerializing so that they are no longer present in the space of human observers. They occasionally demonstrate acceleration that is impossible for objects of matter to achieve according to the science we know. A number of insights on craft performance were given in the conversations with the Zetas.

2.6.6.1 Cloaking

The Zetas' method of cloaking a craft suggests we have little idea how prevalent they are in the Earth environment. They said, "*The capacity of the human to see many different frequencies in the light spectrum is limited. We change the frequency of the light. ... So we are able to camouflage, yes, by allowing the craft to change the way that it thinks about itself, and in doing so, it changes the patterns of light that are emitted from the craft, to be seen or not seen by the human eye.*"

The craft is an organic sentient being, and the Zeta suggested the cloaking process is analogous to the way an octopus is able to camouflage itself. The octopus uses a combination of pigment, nerves and muscles to change color very quickly to the color of the background. Finer details such as rocks, sand, or coral are mimicked by many small organs on the skin. A craft with such capabilities could easily hide in plain sight with a backdrop such as clouds in the sky.

2.6.6.2 Image projection

A Zeta said, *“There is also potential to be shown something that does not hold frequency, ... the illusion.”* A person may see what appears to be a craft, but when it is not seen by others, it is most likely an illusion given telepathically. The Zeta explained that an unusual light seen by a single person *“can be an act of local consciousness, holographic representation... a thought.”* The purpose of the illusion would be *“to connect to a consciousness. ... There may be an action which is to be performed, so there must be a thought instigated to make this happen.”*

2.6.6.3 Dematerialization

The state of materialization of a craft relative to an observer on Earth can be altered with Zeta technology. A change is made to a potential in consciousness that controls the vibrational alignment of the craft with the planet.

A 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.”* All matter on the planet has the vibrational level given by a creator being or equivalent. The matter consists of quanta that originated via the creation process from a potential in consciousness. Quanta at a particular vibrational level can be decoded by the perceptual process of a being on the planet.

The Zeta craft is a body of matter and so it is also defined by quanta in the grid. A technology external to the craft can send a signal to adjust the vibrational level of craft quanta. When the craft has the etheric vibration, it is aligned with the vibration of the Earth environment. It can be perceived via a human observer’s perceptual process.

The Zeta technology may instead specify a vibration different from the vibration of the planet. The craft quanta are then not aligned with the etheric vibration and cannot be transformed by the human perceptual process. In this state, the craft is not experienced as matter by human

observers and it does not exist for them. The humans would say the craft has dematerialized.

2.6.6.4 Electrical interference

Reports of close encounters with unidentified flying objects sometimes mention electrical interference when an alleged craft was nearby. For example, a car engine may have stalled during the encounter, or a compass needle may have reacted when held near the car body afterwards. Treurniet (2023a) concluded that a strong toroidal magnetic field is likely generated by an extraterrestrial craft's propulsion system. Such a field could magnetize metal in car bodies and interfere with electrical components in car engines.

2.6.6.5 Control of inertia

Sighting reports of unidentified craft occasionally mention that the object executed movements that should be physically impossible. The most problematic are the high velocities achieved and the very rapid changes in direction that imply control over inertia. A Zeta explained that craft can influence the frequency of matter so as to eliminate gravitational attraction and inertia.

According to the Zeta, *“Gravity pertains to matter - depending on the mass will determine the gravity body. The frequency of matter also determines the possibility of attraction, change of frequency negates matter, frequency determines pull, cyclical action of frequency of matter causes other matter to be attracted to it as all matter is in pulse, all matter attracts.”* The gravitational attraction of a ‘gravity body’ depends on the mass and frequency of matter.

The Zeta added, *“Frequency is determined by the basic fundamentals of matter's structure. ... Basic frequency is coalescence of harmony of combined matter frequencies.”* When there is a mixture of chemical elements, the frequency of matter depends on the coalescence of harmony of combined matter frequencies. Elements can combine when their frequencies are in harmony.

Change of frequency *negates matter*, meaning that objects are not attracted to other objects when their respective frequencies are different. Further, they said, “*Our craft are in disharmony with the physical frequency of matter so that the gravity does no longer affect us.*” When the matter of the Zeta craft is not in harmony with the matter of the planet, there is no mutual gravitational attraction. Since gravitational mass is equivalent to inertial mass (e.g., Sears and Zemansky, 1963), inertia should be eliminated as well. Without gravitational attraction and inertia, the craft would not resist sudden changes in direction or speed.

2.7 Connections to human science

How consciousness might maintain the existence of the matter universe was examined by Close (2000). He analyzed the implications of certain advances in physics that expanded on what is known as the Copenhagen interpretation of quantum mechanics. This interpretation holds that at the quantum level there is no phenomenon until it registers as an observation or measurement. Close justified a logical argument that a primary consciousness presents the physical universe as a quantized ‘spectrum of potentialities’. The consciousness of an individual observer selects potentials from this spectrum and transmutes them to non-quantized elements of consciousness to be experienced.

In the Zeta cosmology, matter is represented in consciousness by a quantized spectrum of potentials in the grid. The potentials in quanta are selected by a being’s perceptual process and transformed to higher-vibration potentials experienced in consciousness as sensations. All aspects of this process take place in consciousness, so the nature of matter as separate from the perceiver is an illusion created by consciousness.

Close (2000) and the Zetas presented roughly comparable explanations for how the matter illusion is experienced. The explanation of the illusion is relatively easy to grasp. However, accepting it as the basis of physical reality can initially be counterintuitive. Nevertheless, a gradual shift is occurring in scientific thought, and institutional science may eventually accept the primacy of consciousness.

2.7.1 Prime focus

Empirical evidence suggests that knowledge of an experimental process can affect what is measured. That is, consciousness appears to play a role in how reality unfolds. A good example of such an experimenter effect in physics is the double-slit experiment (Horgan, 1992; Hillmer and Kwiat, 2007). Monochromatic laser light is directed toward two parallel slits in a screen. The light passes through both slits and forms an interference pattern visible on an adjacent screen. The interference pattern indicates that the light is behaving like a wave. However, when the path taken by the light can be known, the interference pattern is replaced by the pattern expected if the light were a particle passing through one slit or the other. Mere knowledge of the path of the light causes it to behave like a particle rather than a wave.

Experiments by Radin et al. (2012, 2013, 2016) showed that the amplitude of the interference pattern was reduced in the double slit experiment when test subjects focused their attention on the pattern. The intention of the observers caused a significant shift to particle-like behavior. The experiments showed that the mind is a part of the measurement process.

The many variations of the double-slit experiment and the experiments by Radin et al. indicate that consciousness has a direct effect on causality. A Zeta was asked if an individual or local consciousness must be able to perceive the process in order for matter to interact with matter. The being replied by introducing the concept of *prime focus*. They said, “*There is perception at all levels, even if the prime focus is not in existence.*”

How does this answer the question? ‘*There is perception at all levels*’ means that total consciousness is aware of all that exists. Further, total consciousness could not exclude a part of itself to make the prime focus non-existent as suggested in the quote. If it did, it would no longer be total consciousness. The prime focus must be a property of a facet of consciousness in separation, such as a being’s local consciousness.

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The words, *prime focus*, suggest attention to what is most important. In the double-slit experiment, the *prime focus* is attention to what can possibly be known about the experiment when an observation is made. Without a prime focus, the photon behaves like a wave and an interference pattern is created. This means the possible quantum states (e.g., Harvey, 1962) of a photon are superposed so that the path taken includes both slits. Since the photon interacts with the apparatus, the existence of a prime focus is not a prerequisite for matter to interact with matter. Alternatively, when a local consciousness has a prime focus, the superposed states of the photons are replaced by states chosen by the consciousness. The Zeta said, "... *it is the consciousness that creates the state.*" The photon still interacts with the apparatus but the path now includes only one of the slits. It behaves like a particle.

By introducing the concept of *prime focus*, the Zeta showed it is aware that states of knowledge affect physical processes.

2.7.2 The holographic principle

Susskind (1994) and 't Hooft (1993) proposed that all things in the three-dimensional physical universe are virtual images of holographic information existing somewhere in a two-dimensional space. This became the holographic principle, that the physics in a certain region of space is described by the information on the surface area of its boundary, and that one bit of information is encoded by a Planck area. (The Planck length is 1.616229×10^{-33} cm.) Although the holographic principle was proposed for the analysis of black holes, it is now thought to have wider applicability.

The idea of a holographic representation of reality was suggested by 't Hooft (1993), "Given any closed surface, we can represent all that happens inside it by degrees of freedom on this surface itself." Susskind (1994) agreed, "The number of degrees of freedom should be no larger than that of a two-dimensional lattice with approximately one binary degree of freedom per Planck area. In other words, the world is in a certain sense a two-dimensional lattice of spins." A binary spin was proposed to encode a bit of information. Bekenstein (2003) noted that

the information capacity of such a two-dimensional boundary is less than 1/4 of that of the enclosed space. Further, a two-dimensional physics defined on the boundary would completely describe the physics of the enclosed space.

The holographic principle does not specify how holograms representing matter would be formed or perceived. Susskind (1994) could only say, “In some way, the phenomena taking place in three-dimensional space can be projected onto a distant ‘viewing screen’ with no loss of information.”

The Zeta cosmology of consciousness and the holographic principle share the functionality of a grid construct to represent matter. Also, the ‘viewing screen’ mentioned by Susskind (1994) for experiencing the hologram’s image is analogous to the transformations of quanta in consciousness that give the experience of sensations. These functions in common suggest that the Zeta cosmology includes a realization of the holographic principle.

2.7.3 The Quantum Hologram Theory of Consciousness

The Quantum Hologram Theory of Consciousness (Mitchell and Staretz, 2011) proposed that the universe is a four-dimensional construct of space and time consisting of wave-like vibrations that make a holographic image. This was called a quantum hologram and was thought to be the basis for consciousness. All information was said to be represented in the hologram and it ‘evolves as a self-organizing, interconnected conscious holistic system.’ Objects are stored in the hologram at the subatomic scale and can be retrieved by a mind when it attends to the objects.

The theory proposed that everything is connected to everything else by quantum entanglement (e.g., Aspect et al., 1982). A being recognizes an object when an internal representation in its mind resonates with emissions of the external entangled object. The process was said to be analogous to the recognition of an object by a bat when the bat receives the echoes of its sonar emissions. The representations of all objects are stored holographically and non-locally in a physical substrate, able to

resonate with any brain tuned to do so. The proposed substrate is the ‘zero-point field’, a continuous fluctuation of energy in empty space at absolute zero temperature (e.g., Haisch et al., 1997; Puthoff et al., 2002).

Treating consciousness as primarily a physical information classification and retrieval process obscures a difficulty with the theory. It cannot represent a phenomenon we all share; that is, the experience of sensations. The feelings of our internal sensory experiences are qualitatively distinct from the external physical information that would be emitted by an object. The internal phenomenal information would be so different from the external physical information that it would severely limit the resonance required for recognition to occur. The theory is unable to represent felt sensations such as colours and smells which obviously do contribute to recall or recognition.

The problem could be resolved simply by placing the external holographic representations in the non-physical energy of consciousness instead of the physical zero-point field. As in the Zetas’ cosmological framework, the experience of a sensation would be the instantiation of a potential in a being’s consciousness. This proposal would require that Mitchell and Staretz (2011) reject the materialism they prefer in favour of the philosophy of idealism. The theory would accept that objects of matter have a holographic-like representation in consciousness like the quanta of the Zeta cosmology.

2.7.4 The ‘Orch OR’ model of consciousness

The anesthesiologist, Stuart Hameroff, and the physicist, Roger Penrose, proposed a theory to explain how cellular processes in the brain communicate with consciousness (Hameroff, 1998; Hameroff and Penrose, 2014). The theory suggested that consciousness exists in the spacetime geometry of the universe at the smallest possible scale. Cells in the brain communicate with consciousness via a quantum process that Penrose calls ‘orchestrated objective reduction’, or ‘Orch OR’. This process is said to occur in microtubules which are part of a cytoskeleton structure present in some form in all cells of the body.

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According to Hameroff, “precursors of consciousness, proto-conscious qualia, as well as precursors of mass, spin, electrical charge and other fundamental components” exist at the level of Planck scale geometry (Hameroff and Chopra, 2010). The experience of consciousness arises from communication between the microtubules and the precursors of consciousness via a sequence of quantum computations. The felt sensations, or qualia, receive special treatment in recognition of their status as non-matter. Qualia are felt when the ‘proto-consciousness’ is activated by the Orch OR quantum process. The precursors of consciousness and of matter are reminiscent of the consciousness potentials of the Zetas’ cosmological framework.

Although the theory does not acknowledge a cosmology based on consciousness, it could evolve in that direction. The Orch OR quantum process may indeed communicate with a configuration of consciousness, but it could be the etheric body rather than Hameroff’s ‘precursors of consciousness.’ Perhaps the Orch OR quantum process transmutes physical energy in the form of photons to etheric energy. In a discussion of the nature of light, a Zeta revealed, “*Light is also used as a mechanism for life stimulation, to excite the potential of a cellular structure. Without light, many would perish. The physical body is able to convert light to the necessary components required to survive.*”

A mechanism for accumulating and distributing the energy of photons throughout the body was suggested in Chapter 5). The authors proposed that infrared energy is accumulated by deoxygenated hemoglobin in the red blood cells of the circulatory system. When the hemoglobin is re-oxygenated, the energy is radiated at a lower frequency to cellular processes in the body. The Zeta agreed, “*Yes, hemoglobin is involved as an increase of oxygenated blood is cycled through an entity. In doing so, the energy of the human form is assimilated to the etheric body.*” If the Orch OR quantum process does take place in the microtubules as proposed, it may excite the quanta of the etheric body in consciousness with the energy radiated from the hemoglobin in the red blood cells. Chapter 15 argues that the multidimensional vibration of consciousness is the medium for propagating electromagnetic radiation.

2.7.5 Morphogenetic fields

A proponent of a reality that goes beyond materialism is the biologist, Rupert Sheldrake. He is best known for his theory of formative causation, the idea that nature has memory (Sheldrake, 2009). Sheldrake proposed that formation of objects like crystals and biological bodies are guided by non-physical morphogenetic fields. The shape of a body of matter resonates with a field representing that class of shapes. To affect a developing biological body, the morphogenetic field would work in concert with the available genetic material. The field is reminiscent of the body blueprint introduced earlier in the discussion of self-healing.

Sheldrake also proposed that a sequence of learned behaviours can be represented in a morphogenetic field, and so laboratory animals would learn a task more easily if it were previously learned by different animals of the same species.

In an earlier publication, Sheldrake (1988) conjectured that consciousness is “restricted to human beings and, perhaps, some of the higher order of animals.” He would not have accepted that a universal consciousness could be the foundation of a cosmology. However, in more recent publications, he appeared open to the possibility (Sheldrake, 2009, 2013).

2.8 Suggestions for research

The Zeta cosmology offers a comprehensive basis for understanding reality. It accounts for human experience in the familiar physical universe as well as other realms. The cosmology has a set of properties and general processes and so can be said to be a theory. It offers explanations for phenomena and can make new predictions. For example, formal experiments could attempt to confirm the following predictions that would not be made by any human scientific theory. The first two phenomena have already been observed and two more are predicted.

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- The existence of a toroidal field of energy near an extraterrestrial craft. A toroidal optical distortion often appeared beside alleged extraterrestrial craft in photographs (see Figure 2.5 and Section 11.1). Several clues in the photos suggested the distortion is caused by localized magnetic and/or gravitational fields (Treurniet, 2023a). Confirmation of the field's existence would support the hypothesis that the distortion is caused by the propulsion system of an unidentified craft.
- Energy discharge accompanying materialization of an apport. A flash of light was seen when an apport formed during a séance (Section 2.6.5). Also, Foy (2008) reported that effects like a discharge of static electricity were heard in séances when materialized objects contacted existing objects. Detecting an electrical potential difference when an apport materializes would support the hypothesis that materialization is an energetic process.
- Conscious control of particle states. A Zeta observed, "*Your scientists are now understanding the relationship between the subatomic particles, and that the state is determined by its relationship to other particles. But they do not understand that it is the consciousness that creates the state, and it is consciousness that has created the illusion of matter.*" The Zeta attributed the assignment of a particle's state to consciousness. More specifically, the reference to the illusion of matter implies that the state is assigned by the perceptual process of consciousness, since perception creates the illusion. The Zeta's comment indicates that the intention of an observer can affect the quantum state of a particle.

The existence of such an effect can be tested in an experiment in which streams of entangled and non-entangled photons are generated (e.g., Kwiat et al., 1995; Catalano, 2014). An observer in the experiment would 'intend' that the photons are in a certain state of polarization. Significantly more photons are predicted to be in the target state, particularly when they are initially entangled and in a superposition of states.

- A positive correlation between remote viewing and telepathy performance. The analysis of these skills suggested that remote viewing and reception of a telepathic message involve the same process - the transformation of quanta to give the experience of sensations. In an experiment, each subject's remote viewing and telepathic abilities would be measured. Some variability is expected due to individual differences in skill levels and little experimental control over creating the telepathic message. A significant correlation would support the hypothesis that these skills have a common element.

2.9 Discussion

Subjective experience is more than information processing by a sufficiently complex physical system. The experience of a colour, for example, cannot emerge logically from a functional approach based on matter (Chalmers, 1995). Chalmers suggested a solution to this problem that preserves the concept of matter existing separate from mind. He pointed out that physical information such as the wavelength of light is accompanied by phenomenal information such as the redness of a colour. He proposed a basic principle that information has the usual physical aspect but also has a phenomenal aspect. The phenomenal information combined with the physical information was thought to explain the emergence of experience. However, Chalmers' solution does not say how phenomenal information would be represented.

A philosophical idea that resolves how to account for subjective experience is known as 'ontological idealism' (Guyer and Horstmann, 2015). According to this concept, "something mental (the mind, spirit, reason, will) is the ultimate foundation of all reality." A theory based on idealism does not distinguish between physical and phenomenal information. This is the Zetas' view that all is consciousness, and consciousness is a potential that instantiates elements of itself as needed.

Another model of a mental universe was developed by Kastrup (2019a). He proposed that a unitary cosmic consciousness is dissociated into alters, analogous to the multiple personalities or alters in a dissociated

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human mind. A biological entity such as a human is one of these alters dissociated from the cosmic consciousness. The cosmic consciousness minus the alters was defined as ‘mind-at-large’. Configurations in mind-at-large are formed according to conditions of resonance in the vibrating cosmic consciousness.

The dissociative boundary between an alter and mind-at-large is created by the functioning of the alter’s senses and actuators. The alter boundary interacts with the energetic configurations of consciousness in mind-at-large. A configuration is then experienced as sensations, and the sensations are interpreted by the alter as matter. Matter is the ‘extrinsic appearance of conscious experience as perceived from across a dissociative boundary’ (Kastrup, 2019b, p. 93). Although the boundary is a mental construct, it is perceived by the alter as the physical world. As in the Zeta cosmology, matter does not exist independently of the being’s consciousness.

Kastrup (2019a) argued persuasively that a mental universe is the only logical foundation for understanding reality. However, his proposed model is not consistent with reports of NDEs. Kastrup (2019a, p. 180) suggested that an NDE is simply an expansion of awareness experienced by an alter when it is reintegrated with mind-at-large. Since the original purpose of the alter was to introduce individuality to the model, the reintegration should also extinguish the feeling of individuality that the alter represents. However, such a loss of personal identity is not evident in reports of NDEs.

According to accounts of NDEs or OBEs, a different externalized world is experienced by a consciousness during these episodes. The world is often similar to the Earth environment but may have different natural laws such as mental control of gravity (Ziewe, 2008, pp. 63,71; 2015, p. 61). Also, encounters with people known to be deceased are not unusual (Ziewe, 2008, pp. 60,80; 2015, pp. 54,66; Kirkpatrick, 2015). The experiences are not unlike the external physicality of mind-at-large sensed via the dissociative boundary of Kastrup’s model. But if that physicality could not persist in the absence of an alter boundary, neither should a different physicality during the NDE.

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Further evidence that a NDE is more than a state of expanded awareness is the oft reported superposition of a new reality over the usual consensus reality. The consciousness of a comatose person may find itself in another similar body hovering near the ceiling of a hospital room (Van Lommel, 2010). From that vantage point, medical personnel have been viewed attempting to resuscitate the original body. In one such case (Sharpe, 2017), the patient moved outside and discovered a tennis shoe on an inaccessible ledge on the third floor of the building. The existence of the shoe at that location was verified after the NDE. Also, an OBE often includes being in a new body while seeing the original body sleeping. Such reports show that two realities may be experienced simultaneously. This phenomenon is difficult to explain with Kastrup's model but follows naturally from the multiple vibrational levels of the Zeta cosmology.

Cosmic consciousness in Kastrup's model has a unidimensional property of vibration. Thoughts are resonations of vibrations which form configurations in consciousness. The configurations are experienced as matter via a mechanism in the dissociative boundary of an alter. Similarly, the total consciousness of the Zeta cosmology has the property of vibration, and vibrating quanta in the grid are experienced as matter via the perceptual process. But the Zeta cosmology differs in that vibration is multidimensional. The multiple dimensions offer much more latitude than a single dimension to account for phenomena. NDEs and OBEs were elegantly explained by virtue of the multiple levels of vibration in consciousness. Further, apports and the dematerialization of craft were also understood as manipulations of states of vibration.

Matter in our universe is encoded in the vibrational states of the etheric realm. However, because of the multiple levels of vibration, matter is not unique to our universe. A Zeta said, "*Within frequency exists many versions of matter.*" All that is required in a *Physical type of vibration* realm (Figure 2.1) are quanta which define creations at particular vibrational levels. Quanta at a given level are transformed to sensations by a being's perceptual process tuned to that level. The resulting experience of matter takes place in the consciousness of the perceiver.

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Quanta that are not compatible with the perceptual process are simply not experienced.

The common understanding that the perceiver is separate from the perceived is an illusion. Nevertheless, the illusion is very powerful and is readily accepted by most people as objectively real. A Zeta observed, *“The illusion is the physical life, but others seek to define the physical life as being the real reality, which it is not.”* Even when the illusion is understood, it may be hard for people to accept that objects of matter do not exist in that form independent of the observer.

In the physical etheric realm, where the perceptual process gives the appearance of objective matter, human scientific theories have utility and daily affect our lives. This would remain true in the context of the Zeta cosmology. In addition, the cosmology gives credence to experiences that are beyond the ability of current human science to explain. There is nothing to lose and much to gain from the greater explanatory power offered by the cosmology.

3. Informal and formal fields

The Zetas communicated with the voice of the medium and his linguistic knowledge and abilities. Occasionally they used a word that was given a new meaning. In particular, the phrases, ‘formal field’ and ‘informal field, were employed in unfamiliar ways. The novel concepts of formal and informal fields were introduced by the Zetas in an extensive discussion of a model of the spirit realm (see the chapter on *The spirit realm as information fields*). In this section, the meanings of the terms intended by the Zetas are discussed.

3.1 The definitions of informal and formal fields

The spirit realm is said to be a *formal field*, an energetic container that is a holding ground for a consciousness transitioning from one incarnation to the next. The Zeta said, “*The formal structure of the informational field allows a construct to exist, and the belief structure is then that there is a spirit realm.*” The *formal structure* enables the mental construct of the spirit realm container to be experienced as sensations in the thoughts of the inhabitants. On the other hand, an *informal field*

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enables the quanta of particular objects of matter to exist inside the formal field of the spirit realm. Such matter includes the physical bodies of the inhabitants. The Zeta said, *“The informal fields, the informal structures within the consciousness are seen to be a separate entity. ... Many of the entities in the informational field that is known as spirit realm believe that they are singular entities.”* The informal fields enable the inhabitants and the other contents of a realm to be experienced as individuals.

The levels of consciousness in the spirit realm are organized hierarchically. The lowest level holds entities of consciousness known as higher selves. A facet of a higher self, or spirit, incarnates in our familiar physical world as an embodied spirit. As a crude analogy, the spirit would be like a remotely-controlled drone communicating sensory experiences to its higher self.

The next higher level of the hierarchy holds oversouls. A group of higher selves from the lowest level of consciousness converge to form an oversoul. The higher selves are informal fields, and the oversoul is a formal field. As the focus in the hierarchy shifts to the oversoul level, the oversoul becomes an informal field and the oversoul level above it becomes a formal field. In the Zeta’s words, *“The higher self is the thread, the oversoul is the collective consciousness of the multiple lives of entities. They are also singular in nature and existing infinitely as oversouls.”* From the perspective of any group or oversoul in the hierarchy, the group consciousness is an informal field experienced as an individual. The layer of oversouls above it is a formal field. The informal field permits creative activity, while the formal field provides a fixed context for such creations.

The inhabitants of the realm are not aware of this hierarchical organization. The Zeta said, *“You will not see this structure when you transition. You will be in unawareness of this state. You will move to a different state of existence and what you have learned in matter may fade away. You will be taken over by the oversoul consciousness*

process, by the formal field.” The formal field provides structure for the spirit from the moment of its transition to the spirit realm.

A Zeta was asked to explain why the words, *formal* and *informal*, were thought to be suitable when discussing the different levels of consciousness? They replied, *“Because they are seen to be a subservient structure, not subservient to be in submission, but to be in understanding and right relationship with the next level. The previous levels then become the informal thread with the next possible level being the formal thread.”* The answer re-states the definition of the words already inferred.

The Zeta reminded us that the formal and informal fields of the spirit realm are analogies and should not to be taken literally since consciousness is a mental construct. They said, *“Remember that the spirit realm entity does not really have formal parameters or physical parameters. These constructs that we give you are ways for the human mind to understand what exists in consciousness.”*

3.2 An example of a formal field

The 19th century physicist, Ernst Mach, proposed that inertial forces experienced by a body in nonuniform motion are determined by the quantity and distribution of matter in the entire universe. He and others had the intuition that the components of the universe are interrelated and function as a unit. Such a belief is reminiscent of the formal information field as understood by the Zetas. The Zeta said, *“Larger field holds all information. Formal field, collection of all structures of matter within this universe. Field permeates everything.”* The information in the formal field determines the context of new creations in consciousness.

The formal field appears to reference properties of our universe that are independent of location. For example, as proposed by Mach, all matter is affected by an inertial field. Also, particles of the same type, such as electrons or protons, share fundamental electric charges. In the Zeta

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cosmology, all matter is represented as quanta encoded by a particular range of vibrations. Even the human state of consciousness is characteristic of the Earthly formal field. The Zeta explained, “*A local consciousness is very much a immature consciousness. You all present the same level of consciousness. It is a embryonic process used by consciousness to allow you to exist within this formal function of physicality. It cannot be more than what it is.*”

Informal fields form creations such as thoughts and the quanta of etheric bodies. The Zeta said, “*Information within field is informal field to formal field.*” All created etheric bodies of matter are influenced by the properties relating formal and informal fields.

Mach’s principle, that the physical law of inertia is determined by the large-scale structure of the universe, would be a property of the formal field. A formal field is an all-pervasive phenomenon that distinguishes among realms; for example, the level of vibration encoding matter. A Zeta distinguished their race from the human race when they said, “*We are a formal thread of different frequency.*” The formal field constrains informal fields which would be specific thoughts encoded in created etheric bodies. The etheric body, which represents the shape and the chemical composition of a form of matter, is not independent of the encompassing formal field since “*Field permeates everything.*” In general, the informal and formal fields specify together how matter is encoded and interacts with other matter.

3.3 Discussion of fields

All that ultimately exists is total consciousness. The spirit realm of the human race and the collective consciousness of the Zeta race are each a formal thread at its highest possible level of vibration. Even a non-physical race like the Anorians exist in their own formal threads, although they appear not to require it. A Zeta said, such races are “*formal fields which no longer require the formality.*” It appears that only informal threads of the physical races continue to incarnate in

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formal structures. However, the physical races eventually will also achieve a level of consciousness where interaction with matter ceases.

A Zeta briefly described the hierarchical organization of the spirit realm, *“The higher self is the thread, the oversoul is the collective consciousness of the multiple lives of entities. They are also singular in nature and existing infinitely as oversouls. And so to simplify this process, this group of human entities could easily belong to one oversoul. Each thread becomes a formal field.”* Entities in the spirit realm are not aware of this structure. When they transition to the spirit realm, they are *“taken over by the oversoul consciousness process, by the formal field.”*

According to the Zetas’ model of the spirit realm, each level of awareness is an informal thread, but only in the context of the formal thread above it. The lowest level has many ‘higher selves’ separated into facets known as spirits which may choose to incarnate in physical form. These higher selves merge into formal oversoul threads in the next level above. Similarly, as our focus of attention rises to a higher-level oversoul, it becomes an informal thread and the next level of oversouls becomes the formal thread. The activities of the informal thread occur in the fixed context of the formal thread above. Many informal threads merge into the formal thread of an oversoul. A possibly infinite succession of formal threads reaches up to the root of the consciousness hierarchy in this manner.

A particular entity existing at any location in the hierarchy might possibly change itself and raise its level of vibration. Given a large enough shift, the existing formal field would then become the informal field and the next level would become its formal field. However, the Zeta cautioned that the spirit realm hierarchy does not really have formal or informal parameters. Such words are analogies for what really exists. In the hierarchical model, more and more of the structure of consciousness is included as the focus of attention moves to higher levels of the hierarchy.

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The collective consciousness of humanity, as well as other races, is undergoing a process of containment so as not to interfere with the collective minds of other more mature races. A Zeta said this was part of a formal process of change. That is, such containment appears to be an ongoing process under the control of the higher-level formal thread and perhaps should be seen as the normal evolution of consciousness.

4. How matter is an illusion

From conversations with extraterrestrial Zeta beings speaking through the medium, Paul Hamden, the realization came that our physical universe and all it contains is an illusion. The realization was strongly supported by Edward Close in his book, *Transcendental Physics*. Close explained how modern physics requires that the observer's awareness creates physical reality moment by moment. By definition then, our experience of reality is illusory, not what it seems.

This new understanding was soon followed by the discovery that it was not all that original. The Hindu metaphysics of Advaita Vedanta has a similar concept called *maya*. It is explained briefly in the next section, followed by a discussion of the mechanism of the illusion of matter.

4.1 The Hindu concept of *maya*

The Advaita Vedanta view holds that *Brahman* is the one and only reality and all else is mere appearance or illusion. The concept that the physical universe is an illusion is called *maya*, and it is introduced in the following selected quotes from discussions of the Advaita metaphysics.

An Advaita Vedanta site at <http://vedantastudent.blogspot.ca/p/maya.html> website explains the concept of *maya*.

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According to the Advaita philosophy, this world we live in, the space as well as time is a projection of your consciousness or your awareness. In fact your mind, your thoughts as well as your physical attributes are just a projection of that consciousness into the state of waking. Advaita Vedanta calls this projection as *maya*. *Maya* creates apparent multiplicity in a universe where only *Brahman* really exists.

Another source, Indian Philosophy Simplified, explains the concept of the *Brahman* and how it is related to *maya*.

Brahman is the ultimate reality behind all world-objects.

Brahman can be considered as Pure Consciousness.

Maya is the unique power (*shakti*) of *Brahman*.

Brahman manifests itself in the world with the help of *maya*. The world and the world objects come into existence due to the power of *maya*. *Maya* and its creation is termed illusory. ... *Maya* is dependent on *Brahman*. *Maya* has created the world of appearances. So the world is illusion.

And another source entitled Sankara's Doctrine of *Maya* offers the following nuggets of information.

Why does this illusory world have an apparently objective homogeneity? Because the world is not an illusion of each particular individual, in which case each individual would 'dream' a different world, but of the human collectivity. The empirical and objective 'solidity' of the world proves not its reality but the collective nature of the illusion.

The 'mechanism', as it were, through which the illusion is generated and sustained is *adhyasa*, the super-imposing of limitations and multiplicities upon *Brahman*.

All attachments, aversions, dreams, fears and thoughts, all memories, cognitions and mental modifications of whatever kind are grounded in *maya*.

Any attempt to explain the 'creation' or 'origin' of the world is bound to fail not only because the mind is trapped in *maya* but also because the very notion of creation is an error.

These quotes from the Advaita Vedanta metaphysical literature give us a basic understanding of *maya* at a philosophical level. The next section proposes a mechanism for the illusion of matter that has a connection to the theory of quantum mechanics.

4.2 A mechanism for the illusion of matter

The Zeta cosmology has a concept of source consciousness that is equivalent to *Brahman*. A Zeta explained, *“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.”* It is multidimensional, so we could imagine it as a mathematical entity. Our familiar 3D space and its contents are constructs in this consciousness space.

Source consciousness is described as the void by a Zeta when he said, *“The void is a living entity of total consciousness, oligarchical in nature, and is partially living as an experience in separation, through illusion, of self through the vesture of matter.”* The entity of total consciousness has configured itself so that parts of it appear to be in separation from other parts. The separation is an illusion partly accomplished by the appearance of matter. The illusion of matter is meant to provide different and independent experiences for source consciousness.

The Zeta added, *“Each separation of consciousness is layers to perform many functions. Some levels of consciousness pervade the worlds of matter, whereas others are multifaceted in energetic form, each having the ability to exist as a race of beings in every form.”* Distinctions in levels of consciousness form souls or spirits having different vibrational states and living an *“experience in separation”*. Some are beings that *“pervade the worlds of matter”*.

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A Zeta said, “*Consciousness has all information, but how consciousness reveals it to itself is a different process, nothing is created.*” Definitions of all possible constructs exist in source consciousness. They are selected and activated as seeming acts of creation by conscious beings. The mechanism of creation was discussed in an earlier segment entitled “*Creation*”.

A set of activated definitions of matter are located in a dimension of consciousness space known as the etheric realm. The Zetas suggest that the etheric templates were created by a race of beings “*that are much older, wiser and advanced than yourselves and us.*” The templates allow beings like us, who have a *space of expansion* (Treurniet and Hamden, 2022, *Creation and perception*), to create illusory physical experiences. The set of definitions limits the forms of the physical illusion that are possible. The limitation is reminiscent of “*the super-imposing of limitations and multiplicities upon Brahman*” which was given earlier as the mechanism for *maya*.

Beings of races participate in creating the illusion. A Zeta commented, “*Now remember that without matter, consciousness has no reflection, and so all consciousness exists from one source entity, but exists in matter as multiple races.*” A being of a race sees itself and other constructs in the physical illusion only because they are equipped with the proper etheric sensory mechanisms. Even the physical sensory organs that make up the visual system are illusions created from etheric forms which define their special function. Physical illusions are experienced when the sensory information from the etheric templates is reflected back to awareness in consciousness.

The templates existing in the etheric realm are activations of source consciousness. A being having the physical experience perceives/decodes these etheric templates, and the resulting perception is interpreted by the being’s consciousness. Since its consciousness is a facet of source consciousness, the process of perception closes a feedback loop. The experience by the being is consciousness observing itself.

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The relation of this process to modern quantum theory was discussed by Close (2000). An object is presented to an observer as a spectrum of potentials or possibilities according to a quantum mechanical process. Further, all processes at the scale of the atom are quantized, and these include the sensory mechanisms underlying the observer's perceptions. A chain of such quantized processes are defined by the observer's etheric body, and can reach an end only when a non-quantized receptor is encountered in the consciousness of the observer. Close suggested, *"The final receptor completing an observation must be something real, existing beyond physical quanta, capable of receiving and properly organizing the distinct impressions of form and structure relayed by the effects of the quanta of matter and energy that we perceive as existing in an objective physical world. Since the interpretation of form and structure as information with meaning is a function of the conscious observer, this something must be closely related to, if not the very substance of, consciousness itself."*

Close concluded, *"Every observation is an instance of reality/primary consciousness observing itself. It is the completion of a self-referential loop. Structure and form, originating in primary consciousness, is projected as a spectrum of potentialities. The process is completed when one specific structure or form is selected by observation and confirmed again in the nonlocal space of consciousness."*

According to Close's view, source consciousness presents the physical universe *"as a spectrum of potentialities"* that can be calculated by a well-known equation of quantum mechanics. The observer selects particular potentials from this spectrum and transmutes them to the non-quantized individualized consciousness. The observation is *"confirmed"* by comparison with the original defining construct in source consciousness where it has always existed. Like the Zetas, Close could say that the experience by the being is consciousness observing itself.

A Zeta agreed that matter is perceived when *"intention selects possibilities projected by etheric objects to create the physical illusion."* The *possibilities projected by etheric objects* are like Close's *spectrum of potentialities* provided by primary consciousness. So the etheric

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template for an object may be understood as the collection of wave functions defined by quantum mechanics as probabilities. The observer selects components of the wave function from the possibilities projected by the etheric object.

A being's physical body is defined by the etheric body and is experienced by the same process as any other physical object. A Zeta said, *"The physical body is a potential. The way that its potential is perceived and used is directly a response from the entity working with the physical body."* When asked about the entity receiving the sensory information, the Zeta replied, *"There is capacity for the local consciousness to participate in this process, but the greater process is the higher-self heterodyning, as you call it, back to the local consciousness and beyond."* According to the Zeta, the sensory information is communicated to the higher self, the higher-vibration entity associated with the local consciousness of the observer. It is the higher self that feeds back the information to source consciousness so it can observe itself.

In summary, the etheric precursor of matter is presented in consciousness as a spectrum of quantized potentials. Particular potentials are selected by the consciousness of an observer and reconstructed in a non-quantized form in consciousness. All takes place in consciousness, so to believe that matter has an objective existence independent of consciousness is incorrect.

The physical illusion is very powerful. A Zeta observed, *"The illusion is the physical life, but others seek to define the physical life as being the real reality, which it is not."* He added, *"Humans do not like to know the truth, they like their own physical constructs because that provides them with a level of safety. You are in comfort within your illusion."* People feel safe with what they know, so they shy away from accepting that consciousness forms the illusion of a physical reality.

The mechanism for the illusion is complex, yet relatively easy to grasp. But we are indoctrinated with the concept of materialism from an early age, so it is difficult to accept fully that the true basis of reality is hidden by the very convincing illusion of matter.

5. Etheric energy from hemoglobin

Summary: The chapter concludes that hemoglobin molecules in the blood accumulate and distribute near-infrared electromagnetic energy in the body. The accumulated energy is radiated away by red blood cells at a much lower frequency of 13.6 THz. The energy would be received by antennae in the etheric body tuned to receive it. The existence of such a distribution system for energizing the etheric body was inferred from (a) the hemoglobin absorption spectra measured by humans, (b) calculations that assume the red blood cells are transmitting antennae, (c) the explicit mention of hemoglobin involvement by the Zetas, and (d) the Zetas' description in the past of a similar mechanism for energy exchange in sittings.

An obvious effect of breathing is oxygenation of the hemoglobin in the blood. It so happens that oxygenated hemoglobin has a different electromagnetic (EM) absorption spectrum than deoxygenated hemoglobin. The graph in Figure 5.1 from data published by Prahl (1999) shows the different spectra. The *molar extinction coefficient* shown in the graph is a measure of how much energy the hemoglobin molecules absorb at a given wavelength.

Of particular note is the relatively large difference between the absorption spectra of oxygenated and deoxygenated hemoglobin between the 600 and 800 nm wavelengths. This range, in the shaded

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part of the graph, corresponds to the red and near infrared parts of the electromagnetic spectrum.

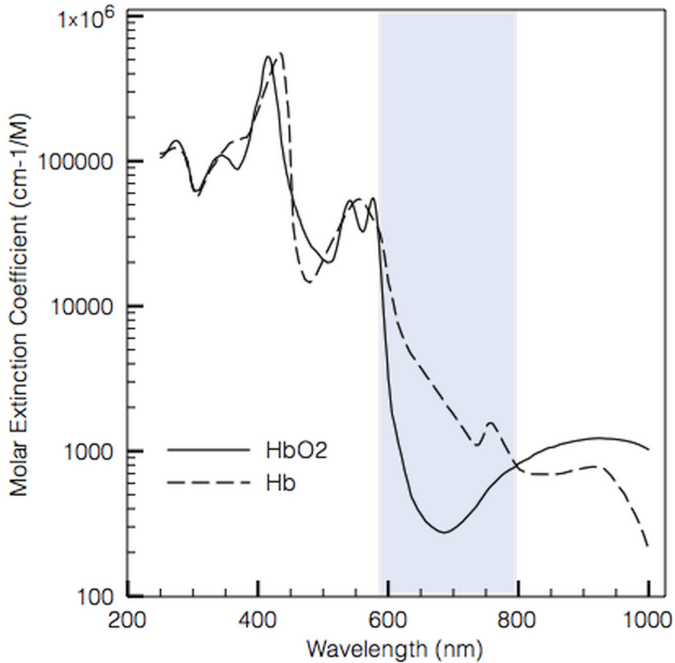


Figure 5.1. Hemoglobin (Hb) and oxy-hemoglobin (HbO₂) absorption spectra (data from S. Prahl, Oregon Medical Laser Center)

If the absorption spectrum of the hemoglobin could be measured in the body, the values in this spectral range would depend on where the measurement was taken. The oxygen saturation level in arterial blood is significantly higher than in venous blood. This means that the amount of electromagnetic energy carried by the hemoglobin would vary as it moves around the circulatory system. When a hemoglobin molecule picks up oxygen atoms, the EM energy contained by the molecule

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would be forced to move somewhere else. We propose that this EM energy is available to the etheric body when the hemoglobin is oxygenated.

A similar phenomenon was described by a Zeta during a sitting. The sitters noted that yawning often occurred at the beginning of sessions. This prompted a discussion on the importance of breathing for facilitating contact. The Zeta made the following comment more than two years earlier,

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

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

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

The oxygen saturation level in arterial blood is typically 95-98%, and drops to around 60-80% in venous blood. The difference reflects the

body's use of oxygen. So the biggest change over time in oxygen saturation level of the blood occurs when it moves from arteries to the veins. This is measured as the *arterio-venous oxygen difference*. According to the above model of energy uptake and release, EM energy is accumulated during the venous phase of the circulatory system for distribution to the body. The energy system of the body seems more efficient than only the distribution of oxygen by hemoglobin would suggest.

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

The energized hemoglobin molecules enter the lungs, and react with available oxygen. This chemical reaction is clearly not prevented by the absorbed EM energy. But the oxygen and the absorbed energy cannot coexist in the same molecule, so the *energy to produce the contact* is radiated away to *interchange with the etheric body*.

The accumulation and radiation of energy is continuous as long as the blood keeps circulating. However, the amount of available energy should vary as conditions change in the body.

5.1 A mechanism for energy exchange

The proposed model requires a mechanism to transfer the energy accumulated in the hemoglobin to the etheric body. The Zeta was asked, "Do you agree that this electrical energy accumulates in the hemoglobin and then is discharged in the form of a radio wave?" They answered, "*Yes, the lungs are used as mechanism for creating the charge, but the whole body and the breathing apparatus of the medium is used to deliver the energy to the etheric body.*"

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The Zeta confirmed that the electrical energy accumulates in the hemoglobin and is discharged in the form of a radio wave. The energy is delivered to the etheric body by the physical body, including the “breathing apparatus” or respiratory system. Although the Zeta referred to the body of the medium, we can assume that the response applies to humans in general.

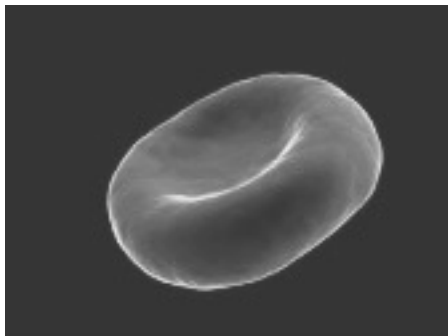


Figure 5.2. An image of a red blood cell

A red blood cell shown in grey scale in Figure 5.2, has a toroidal shape with the hemoglobin arranged around the periphery and with very little in the centre. The hemoglobin constitutes 95 percent of the mass of the cell (Prahl, 1999). This shape might function as a loop antenna for releasing the energy. Assuming this is so, we can estimate some physical parameters related to the process.

For best efficiency, a [resonant loop antenna](#) has a circumference equal to the wavelength of the signal to be transmitted. The red blood cell is approximately 7 μm in diameter with a circumference of 22 μm . A wavelength of 22 μm corresponds to a frequency of about 13.6 terahertz (THz). This is the frequency of radiation that the etheric body should be able to receive. Note that the energy accumulated by the red blood cell has wavelengths ranging from .6 to .8 μm (Figure 5.1). These correspond to a frequency range of 370-500 THz. So the red blood cell may function as a frequency converter, collecting energy in the 370-500

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THz range and converting it to the 13.6 THz antenna resonant frequency.

If the 13.6 THz energy is indeed absorbed by holographic-like etheric patterns known as quanta, the frequency may be significant. It would resonate with quanta having the same frequency. Furthermore, the frequency may be an important part of the etheric definition of matter. A Zeta said, *“Matter needs to exist in certain frequencies. For it to bind, it needs this frequency.”* And, *“The frequency of the molecular structure of matter is not just one frequency. Matter does not contain one frequency. Many frequencies combine to create this universal structure.”* So the vibrations encoding the quanta of matter appear to extend over a particular range and are decoded by the perceptual process.

The Zeta spoke of the *“frequency of the molecular structure of matter.”* Human understanding of *molecular*, which may not be the same as the Zeta understanding, is that the phrase refers to the bonds between atoms in molecules. These are thought to vibrate with frequencies in the range of about 1 to 100 THz ([MolecularVibration](#) URL). The Zeta appeared to suggest that etheric objects must vibrate at frequencies in this range in order to be experienced as matter.

The 13.6 THz energy would be absorbed by the etheric representations of living matter, thus contributing to the energy of the atomic bonds in molecules. So the model suggests that the radiated electromagnetic energy accumulated in red blood cells resonates with and energizes molecular structures of the body.

The Zeta commented that the frequencies of swirl structures in an unhealthy body depend on both conscious thought processes and external events affecting the physical body. Changes in the swirls' distribution and energy are directly reflected in the health of the physical body. The swirls would have the property of angular frequency or spin, and are said to vary in number depending on the emotional and physical state of the body. Perhaps the etheric swirls can function as loop antennae when tuned to receive the 13.6 THz energy radiated by the red blood cells.

6. Gravity

Summary. *A Zeta said that gravity is “determined by all combined matter to form body of matter.” Also, “many frequencies [of matter] combine to create this universal structure.” The ‘all combined matter’ and ‘universal structure’ comments are consistent with an all-encompassing context for creative activity known as a formal field. A Zeta craft eliminates gravitational attraction by changing the frequency of matter. Further, it can dematerialize relative to human perception when a signal is sent to the craft from an external source.*

Prior to receiving the information discussed in this chapter, the author, WT, informed the medium that he wished to query the Zetas about their scientific understanding of gravity. Because of other commitments, the medium was unable to find the time to sit for connection. Instead, the Zeta came to the medium in an early morning meditation and unexpectedly provided some information about gravity. Immediately after the meditation, the medium text-messaged WT and was able to reproduce the download he had received. WT responded also by texting.

Zeta download: *Gravity pertains to matter - depending on the mass*

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will determine the gravity body. The frequency of matter also determines the possibility of attraction, change of frequency negates matter, frequency determines pull, cyclical action of frequency of matter causes other matter to be attracted to it as all matter is in pulse, all matter attracts.

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

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

WT: Matter in harmony attracts?

Medium: Yes.

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

At this point, the Zeta connected again through the medium and answered the question by texting.

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

WT: So frequency of mass must be constant?

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

Dematerialized craft move through substrate of universe by ignoring body of matter rules - not ignoring, being different - not in harmonious

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environment but by being harmonious in different harmony to basic universe of matter. Original matter's ethereal body determines structure, so materialized state compared to dematerialized state its consciousness structure.

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

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

Zeta: *Occupants also in temporary stasis of motion. Stimulate etheric body to reacquaint matter to form. Pulse determines organization of matter to be reinstated by etheric body, so etheric body holds matter in disassociated state.*

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

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

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

WT: And pulse activates this code?

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

6.1 Interpretation of gravity information

How to interpret this information is complicated by the Zetas' understanding of *frequency*. They said that whenever they use the word 'frequency', it is intended as an analogy for state of consciousness (Treurniet and Hamden, 2022). Since matter is represented as a

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configuration of consciousness, a particular frequency of matter would have a particular state of consciousness or a sensed vibrational state. We suggested that a more appropriate word for state of consciousness or frequency is *vibration* which can be sensed and compared in the ‘now’. So to interpret the information on gravity, frequency is interpreted to mean a vibration of consciousness.

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

The Zeta’s comment, “*mass being basic combination of atomic structure of matter*”, indicates that the mass needed to calculate frequency should be based on a combination of the atomic weights of all the elements involved. On another occasion, the Zeta said, “*Matter takes on many forms. The frequency of the molecular structure of matter is not just one frequency. Matter does not contain one frequency. Many frequencies combine to create this universal structure.*”

Another interpretation of matter frequency was developed by Haramein (2013a) based on a model of the holographic principle. The angular frequency of matter that was computed had a period on the order of the interaction time of particle decay via the strong electromagnetic force. The frequency is a characteristic of protons found in all atomic matter. However, that frequency may be related to a more fundamental variable like vibration of consciousness.

The interpretation of frequency as *vibration of consciousness* suggests an understanding pertaining to gravity. The creation of matter is analogous to modulation of a radio frequency carrier wave. The grid vibration is like the carrier frequency and the created thought is analogous to the speech or music to be encoded and transmitted. The Zeta said, “*Matter needs to exist in certain frequencies. For it to bind, it needs this frequency.*” The latter frequency is the vibrational state of the grid which depends on the realm’s *Physical type of vibration* (Figure 2.1). In our universe, the grid vibration could be the etheric realm base vibration represented in the figure.

6.2 Gravity and materialization of matter

A craft was said to dematerialize when its grid vibration differed sufficiently from the vibration of the earth's grid. The Zeta said, *“Frequency [vibration] is determined by the basic fundamentals of matter's structure. So mass of matter structure determines gravity density and frequency. Basic frequency is coalescence of harmony of combined matter frequencies.”*

When the craft's grid vibration is no longer aligned with the Earth grid vibration, the etheric body of the craft does not have the *“capacity to hold basic quanta pattern”* that can be transformed by the human perceptual process. A human could not transform the quanta at that level of vibration in order to be aware of the craft. The human would say the craft has ceased to exist. It could be said to have dematerialized. The human typically cannot move to the higher vibration which would enable awareness of the physical craft.

The craft's etheric body recognizes a code that changes the vibrational level of its quanta. The Zeta said, *“...pulse is used to tell frequency to realign. Pulse is from external source, as cannot be inside etheric all body of matter whilst jump process taking place.”* The status of the code controls the alignment of the craft vibration with the normal Earth grid vibration. The technology re-materializes the craft when desired. Then the etheric body can again *“hold basic quanta pattern”* so that the matter appears again to a human observer.

6.3 Discussion

The gravitational attraction between any two bodies of matter appears to depend on the vibrational similarity of the grids supporting their quanta. The Zeta said, *“The frequency of matter also determines the possibility of attraction, change of frequency negates matter, frequency determines pull, cyclical action of frequency of matter causes other matter to be attracted to it as all matter is in pulse, all matter attracts.”*

The *“frequency of matter”* is interpreted as the vibrational state of the grid holding the matter quanta. When the vibration of the grid is

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changed for one body, it “*negates*” or repels another body of matter that has the original vibration. Further, they said, “*Our craft are in disharmony with the physical frequency of matter so that the gravity does no longer affect us, but of course we must be able to move on the etheric rail and so the entity which is the craft is able to negotiate the rails by consciousness.*” When the matter of the Zeta craft is not in harmony with the matter of the planet, there is no mutual gravitational attraction and the craft can propel itself using the “*matter of state*” method, or consciousness.

The Zeta also said, “*Matter does not contain one frequency. Many frequencies combine to create this universal structure.*” According to the radio carrier analogy in Treurniet and Hamden (2022, *Creation and perception*), the created thought is encoded in quanta by a band of vibrations centred on the grid vibration.

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

The formal information field mentioned by the Zeta appears to be a reference to a consciousness field that contains all that could ever be imagined, including all possible structures of matter. The Zeta said, “*Etheric body holds all information. Larger field holds all information. Information within field is informal field to formal field. Formal field collection of all structures of matter within this universe. Field permeates everything*” (See chapter on *Informal and formal fields*). This statement suggests that the formal field includes Mach’s principle identified by a human scientist. It holds that inertial laws are determined

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by the large-scale structure of the universe.

The statement also implies that the etheric body in an informal field is influenced by the formal field. The etheric body, which defines the shape and the chemical composition of a corresponding physical form, is not independent of the contents of the larger formal field since *“Formal field collection of all structures of matter within this universe. Field permeates everything”*.

7. Levitation in physical mediumship

There are times in the presence of a medium during a séance that a table will rise completely from the floor to a height of tens or even hundreds of centimetres. The levitation is unaided by any normal means. Typically, a number of people are seated in dim light or darkness around the table with both hands resting lightly on it. Before it levitates, the table may sometimes skitter across the floor so that the seated people need to pull their chairs along with one hand to keep up with the table while it moves. A Zeta was asked, “What is the mechanism that causes levitation in physical mediumship séances?” They gave the following reply.

***Zeta:** A field is created around a device, let's say it's a table, and the consciousness of the entity that is in control imposes its thoughts on the field, and then shifts the etheric body of the table. The physical matter follows the etheric body, but you will notice that your hands that are attached to the table are not in any way affected by the levitation process. There is space between all things, and although you are touching the surface, you are not touching a surface.*

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Then of course there is the other way of doing it. And there is no other way but to explain it, and the consciousness of the medium is extracted and what is seen that a very fine matter propagates through consciousness. It then attaches itself to the table and the table is moved. The cord, as you call it, may or may not exist.

It may be said to you that there is also another way to look at the table levitating. A group consciousness, a group of entities may impose their will and their thought process upon the table, and the combined thought that the table will lift manifests a change in consciousness around the table, and then the table will shift.

According to the Zeta, spirit beings work with the medium to accomplish the levitation. There are several ways to do this. The spirits could move the etheric body of the table, and the physical table would follow. Or a spirit's consciousness could replace the consciousness of the medium in order to create rigid ectoplasmic forms from fine matter. These forms extend from the medium's body to the table, and may or may not be visible. The forms apply pressure to the table to cause it to rise. Finally, the table can be made to rise by only the combined will of several non-physical entities or spirits who "*manifest a change in consciousness around the table.*"

8. Reincarnation and spirit realm

All entities of consciousness space are distinguished by their vibrational states. These include realms and timelines, and entities such as souls, higher-self entities, or spirits that are facets of a higher self. In the Zeta's words, *“The soul belongs to a class of energies which distinguishes it from all other conscious entities in the universe. It is self-aware and understands its distinctiveness. The soul is multifaceted and incarnates in many states of being in many realms while still remaining one entity.”* The multifaceted energies allow consciousness to be in separation from itself so that it can have new and independent experiences.

The purpose of existence is to learn and evolve, and there is a pressure to evolve toward unity. All facets of the soul desire to become part of a collective or group consciousness in a state of love. A Zeta said, *“Many soul facets can combine to form one entity. This means many entities, individual group souls, can combine to form a faceted being, living one existence.”*

Spirits choose to be born into human bodies on earth as part of a process of improvement; that is, to work out how to achieve a higher state of consciousness. It can be difficult since humans have almost no memory

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of the spirit's experiences in previous lives. The Zeta informed us, "*The physical frequency defines what you can remember.*" Our low vibration existence as living beings on earth prevents us from recalling other higher-vibration states of being.

A spirit being's repeated experiences of a lifetime in the physical etheric realm is known as reincarnation. Some human belief systems have the concept of karma, the idea that a spirit must redeem itself in one lifetime for the wrongs committed against others in previous lifetimes. The Zeta offered a slightly different slant when they said, "*Now we see the real reason as to why beings incarnate. There are the obvious lessons that increase the vibrational frequency of the group and individuals*" (Hamden, 2012, p. 228). The purpose of a new lifetime is not necessarily to make up to others for wrongs committed against them. Rather it is to increase one's own and others' vibrational states. The difference is subtle. The focus of a life has less to do with correcting wrongs than with raising one's state of consciousness. The Zeta said, "*Each time you act in a loving way towards each other, you are raising your vibration and succeeding*" (Hamden, 2012, p. 243).

Back in the spirit realm at the end of each lifetime, a spirit knows its true vibrational state. It may then prepare for a new lifetime with the intention to have a higher vibrational state when it is over. Overt "good" or "bad" actions are less relevant in a lifetime than the intention behind those actions. A loving intent preceding an action rather than the deed itself raises a person's state of consciousness.

The beings of the Zeta race say they cannot enter the spirit realm since the Zeta physical energy and knowledge of the Zeta existence would severely infringe on the freewill of the spirit realm inhabitants. However, other beings that are non-physical may interact with elements of the spirit realm. A Zeta said, "Only a non-physical consciousness, non-physical incarnated races may become threads to oversouls within spirit realm. ... This is where we believe that much of the higher frequencies exist within the spirit realms. If you look behind what the spirit realm actually is, it is infinite threads of consciousness weaving its way back through to source."

The spirit realm appears to be somewhat isolated from other forms of consciousness such as extraterrestrial races that have a non-resonating energy. However, it is possible for a non-physical or interdimensional entity to interact with the spirit realm at the oversoul level - a concatenation of a number of higher-self entities. The Zeta said, *“The oversoul consciousness perceives the interdimensional entity, which is a non-physical entity, as being akin to a telepathic communication. ... They exist behind the spirit realm, feeding into, and from.”*

8.1 The structure of spirit realm

A Zeta model of the spirit realm was described in Treurniet and Hamden (2022, *The spirit realm as information fields*). According to the model, the spirit realm has vibrational states that are higher than the astral realm vibrational state. A Zeta acknowledged that many different states of consciousness exist within spirit realm. They said, *“One facet of the spirit realm is your oversoul. They are like rooms with many entities in each room, each of the rooms creates a dwelling. Your house has many rooms, your house is the spirit realm, each of the rooms has potential to be many entities.”* The rooms have different vibrational states, each supporting a different consensus reality.

A Zeta also introduced a novel perspective on the spirit realm contents. Beings such as spirits, higher-self entities, and oversouls are represented at a lower level of analysis as hierarchically organized threads of information. In Treurniet and Hamden (2022), the Zeta described the spirit realm and what it contains.

The words *“informal”* and *“formal”* distinguish levels of the hierarchy of consciousness in a realm. Additional elaboration is given in Treurniet and Hamden (2022). The chapter is reproduced in this book, *Informal and formal fields*). From the context, an informal thread is the input layer of any sub-hierarchy in the information structure, and the formal thread refers to higher layers. For example, a higher-self entity is an informal thread, and the formal thread of the next layer combines informal threads from the layer below. The formal thread provides a context for creating in the informal thread.

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It is important to note that the spirit realm entity's experiences are influenced by its intentions and expectations. Spirits returning to the spirit realm usually see themselves as human in appearance, sometimes existing in a three-dimensional, Earth-like environment. This is what they would expect given their recent physical experiences.

9. Timelines

Summary. The Zeta cosmology includes uncountable timelines that are part of the process of a spirit incarnating from the spirit realm. The timelines are distinguished by their states of consciousness. Physical processes cannot be exchanged between timelines, but a local consciousness may become aware of events on another timeline. This accounts for the occurrence of the 'deja vu' phenomenon. The Zeta beings are able to study the human use of multiple timelines in experiments that simulate the process.

The Zetas informed us that an advanced race of beings, known as Hyperversals to some humans, were responsible for creating countless numbers of timelines, a Multiverse, for beings to experience as a physical existence.

Zeta: *The Hyperversals, when creating the nucleus of the Multiverse, split the form, the initial creative potential of this entity, into fragments - something like a stream. This stream of matter became the Multiverse. When the first process of time began, it was then segmented into various*

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streams. This is not a synchronous process.

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

In that quote, the Zeta acknowledged the existence of multiple timelines created by “source energy.”

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

A timeline may be thought of as a sequence of events to be experienced by a being in its subjective “now.”

The created timelines are constructs where source consciousness can have experiences and come to understand itself. Humans think of time as an objective dimension segmented into units such as seconds, minutes, hours, days, etc. Instead, the Zeta suggested that what we experience occurs in a subjective “now”. Further, we should “*imagine that everything is encapsulated within a tubular form, that you are a conduit. No matter how hard you try, you cannot influence the other conduits, else there would be chaos.*” Our “now” is defined as a cross-section of only that conduit.

It is impossible for us to move physically from one timeline to another, although consciousness can focus on more than one timeline. Consciousness existed before the timelines came into being, and so it is possible for a person to become aware of an event on another timeline. A Zeta explained that timelines exist as different states of consciousness, and humans make particular use of the timelines in their incarnation processes.

Zeta: *The timelines are ... not segmented by your time process. They are based on dimensional aspects and frequency. So when the discussion of a timeline is due, there is a deception that they are a segment related to each of the incarnations. But what is taking place is*

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that you are in operation in frequency, and depending on frequency will depend on the type of interaction that you will have with your perceived reality.

The Zeta emphasized that each timeline exists “*in frequency*”, meaning that each exists as a unique state of consciousness or vibration. They also explained that “*humans are facets of consciousness made up of infinite shards or threads.*” So when a spirit chooses to incarnate in a physical body, many similar versions of itself are born into as many timelines that differ with respect to their state of consciousness. The spirit may then experience physical existence under the influence of the many states of consciousness offered by the different timelines. The Zeta commented, “*This reality is an illusion. The consciousness of the spirit people is able to exist in many rooms, all believing that they are existing within the same environment.*”

The progression of the lives on the timelines should vary widely, since the different states of consciousness would undoubtedly be associated with different choices. So some timelines are very different from others and some might be quite similar. The Zeta explained that similar timelines account for the experience of *deja vu*.

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

Imagine that there is a running track and each being that are to run, are on the starting positions and “are you.” You are all instances of the runners. You all start running. At some point some catch up with the other of you, and at other points some of you are running faster than others. So if each runner is on a timeline, as each comes closer to the other, you sense and perceive you have in some way experienced a process before. Consciousness is not encapsulated in the physical body, consciousness is able to be spread across many existences, so when you come across a non-synchronous time, separation only exists in consciousness.

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In other words, although timelines are asynchronous, a sequence of events playing out on one timeline may slightly lag a similar sequence on another timeline. According to the Zeta, consciousness can detect when this happens, since awareness is not restricted to a particular physical timeline. The local consciousness of the physical being on the lagging timeline may notice the similarity and puzzle why the *deja vu* event seems so familiar. The Zeta explained, *“As you change frequency you move closer to the other parallel timeline, the existence that you as a faceted person have possibly experienced before, and that way you sense reality that you have never encountered before, but it is familiar to you.”*

When asked if it were possible to see into the other timeline, the Zeta replied, *“Yes, through consciousness, of course, through controlling the process to understanding the mechanics.”* This suggests that voluntarily seeing across timelines can be learned, as well as happening spontaneously as *deja vu*. The Zeta indicated that it is possible to travel between one timeline and another, since *“the current timeline is one of frequency, the other timelines are also the same.”* They suggested that transferring one’s consciousness from one timeline to another is possible.

Zeta: *You are travelling along a thread, and so the other threads, the other existences that you hold are also travelling in parallel. Now, for you to leave this timeline and to move to another timeline, the point of entry is relevant because when you leave this timeline, you no longer exist. You would only have existed up to the point that you left. So to enter into another timeline, you must enter into what is seen to be a point which would not interfere with the other parallel you.*

The Zetas have a theoretical rather than a practical knowledge of timelines because the race participates in only one timeline process. What they know is based on studies of a model of the human process in a synthetic quantum environment or SQE. These simulation experiments give probabilities that certain effects will occur.

Zeta: *There is also the ability of many races to create a mirror image of a current timeline [i.e., the SQE simulation], and then place functions*

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within the timeline to understand the perceived probability.

Zeta: *Much of the discussion we are having is based on theoretical models that we have discussed with others amongst our race. There is no guarantee that what is said on this subject is known to be a truth.*

Zeta: *Now for us, we exist on one thread. This does not mean that we cannot study the other threads. We have our own technological processes such as the quantum environments where we are able to take imagery of each of the chosen timelines, and then we can study the probabilities. But we only view probabilities, that is true.*

The oversoul process in spirit realm provides the many soul facets that can be assigned to multiple timelines. Spirits that choose to incarnate as humans are part of this process. However, the Zetas' consciousness is not organized the same way, and so the Zeta race is able to use only the one timeline.

Our immediate impulse is to see ourselves as having multiple existences on many timelines. The Zeta counters this impression with the following comment.

Zeta: *The function of time or timelines is that it exists only for the observer, and so the observer, no matter where they are observing from, sees that point as the now. And so to believe that they are multiple humans on any timeline, that does not accurately describe how humans view themselves in a timeline process.*

This comment indicates that the result of the timeline process is not given by multiple individual humans, each with a unique experience on a their own timeline. Rather, only one observer views the incarnation process and simultaneously experiences many perspectives. The sequences of experiences in the many states of consciousness all converge to one sequence of observations in the now.

9.1 Human experience of multiple timelines

The universe was created in consciousness space as a multiverse with multiple asynchronous timelines. A Zeta said of the timelines, “*They*

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exist in frequency”, and so they are differentiated by their vibrational states.

According to the Zeta, each timeline covers a range of vibrational states, with the maximum energy in the middle of the range and minima at the edges. A timeline is imagined as a tube containing a sequence of physical objects and events. The physical container of the spirit cannot escape the tube.

A Zeta was asked if it were possible for a person on one timeline to experience another timeline. They replied, “*Yes, through consciousness, of course, through controlling the process to understanding the mechanics.*” A spirit being’s consciousness is not restricted to one timeline. It is possible to move between one timeline and another in consciousness, since “*the current timeline is one of frequency, the other timelines are also the same.*”

Humans make use of the multiple timelines to maximize experience in the reincarnation process. During each incarnation, a spirit entity has experiences on many timelines, each having a different vibrational state. The spirit occupies a different physical container or body on each timeline, each restricted to its own timeline.

The consciousness of a spirit thread can resonate with the consciousness of its counterpart in either a lower or a higher vibration timeline. Awareness of another timeline can occur when there is a leap of consciousness to another vibration. The visitor may passively monitor the experiences already generated by the perceptual process on the visited timeline. In a dream state, for example, one’s consciousness may shift to the vibrational state of a different timeline. The dream may then portray the dreamer having different life experiences, perhaps with common significant features such as the same family members. Treurniet and Hamden (2022, *Incarnation on multiple timelines*) discuss further how the timelines may be used in the incarnation process.

The Zeta was asked if a human could focus awareness on a timeline where there was no war, for example.

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Zeta: *For a human to move to a state of a non-war and peaceful environment would require that the human traverse each of those individual timelines seeking the other existence.*

If someone were able to cross a timeline boundary and enter nearby timelines, the person's psyche could become disoriented and perhaps become permanently disabled.

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

The insertion of new information into the time stream is not taken lightly since approval by an overseer is required. One of the overseer's responsibilities is *"to make sure vibrational alignment is in place for the joining of the grid. We are coming to a place in the near future where the grid will be used powerfully and we will be visiting these groups [i.e., groups working on a planetary scale] to make sure the energy that has been born is correct."* The overseer's agenda includes ensuring that changes to the grid do not interfere with the desired maturation of the human collective consciousness.

10. A predicted global shift in vibration

Summary. The Zetas predicted that humanity will soon have the opportunity to shift to a higher state of consciousness. But to preserve individual human freewill, a higher-vibration planet would need to be available before the shift. A human consciousness would then be able to remain at the lower vibration or raise its vibration to the level of the higher-vibration planet. One human's choice could be made independently of all other humans. The Zetas expect all of humanity eventually will shift to the higher level consciousness.

Conversations with the Zeta race mentioned the anticipated ascension of the human race. What this could mean for humanity is discussed in the chapter, *Incarnation and ascension*, in Treurniet and Hamden (2022). A Zeta said, “*Your ascension will unlock a lot of this potential that lays dormant within you.*” For example, humans should have new abilities like awareness of past lives and telepathic communication, and they would be able to communicate more easily with the higher-vibration extraterrestrial races.

The Zetas also believed that a less drastic shift in vibration “*will be occurring soon,*” well before the major shift of the ascension process. The shift expected earlier was described in the following quote from Hamden (2012, p. 259).

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The healing matrices which are to be created around your planet will bring about the necessary shifts required to raise the level of frequency that are needed to change the magnetic resonance of the Earth's fields. This shift will be occurring soon, and as you have all felt, there has been many unsettling changes that have been brought to bear upon you all. Some have felt this more strongly than others, but the intention is that the shifts required are necessary for this planet.

Your current energies are in flux, and this explains to you why there is an unsettling process you have felt. This is to come to an end quite quickly. The difference between the beings who are to move through this easily and the ones who are not will be what they allow as flow in an energetic form.

Blockages from energy changes build up. This causes the emotional body to react in a way that would cause an unbalanced process to take place, emotionally. You seek to be grounded but this of course is a temporary measure on your behalf, as your grounding consists of the shifts you must endure for the resonation to move to a higher state. Like a song it will change tune, this new tune will allow a different song to be heard and sung (we can say this in no simpler words as an analogy)

Friends, be aware that as you are growing, so is all around you. Everything is constant expansion, and for now remember, that to "be" means to "be in flow". Do not resist the changes you are currently feeling as they are another step towards your energetic body forming the next being you are to become.

Treurniet (2019) described a multidimensional model of vibration that came from the conversations with the Zetas (or see the section on *Multidimensional vibrations*). The anticipated shift in vibration would be a marked increase along the *Physical type of vibration* dimension.

In September, 2012, a Zeta predicted, “It has been seen that in ten of your years, certain changes will be in influence for you as a race but, as stated, not all is seen, or known. ... The future, as you may call it on any

timeline, exists now and cannot be guaranteed of an outcome” (Hamden and Treurniet, 2022). With the latter caveat in mind, humans should have the opportunity to shift their vibrational level around 2022, ten years after 2012. Afterwards, they would continue to have a physical experience but at a higher level of vibration.

10.1 A brief review of 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 Section 2.2, *Multidimensional vibrations*). A physical entity behaves like a low-pass filter and has a *highest possible vibration* on a physical plane of the model. The plane is defined by the *Physical type of vibration* and the *Harmony* dimensions.

The entity can be aware of phenomena having vibrational states the same as or lower than its own highest state, but is not normally aware of phenomena having higher vibrational states. The entity’s vibration could shift higher on the *Physical type of vibration* dimension or on the *Harmony* dimension. A shift on the latter dimension would account for an increase in ability to love.

Intrinsic to consciousness is the ability to create with thoughts. The energy of a being’s *highest possible vibration* is modulated by its thoughts when it has the proper intention to do so. The resulting creation representing the thought is analogous to an interference pattern that is placed in a substrate in consciousness known as the grid. 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 same thought when the representation is “illuminated” by the unmodulated vibration that created it.

The holographic-like patterns resulting from the creation process are known as *quanta* by the Zetas (see the chapter, *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.

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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 grid-like construct in consciousness. A Zeta explained, *“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 and each individual object it contains are 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 a inbuilt function into the consciousness of humanity, a 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.”*

10.2 A process of shifting vibration

Human consciousness exists in a range of vibrations that defines the etheric realm. An individual consciousness is 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 shift to a higher vibration, the physical body’s vibrational level should also shift to remain optimally compatible.

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The physical body is composed of matter like other material objects. For this body to exist in a higher vibrational state on the Earth in the midst of other matter, the vibrational level of all matter should shift in concert with the state of consciousness. The common vibrational level was supported by a Zeta's comment, "*There is an 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) should be the same as the humans' physical vibration.

The requirement of a common vibrational state everywhere on the planet poses a dilemma for a shift process where the choice to do so is made by each individual. How could one human among many shift to a significantly higher level of vibration without violating the freewill choice of others? The perceptual process would need to operate in the lower Earth vibration as well as in the higher vibration in order "*to hold the physical construct that is required for humans to exist.*" If a higher-vibration planet does not already exist naturally, perhaps some entity has plans to prepare a higher-vibration Earth for the humans who wish to shift to the higher level. The new version of the planet would remain imperceptible to the lower-vibration humans who choose not to shift to the higher vibration.

A Zeta mentioned a feature of the Earth grid that would facilitate making a shift to such a higher vibration. 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 would specify the default vibrational level to be used by a perceptual process to transform quanta to sensations. The default potential, which informs the perceptual process how to decode quanta, is held in the planetary grid. When a human consciousness shifts to a higher-vibration planet, a being's perceptual process would be recalibrated using the grid potential intended for that purpose. The grid potential ensures that a being's perceptual process is tuned to the correct vibrational level for perceiving matter.

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Information from the Zeta interviews suggests how this higher-vibration planet could come to be. As suggested, it may exist naturally as part of the Multiverse, or an entity may be able to create it. The Multiverse is a large number of timelines associated with the spirit realm. The timelines are distinguished by their state of consciousness or vibration (Treurniet and Hamden, 2022). The Zeta said, *“The possibility of multiple existences for you is a reality.”* The timelines are normally used by the human incarnation process. A human exists *“in infinite realities in the same time, because the oversoul has separated itself into many forms, and thus existing in many physical manifestations, you understand, and these are called timelines.”*

The Zetas revealed that they can copy multiple timelines to “synthetic quantum environments” in order to simulate the human incarnation process and to predict the likelihood of certain outcomes. They said, *“The timeline of a human may be created,”* and so they or another race may be able to copy and modify a timeline suitable for accommodating the shift to a higher-vibration Earth.

A shift to a higher state of consciousness would see a person become more loving. But, the Zeta said, *“There will also be many humans who choose not to be influenced by it as well.”* Each human consciousness will choose whether to make the shift or not, and its freewill should not be affected by the choices of others. The Zeta advised, *“Do not resist the changes you are currently feeling as they are another step towards your energetic body forming the next being you are to become.”*

The shift is expected to be a dramatic change for humans as they choose to become more loving and 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 planetary grid and the representations of all matter on the planet will change to a higher level of vibration. The phrase, *“this changes everything”*, is particularly meaningful in that all will be experienced in a higher state of love.

11. A Schumann spectrogram anomaly

Summary: During early 2020, an anomaly occurred a number of times in the Schumann spectrogram. The phenomenon could not have been a naturally occurring event. The spectral energy was not continuous but had peak intensities at every Hz over the entire displayed range of 0-40 Hz. The Zeta indicated there is a relation between the main Schumann resonance of 7.8 Hz and the vibration of the human field of consciousness. Barring a more mundane explanation involving human agents, the Schumann anomaly may have been caused by an unusual vibration of consciousness.

The Earth is surrounded by an electrically conducting layer in the atmosphere known as the ionosphere. The spherical cavity between the ionosphere and the Earth's surface has an electromagnetic resonance known as the Schumann resonance. The frequency at 7.8 Hz is typically the most intense resonance, and several higher resonances at 14, 20, 26, 33, 39 and 45 Hertz, may also be seen. The frequencies are related to the circumference of the planet, and there is some variability. Rakov and Uman (2009, p. 434) explained that the variations occur primarily because of the changing properties of the ionosphere. The amplitudes of the resonances at any time are affected by the integrated world lightning

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activity, and there is a diurnal change in amplitude due to other factors that vary throughout the year.

The Zetas revealed that the vibration of the Earth consciousness grid is closely associated with the main Schumann resonant frequency of 7.8 Hz. The Zeta said, *“The vibration [of the grid] has a particular frequency. The humans have said it is known as the Schumann frequency. ... This means that to hold the physical construct that is required for humans to exist, that they must exist within the frequency of the range of the Schumann frequencies.”*

Further, they said, *“To go from the spirit realm to the physical reality means that there must be some commonality of frequency between physical existence and the spiritual side.”* There must be a connection between our physical experiences and experiences in other accessible realms. The multidimensional model of vibration in Treurniet (Figure 2.1) suggests that the different vibrational states would likely be on the *Physical type of vibration* dimension.

The Schumann spectrograms are measured continuously by the Space Observing System, Tomsk, Russia, and the spectra are displayed graphically on an internet [website](#). The Space Observing System is one of very few places where such data are publicly available.

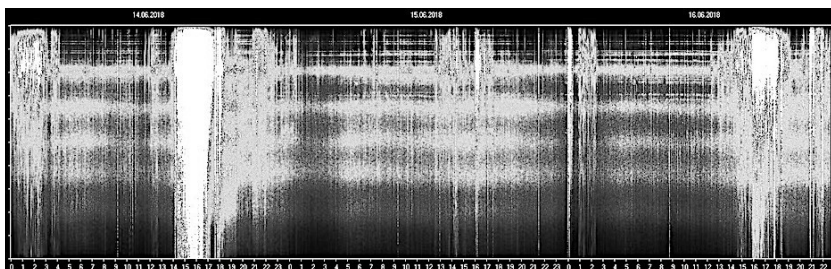


Figure 11.1. A normal three-day record of the Schumann spectrogram (courtesy of the Space Observing System, Tomsk, Russia.)

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A typical spectrogram taken from the Tomsk website is shown in Figure 11.1. The y-axis represents frequency ranging from 0 Hz at the top of the axis to 40 Hz at the bottom. The x-axis marks time intervals in hours, and the figure shows a record of three consecutive days. The heaviest broad horizontal line near the top of the graph shows the 7.8 Hz resonance. The lowest horizontal line indicates that the highest resonant frequency in this sample is about 26 Hz.

An anomaly appeared a number of times in the Schumann spectrogram displays in early 2020. Figure 11.2 shows ten instances that appeared from January 10, 2020, to April 6, 2020. The anomaly is an unusual band of energy spanning the displayed frequency range. The spectral energy is not continuous but has peak intensities at every Hz. The duration of the anomaly was estimated to range from about 15 minutes to 53 minutes.

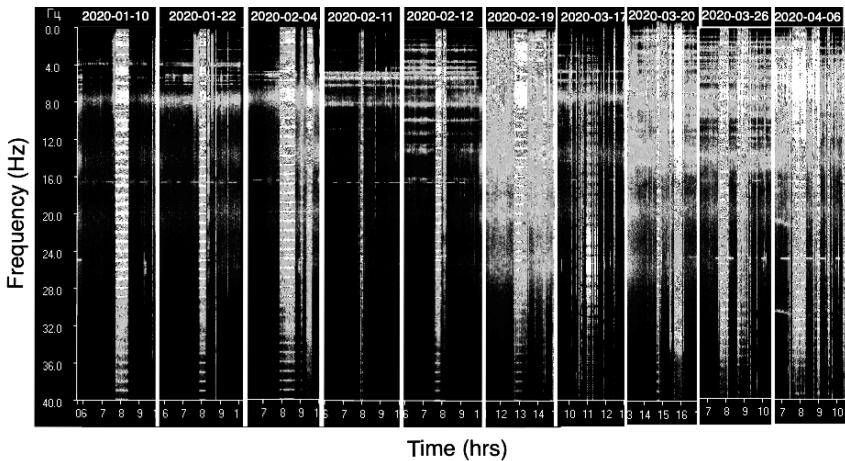


Figure 11.2. Ten samples of the anomalous Schumann spectrogram. (courtesy of the Space Observing System, Tomsk, Russia.)

Integrated multiple lightning strikes could create a band of noise energy spanning all frequencies as represented by the white vertical stripe in

Figure 11.1. Note that the band of energy does not have the peak intensities at 1 Hz intervals. It normally never does, and so it seems likely that the precise anomalous modulations in Figure 11.2 were created intentionally by an intelligent being.

11.1 Discussion

The physical Schumann resonance was said to have the same frequency as the Earth vibration of consciousness. A Zeta said, *“The vibration [of the grid] has a particular frequency. The humans have said it is known as the Schumann frequency. ... This means that to hold the physical construct that is required for humans to exist, that they must exist within the frequency of the range of the Schumann frequencies.”*

The Zeta added, *“To go from the spirit realm to the physical reality means that there must be some commonality of frequency between physical existence and the spiritual side.”* Further, the channeled material from the Zetas maintained that the vibration of the Earth grid in consciousness is closely associated with the dominant Schumann electromagnetic resonance of 7.8 Hz.

Several years ago, around 2012, a Zeta mentioned that a shift in the level of Earth vibration was expected to occur in ten year’s time. Thus, the shift was to occur around 2022. This suggests that the *highest possible vibration* of human consciousness should also shift (see *A predicted global shift in vibration*). However, the shift seems not to have occurred.

The Zeta qualified the prediction that the shift would occur in the 2022 time frame, *“The future on any timeline exists now and cannot be guaranteed of an outcome.”* There is an inherent inaccuracy in predicting the future. The Zeta also said, *“People need to take responsibility for their progression. All things must change – as they change, the grid changes, and this changes everything.”* The shift would depend on the state of human consciousness at any time and it varies with the state of the grid. If the human collective consciousness became less loving for some reason, the shift may have become impossible. The failure to accommodate the predicted 2022 interval is not surprising

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given the anxieties created in the human population by the Covid-19 pandemic.

The year 2022 has come and gone without the occurrence of an obvious event. The Zetas said that higher-vibration beings do not schedule events using a rigid time scale such as minutes, months, or years like humans do. For the Zeta race, there is only a progression of event sequences. The elapsed time would likely differ between races.

It is possible that the Schumann anomalies seen in 2020 were caused by preparations for a vibrational shift process such as creation of a higher vibration Earth. The shift in the level of human consciousness may be in our future still.

12. Zeta technology

Summary. *Two technologies of the Zetas are discussed. The first is associated with an anomaly often seen accompanying craft in photographs. It is a translucent toroidal shape thought to be formed by a field created by the craft's propulsion system. This conjecture was confirmed by a Zeta. The second technology was associated with an anomalous ridge of gentle resistance felt in the air while walking. The resistance, also confirmed by a Zeta being, was a dome-shaped shield to protect Zetas from electromagnetic radiation when they ventured outside their craft.*

12.1 A toroidal feature in photos of ET craft

The Zetas have applied their knowledge to the creation of technologies including the design of their craft and its method of propulsion. Before any discussions with the Zetas had taken place, one of the authors had identified toroidal optical distortions near craft in many enhanced photographs of UFOs (Treurniet, 2017).

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The left panel of Figure 12.1, for example, shows a cropped original photo, while the right panel shows the photo enhanced with equalization to increase contrast. The toroidal shape can be seen in the right panel just above the craft.

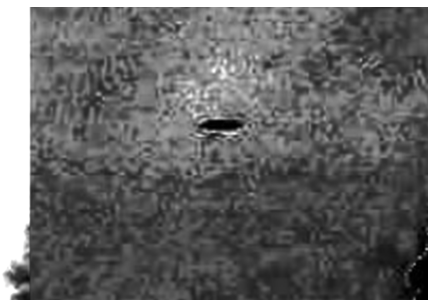


Figure 12.1 Example of an optical distortion above a craft -
Left panel: Original, Right panel: Enhanced; Credit: Unknown

A second example is Figure 12.2 where the original image is in the left panel. The enhanced image in the right panel shows a toroidal shape between the craft and the treetops underneath.

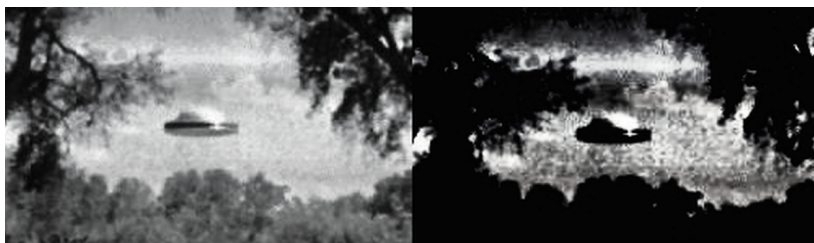


Figure 12.2 Example of an optical distortion below a craft -
Left panel: Original, Right panel: Enhanced; Credit: Peralta, 1963

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Figure 12.3 shows an effect of the toroidal distortion on light refraction. The object in the photograph was fortuitously positioned over a rainbow in the background.



Figure 12.3 Displacement of colours by the distortion;
Top: Original, Bottom Left: Enhanced, Bottom Right:
Overlay; Credit: Chris Malcheski (reproduced with
permission)

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The top panel shows the object in the original photograph. In the bottom-left panel, the image was enhanced with equalization, and the torus is visible above the assumed craft. In the bottom-right panel, the position of the torus is marked for convenience with a graphical overlay.

The enhanced image of Figure 12.3 shows that the colours of the rainbow are shifted where they intersect with the torus. At the bottom of the torus, the red colour of the rainbow is shifted left and covers the right end of the object. At the top of the torus, the violet colour of the rainbow is shifted to the right and overlays the red colour of the rainbow.

The shifting of the colours suggests that the refractive index of the torus differs from the adjoining space. However, the shifts at the top and bottom of the torus were in opposite directions, and so the refractive index changed sign. A toroidal field having opposite polarities at the top and bottom could affect the refractive index in this way.

An unusual object in a Hubble space telescope image shown in Figure 12.4 suggests that a craft generates a gravitational field in empty space.

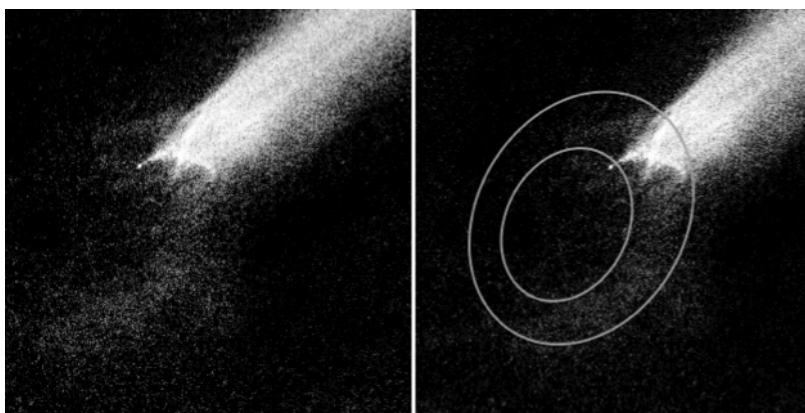


Figure 12.4 Hubble Telescope photo P2010_A2 - Left panel: Brightness Enhanced, Right panel: Overlay; Credit: NASA, ESA, and D. Jewitt (U. of Cal, Los Angeles), Photo No. STScI-2010-07

NASA scientists speculated that the object in the image resulted from a collision between two asteroids. However, the image with the overlay shows that apparent debris is organized in a semi-circular pattern passing through the object. This suggests that the object may have been a craft that organized a debris field beside it in a toroidal pattern. The debris would not have been distributed evenly around the torus if the field gradient were perpendicular to the surface of the torus.

12.1.1 Discussion

The toroidal feature in photos of UFOs was analyzed further in Treurniet (2023, Chapter 3). The analysis found that the torus could be caused by a change in the permeability of space. A change in permeability would introduce both an altered ambient magnetic field and refraction of light. These effects were observed and suggested that the toroidal patterns are created by the propulsion systems of craft.

When a Zeta was asked to explain the toroidal shape visible near craft, they confirmed that it was *“the propulsion process that is providing a wake before or after the craft.”* It is an *“etheric representation of physical capacity of propulsion system.”* They emphasized that the distortion is caused by the etheric form of only part of the craft.

In the chapter on *Gravity*, the Zeta explained that both gravitational attraction and dematerialization depend on matter frequency. The etheric form of a craft materializes (i.e., can be experienced as physical) when its frequency is changed to the Earth vibration. The change in vibration may also produce the toroidal optical distortion. Since the part of the craft that holds the propulsion system did not materialize, its vibration would not have changed.

The following dialog with the Zeta discussed further the meaning of the toroidal distortion.

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

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

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

Zeta: *Part of the craft, yes.*

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

Zeta: *Both happening at the same time. No separation, not either or. To instruct craft via telepathic process, instantaneous, go there, yes, straight away.*

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

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

Interviewer: Both exactly one and the same object.

Zeta: *Yes. Your physical body has etheric template, yes? They are the same, but in separation both occurring at the same time.*

Interviewer: But my etheric body can be spatially separated from my physical body at times.

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

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

Zeta: *All things, yes.*

The Zeta explained that only part of a craft is perceived as physical. A craft's etheric propulsion system is integrated with the rest of the craft but does not materialize at the Earth vibration. The toroidal pattern in the enhanced photographs represents "a distortion in the energetic fabric of the environment" and is the "etheric representation of physical capacity of propulsion system." The propulsion system has an energy field which appears to distort the permeability of space. This would, in

turn, distort the etheric representations of physical matter in the environment near the craft.

The chapter on *Gravity* gives a possible reason why the craft is never near the centre of the torus. The Zeta said that the vibration of the etheric form of a craft is altered to cause it to materialize, and the signal to change the vibration must be “*from an external source.*” This condition would be met if the signal originated from one side of the propulsion system, and if the part of the craft to materialize were on the opposite side. The propulsion system of a craft, seen in photos as a toroidal distortion, would always be adjacent to the materialized craft.

Many other instances of toroidal patterns were found in association with unidentified objects that may be craft. These patterns did not have a fixed size relative to the craft. Some were small and some were very much larger than the craft. In most, if not all, of the photographs, the craft was either in contact with the torus or a short distance away from it. It might also have been just inside the circular pattern, but never at the centre. So the propulsion system appeared not to have a fixed geometry. Its size could vary widely and it was never symmetric around the part of the craft that materialized.

12.2 A shield for electromagnetic radiation

Physical mediumship séances are often held in Wallacia, a suburb of Sydney, Australia. On two such occasions, several people felt an anomalous ridge of higher resistance while walking in the open air. Paul Hamden, a medium who has learned to make mind-to-mind contact with extraterrestrial races, attributed the phenomenon to the Zeta race. He explained that occupants of a nearby Zeta craft had placed an invisible spherical dome over the site. The dome shielded the Zetas from natural and artificial electromagnetic radiation as they walked between a séance room and the craft. The thickness, length, and shape of a segment of the dome wall was estimated using the tactile effect on the human body. The anomaly is explained with an idealist cosmology described by the Zeta race.

The anomaly examined by the author in 2013 was a sensation on the skin felt by several people as a ridge of gentle resistance to their movement in the open air. It was encountered again at a nearby location in 2014 when it was studied more extensively.

12.2.1 Detection of the anomaly in 2013

Physical mediumship séances are held at Wallacia in buildings identified in Figure 12.5. A main house is shown in the upper left of the image. Just below it is a building complex composed of two séance rooms and a guest house.

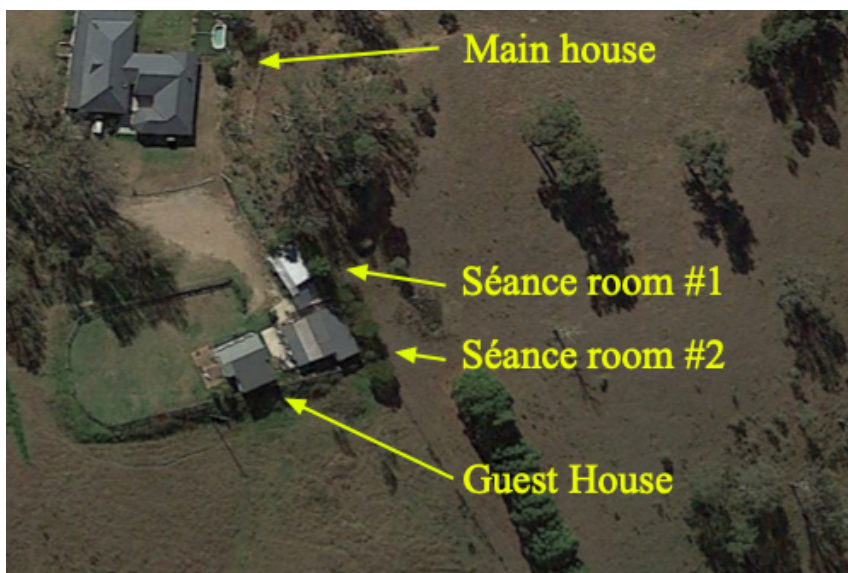


Figure 12.5. Buildings at the Wallacia Development Centre. Google Earth 7.3.4.8248 (5/2016) (Wallacia, Australia, -33° 55' 03 S, 150° 39' 29 E, 77m).

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In 2013, the author encountered a person outside Séance room #2 waiting for a séance to begin. She had just felt an unusual sensation in the open air while approaching Séance room #1 from the direction of the main house. He retraced her steps and felt a definite tactile sensation on the skin at a certain point as he walked along. The sensation was repeated several times by walking across the same physical location. The air was still, and the sensation was like passing through an invisible ridge of higher density air.

The medium, Paul Hamden, appeared just then to clarify what had occurred. He said the sensation of resistance was due to contact with an invisible dome of energy placed over the séance rooms by extraterrestrial Zeta beings who were monitoring the event. He explained that the dome protected the Zetas from natural and artificially generated electromagnetic radiation. In a séance room soon after, a Zeta described via the medium the observed symmetry of the dome wall cross-section, *“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.”*

12.2.2 Detection of the anomaly in 2014

The anomaly was detected again in 2014 during a similar event at the same venue. The author felt a sudden strong, uncomfortable sensation while slowly walking near the main house. He felt dizzy and somewhat nauseous until he distanced himself from the location. The medium, Paul Hamden, came from the house at that moment and advised that the sensations were caused by a dome of energy which had not yet been properly calibrated. As in the previous year, the medium explained that the dome was intended to protect the dematerialized Zeta bodies from the electromagnetic radiation in the environment. The shielding effect gave the Zetas freedom of movement between their craft and the séance rooms. During a following séance, a Zeta said via the medium, *“For us to come, we reinstate a spherical protective mechanism,”* and confirmed that the protective mechanism referred to the dome structure.

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After the medium left the location of the detected anomaly, the author discovered that a sensation of maximum resistance could be localized by pacing back and forth across what was said to be the wall of the dome. A resistance was felt that varied according to the symmetric shape of a bell curve described by the Zeta in 2013. The thickness of the resistance was judged to be roughly 1-2 m. It was felt as high as the facial area, so it extended at least 1.5 m above the ground.

A length of the presumed dome wall was localized in the same way. Points on the ground about 6-8 m apart were marked where maximal resistance was felt. The continuous line connecting the points was about 50 m long and was curved as shown by the black line in Figure 12.6.

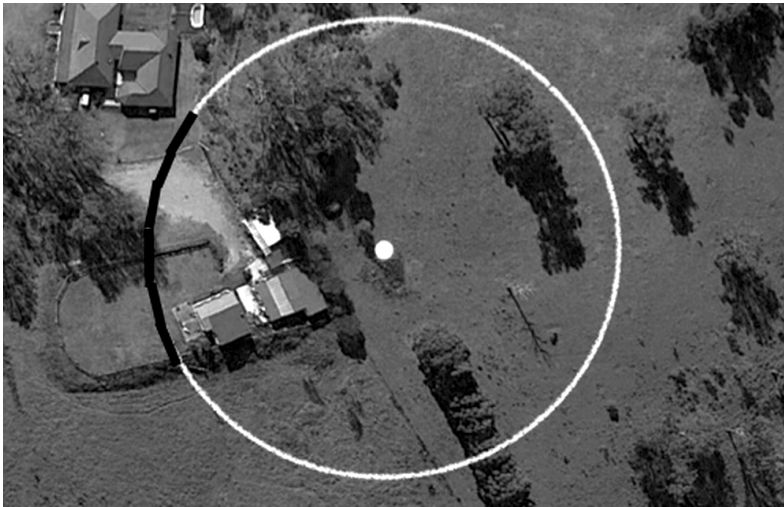


Figure 12.6. The estimated edge of the dome (in black) and the extrapolated circular boundary (in white). Google Earth 7.3.4.8248 (5/2016) (Wallacia, Australia, -33° 55' 03 S, 150° 39' 29 E, 77m).

The black line was later extrapolated as the circle shown by the white line in the figure. The extrapolation suggests that the presumed dome wall at ground level was indeed circular with a diameter of about 100

m. Only the black line was measured directly since the terrain outside the property was not as accessible.

12.2.3 Discussion

The dome shielding the Zeta beings outside their craft was initially detected in 2013. A Zeta said afterwards, *“And now, interestingly, you were able to sense the energy and were able to walk away from the dome, ... You were being influenced by the shield that was being created near the sitting. And now, of course, 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 Zeta found it interesting that the human body was sensitive to the energy of the dome, and they confirmed that the intensity of the cross-section of the dome wall approximated a bell curve. The body was able to sense the decreasing intensity of its cross-section with increasing distance from the centre. A Zeta commented during the séance after the reoccurrence of the phenomenon in 2014, *“We reinstate a spherical protective mechanism.”* The statement is consistent with the circular path of resistance measured by the author near ground level.

The invisible static ridge of higher resistance felt in midair would be hard to explain with our scientific materialism. However, a framework based on ontological idealism (e.g., Kastrup, 2019) does suggest how a dome could have been formed and why the human body was able to sense it. Treurniet (2019) documented an idealist cosmology described by the Zeta beings during the interviews with them. According to the cosmology, all that exists is a unitary mental construct consisting of dynamical configurations of an energy of consciousness. The construct, known to the Zetas as total consciousness, is aware and has properties that include vibration and the intrinsic ability to create and perceive.

Under certain conditions, a being can form thoughts and create holographic-like representations of the thoughts known as quanta. Quanta are the enduring forms of thoughts in consciousness and are transformed to sensations by a being’s perceptual process so it can be experienced again. The being learns from the experience that a certain

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arrangement of sensations is a particular object of matter. Many beings experience a consensus reality when they transform quanta with a perceptual process tuned to a common vibration. But when the perceptual process is not matched to the quanta, they are not transformed and no sensations are experienced.

The cosmology also holds that the representation of the human body is restricted to a range of consciousness vibrations. When quanta encoded in this range are transformed by the human perceptual process, the human experiences a physical object or body. The perceptual process behaves like a low-pass filter in that it can process vibrations up to the being's *highest possible vibration*. The quanta of the Zeta bodies and craft are normally encoded with vibrations above the human's bandwidth. Consequently, the quanta representing the Zetas and their craft cannot be transformed by the human perceptual process, and the Zetas and their craft were not sensed by most humans in the gatherings at Wallacia.

A Zeta said that the wave-like properties of the field of consciousness are altered vibrationally only by adjusting the parameters of frequency, energy, or resonance. If a Zeta technology altered the quanta underlying air molecules, the air might be made more resistant to human body movements. Such changes to the quanta of air molecules might be visually indistinguishable from the original air molecules but be experienced as an altered resistance to the sense of touch. A human would then feel a tactile difference without detecting a visual change.

13. Connections to human theories

*Summary. Some human science has features compatible with, or at least converging toward, the idealist cosmology of the Zetas. Close (2000) argued in the book, *Transcendental Physics*, that we live a completely mental existence. Matter is represented in quantum theory as "a spectrum of potentialities." As in the Zeta cosmology, it is experienced when a perceptual process selects a configuration available in consciousness. A theory proposed by Hotson (2002a, 2002b, 2009) based on the Dirac equation appears to map onto the process described by the Zetas. The "Orch OR" theory of Hameroff and Penrose suggests that neurons communicate with proto-consciousness at the Planck scale. The proto-consciousness device offers a foothold toward an idealist model of consciousness. Finally, Sheldrake proposed a morphogenetic field theory in which non-material fields guide the development of physical processes. The morphogenetic field may occasionally have a function analogous to the body blueprint in consciousness.*

The science of the Zetas offers a cosmology based on the assumption of idealism, that all is connected as a complex "waveform" in consciousness space. This view contrasts with the philosophy of

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materialism which assumes that all is inanimate matter and that consciousness is merely the behaviour of any sufficiently complex system made of matter. Assumptions such as these are behind the design and interpretation of any scientific experiment.

Human physics based on materialism is well developed and sophisticated. The so-called Standard Model of quantum mechanics makes very accurate predictions, and so satisfies many scientists and engineers who understand it. Nevertheless, there are doubts about the interpretation of quantum theory - in particular, the role the observer plays in how reality unfolds. For example, physicists now know that mere knowledge of an experimental procedure can affect what is measured.

The observer is embedded in this consciousness space, and so is a necessary participant in any experiment. It should come as no big surprise that the experimenter's knowledge, or awareness, can affect the experiment. The chapter examines how quantum theory might be conceptually integrated with the Zeta science.

A theory proposed by Hotson (2002a, 2002b, 2009) is also discussed. Hotson's theory is in some ways analogous to the Zeta description of the materialization process. Hotson developed his theory in reaction to perceived violations of physical laws that are accepted by most physicists. The theory is based on Dirac's relativistic generalization of the Schrödinger wave equation in quantum mechanics. It offers a physical understanding of the creation of matter which maps onto the Zeta description of how matter is created in consciousness space.

The "Orch OR" theory developed by Hameroff and Penrose (2014), a neurophysiologist and theoretical physicist, respectively, proposes a brain mechanism for connecting with a proto-consciousness located in the space/time geometry of the universe at the smallest possible scale. Consciousness is not all-pervasive in the theory. It exists independently of matter and is given a role to play in explaining awareness. The theory could move toward the idealism of the Zeta cosmology.

13.1 Transcendental physics

In the discussion of the Zeta cosmology in Treurniet (2019), the artificial barrier humans often place between science and spirituality is seen as unnecessary. The barrier currently exists primarily because of the unspoken assumption of materialism that underlies human science.

According to the Zeta cosmology, what we perceive as physical reality emerges from holographic-like interference patterns in the energy of consciousness known as quanta. The quanta are transformed to sensations by the perceptual process, an inherent operation of a being's consciousness. The sensations are usually experienced as external objects of matter by the mind of the perceiver.

These basic concepts are similar to the ideas expressed in the book, "*Transcendental Physics*" written in 2000 by Dr. Edward Close, a theoretical physicist and mathematician. Close presents his reasons for concluding that our physical reality is a strictly mental experience created by our perceptual processes.

Close examined the implications of certain advances in physics (EPR_BELL_ASPECT) that expanded on the Copenhagen interpretation of quantum mechanics proposed by Niels Bohr. This interpretation holds that at the quantum level there is no phenomenon until it registers as an observation or measurement. The critical experiments also lead to the conclusion that non-local systems that cannot communicate may yet share a common reality as expressed by the Copenhagen interpretation. We know this as quantum entanglement (Aspect, 1982, 1999).

Close also discussed the implications of the well-known delayed-choice double-slit experiment (e.g., Whitt, 2008; Whitt, 2010; Horgan, 1992; QuantumEraser, 2002; Walborn et al., 2002, 2003; Jacques, 2007; DelayChoice, 2015). Experiments of this nature direct coherent light toward two parallel slits in a screen. Photons of light pass through both slits and form an interference pattern visible on a second screen. The interference pattern indicates that the light behaves like a wave. However, when the paths taken by the photons can be determined, the

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interference pattern disappears and the photons behave as particles. Whether a photon behaves as a particle or a wave depends on the state of knowledge about the apparatus at the instant when a measurement is taken. It could even be said that light quanta do not exist until the instant of measurement or observation; that is, the particles do not have a past. Close commented that the act of registering the phenomenon of light is equivalent to an elementary act of creation.

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

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

The same logic may be applied to the whole universe which is thought to have begun in an instant at the “big bang”. But how could the first quantum of energy have taken on an objective existence as a particle when no other particles existed for it to affect? Could the receptor of the first particle have been non-physical? Close argued that, as in the termination of the chain of effects in the conscious observer, there must

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have been a non-physical terminator to receive the first particle. Otherwise, the physical universe as we know it could not have come into being. He called this receiver, *primary consciousness*.

Close reasoned that information carried by the final set of quanta in the physical chain of events forms non-quantized images of physical reality. This is where “the structure of some selected aspects of primary consciousness is registered in individual consciousness.” The construct is the instantiation of an abstraction in primary consciousness where abstractions of all possible constructs are held.

Close explained, “Every observation is an instance of reality/primary consciousness observing itself. It is the completion of a self-referential loop. Structure and form, originating in primary consciousness, is projected as a spectrum of potentialities. The process is completed when one specific structure or form is selected by observation and confirmed again in the nonlocal space of consciousness.” Primary consciousness presents the physical universe “as a spectrum of potentialities” as represented by Schrödinger’s wave equation in quantum mechanics (Harvey, 1962). Close concluded, “...observable reality depends upon quanta, and that non-quantum consciousness, primary and individualized, are necessary ingredients of reality.”

Close’s reasoning about the crucial experiments endorsing the Copenhagen interpretation of quantum mechanics suggests that the bases of human science needs to be reinterpreted. Consciousness must have a continuous existence separable from the quantized universe of matter. According to Close, matter cannot exist without the *spectrum of potentialities* projected by the primary consciousness. Of course, the primary consciousness identified by Close is basic to the Zeta cosmology as well.

The Zetas referred to Close’s primary consciousness as total consciousness. They said, “*The void is a living entity of total consciousness, oligarchical in nature, and is partially living as an experience in separation, through illusion, of self through the vesture of matter. Each separation of consciousness is layers to perform many functions.*”

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The total consciousness lives an “*experience in separation*”, meaning that the one consists of many layers, some of which are experienced as worlds of matter and others as non-physical realms. Beings can exist in all these environments, and all are part of the experience of the total consciousness.

The Zetas emphasized that all is illusion at a deeper level of understanding, meaning all is a creation of consciousness. They agreed with Close that all that could possibly exist in the energy of total consciousness. “*Consciousness has all information, but how consciousness reveals it to itself is a different process, nothing is created.*”

For all to exist in total consciousness, much must remain hidden as potentials, else there would be chaos. The process of creation described by the Zetas instantiates a selected subset of all possible experiences. Rather than creating a new pattern in the grid, a being’s intent to create instantiates an existing potential.

The self-referential loop proposed by Close is also implied by this comment from a Zeta, “*Now remember that without matter, consciousness has no reflection, and so all consciousness exists from one source entity, but exists in matter as multiple races.*” Existence as a being of matter is consciousness reflecting itself to itself. An etheric body in consciousness projects potentials that encode its properties. The potentials are sampled by a being’s perceptual process and transposed to sense information. These are experienced as properties of matter like colour and smell. Total consciousness uses each being’s perceptual process to experience a reflection of itself through matter.

A Zeta said, “*All physical matter has an etheric body*”, and the etheric body contains potentials that define the physical object. The potentials may be understood as the collection of wave functions defined by quantum mechanics as probabilities of a particular state of a particle. The Zeta agreed that matter is perceived when “*intention selects possibilities projected by etheric objects to create the physical illusion.*” The possibilities are equivalent to the *spectrum of potentialities* provided by Close’s primary consciousness. The “collapse of the wave

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function” by observation in the Copenhagen interpretation is the selection by the observer of possibilities projected by the etheric object.

The Zeta also said, “*Matter needs to exist in certain frequencies. For it to bind it needs this frequency.*” The coarse matter vibrations selected with our perceptions are the conjoined vibrations of finer matter. According to the Zeta, the binding of finer matter to make our coarse matter only occurs within the range of vibrations that define the etheric realm. And so, the Zeta explained, “*Many consciousness are based in the physical form they need to exist at.*” The consciousness of an entity wishing to have an experience with our matter universe is constrained to operate within this same range of vibrational states.

Further, they observed, “*Matter defines experience of consciousness, in as it limits potential.*” The potentials of consciousness that can be experienced are limited in the etheric illusion of matter. For example, the colours experienced in matter may have a much smaller range than colours seen in another realm during a near-death experience (Alexander, 2012).

If perception by a conscious being brings the illusion of matter into existence, we may, like Close (2000), ask what happens when there is no conscious being present. For example, craters were formed on the moon when it was struck by large objects, even when no living beings were there to perceive the events. The Zeta was asked, “Does matter interact with matter even when there is no individual consciousness there to perceive it?” They answered, “*There is perception at all levels, even if the prime focus is not in existence*” (see the chapter, *The concept of prime focus*). All matter is based in consciousness, and all levels or states of vibration have an ability to perceive. So even without the presence of an individual being, total or primary consciousness perceives.

A link to quantum theory can be made if we recognize potentials in the etheric representations as quantum states. The being’s perceptual process then selects the most probable of these quantum states as defined by the Schrödinger equation of quantum mechanics (e.g., Harvey, 1962). The consciousness potentials instantiated by the

perceptual process are the sensations experienced by the perceiver. Such sensations are the means whereby the physical universe is known, and so the physical universe exists in consciousness. It has only the appearance of objects existing in separation from the observer. As stated by a Zeta, "... it is consciousness that has created the illusion of matter."

13.2 A theory of materialization

The Zeta cosmology holds that matter is an illusion in the sense that it is experienced in consciousness when an etheric representation is transformed by the perceptual process. But the Zetas have also discussed the formation of matter from particles on a spectrum of granularity. For example, apports are objects that form in thin air and fall to the ground as persistent matter. They are described as coarse matter objects created from finer matter that is transformed from etheric patterns or quanta.

The etheric and physical descriptions carry the same information since one is a transformation of the other. The particles that form apports are still constructs in consciousness. At our level of knowledge in the earlier interviews with the Zetas, the perspective of particles was understood more easily than that of etheric quanta for explaining the existence of matter.

The process for making apports was described by the Zetas in Treurniet and Hamden (2022, *A physics of materialization*). An explanation for the phenomenon may also be derived from a well-known yet controversial equation formulated by Paul Dirac who was awarded the Nobel Prize in Physics in 1933. The equation is a relativistic generalization of the Schrödinger wave equation in quantum mechanics. It is well known today for successfully predicting the existence of anti-matter such as the positron. The implications of the equation were developed by Donald L. Hotson (2002a, 2002b, 2009) into a novel conceptual theory to address commonly accepted acausal effects in current theories of physics. Remarkably, Hotson's interpretation of the

Dirac equation offers a mechanism for the creation of matter that is somewhat like the Zeta's explanation of materialization.

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

A positron may be described as an out-of-phase electron, and so the polarized epo has a different version of the same particle at each end. The epo is said to be "charge condensed" so that each charge is affected mostly by its oppositely charged partner. The negative-energy epo has no mass or inertia and is not detectable. Hotson contends that the negative-energy sea of epos must exist in the form of a Bose-Einstein Condensate (BEC) (Perkowitz, 2008), and that our reality is immersed in the BEC.

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

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

Hotson described a process of random fluctuations of the ten-dimensional epo spin vectors in the all-encompassing BEC to form a positive energy neutron, while the Zetas described the coordination of invisible fine matter by consciousness to form matter that we see as ectoplasm and apports. The following examination indicates that these two processes are similar.

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

While Hotson attributed the formation of a positive-energy structure in the BEC entirely to random fluctuations, according to the Zetas, consciousness can promote such an organization by imposing a “*framework of materialization*” on the finer matter. In the case of an apport, this framework is the mirror image of an etheric body copied

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from an identical object. Consciousness would bias the orientation of epos spin vectors from imaginary to real directions so that finer matter structures in the framework assume a positive energy. If the structures were the size of 9180 epos, the resulting stable object would be forced out of the BEC and enter the coarsest state of normal matter as a neutron.

The mechanism proposed from Hotson's theory must be only part of the process since apports are made of more than just neutrons. Perhaps the framework of materialization can form more complex kinds of coarse matter. The Zeta says that created matter *“is seen as certain elements, some of a finer framework, others of a gross process.”* The pluralization in *“others of a gross process”* suggests that more than neutrons can be created as coarse matter.

The comment may refer to the carbon atoms formed by the energy of consciousness. Hotson proposed that a proton or a neutron may emerge from the BEC when the energy of a cluster of epos becomes positive, while the Zetas explained that fine matter is drawn together by consciousness. A carbon atom can form from the combination of three helium nuclei (i.e., alpha particles), each consisting of two protons and two neutrons (Epelbaum, 2011; [ScienceDaily](#), 2011). These would be organized as required by an apport's etheric body, the template for the physical object.

The creation of positive-energy matter was described in different ways by Hotson and the Zetas. Nevertheless, it is easy to see by analogy how they correspond. For example, Hotson's model offers information about the framework of materialization acted upon by consciousness in the Zeta's model, and the kind of manipulation needed to create matter. The framework of materialization is embedded in a field of epos, and consciousness may change the orientations of the epos spin vectors so that the energy of a structure within the framework becomes positive. The resulting nucleon is ejected from the BEC.

In turn, the Zeta model says that a spectrum of matter granularity coexists with the coarsest granularity of our physical reality. The spectrum consists of multiple layers, and the finer layers may be

undetectable by our senses and instruments. The Zeta's assertion that there are multiple layers suggests that the epos layer is filled in a similar manner from an even finer layer. Like the BEC, each layer would contain only objects satisfying constraints unique to that layer.

13.3 The “Orch OR” model of consciousness

The anesthesiologist, Stuart Hameroff, and the physicist, Roger Penrose, proposed a theory to explain how cellular processes in the brain communicate with consciousness (Hameroff, 1998; Hameroff and Penrose, 2014). The theory suggested that consciousness exists in the spacetime geometry of the universe at the smallest possible scale. Cells in the brain communicate with consciousness via a quantum process that Penrose calls “orchestrated objective reduction”, or “Orch OR”. This process is said to occur in microtubules which are part of a cytoskeleton structure present in some form in all cells of the body.

According to Hameroff, “precursors of consciousness, proto-conscious qualia, as well as precursors of mass, spin, electrical charge and other fundamental components” exist at the level of Planck scale geometry (Hameroff and Chopra, 2010). The experience of consciousness arises from communication between the microtubules and the precursors of consciousness via a sequence of quantum computations. The felt sensations, or qualia, receive special treatment in recognition of their status as non-matter. Qualia are felt when the “proto-consciousness” is activated by the Orch OR quantum process. The precursors of consciousness and of matter are reminiscent of the consciousness potentials of the Zetas’ cosmological framework.

Although the theory does not acknowledge a cosmology based on consciousness, it could evolve in that direction. The Orch OR quantum process may indeed communicate with a configuration of consciousness, but it could be some other component of the etheric body rather than Hameroff’s “precursors of consciousness.” In a discussion of the nature of light (i.e., photon displays), a Zeta revealed, *“Light is also used as a mechanism for life stimulation, to excite the potential of a cellular structure. Without light, many would perish. The*

physical body is able to convert light to the necessary components required to survive.” Perhaps the Orch OR quantum process transmutes physical energy in the form of photons to etheric energy as suggested earlier.

A mechanism for accumulating and distributing the energy of photons throughout the body was suggested in the chapter, *Etheric energy from hemoglobin*. It proposed that infrared energy is accumulated by deoxygenated hemoglobin in the red blood cells of the circulatory system. When the hemoglobin is re-oxygenated, the energy is radiated at a lower frequency to cellular processes in the body. The Zeta agreed, “*Yes, hemoglobin is involved as an increase of oxygenated blood is cycled through an entity. In doing so, the energy of the human form is assimilated to the etheric body.*” If the Orch OR quantum process does take place in the microtubules as proposed, it may excite the quanta of the etheric body in consciousness with the photon energy radiated from the red blood cells.

13.4 Morphogenetic fields

The biologist, Rupert Sheldrake, is a proponent of a model of reality that goes beyond materialism. He is best known for his theory of formative causation, the idea that nature has memory (Sheldrake, 2009). He proposed that formation of objects like crystals and biological bodies are guided by non-physical morphogenetic fields.

The shape of a body of matter resonates with a field representing that class of shapes. To affect a developing biological body, the morphogenetic field would work in concert with the available genetic material. The field is reminiscent of the body blueprint introduced in the discussion of self-healing.

Sheldrake also proposed that a sequence of learned behaviours can be represented in a morphogenetic field, and so laboratory animals would learn a task more easily if it were previously learned by different animals of the same species. He believed that consciousness is “restricted to human beings and, perhaps, some of the higher order of animals” (Sheldrake, 1988). He would not have accepted that a

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universal consciousness could be the foundation of a cosmology. However, in more recent publications, he appeared open to the possibility (Sheldrake, 2009, 2013).

14. The concept of prime focus

Summary. A prime focus refers to the extent of a being's awareness of information in the energy of consciousness. When the being's prime focus encompasses information in the etheric realm, a perceptual process transforms the information into physical experiences. The being can also affect the outcome of a process by selecting quantum states consistent with expectations. Whether we choose to employ the etheric or the physical representation in discussions is a matter of convenience and utility.

14.1 The role of the *prime focus*

Etheric patterns are transformed by the perceptual process when they are included in the awareness of a being. A Zeta suggested that the extent of a being's awareness be known as the *prime focus*. When there is not a *prime focus*, objects can still interact according to the properties defined in the etheric representations. A Zeta was asked, "Does matter interact with matter even when there is no individual consciousness

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there to perceive it?” The being answered, “*There is perception at all levels, even if the prime focus is not in existence.*”

The *prime focus* in the Zeta’s answer refers to the awareness of the individual consciousness mentioned in the question. In the basic double-slit experiment (e.g., Whitt, 2008; Whitt, 2010; Horgan, 1992), a photon exhibits the properties of a particle or a wave. When the path of a photon through the experimental apparatus can be known in principle, a *prime focus* exists and the photon is observed to behave as a particle. When the path cannot be known, there is no *prime focus* and the photons behave as a wave by forming an interference pattern. They still interact with the experimental apparatus, however, so the presence of the *prime focus* of an individual consciousness is not a prerequisite for matter to interact with matter.

Experiments by Radin et al. (2012, 2013, 2016) showed more directly that the double slit apparatus is sensitive to mental influences. For example, Radin, Michel, and Delorme (2016) found that intentions of remote observers caused a significant shift in the amplitude of the displayed interference pattern. The experiments showed that “the mind is an inextricable part of the measurement process.” Physicists are generally reluctant to attribute physical effects to observer consciousness, but these results do appear to depend on the *prime focus* of the participants in the experiments.

Without the *prime focus*, the photons form an interference pattern which results from the wave-like characteristics of the light. The wave represents the superposition of all possible quantum states of the photons. However, when a being with a *prime focus* can know the paths taken by the photons, states are chosen from the spectrum of possible states by the being’s perceptual process. The Zeta said, “... *it is the consciousness that creates the state, and it is consciousness that has created the illusion of matter.*” The selected states cause the photons to be experienced as particles rather than as waves.

14.2 The local consciousness and *prime focus*

A human body persists as long as its information exists in the etheric realm. A Zeta explained, “*Your etheric body is a resonating form of energy. It is able to on many frequencies understand emotions, energies, interchange of energy, and matter to energy.*” The body processes are said to have the properties of “*frequency, energy and resonance*” in the etheric realm. These words describe the attributes of a vibrating etheric pattern. It is experienced as a physical body when it is transformed by the perceptual process in the consciousness of an observer.

Since one is the transformation of the other, a physical body carries essentially the same information as the corresponding etheric body. However, the information in a physical object within the *prime focus* is not always identical to that of the quanta in consciousness. The Zeta said, “*Matter defines experience of consciousness in as it limits potential.*” For example, if a being’s vision is colour-blind, objects in the *prime focus* will always lack that colour. A being’s perceptual process cannot select the consciousness potential for that colour if the visual apparatus fails to evoke the potential. When the potential for the colour is never selected by the perceptual process, its instantiation cannot occur and it is not experienced.

From a practical point of view, the relationship between the physical experience and processes in consciousness are not always symmetrical. It may be more difficult to use the distributed etheric information in the quanta to describe part of a complex process instead of the transformed physical information. A cell represented only as a holographic interference pattern may be more difficult for someone to envisage than the same cell described as a physical object. For example, a Zeta explained that a cut of the physical skin by a knife would activate etheric body processes to heal the physical wound. The location of the physical injury identified a specific element of the body, while the etheric information pertained to the body in general.

In the double-slit experiment, the photon behaves like a particle of matter when the experimental apparatus is included in the *prime focus* of the experimenter. Similarly, a being’s local consciousness

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experiences its container body as physical when the body is in its *prime focus*. When the local consciousness leaves the etheric body and the *prime focus* is lost, the physical body ceases to function. One could say that having a body in *prime focus* is a big part of having a local consciousness. The container body is in *prime focus* while consciousness is merged with the etheric body.

If the body were not held in *prime focus*, the perceptual process could not take place and so sensations would not occur. Of course, then the normal self-healing processes of the body could also not function and the body would deteriorate (Treurniet and Hamden, 2022, *Health and healing*). To the local consciousness of an external observer, the non-living container body would gradually decompose.

In general, when any two etheric objects interact in the absence of the *prime focus* of one or more individuals, all potentials of the respective quanta are superposed in the process. The Zeta agreed that there is still a primary consciousness that perceives even when there is no *prime focus*. They added, “*All consciousness exist when matter does not.*” The Zeta also agreed with an interviewer that “at some level, all possibilities are being selected, or perceived, by consciousness and so all matter persists and interacts.” So all possible states of an etheric body would be superposed when there is no *prime focus*, and the superposed states of the two bodies may interact in the awareness of total or primary consciousness.

14.3 Summary

The Zetas’ concept of *prime focus* is defined by the extent of a being’s awareness of information in the energy of consciousness. When the being’s *prime focus* encompasses information in consciousness, a perceptual process transforms the information into physical experiences. Whether we choose to employ the etheric or the physical representation in discussions is a matter of convenience and utility. When there is no *prime focus*, superposed etheric potentials of objects interact in that form to change the environment.

15. The holographic principle

Summary. The extraterrestrial Zeta beings spoke extensively about a cosmology in which the universe is a singular creation of consciousness. Representations in consciousness, known as quanta, are created by thoughts and intentions. They are maintained in the vibrating energy of consciousness in a structure known as the grid. The quanta are holographic-like patterns consistent with the holographic principle; that is, they are two-dimensional representations that define an observer's experience in a three-dimensional space. Hameiri's (2013a) proposal, that a grid in the zero-point field encodes information holographically, is also described by the Zeta cosmology. However, instead of a materialistic construct of random activity, the zero-point field would be a grid in the energy of consciousness where matter is represented.

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At the beginning of the 20th century, Max Planck deduced from the dimensional analysis of certain equations that it made no sense to speak of distances smaller than a minimum distance. That distance, now known as the Planck length, is equal to 1.616229×10^{-35} m. More recently, some theoretical physicists (e.g., Sarg, 2006; Haramain, 2013a) have proposed a space-filling grid at or near the Planck scale.

Haramain (2013a) suggested that a vacuum energy oscillator, the “Planck spherical unit” (PSU), could be the basis of a quantum gravitational framework of a discrete spacetime. The three-dimensional packing of PSUs defines a grid with units the size of the Planck length. The grid has properties useful for conceptualizing what is known as the holographic principle. It states that the physics in a certain region of space is described by the information on the surface area of its boundary, and that one bit of information is encoded by a Planck area. The holographic principle was initially proposed for the analysis of black holes by 't Hooft (1993) and Susskind (1994).

The concept of a grid with multiple dimensions also appears in a cosmology from a non-human source - extraterrestrial Zeta beings speaking through the medium, Paul Hamden (Hamden, 2012; Treurniet and Hamden, 2022). The framework of the cosmology (see the chapter, *An extraterrestrial cosmology*) proposes that every entity in our physical universe is a configuration of consciousness analogous to a hologram. Further, an important property of consciousness is the dimension of vibration. A vibrating grid is the quantized substrate in consciousness on which the representations of matter objects are found. We experience these patterns as discrete objects when they are acted upon by our perceptual process. The perceptual process transforms the distributed patterns to consciousness potentials which are experienced as sensations.

Haramain’s grid consisting of PSUs could be the same grid that the Zetas mentioned in their discussions. The Zetas’ use of the hologram-like representation for encoding information suggests they employ the holographic principle to represent reality. It may be possible to merge human physics with a higher reality based on the energy of

consciousness. To achieve this, the following looks for parallels between Haramein's physics and the Zeta cosmology.

15.1 The nature of quanta

In their discussions of some technical processes, the Zetas occasionally used the word, *quanta*, without saying what it means. The word suggests a process where data is quantized, and the quotes in the following paragraphs offer insights concerning the precise meaning.

In a discussion about the nature of the human body, the Zeta informed us of a homeostatic process involved in self-healing. They explained that a blueprint of a being's body is encoded in the potentials of its *highest possible vibration* in the local consciousness. The Zeta said, *“Living organisms have within them, around them, the potential for the etheric body to understand what is the physical potential of the energetic potential of the consciousness potential.”* The information is transposed in vibration to the physical level of the etheric body. The latter exists in the etheric realm, the range of vibrations of consciousness in which our matter universe is defined.

When the body is injured, vortices form in the etheric body at the site of the injury. These participate in the healing process by transmuting the energy containing information about how to heal. The Zeta explained, *“Underneath the energy is consciousness. It is the quanta information of the cellular structure of a human body. That consciousness indicates from beneath at the lowest levels, or the highest levels, of what is the action of the re-creation of the cellular process, and of course, all other potentials then exist. The energy then is actively working towards healing the physical cellular disruption.”* The transposed blueprint information is represented in the etheric body by potentials that the Zeta describes as *“quanta information of the cellular structure”*. From the context, the word *quanta* suggests that the information about cellular structure is quantized. It appears that *quanta* refers to the holographic-like pattern in the grid that represents the physical body.

This meaning of the word *quanta* is supported by another quote where it is used. The perceptual process, intrinsic to consciousness, samples

etheric potentials from the holographic-like pattern representing an object. The samples are transformed to higher-vibration consciousness potentials which are the being's felt sensations. In the following comment on the perception of colour, the Zeta explains, "*Perception is gained from different types of acknowledgement of colour process so, a human's perception based in quanta in regards to colour processes is generally able to determine the same standard colour processes for each individual item. We abide by that quanta process.*" The phrase, "*perception based in quanta*" appears equivalent to "perception based in sampling a *holographic-like pattern*", and so *quanta* refers to the quantized holographic-like pattern representing an object in the grid.

Analysis

A single PSU in Haremein's grid is a quantum of information. The plural form, the *quanta* used by the Zetas, would refer to an array of PSUs that encodes a holographic-like pattern from the creation process.

15.2 The grid

Haremein (2013a) proposed a generalized holographic principle based on the relationship between the interior volume of PSUs and the surface area. He showed that the generalization is applicable to not only the study of black holes, but also to other areas of physics. His novel approach was said to give the known Schwarzschild solution to Einstein's field equations for a gravitational field outside a spherical body. It also gave an accurate value for the rest mass of a proton (Haremein, 2013a, 2013b), as well as other physical parameters such as an angular frequency of matter. The angular frequency was defined as time taken for a particle to decay via the strong interaction.

The Zeta said of the grid, "*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*

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own grid and links into the main grid, everything is all! ... Is the grid consciousness? Yes it is. Is the grid being fed by other types of consciousness? Yes, because you are an energetic being. ... But for the grid to be in its true state, there is no form for the grid” (Hamden, 2012).

The Zeta stated that the grid is consciousness. They also said that the grid interacts with other configurations of consciousness such as beings like us, some of who may create. In the absence of a creation where nothing exists, the grid is in its *true state*. In nothingness, there would be no context like space/time and the grid would have no form.

Analysis

Haramein’s claim of predicting very accurate values for fundamental parameters like the mass of a proton presupposes the existence of a grid at the Planck scale. A similar concept of a grid is the substrate for the Zetas’ holographic-like representations of matter. In both cases, the same grid encodes information. A PSU encodes one bit of information according to the holographic principle, and the information encoded in a grid-like array of PSUs are the holographic-like representations of matter, or *quanta*.

If the Zetas’ grid in consciousness is equivalent to Haramein’s array of PSUs at the Planck scale, then Haramein’s grid must also be a construct of consciousness. Further, Haramein refers to a PSU as a *spherical Planck vacuum oscillator* which encodes information. An array of such oscillators implements what is known as the zero-point field, a sea of zero-point energy. Haramein’s grid and the Zetas’ grid share the property of vibration. Further, if both grids are the same grid, the zero-point field in consciousness holds the holographic encodings of matter resulting from the creative processes of beings.

15.2.1 Zeta craft propulsion

In the interviews, a Zeta revealed that the grid is a component of their technologies. They described in Hamden (2012) how their craft move in space by using the grid for propulsion.

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- *Imagine if you will a single sheet of fabric. ... Now place many layers of fabric together, you now have a three-dimensional block of fabric. The threads are interwoven, directional.*
- *There is a basic life force woven into the fabric of the universe. This energetic form, waveform, feeds and nourishes these cellular craft.*

The grid is pictured as a three-dimensional block of fabric.

- *If the fabric is of an energetic nature, then there is a strong matrix of threads between all layers. This means, in a physical universe, a craft can manoeuvre forwards, backwards, diagonally and sideways. The craft are moving on etheric rails. They are drawn into the craft and used as a “matter of state” propulsion process. These rails are of a nature that the craft can move in any direction as it is using the matrix like a tractor beam. The craft is taken, pulled, in the direction it wishes to go. The matrix is a living field. The sentient entity which is the craft is able to negotiate the rails by consciousness.*

The craft moves through the grid by pulling itself along the etheric “threads” of the grid. This enables movement in three dimensions in the matter universe. The grid is described as a living field, and the sentient craft maneuvers through the grid using the energy of consciousness.

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

That is, when the grid is rolled up like a four-dimensional cylinder, the craft is able to move great distances instantaneously in three dimensions.

Analysis

The discussion of craft propulsion tells us how a craft could propel itself with the energy of consciousness using the three-dimensional array of PSUs we assume to be constructs in the energy of consciousness.

15.2.2 Synthetic quantum environments

The Zetas said that a “*matrix of reality*” represents a given environment experienced as matter, and so the matrix holds the quanta which encode information. The matrix can be copied by a Zeta technology to create what is known as a synthetic quantum environment or SQE. The copy has several uses including simulation of an environment for an experiment that could be destructive. Using the simulation avoids damaging the original environment. They said, “*There is a device that is used to create the unfolding of the special process and then once the cavity, I believe would be the word, is created, it is then populated with the correct molecular image that will then represent the environment that was to be used for exchange of energy and information.*”

A Zeta described the process, “*So depending on what you wish to create and preserve as an environment, would determine the level of quantum entanglement that is required by a being that is to synthesize the energetic entities, and to then propagate this as a sustainable existence in its quantum self. Many of the SQEs are in existence for the scientific beings who wish to experiment within a race. A snap shot is taken and using the SQE, transpose the environment, and using the SQE then instigates change. This is a mirror image process to see what is sustainable, and in that place no harm is created to a physical entity as it is an energetic environment.*

The description of how the SQE is created includes several indications that the process has quantum properties. Mention of quantum entanglement suggests that the copy is made by realizing particles that are entangled with the particles in the physical environment. This was also suggested by describing the creation of the SQE as “*a mirror image process*”, since the quantum states of entangled particles can be described as mirror images of each other. The *sustainable existence in its quantum self* suggests that the copy of the environment is the usual holographic-like pattern or *quanta* representing the environment’s mirror image.

The phrase, *transpose the environment*, indicates that the vibrational state of the copy is different from the state of the original environment. An apt comparison would be transposing music to a different key.

Analysis

The information representing our physical reality is encoded as quanta, the holographic-like patterns the Zeta identified as a “*matrix of reality*.” The Zeta technology copies the matrix by taking the mirror image of the quantum states encoded in the targeted section of the grid, perhaps in an array of the PSUs defined by Haramain (2013a). The vibrational state of the original environment may be copied while transposing it to a higher or lower vibration.

15.3 Discussion

A quantized physical universe is part of the Zeta cosmology. The Zetas assumed a spatial quantization in the discussions on craft propulsion, on craft dematerialization, on the creation of a synthetic quantum environment, and on the homeostatic process of healing the body. They described a multidimensional grid construct in consciousness which supports a quantized reality created by mental activity. In the Zeta cosmology, the grid is an all-pervasive configuration of consciousness. It is understood as the substrate for the holographic-like patterns or quanta created by mental processes. The quanta are experienced by beings as sensations when they are transformed by the perceptual process.

In the Zeta cosmology, the concept of a hologram is employed in the creation of quanta, and it also appears in the statement of the holographic principle by several human scientists. According to this principle, the physics in a volume of space is described by the information on the surface area of its boundary (t’Hooft, 1993; Susskind, 1994; Bekenstein, 2003; Haramain, 2013a). The quanta of the Zeta cosmology are holographic-like representations consistent with the holographic principle.

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t'Hooft (1993) presented the original idea of a holographic-like representation of reality in the quote, "Given any closed surface, we can represent all that happens inside it by degrees of freedom on this surface itself." He suggested further, "Quantum gravity should be described entirely by a topological quantum field theory, in which all physical degrees of freedom can be projected onto the boundary. One Boolean variable per Planckian surface element should suffice."

Susskind (1994) agreed with t'Hooft, "The number of degrees of freedom should be no larger than that of a two dimensional lattice with approximately one binary degree of freedom per Planck area. In other words the world is in a certain sense a two dimensional lattice of spins." He proposed the physical mechanism of a binary spin to encode a bit of information.

Haramein's PSUs could be given the property of spin as proposed by Susskind, so each PSU could encode one bit of information. An array of PSUs could then encode the quanta described by the Zetas.

The holographic principle does not explain how quanta would be formed or perceived. Susskind (1994) could only suggest, "In some way, the phenomena taking place in three dimensional space can be projected onto a distant 'viewing screen' with no loss of information." These physicists have no concept of how the information in the three-dimensional environment could be encoded in some two-dimensional lattice, much less perceived by a conscious entity.

In retrospect, the holographic principle proposed by human scientists may be an acknowledgement that the Zeta cosmology based on consciousness is correct. A Zeta once said, "*The grid process is much aligned with the nature of all things being connected. Your scientists are now understanding the relationship between the subatomic particles, and that the state is determined by its relationship to other particles, but they do not understand that it is the consciousness that creates the state, and it is consciousness that has created the illusion of matter.*" No doubt, it will be some time before information encoded in a grid construct of consciousness is generally accepted as a representation of reality.

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The concept of a grid in three-dimensions was employed by Haraein (2013a) primarily as a vehicle for calculations of physical parameters. Haraein's grid composed of "Planck spherical units" (PSUs) is a form of the Zetas' multidimensional grid. It should have the capacity to encode information contained in the holographic-like patterns resulting from the creative process. It offers a way to represent information about the physical world as suggested by the holographic principle.

The following list of properties of the grid assumes that the latter is homologous to the array of PSUs. The properties of the grid as described by Haraein (2013a) can be shared to a large degree by the grid of the Zeta cosmology (Treurniet, 2019).

- The grid, or array of PSUs, is a construct of consciousness.
- A single PSU in the grid holds one bit of information.
- A PSU is also called a *spherical Planck vacuum oscillator*. An array of such oscillators would implement the sea of zero-point energy. The grid composed of PSUs and the grid described by the Zetas both have the property of vibration.
- *Quanta* refer to holographic-like encodings of created thought processes which may be digitally encoded in arrays of PSUs.
- A Zeta craft moves in the grid using the energy of consciousness by pulling on the grid's etheric threads, or the array of PSUs.
- An environment of matter is represented as information encoded in the quanta of the grid. It is also known as a *matrix of reality* that can be copied to a *synthetic quantum environment* by a Zeta technology. The cosmology of the Zetas tells us how the holographic principle is instantiated. The quanta are created with thought and intention in the vibrating energy of consciousness. They are represented in the grid and are then experienced again in the mind of an observer via the perceptual process intrinsic to consciousness.

16. A Medium for Electromagnetism²

Summary. *A deeper understanding of the nature of electromagnetic waves evolved from conversations with beings of the extraterrestrial Zeta race speaking through the Australian physical medium, Paul Hamden. The conversations suggested that Maxwell's theory of electromagnetism can be integrated with the idealist Zeta cosmology. According to the cosmology, thoughts are created as holographic-like interference patterns in a grid of consciousness. The patterns are transformed to sensations by a perceptual process and experienced as matter. A hypothesis is proposed that the grid takes form in the vibrating field of consciousness when frequencies of the field resonate with the quantized frequencies of created electrons. The resonating electrons amplify the energy in the field in a grid pattern and the energy propagates through the grid as electromagnetic waves.*

² This chapter includes the publication by Treurniet in the Journal of Consciousness Exploration & Research| November 2022 | Volume 13 | Issue 4 | pp. 516-520 [Online} https://www.treurniet.ca/zetacom/lightPub_JCER.htm.

Keywords: Maxwell's Theory, electromagnetism, extraterrestrial, Zeta, medium, grid, energy, resonance, consciousness.

Maxwell's theory of electromagnetism (e.g., Kip, 1969) is the predominant theory of electromagnetic (EM) waves. An electric charge is the source of an electric field, and electric lines of force begin and end on electric charges. Magnetic lines of force always form closed loops and can be induced by moving electric charges. Finally, a flow of electrons is generated in a conductor as it passes through magnetic lines of force. The mathematical theory accurately predicts the behaviors of electric and magnetic fields detected by an electric charge.

The theory makes predictions about the behaviour of EM fields. That the theory is practically useful even though a complete mechanism is not explicitly known suggests there is additional information to be learned about EM radiation. More information was obtained from extraterrestrial (ET) beings of the Zeta race who spoke many times through the Australian medium, Paul Hamden. The reality of the beings' separation from the entranced human was shown by various anomalous experiences with or without his presence (Treurniet and Hamden, 2022, Appendix A). Many people have communicated with the Zetas, and transcripts of the conversations were published in Hamden and Treurniet (2020).

The Zetas described an ontology of idealism, that all existence is mental (e.g., Kastrup, 2019). The following summarizes the Zeta cosmology and explains how Maxwell's theory could be incorporated as suggested by the Zeta information. Direct quotes from the Zetas are in *italics*.

16.1 A Zeta's lesson on light

The Zetas were asked specifically to describe the nature of light. The intention was to gain a better physical understanding of electromagnetic radiation. They gave valuable information but did not focus on the underlying physics of light. The following is the Zeta's response.

What is light? Of course, a light is potential, a light is a, depending on who you are, what race, will then define what potential it will provide.

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For the humans, they are able to see a certain energy within a framework and the perception is light.

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

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

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

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

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

16.1.1 Comments on the lesson

Light is a sensation and the experience of a sensation is the instantiation of a particular potential in consciousness. So light is ultimately an experienced potential. How a particular light is experienced by an organism depends on the consciousness potential that is evoked. The sensory apparatus varies among different organisms, and so the potential in response to a particular light stimulus is also expected to vary. For example, the Zeta beings are sensitive to infrared light only, so “*the presentation of imagery is seen as different types of heat.*”

How the energy of light is received by a being depends on how the being exists. The energy enters the eyes of the physical body. It is transferred via the etheric body to the higher-self consciousness where it is transformed and experienced as a particular consciousness potential or sensation.

Light is experienced in other realms such as the astral and spirit realms, so the sensory apparatus of the etheric body is not essential to have the experience. In these other realms, a being may choose how the consciousness potential is experienced. According to the Zeta, a being’s intention can control the brightness of the light experienced as a sensation. This suggests that the perception can be modified by a filter created by the experiencer to produce the desired effect.

However, a human in the etheric realm cannot control the light with intention. This may be for the same reason that humans are unable to create thought forms. For technical reasons, humans typically cannot “intend” to create a filter. The human vibrational state does not include the *space of expansion* needed in order to create (see *The creation and perceptual processes*). Without the filter, the brightness of light is passively experienced as an outcome of the perceptual process.

16.2 A theory of light in consciousness

The dominant theory of light developed by human scientists is Maxwell’s theory of electromagnetism (e.g., Kip, 1969). It treats light as a field that propagates energy without a known mechanism.

According to Hotson (2002b, 2009), Maxwell regarded the field as a mathematical fiction, although he believed there was an unknown physical mechanism to perform the required functions. Such a mechanism was suggested by the information received from the Zetas and is expressed below as a hypothesis.

16.2.1 Creation and propagation of radiation

An electromagnetic (EM) wave can be transmitted with a simple dipole antenna used for radio communications. The wave is generated by an applied voltage that varies in polarity over time along the antenna in a sinusoidal pattern. The changing voltage generates an EM field that propagates through space. The EM wave may be intercepted at a distance by another antenna where a corresponding time-varying voltage is generated.

The electrons in the transmitting antenna are objects of matter represented in consciousness and so they are quanta in the grid. A Zeta said, *“If you were to break down all of matter, it would be seen to be consciousness.”* Changes to the quanta would correlate with changes to the voltage in the antenna. The changing polarity would cause the electromagnetic field to travel through space.

The experiences of physical beings like humans or Zetas are filtered through the quanta placed in the grid during the creation process. The possible role of the grid in propagating light was examined by questioning a Zeta. The interviewer asked, “How does light propagate from a light source to the eyes? Is the light energy carried by vibrations of the grid?” The Zeta replied, *“All things are in constant movement.”* They did not deny that light propagated via the grid, but neither did they clearly agree. The ambiguous response suggests they were not satisfied with the premise of the question - that the grid alone propagates the visible spectrum.

The following hypothesis proposes that both quantized consciousness (i.e., the grid) and non-quantized consciousness (i.e., the energy field) are involved in EM wave generation and propagation. The Zeta indicated there was no grid before the creation of quanta. Further, *“It is*

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an electronic wave form,” suggests that creation of electrons initiates formation of the grid. Electrons, of course, are components of all matter.

Hypothesis: An effect of creating electrons is the formation of a grid in the energy of consciousness. When an electron is created, it is embedded in the initially non-quantized vibrational energy of consciousness. The electron has a certain vibration which resonates with the corresponding vibration of the consciousness field. The resonance amplifies the vibration of the consciousness field and, by so doing, forms part of the grid structure. An EM wave is propagated when the quantized energies of electrons are continuously added to the resonating vibrations of the grid.

The hypothesis proposes that a vibrating source like an electron resonates with a particular vibrating energy in the field of consciousness. The resonance raises the energy of the corresponding consciousness field frequency so that it becomes part of a grid. The energies coming from many quantized electrons propagate through the grid until they are absorbed by other quanta in their path. The energies from one object are transferred to another via the grid.

A Zeta said, *“Every physical individual item has its own grid and links into the main grid - everything is all.”* The comment suggests that the relative phases of individual grids are predefined as if the main grid were completely instantiated. Separate grids are created while maintaining the unity of the whole.

The hypothesis assumes that space is filled with the non-quantized energy of consciousness. The Zetas would say that the universe was created with formal properties. These might be the vibration and bandwidth of the etheric realm, the charge and angular momentum of an electron, the law of inertia, the permeability and permittivity of space, and additional parameters. Space was given such formal field properties by whoever was the creator. The properties provide the context for informal fields involved in the creation of individual objects. A more extensive discussion of formal fields is in the chapter entitled *Informal and formal fields*.

16.2.2 Discussion

Maxwell's theory is a field theory in that light energy appears to propagate without being transmitted through a form of matter. The Zetas believe that a grid in consciousness accompanies the created holographic-like patterns or quanta in a physical realm such as ours. The hypothesis in the preceding section proposed that the grid is a side-effect of creating electrons. It forms when the vibrations of the quantized electrons resonate with the non-quantized field of consciousness. An EM wave would be initiated in the grid by the resonating electrons. The inserted energy resonates with a vibration of consciousness and propagates through the grid.

Hotson (2002a) observed that particles are formed in the zero-point field, and that "the experimental evidence had indeed begun to look as if 'creation' and 'annihilation' were actually happening." Heisenberg proposed a 'creation operator' to account for the phenomenon (Dyson, 1951). The operator creates so-called virtual particles shorter in duration than the length set by Heisenberg's uncertainty principle. Particles come into being for a very brief instant using energy "borrowed" from this relation. Hotson objected that this would occur without measurable energy input. Heisenberg's *ad hoc* solution would be unnecessary if the Zetas' creation process were real. Very brief appearances of particles from the zero-point field could occur when created by the intrinsic creation field of consciousness.

According to the Zeta cosmology, the grid is a potential until it is instantiated by the creation process. The above hypothesis concerning EM wave creation and propagation suggests how the grid becomes more than a potential. Energy at a certain vibration is released by a created electron, and the corresponding non-quantized vibration of consciousness would increase in intensity when it resonates with the electron. Resonations with multiple electrons quantized at different vibrations would form the grid. The hypothesis further proposes that the energies of existing electrons propagate an EM wave through the grid while they resonate with the vibrations of the energy field of consciousness.

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An EM wave formed in this way would be engineered by humans as usual, but new technologies are possible given the insights offered by the idealist ontology. For example, Zeta technology includes communication portals which match different levels of vibration in consciousness. According to the Zeta, *“There are multidimensional fabrics of energies presented as frequency. Those frequencies make up your physical environment, your perception of your environment.”* The ‘*multidimensional fabrics of energies*’ refer to the non-quantized energies of consciousness. On one occasion, a Zeta manipulated those energies to create a portal from one *Physical type of vibration* to another. The manipulation caused part of the room to bend and form a vortex. The energy of consciousness, now understood to propagate light, had been distorted by the Zeta.

*The grid is like a fluctuating wave vibrating through the universe,
a manifestation of universal energies.*

*It is an electronic wave form,
a communication process.*

16.3 Addendum - the absence of quanta

The information in this section was outside the scope of the JCER publication and so was not included there.

Some conditions when light appears may help to understand its nature. A physical type of being creates a thought that already exists as a potential in total consciousness. The thought is represented by quanta which can be transformed to sensations such as brightness by the perceptual process.

A non-physical type of vibration is a potential of consciousness that cannot be decoded by physical beings, and so is perceived as light. A Zeta commented, *“There are many places where the construct of what seems to be three-dimensional does not exist, the light area.”* Also, *“If light exists where no matter exists, then consciousness will accurately understand itself to be in a potential.”*

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A non-physical race of beings known as the Anorians “no longer see that they require the interactions between matter and the non-matter states,” so they are “the light area.” Further, the Anorians “no longer hold the desire to exist in a singular entity structure, and so they are seen as light.” The *singular entity structure* refers to a construct in consciousness like the spirit realm. The Anorian race does not create the quanta associated with matter, and no longer exists in a realm structure of consciousness. Either of these conditions can be the reason why the race appears to the perceptual process of physical beings as light.

A Zeta also said, “Now remember that without matter, consciousness has no reflection, and so all consciousness exists from one source entity, but exists in matter as multiple races.” That is, the experiences of physical beings are consciousness observing itself via the created quanta, but the experiences of non-physical beings are the unfiltered potentials of total consciousness, the “one source entity”. The perceptual process of physical beings interpret only quanta. The absence of quanta in the domain of non-physical beings is experienced via the perceptual process as light.

All beings form thoughts that are configurations of consciousness, and both physical and non-physical entities are where thoughts exist. A physical being uses thoughts to create quanta so that other physical beings can experience the same thoughts in a consensus reality. A non-physical being does not create quanta. Its thoughts likely persist as instantiations of the potentials of total consciousness, and perhaps are shared in that form. A non-physical Anorian suggested via the medium that it had the ability to control the extent that thoughts are shared. It said regarding its offspring, “What joy is there in having a child who knows all you know?”

The Zeta elaborated on the Anorian form of consciousness, “Interesting entities, yes, a field or plane of consciousness, isolated and of intelligence. ... Imagine a thin field, a band, and the band contains the consciousness of the race, does not permeate all things.” Instead of a *singular entity structure*, the “container” for the Anorians appears to be

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a band of vibrations in consciousness. They are isolated in the band, so they do not interfere with races in other vibrations of consciousness.

When an Anorian came near to him, the medium felt a powerful sensation of love, indicating the race has a very high vibration. So they are a group mind existing in a band of high vibrations without quanta where they experience total consciousness directly. They are sensed by our perceptual process as light and as a loving energy. The Zeta indicated there are other places without three-dimensional creations that are also experienced as light. As a general rule then, when our perceptual process encounters a dimension of vibration without quanta, it is transformed to an experience of light.

Why would someone like the medium perceive light when faced with a non-physical domain like that of the Anorians? Perhaps it is because quanta required by the perceptual process do not exist there, and so information cannot be transformed to sensations. The default perception by the perceptual process appears to be “*an extended flat field of light.*” The light would be generated by a being’s perceptual process and indicates that perception of the intended location is impossible. However, in a physical type of vibration dimension, the quantized grid and the non-quantized vibrations of consciousness may exist. Either or both may be involved with light generation and propagation.

17. An idealist model of entanglement³

Summary. *The occurrence of quantum entanglement has been established empirically, but the underlying process is not well understood. Entanglement is said to exist when a sufficiently high correlation is measured between the quantum states of pairs of particles having no opportunity to communicate. An extraterrestrial cosmology based on ontological idealism is suggested to explain the phenomenon. Particular heterodyning processes in the vibrational energy of consciousness are proposed to create the entanglement. The non-locality of entanglement is typical of other phenomena of consciousness such as remote viewing.*

Quantum entanglement is a name for a mystery in modern physics - a label for a phenomenon not understood. Somehow, the quantum states of particle pairs can become highly correlated, even though any communication that could account for this would be faster than the

³ This chapter is reprinted from the publication by Treurniet in the Journal of Consciousness Exploration & Research| January 2023b | Volume 14|| Issue 2 | pp. 115-122.

speed of light would allow (e.g., Aspect, 1999). For this to occur, the Copenhagen Interpretation of Quantum Mechanics (Faye, 2019) requires that the two particles be affected non-locally.

An experiment with photons can show when two of them are entangled. A photon can have the property of spin which has a value of +1 or -1. In a basic experiment, a photon is split by a nonlinear crystal, and two photons with lower energies and momenta are sent in different directions. They become entangled when the original photon is split into two in the crystal. The possible quantum states are superposed until a measurement is made, so neither photon of the pair "knows" the state of its partner. Each photon goes to one of a pair of measuring devices that are far apart. The state of photon 1 is measured and is found to be, say, +1. Then the state of photon 2 is measured and is found to be -1. Or the signs of the states could have been -1 then +1. One photon's measured state appears to be the mirror image of the other photon's measured state. The experiment design is such that the information about photon 1 could not have been communicated to photon 2 in any way. Yet the states of the particles are inexplicably dependent and that is why the particles are said to be entangled.

A possible mechanism for entanglement suggested in this article is founded on a philosophy known as ontological idealism. That is, "something mental (the mind, spirit, reason, will) is the ultimate foundation of all reality" (Guyer and Horstmann, 2015). Kastrop (2019) argued persuasively that the philosophy of idealism is a more logical basis for understanding reality than the currently popular view of materialism. He developed an intuitively appealing model of a mental universe. However, Treurniet (2019) suggested that Kastrop's model falls short of what is required. It cannot account for so-called paranormal phenomena such as near-death experiences (Van Lommel, 2010; Sharpe, 2017), out-of-body experiences (Ziewe, 2008, 2015), remote viewing (Tart et al., 1980; Puthoff, 1996), or the materialization of physical objects (Roll, 1972; Von Ludwiger and Nahm, 2016).

An alternative idealist cosmology emerged from discussions with extraterrestrial beings who call themselves the Zeta race. The beings

spoke with many people over several years through the Australian medium, Paul Hamden (Treurniet and Hamden, 2020). When the medium entered a particular altered state of consciousness, a Zeta spoke with the medium's voice. A cosmology emerged in which matter is experienced as transformations of information encoded in a non-physical energy of consciousness. As with any cosmology, there are initial conditions and these were expressed as attributes of consciousness (Treurniet, 2019).

Some direct interactions between these beings and the medium were witnessed by his acquaintances (Treurniet and Hamden, 2022, *Appendix A*). The shared experiences established that the extraterrestrial contacts were not a figment of the medium's imagination. The conversations with the Zetas were unscripted, and both the complexity of the information and its internal consistency support the claim that the source of information were entities other than the medium. The information was analyzed from different perspectives in Treurniet and Hamden (2022).

Familiarity with the cosmology is required to understand the proposed mechanism for quantum entanglement. Section 17.1 briefly describes the cosmology. Section 17.2 expands on how information represented in a vibrating energy of consciousness may be manipulated. Section 17.3 proposes how the process might account for the entanglement phenomenon. In the following information, direct quotes from the Zetas are written in italics.

17.1 A cosmology of consciousness

The cornerstone of the Zeta understanding of reality is a unitary consciousness (Treurniet, 2019). Consciousness has properties analogous to those of a single, vibrating acoustic or electrical wave. All that exists, including our universe of matter and other states of existence not accessible to us, are configurations of this energy of consciousness.

The being of total consciousness is composed of 'all-that-is' but lives an "*experience in separation*." It is divided into many separate entities and environments, some experienced as matter and others as non-matter.

Part of the energy is configured as self-aware entities organized hierarchically. This class of energies allows consciousness to exist in separation so that it can have new and independent experiences.

Bodies of matter need not be self-aware, but the things we think are inanimate are as much configurations of consciousness as the beings who are self-aware. A Zeta said, “*These supposedly inanimate objects are conscious things, ... 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.*” Consciousness is at the root of all existence.

17.1.2 The creation and perceptual processes

A process intrinsic to consciousness is creation. It enables a creator being to place a pattern in a grid of consciousness representing a thought form in its mind. The creation process is analogous to making a simple physical hologram. When the being has the intention to create, the thought of the desired object modulates its *highest possible vibration*, and further processing produces holographic-like interference patterns known as *quanta*. The quanta are preserved somewhere in the multidimensional grid at a particular level of vibration. It is a mental substrate in which quantized thought forms persist.

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 quanta into the discrete thought from which it was created. The thought then becomes part of the being’s experienced reality. It may be experienced by any being who has access to that vibrational state or higher. Matter is inferred from the sensations a being experiences.

17.1.3 Multidimensional vibrations

Everything that exists is encoded as a pattern of vibration that distinguishes it from other things. The vibration dimension has an ordinal scale, meaning that a given vibrational state is higher, the same, or lower than another state, but no metric exists for measuring the distance between them.

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Vibration was portrayed by the Zetas as a multidimensional attribute. A model composed of orthogonal axes, $V[\mathbf{i}][\mathbf{j}][\mathbf{k}][\dots]$, was created that could be extended to as many dimensions as required (Treurniet and Hamden, 2022, Chapter 14). A Zeta said, “*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.*”

Figure 17.1 shows a drawing of the model limited to two dimensions. One axis is labelled “*Physical type of vibration*” which identifies the vibrations of planetary realms beyond the reach of the human race. Extending from this axis as a base is a “*Harmony*” dimension. High vibrations on this dimension are correlated with unconditional love, harmony, forgiveness, and other positive states that all entities eventually hope to achieve.

The Zeta also mentioned *multiple frequencies in the etheric body*, and these would be represented on still another dimension beyond the two drawn in the figure. The *multiple frequencies* encode the various patterns of energy that represent the structure and function of a physical body.

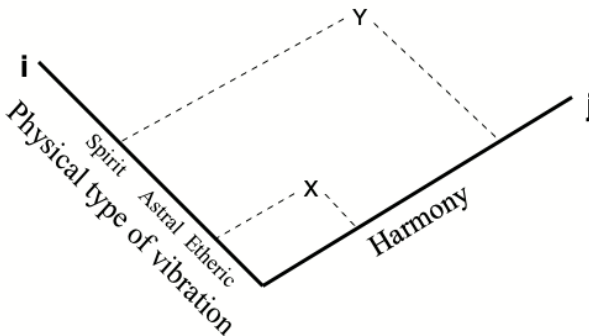


Figure 17.1. A model of vibration limited to two dimensions.

The Zetas confirmed that other *Physical type of vibration* races of beings exist. They said, “*There is a potential for beings of races to exist in the different forms of physical frequencies. ... 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.*” Races such as the Zeta race have vibrations that are also of the physical type but do not resonate with human vibrations. The Zeta vibrations are interspersed among other vibrations on the *ith* dimension in Figure 17.1. Quanta everywhere on the *ij* plane are experienced as matter when transformed by a matching perceptual process.

17.1.4. Heterodyning states of consciousness

The flow of information in consciousness can be controlled by a process known as heterodyning. It is normally applied by humans to the design of physical electronic circuitry. A simple application creates an output signal that depends on the properties of two input signals. In particular, the frequency of the output is the difference between the frequencies of the inputs. The input signals in electronics applications must pass through a non-linear device such as a transistor. Without the non-linearity, there would be no difference signal.

An analogous process occurs in the vibrations of consciousness. Two beings existing at widely different states of consciousness or vibration may interact to create a potential at the difference between them (see Section 2.4). In Figure 17.2, A and B represent the respective high and low vibrations on a particular dimension. Intention, signified by X, is analogous to the non-linearity of the physical transistor. The difference potential, (A-B), is a potential at the difference between the input vibrations. It is created with the intention of the participants and enables them to resonate at that shared potential.

Heterodyning is an important function in a number of processes in consciousness. The process allows one vibrational state to communicate information to another state in a controlled way. For example, the heterodyning process is instrumental in the process of self-healing (Treurniet and Hamden, 2022, Chapter 28) and in a technology for

creating a synthetic quantum environment (Treurniet and Hamden, 2022, Chapter 20).

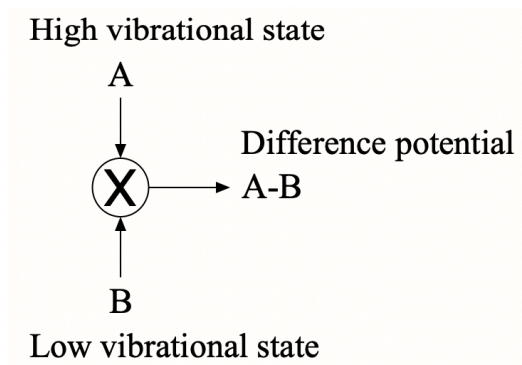


Figure 17.2. Heterodyning vibrational states

17.2 Creating entanglement with heterodyning

The Copenhagen interpretation of quantum mechanics holds that at the quantum level there is no phenomenon until it registers as an observation or measurement (Faye, 2019; Close, 2000). Until then, all possible quantum states are presumed to be in superposition. The state is indeterminate. When a particle's state is then measured, the superposition is lost and the particle is in a known state. Critical experiments concluded that different parts of a system may be non-local or not physically able to interact, and yet may share a common reality as expressed by the Copenhagen interpretation (e.g., Aspect, 1982, 1999). The behaviours of particles can become correlated, even though they cannot interact physically because of the limit imposed by the speed of light. A high correlation of the states of particles is recognized as evidence for quantum entanglement.

Quantum entanglement was specifically mentioned by the Zeta beings in Treurniet and Hamden (2022, Chapters 15 & 20) while they were discussing a technology for creating a synthetic quantum environment

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(SQE). A SQE is a copy of a piece of an existing *matrix of reality*. A Zeta said, “*So depending on what you wish to create and preserve as an environment, would determine the level of quantum entanglement that is required by a being that is to synthesize the energetic entities. ... A snapshot is taken and using the SQE, transpose the environment, and using the SQE then instigate change. This is a mirror image process to see what is sustainable.*” The Zeta implied that the state of each particle in the environment to be copied mirrored the state of an entangled particle, and so the states of entangled particles would guide the creation of the SQE.

Later in the conversations, creation of an SQE was discussed using the heterodyning concept instead of quantum entanglement. To initiate the heterodyning process, the required intention is brought by a Zeta operator. An existing *matrix of reality* is copied by heterodyning it with a constant higher-vibration input energy also supplied by the Zeta operator. With the constant input from the Zeta, the heterodyning difference potentials would mirror the matrix of reality. The difference potentials guide the process that creates the SQE contents. Both quantum entanglement and heterodyning were implicated in the same process, but in different conversations.

A Zeta provided another hint that quantum entanglement may indeed be related to the heterodyning process. They were asked directly if heterodyning to transfer “*the quanta information of the cellular structure of a human body*” during self-healing was at all like the quantum entanglement process involved in creating a SQE. The Zeta replied rather mysteriously, “*That question will require much more background information because the comparison between quanta and entanglement and synthetic quantum environment has relationship but also is difference, not different, a difference*” (Hamden and Treurniet, 2022).

Curiously, the word “*difference*” was emphasized in contrast to “*different.*” In a separate conversation, they were asked if another word for the heterodyning process would be preferable. They tentatively suggested it could be known as the “*difference*” (Hamden and Treurniet,

2020). This is the same word as in the earlier comment by the Zeta, suggesting that the two processes were “*not different*” but that both used the “*difference*”; i.e., the heterodyning process. This comment from the Zeta reinforces the notion that quantum entanglement may be caused by a heterodyning process.

Human scientists can create and measure quantum entanglement and so it can be recognized when it occurs (Bell, 1964; Aspect, 1999). Before a particle is measured, it is in a state of quantum superposition according to the Copenhagen interpretation. One method for creating a pair of entangled photons is to pass a high-energy photon through a nonlinear crystal. At that instant, the original photon is split into two lower-energy photons which begin to behave as one entity whatever the spatial separation.

When the measurement of a particle’s state occurs, it mysteriously changes from a superposition of quantum states to a measurable state. How could that happen? A Zeta observed, “*Your scientists are now understanding the relationship between the subatomic particles, and that the state is determined by its relationship to other particles. But they do not understand that it is the consciousness that creates the state, and it is consciousness that has created the illusion of matter*” (Treurniet and Hamden, 2022; Treurniet, 2019). Consciousness appears able to assign a quantum state during a measurement. More specifically, the reference in the quote to the illusion of matter indicates that the perceptual process of consciousness assigns the state, since the perceptual process creates the illusion of matter.

The assignment of a particle’s state by the perceptual process should normally be independent of the states of other particles. However, entanglement is observed to change that both theoretically and experimentally. The perceptual process of consciousness appears to assign a state at one location that predicts the state of a different particle at another location.

An entanglement model is proposed in Figure 17.3 to measure the quantum states of two entangled particles. The difference potentials of two heterodyning processes represent the quantum states of the two

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particles. Each difference potential is initialized to an indeterminate superposed state when the entanglement is created. The superposition changes to a particular quantum state when a consciousness chooses to measure it with the heterodyning process. The particles remain linked to the entanglement model until both quantum states are measured. Consciousness creates a state when a heterodyning difference potential is assigned. The implication that the perceptual process creates the state is appropriate since the result is an increase in the awareness of consciousness.

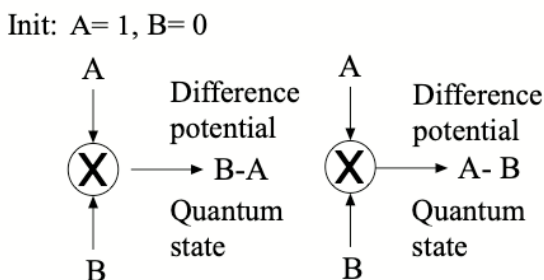


Figure 17.3. The entanglement model: Heterodyning processes for assigning states of two entangled particles.

17.3 Discussion

According to the Copenhagen interpretation of quantum mechanics, the quantum states of entangled particles are correlated when measured, and the correlation between them will be greater than a certain criterion (Bell, 1964). The particles' quantum states are thought to be mutually dependent, even at great spatial separation. Further, the Zeta said, "... *it is the consciousness that creates the state,*" suggesting that measured particle states are controlled by a local consciousness. The heterodyning difference potentials of the entanglement model in Figure 17.3, or the equivalent quantum states of the particles, would be a function of consciousness.

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The entanglement model in the figure was proposed to simulate the quantum states of entangled particle pairs. The signs of the measured states would be determined by which heterodyning process was selected initially. The choice would be arbitrary. Consciousness would replace the superposed state of each particle with the measured difference potential or quantum state. The correlation between the states at the two measurement locations should reproduce the high correlation measured in an experiment.

The reason why particles become entangled is not yet clear. Figure 17.3 suggests that two particles become entangled when they are linked to an instantiation of the entanglement model in consciousness. When an experimenter measures the state of an entangled particle, it is associated with one or the other heterodyning process in the model. The heterodyning difference potential is assigned in consciousness to the state of the particle being measured. Similarly, the other heterodyning difference potential is assigned to the state of the other particle. The instantiation of the entanglement model is an implementation of consciousness and should not be confused with a process of matter.

The Zetas' view that consciousness is involved in entanglement suggests another phenomenon that also demonstrates non-locality. Consciousness is clearly involved in remote viewing where a viewer's intention is to have sensory experiences of a particular remote location (Puthoff, 1996). Like the model of entanglement, remote viewing depends on the intention of a non-material consciousness. The remote viewing task emphasizes the end goal and not the path taken to reach the goal. A focus on the end result may be a general principle for processes in consciousness like entanglement.

18. Epilogue

The Zeta cosmology shows the way to revising our physical science theories in order to understand phenomena that cannot be explained with the current materialistic framework. However, the speed with which that will happen depends on the collective consciousness of the human race. A Zeta agreed that there is a system in place to limit the rate at which humanity as a whole will recognize that matter is an expression of consciousness.

The chapter, “*Disclosure on their terms*” in Hamden and Treurniet (2022), explains the nature of a control system managed jointly by extraterrestrial races, spirit realm entities, and human agencies. The concept of the control system was first proposed by Jacques Vallée (1975) as the means by which a non-human intelligence might gradually change the human myths underlying their reality.

The Zeta agreed that the control system is designed to minimize the fear that would arise in the population if the change happened too quickly. The system tries to maintain an optimal level of uncertainty regarding explanations of experienced absurdities. These would include the impossible flight characteristics of unidentified flying objects and the

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appearance of apparitions. Such unusual experiences followed by debunker explanations would encourage individual observers either to seek a new understanding about reality or fall back on a conventional explanation. They may choose the latter to avoid forced acceptance of a new world view accompanied by fear.

Perhaps it would be the scientifically minded group that would be most resistant if humanity were forced by incontrovertible evidence to accept the idealist's view that all reality is mental. On the other hand, some may find it liberating to finally be able to reject materialism. If the level of uncertainty is optimal, the majority point of view about which philosophy is best should gradually shift in the direction that most successfully explains the experienced phenomena.

The vibrating etheric realm is currently not recognized by scientific theories. If it were, the materialism assumption would likely have to be replaced with something else. With the control system in place, it may take many more exposures to evidence before that happens.

A Zeta observed that the human race is developing into a higher level of consciousness. It is evolving slowly as expected, but eventually the collective consciousness "*is to be born of love*". This outcome will enable contact with waiting extraterrestrial beings who cannot function easily in our current vibrational state. A Zeta said, "*Then, of course, the other races which view you on your daily basis, will actively interact with the collective mind of the human race.*" But they also said, "*Before loving, is understanding. There are levels to be achieved in consciousness.*" Understanding the role of the etheric realm in creating the physical illusion is a good first step towards knowing that all is consciousness.

18.1 The power of illusion

According to a Zeta, "*It is consciousness that has created the illusion of matter.*" Edward Close (2000) concurred when he said, "*Structure and form, originating in primary consciousness, is projected as a spectrum of potentialities. The process is completed when one specific structure*

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or form is selected by observation and confirmed again in the nonlocal space of consciousness.”

Matter is represented in the vibrational states of the etheric realm as a spectrum of quantized potentials. Particular potentials are selected by the perceptual process of a conscious being. Matter is experienced as sensations when the selected quanta are transformed to consciousness potentials. Everything takes place in consciousness. The independent existence of matter is erroneously inferred by the consciousness of the observer. Matter is an illusion created by consciousness.

The physical illusion is very powerful, so powerful that the demonstrably inadequate philosophy of materialism (Kastrup, 2019) is readily accepted by most people. A Zeta observed, *“The illusion is the physical life, but others seek to define the physical life as being the real reality, which it is not.”* They added, *“Humans do not like to know the truth, they like their own physical constructs because that provides them with a level of safety. You are in comfort within your illusion.”* People feel safer in the illusion of materialism, so they shy away from accepting that consciousness forms reality. But even when the illusion is understood, a period of adjustment is often required to accept unquestioningly that matter objects are constructs created in consciousness.

When the Zetas say that everything is illusion, they include our beliefs which are sometimes easily restructured by new information. For example, when they were questioned about chakras and kundalini energy, they replied that these are belief structures devised by humans. Such structures can be useful but, like matter, they are illusions created by consciousness.

Consciousness has a fundamental role in creating the structure of our inner life as well as matter. There are people who recognize this and have learned to manipulate the consciousness of others. In our society, the advertising industry is adept at creating needs where there were none. Public relations firms have methodologies for changing people’s perceptions about other people and institutions. People in positions of

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authority take advantage of their power to convince others that undesirable actions like wars are necessary.

We often accept such manipulation in order to keep the wheels of society turning, believing that the manipulations are harmless or can be resisted. But the manipulations can be subtle and serve agendas that are to the advantage of relatively few people. This is especially true in the area of geopolitics where power over others is the objective.

An important tool for advancing agendas are the media. The various media can implant memes in the minds of their audiences. For example, communication of propaganda to the masses is an important function of the media. When it is done carefully, many people are unaware that some of their beliefs have been implanted. Due to this lack of awareness, they more easily accept the actions of people in positions of power.

The media also present programming materials that viewers like, so that they will also watch accompanying advertisements that provide revenue. For example, the programming often includes law and order dramas where serious crimes such as murder predominate. The programmers likely recognize that many viewers feel insecure and like to see that criminals are punished.

Viewing scenarios of what we fear creates more thought structures that perpetuate the fear, and may even create a scenario where the viewer is a fearful participant. A Zeta said, *“What exists in illusion is manifested into the physical.”* The unnecessary fear can be avoided simply by staying away from programming that stimulates fearful thoughts. Such mental hygiene is important for sustaining happy states of mind.

Breaking free from the ontology of materialism should help humans reorder their priorities so that higher states of consciousness become most desirable. A more loving population will create the self-aware collective consciousness that seems to be needed for the next phase in human evolution.

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