

# Why creating thought forms is hard

William Treurniet and Paul Hamden, June, 2017

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

## Introduction

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

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

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

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

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

## The creation process

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

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

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

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

The sensations normally associated with a physical object such as its colour, its roughness to touch, its smell, are irreducible properties of consciousness. They are consciousness potentials that a being may experience. The creation process places patterns in the grid representing the features of the thing to be created. The consciousness of a perceiver selects particular elements of the representation, and these are transformed to consciousness potentials. All takes place in consciousness, so matter has no objective existence independent of consciousness. A Zeta said, "*Matter is an intermediary process. It is a development of consciousness. Matter is a conjoined process of smaller levels of potentials. Potentials are used as the device mechanisms for experiential processes.*"

The *smaller levels of potentials* form the basic templates of physical matter and may refer to properties such as mass and electric charge. These properties determine how the templates can combine to form more complex objects encountered in our everyday experiences. Further, multiple higher-order templates continually reorganize to create the dynamic physical reality that we experience. For example, the splash of a raindrop has a representation that changes continuously. The perceptual process transforms the evolving representation of the water to create the illusion of the splash in motion.

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

## The creation of thought forms

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

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

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

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

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

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

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

## A technical explanation of "space of expansion"

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

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

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

the being's *highest possible vibration*. Figure 1 shows the increased internal bandwidth as the *space of expansion*.

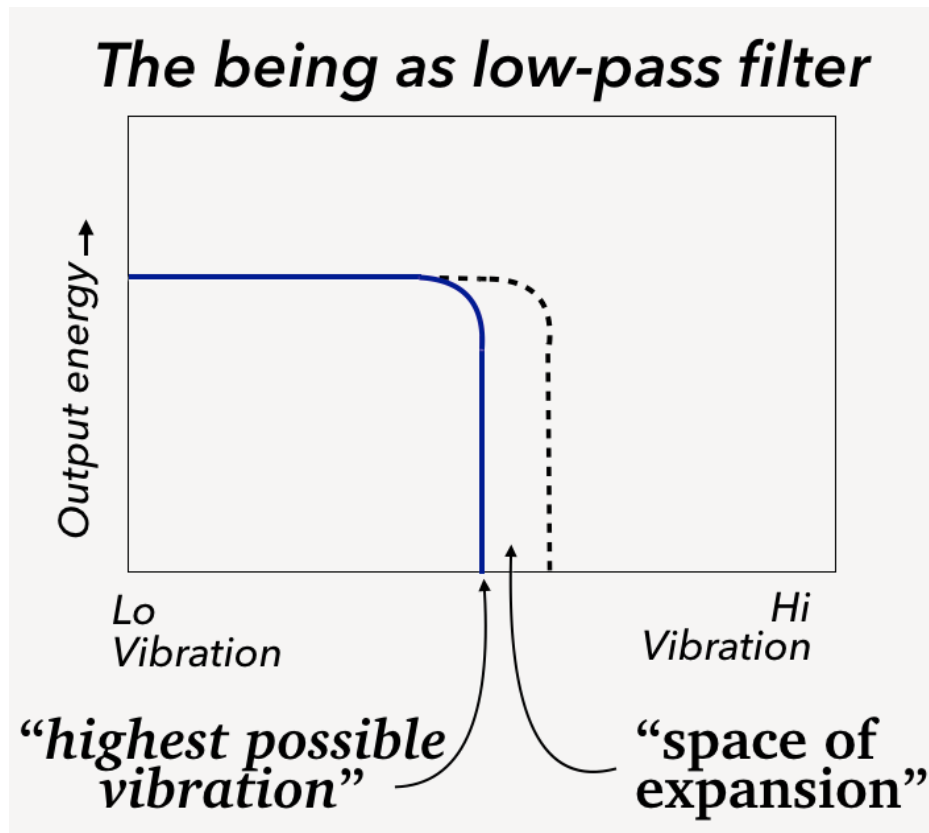


Figure 1. Schematic of how the "space of expansion" affects the filter bandwidth.

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

The process is analogous to heterodyning in human electronics technology. The inputs are a lower and a higher vibrational state from the creator being and the higher self, respectively. A potential is created in consciousness at the difference between the two input vibrations. Although this potential does exist, a higher self would need to be prepared to expose themselves to the local consciousness and enact an expansive space, but most do not do this.

## **Bibliography**

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