

# *Prime focus and the experience of physical reality*

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Summary. *The Zetas' concept of prime focus is introduced. It is 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. Which representation we choose to employ in discussions is a matter of convenience and utility. This is demonstrated in an examination of a physical process in the human body.*

## **Introduction**

Many conversations have been held with extraterrestrial Zeta beings speaking through the Australian medium, Paul Hamden. These conversations are documented in Treurniet and Hamden (2012), "*A primer of the Zeta race*". The Zetas spoke of many things, including the nature of our physical reality. They described a cosmology in which the energy of consciousness is the essence of all that is. The cosmology removes the artificial barrier humans often place between science and spirituality. The barrier exists primarily because of the assumption of materialism that underlies human science. Materialism arises from a misinterpretation of a wider reality based on panpsychism.

The Zetas explained that what we perceive as physical reality emerges from hologram-like interference patterns in an energetic realm of consciousness. The patterns evolved from basic forms created by the thoughts of advanced beings. The interference patterns can be transformed by the perceptual process, a basic operation of a being's consciousness. The transformed representations are experienced as physical entities in the mind of the perceiver.

The following discusses further how physical reality is created and experienced. The Zetas' concept of *prime focus* is introduced. What it means, how it affects our experience of reality, and how it relates to the human body are explored. Also, the interchangeability of the holographic representation and its perceptual transform is discussed in the context of a proposed biological process that was supported by a Zeta's independent comments. The process accumulates and distributes electromagnetic energy in the body via the circulatory system.

## **The creation of physical reality**

According to the Zetas, the basis for all existence is a living entity they call total consciousness. Consciousness is an energy that forms all that exists, including our universe of matter and other states of existence not accessible to us. Total consciousness is self-aware and is an organization of self-aware entities that may exist in apparent separation from each other. In this organization, a complex entity is composed of facets that are less complex entities. For example, a soul entity may be a combination of other entities known as spirits. Although the spirits form a "group mind" in the soul entity, they can simultaneously be separate individuals with independent experiences.

The energy of consciousness is organized hierarchically according to a dimension of vibration. The dimension has an ordinal scale so that a given vibrational state is higher or lower than another. They are not distinguished by frequency which has a rational scale. Because the dimension is ordinal, consciousness could have a fractal structure as well. This suggests that an unlimited number of hierarchically organized vibrational states could be inserted between any pair of existing states.

Every being is positioned somewhere on the dimension of vibration, and the position corresponds to the being's highest vibrational state. Further, each being behaves like a low-pass filter so that it is normally not aware of vibrational states higher than its own highest state.

Everything that exists, including all thought, is a configuration of the energy of consciousness. Consciousness reconfigures itself with the power of thought. There is a well-defined creation process that beings may use to alter their environment. Our familiar 3D space and all its contents are illusory constructs in the sense that they are formed by a being's thought processes. Beings capable of thought also exist in other realms of consciousness different from our physical experience. All of these beings contribute to the overall experience of the total consciousness.

When a being has the intention to create, it modulates its highest vibrational state with the contents of its thoughts. The modulated vibration combined with the original unmodulated vibration creates an interference pattern that is stored in a substrate of consciousness. The interference pattern is analogous to the physical hologram.

Like the image of a physical hologram, the original thought is recovered by "illuminating" the stored pattern with the unmodulated vibration that created it. Other beings who exist in the same vibrational state may also perceive the pattern and share the creator being's reality. The sensations elicited in the perceiver are consciousness potentials which are simply features in the energy of consciousness. For example, a colour is perceived by a consciousness when a particular potential is induced. The experience of colours and other qualia such as taste and smell are irreducible properties of consciousness.

Creation and perception are important processes of consciousness. They are necessary for beings to have experiences. According to the Zetas, our physical reality came into being when advanced non-human entities created basic patterns in what we know as the etheric realm. These etheric patterns are templates that define the properties of physical particles such as the electron. The creations evolved according to their properties, perhaps analogous to cellular automata, and combined to form higher-order templates.

The etheric templates of physical objects are hologram-like interference patterns. They are unintelligible, non-physical, distributed patterns in consciousness that make sense to a being only when transformed by its perceptual system. The transformations appear in a being's mind as features of the physical environment. A being experiences specific properties of an object because the perceptual processing of the object's etheric template activates certain potentials in the being's consciousness. So the physical universe and all it contains is an illusion as it is an entity of consciousness. Unlike the experience of dreams, the behaviour of the physical illusion is constrained by the "laws of physics" defined by the properties of the etheric templates.

## The role of the *prime focus*

Etheric patterns are perceptually transformed 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 there to perceive it?" The being answered, "*There is perception at all levels, even if the prime focus is not in existence.*" That there is perception at all levels implies that total consciousness is always aware of all that exists, including the etheric objects. However, its awareness differs from the *prime focus*. We know this from the results of the well-known double-slit physics experiment.

In the basic double-slit experiment (e.g., Whitt, 2008; Whitt, 2010; Horgan, 1992), coherent light is directed 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 is behaving like a wave. However, when the paths taken by the photons can be determined, the interference pattern disappears. Knowledge of which path a photon follows causes it to behave like a particle rather than a wave. The experimenters appear to hold the *prime focus* when they can know, in principle, which paths the photons follow in the apparatus. There is no *prime focus* when the information cannot be known.

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 position 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.

To reiterate, when the path of a photon through the experimental apparatus can be known, it is within an observer's *prime focus* and the photon behaves as a particle. When the path cannot be known, there is no *prime focus* and the photon behaves as a wave. It still interacts with the experimental apparatus to create the interference pattern, however, so the presence of a *prime focus* is not a prerequisite for matter to interact with matter.

Without the *prime focus*, the photons in the double slit experiment form an interference pattern which results from the wave-like characteristics of the light. The wave represents the superposition of all possible 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 selected states cause the photons to be experienced as particles rather than waves.

A link to quantum theory can be made if potentials in the etheric representations are identified 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., Beiser, 1967). The perceptual process transforms the states to potentials in the being's consciousness. The consciousness potentials are the sensations experienced by the perceiver. Such sensations are the only means whereby the physical universe can be known, and so the physical universe exists in consciousness. It has only the appearance of objective objects in separation from the observer.

## 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 an etheric pattern in a vibrating medium. However, the etheric pattern is experienced as a physical body when it is transformed by the perceptual process in the consciousness of the observer.

The physical body has essentially the same information as the etheric body since one is the transformation of the other. However, the information in a physical object within the *prime focus* is not always identical to that of its etheric representation. The Zeta said, “Matter defines experience of consciousness in as it limits potential.” That is, if a being’s visual system does not have the ability to see a colour, the physical experience of objects in the *prime focus* will always lack that colour. A being’s perceptual process cannot sense an etheric potential for that colour if the visual apparatus fails to provide it. When the etheric potential for the colour is not selected, activation of the consciousness potential for that colour does not occur.

The relationship between the physical and etheric processes are not quite symmetrical from a practical point of view, even when all the etheric information is transformed successfully by the perceptual process. It is hard to imagine how one could describe internal cellular activity, for example, if a cell were represented as a holographic interference pattern. The physical representation is best for us to understand specific bodily changes. For example, a Zeta explained that a cut of the physical skin by a knife would activate etheric body processes to heal the wound. The location of the physical injury identified a specific element of the body, while the etheric reference 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* or awareness of the experimenter. Similarly, a being’s local consciousness 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 *prime focus* is a big part of having a local consciousness, and that the container body is always in *prime focus* while it lives.

If the body were not held in *prime focus*, the perceptual process could not take place and so etheric potentials would not be selected. Of course, then the normal self-healing processes of the body could also not function and the body would deteriorate. (See the chapter, “Health and healing”, in Treurniet and Hamden, 2012). In terms of quantum theory, all states would be superposed and the etheric body would become like other matter not in *prime focus*. However, another being’s consciousness could hold the non-living container body in *prime focus* and experience its gradual physical decomposition.

In general, when any two etheric objects interact in the absence of a *prime focus*, all etheric potentials from each body are superposed in the process. The Zeta agreed that there is still a primary consciousness that perceives even when there is no *prime focus*. He added, “All consciousness exist when matter does not.” The Zeta also agreed that “at some level, all possibilities are being selected, or perceived by consciousness, and so all matter persists and interacts.” This supports the view that all possible states of an etheric body are superposed when

there is no *prime focus*, and the superposed states of the two bodies interact in the awareness of a primary consciousness.

An effect of superposition can be seen in the double-slit experiment where the wave property of light produced the interference pattern in the absence of a *prime focus*. The interference pattern indicated the superposition of all possible states of the photons. A more complex example is the existence of craters on the moon due to the impacts of other celestial bodies. The impacts occurred in the presumed absence of a *prime focus*, and so sets of superposed states interacted in the awareness of the primary consciousness. The existence of the resulting lunar creations can be confirmed as physical phenomena by the perceptual process of any being with a *prime focus* who wishes to look.

## **A proposed biological process in the *prime focus***

The elements of the human body can be viewed from two different perspectives. They are either distributed etheric interference patterns, or physical transformations of that information produced by the perceptual process. The physical transformations persist for a being only as long as its container body is in its *prime focus*; that is, until the life ends and the local consciousness departs.

There is no reason to say that one representation is more “real” than the other. Both representations are patterns of energy in consciousness, with one being a transformation of the other. Therefore, which to use in any discussion is a matter of convenience. As pointed out, the Zetas refer to specific physical body organs when necessary, and otherwise refer to the etheric body as a whole.

A novel human biological process was proposed in the chapter, “*Possible energy for the etheric body*” in Treurniet and Hamden (2012), and is also discussed in “*Etheric energy from hemoglobin*” in Treurniet and Hamden (2016b). The proposed process accumulates electromagnetic (EM) energy in the body. The EM energy is captured by hemoglobin molecules in the red blood cells. A process was also proposed to transfer the energy to other places in the body where it may be needed. For example, it might energize molecular bonds involved in chemical reactions.

According to data published by Prahl (1999), the electromagnetic absorption spectrum for hemoglobin differs depending on whether the molecule is oxygenated or not. The data showed that deoxygenated hemoglobin can absorb more EM energy than oxygenated hemoglobin in the 600-800 nm (red to near-infrared) range of the spectrum. This suggests that the hemoglobin molecule accumulates EM energy in that range after it loses an oxygen atom, and releases the energy when a new oxygen atom is captured.

The proposal was supported by a comment from a Zeta made independently almost two years earlier that described a similar process. People in the audience were yawning excessively at the beginning of a sitting, and the Zeta said, “*We need a certain energy to produce the contact. This is why the breathing became a ‘larger issue’ [yawning]. 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.*”

In a later interview, the Zeta said, “*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 Zeta used the physical representations, such as hemoglobin and blood, to describe the accumulation of energy in the body. This energy is then assimilated by the etheric body, which is simply a different description of the physical body. The exchange is said to be between the physical and etheric when these are different descriptions of the same thing. They are “*not a state of separation.*”

As the blood circulates, there would be a continuous release and uptake of oxygen, and an attendant uptake and release of EM energy, respectively. The Zeta added, “*There are chemical exchanges within the physical body that produce electrical impulses. Those impulses provide properly formed mechanisms which interchange with the etheric body.*” Chemical processes produce electrical energy which is somehow delivered to the entire body.

A second model was also proposed in Treurniet and Hamden (2012, 2016b) to explain how the accumulated EM energy in the hemoglobin molecules could be released to processes in the etheric body. The molecules are situated around the circumference of toroidal red blood cells. If a cell functions as a resonant loop antenna, the EM energy held by the hemoglobin molecules could be radiated in the form of a radio wave. A red blood cell has a circumference of about 22  $\mu\text{m}$ , so the antenna would resonate at that wavelength or at a frequency of 13.6 THz. Other processes in the body could absorb the energy radiated at that frequency.

The Zeta explained further, “*The lungs are used as mechanism for creating the charge, but the whole body and the breathing apparatus ... is used to deliver the energy to the etheric body.*” In other words, a charge is formed in the lungs when the EM energy in the hemoglobin is displaced by an oxygen molecule. The electric charge then moves to where it is needed in the body. As mentioned earlier, references to specific parts of the body are given in terms of physical processes, while the reference to the whole body uses the etheric body description. Yet both descriptions refer to the same body. The Zeta uses the representation that is the most convenient.

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