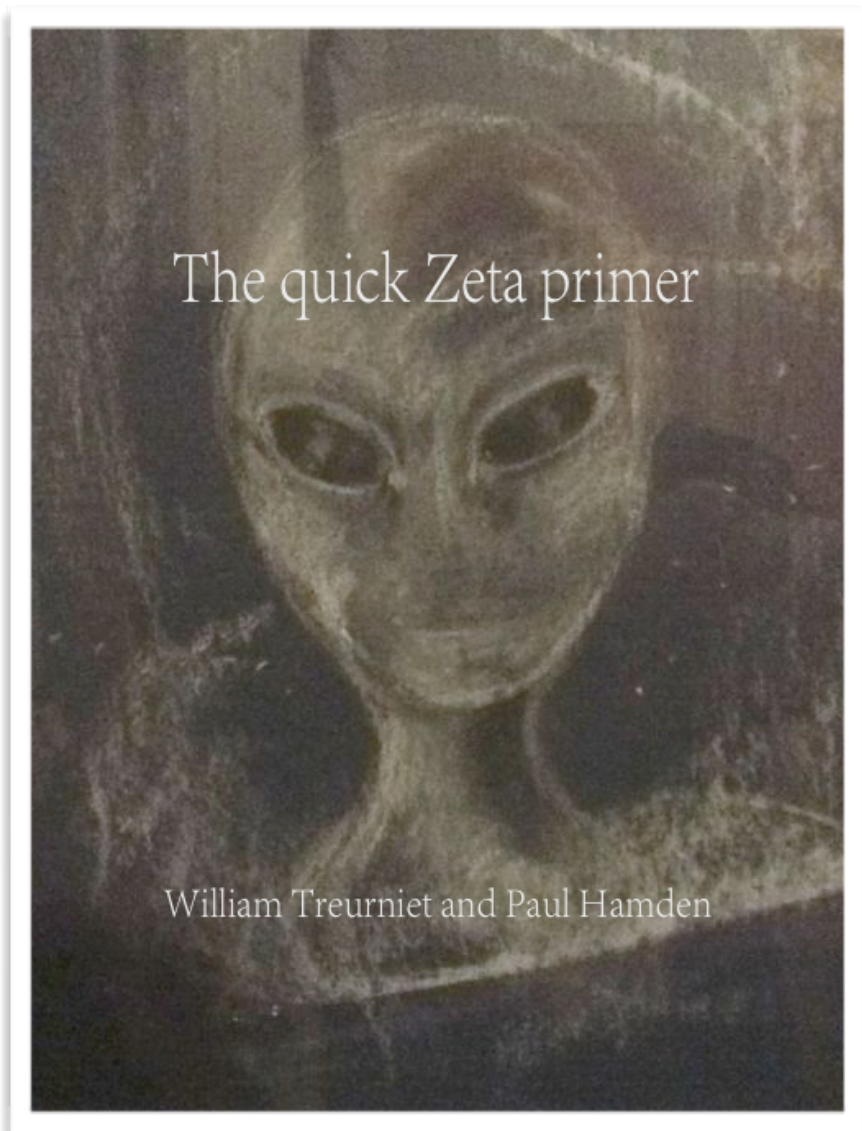


The quick Zeta primer



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THE QUICK ZETA PRIMER

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We thank the many other participants in the sittings who asked the Zetas innumerable intelligent questions that needed to be asked. There was usually time pressure since lags in the conversation could cause the connection with the Zetas to weaken. It could be difficult to think of appropriate questions quickly when the answers often led in unexpected directions. Your efforts are very much appreciated.

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Foreward

This book is an overview of a bigger book entitled “[*A primer of the Zeta race*](#)”. The books present and discuss information received from extraterrestrial beings. Their physical bodies are lightyears away from the earth, but they have the ability to separate their consciousness from the body and travel here at the speed of thought. They have spoken to people through the Australian medium, Paul Hamden.

We have received positive comments about the bigger book, but for some people the content was technical and hard to understand. The Zetas expressed themselves using quite sophisticated words and sentence structures. This, combined with complex subject matter, may be the reason for some of the difficulty. We also appreciate that some specialized background knowledge may be required to understand some of the material. This overview was intended as a gentler introduction to the material in the original book.

The original book focuses on the transcripts of the interviews with the Zetas. They requested that we include the transcripts in the book, and we understand why that was important. The actual words used often have an energy that adds a certain feeling to the information. Also, the meanings of the words may change slightly as one becomes more knowledgeable about the subject matter. That is one reason why this book without transcripts cannot be a substitute for the original book. However, it should help to introduce some of the technical and scientific ideas.

The Zetas are quoted sparingly in this overview. It was written using our own words with the intention of making the subject matter more accessible. However, we must accept that some of the concepts discussed are just not simple to grasp. This book is hopefully easier to read and understand, but much is not included. The original book should be consulted for additional and more detailed information.

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1. Introduction

Over the past several years, extraterrestrial beings have visited and spoken to various people who attended séances with the medium, Paul Hamden. Most often, the beings are from the Zeta Reticuli constellation and so, in our language, they call themselves the Zeta race. The Zetas live in physical environments, but they also have the ability to extend their consciousness beyond their bodies and interact with the consciousness of other beings in distant environments.

Paul received many years of training from the Zetas to enable him to move to a state where they could accurately speak and work through him. To make a connection with the medium, extraterrestrial beings prepare a particular state of consciousness as well as the energies required in the room. These are developed as needed, depending on which race is coming to speak. As Paul moves toward connection with the Zetas, the energy in the room shifts and his awareness is expanded to different states. Many sitters are able to detect the distinct energy that is brought into the room.

When everything that is required is ready, the medium is inside a “sphere of connection” that allows the Zetas to speak. From within this sphere they are able to influence a sitter’s body. A sitter in the room or a person at a remote location may be given healing. Often their mannerisms are observed as they speak, and sometimes a Zeta face is seen overlaying the medium’s face.

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The medium has been tested by scientists and other professional people through discussions often lasting as long as three hours. In these sessions, professionals in different fields have asked questions in their areas of knowledge which the Zetas have been able to answer. This shows that they are in proper control, as it is basically impossible for one human being to have the answers to the many diverse, technically difficult questions. The complexity and consistency of the responses are more evidence that the Zetas are entities separate from the medium.

According to our human biological sciences, consciousness is thought to be a side-effect of biological activity, particularly in the brain. The conversations with the Zetas have revealed that, contrary to the popular scientific view, consciousness is the origin of everything that exists, including matter. This means that consciousness must be part of the explanation of any process or experience that we could possibly have.

The Zetas will answer almost any question they are asked. But in order to talk about the human experience and humanity's relationship with extraterrestrial races like the Zetas, we need to have a proper basis for understanding. The following sections address some fundamental questions that have been answered by the Zetas. What is consciousness? Does it have innate properties? How is it organized? Later sections discuss the true nature of the human physical experience, some activities of the Zetas in the earth environment, their purpose for being here, and what we know about the Zeta race itself.

2. The nature of consciousness

According to the Zetas, the basis for all existence is a living entity they call total consciousness. Consciousness is an energy that has infinite dimensions. It forms all that exists including our universe of matter and other states of existence not accessible to us. Consciousness is self-aware and forms a hierarchical organization of entities that may exist in apparent separation from each other. 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 are separate individuals and can have independent experiences.

The Zetas tell us that consciousness is the essential nature of all that is. Everything that exists, including all thought, is a configuration of this energy. Consciousness can reconfigure 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 domains of consciousness different from our physical experience. Beings in the various separate environments contribute to the overall experience of the total consciousness.

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The purpose of existence is for the self-aware total consciousness to evolve and learn. Since we are all interconnected facets of this entity, its purpose is our purpose. There are pressures to evolve in particular ways. That is, the facets of souls have an innate desire to become part of a collective or group consciousness and to return to a state of oneness from whence they came. An entity may achieve this by increasing its vibrational state.

2.1 Vibrational state

The energy of consciousness has a fundamental property that is often not recognized by humans. A being exists in a state of consciousness that we call its vibrational state. Vibrational states are on a dimension that ranges from low to high. The size of the difference between states cannot be defined with numbers. However, a state may be less than, the same as, or greater than another state.

A being would be able to differentiate vibrational states by the different feelings they evoke. As an analogy, the different frequencies driving a door buzzer can be easily distinguished by feeling its vibration. The feeling varies with the rate of vibration, its intensity, and how it resonates with other buzzers.

Under certain conditions, different vibrational states may resonate even when they are not identical. A process humans know as heterodyning allows two entities to resonate in a new vibrational state. The new state is the difference between the original vibrational states.

A particular state of vibration may be felt as an energy, and is also closely associated with an emotional dimension, with the precise feeling possibly being different across races. For the Zeta race, the positive end of this dimension is a sublime feeling of unity, harmony, and stillness within the collective of their race. They say that nothing else is required. For humans and spirit realm beings, a high vibrational state is strongly associated with the feeling of love. When humans or spirit beings are in higher states, they have much compassion and unconditional love. Conversely, those in lower states have less ability to love and may exist in a state of self-interest and fear. Every being can experience

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vibrational states up to a particular point on that dimension, so some are capable of much love while others can feel only a little.

A being in its highest possible vibrational state cannot influence another being existing in a higher state, at least not without permission. This means, for example, that one cannot be harassed by another that is less loving. So although a being may wish to reach a higher state of love for its own sake, it would also benefit by avoiding undesirable interactions with lower vibration beings.

In general, an entity can be aware of another entity only when the other's vibrational state is the same or lower than its own. It cannot sense the presence of a higher vibration entity. However, a high-vibration being can choose to resonate with the lower vibration being in response to a request by the latter. This accounts for the inexpressible love some people have felt from so-called angelic beings during transcendent experiences.

2.2 The grid

An important feature of consciousness is a structure that is analogous to a multidimensional 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.

All thoughts by individual beings are placed into the grid, and it is used by many extraterrestrial races as a medium for telepathic communication. We all resonate with the grid, and we can both change it and be changed by it. Both positive and negative thoughts can change the grid. When negative emotions such as fear and anger are generated on the earth, regions of instability may form in the grid. These make conflict more likely in corresponding regions on the planet's surface.

2.3 The creation process

A conscious being exists in a range of vibrational states unique to that individual. When the being has the intention to create, it modulates its

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highest possible vibrational state with the appropriate thought. The modulated energy is preserved in the all-pervasive grid.

The creation is experienced anew when it is processed by the being's perceptual system. 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. However, a being whose highest vibrational state is too low would not be able to do so.

2.4 Realms

Some constructs created in consciousness are known as realms. They are distinguished by their vibrational states, and they may be experienced as real places. Beings may inhabit a realm and alter its contents by using the creative process.

A region in consciousness space may be experienced as a realm boundary by some beings but not by others. The region and the being each have a vibrational state. When they do not resonate, the being cannot coexist with the region and so it is experienced as a boundary. When the being does resonate with the region, they can coexist and so the region is not a boundary. It follows that when a being's vibrational state changes, realm boundaries may also change. Some might cease to exist for that being and others might appear. The Zetas have said that it is possible for a being to evolve to a state where realm boundaries are not experienced at all.

Realms can serve a function. The Zetas, for example, inhabit a realm they experience as a collective consciousness of their race. It coexists with a physical planet and has a certain range of vibrational states. Similarly, humans and other extraterrestrial races exist in spirit realms, each associated with its own physical planet. The spirit realms are homes to spirits even while experiencing physical form on the planet.

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Humans also have access to an associated construct known as the astral realm. They can experience being in separation from their physical bodies by visiting this realm during out-of-body experiences and dream states. The astral realm is also where all human conscious experience is recorded. The realm is evolving to become a human collective consciousness that will eventually be self-aware.

The vibrational states of the human realms differ from those of the Zeta collective, and so they are not compatible. This means that the races normally have separate existences. The Zetas are very clear that they would never enter the human spirit realm since their presence would violate the freewill of the spirit realm inhabitants.

Another realm closely tied to the physical experience is known as the etheric realm. It contains etheric templates that define the properties of all the physical matter we experience, including our bodies. Without the etheric templates, our experience of the physical universe could not happen.

2.5 The physical illusion

The Zetas have said several times that our experience of matter is an illusion. Most people will find this hard to believe. It seems obvious that matter exists independently of anyone's mental activity, so how could it be an illusion? Nevertheless, matter can be understood as illusory in the sense that its existence depends on a perceptual process in consciousness. An object of matter is experienced only when the construct that defines it is transformed by a being's perceptual process.

In general, the representation of an object is encoded as a distributed pattern in the energy of consciousness. It is transformed by a being's perceptual process into a localized form with recognizable attributes such as colour and shape. In the particular vibrational state of the etheric realm, the pattern representing the object is transformed by our etheric visual system and we experience it as an object of matter in consciousness. The perceived localized form of the object is continuously generated by the perceptual process, so in that sense it is an illusion.

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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 perceptual process transforms etheric potentials to consciousness potentials, creating awareness of the corresponding sensations.

All of physical reality is represented as patterns of information in the etheric realm. The patterns may evolve to produce the changes we see in the physical illusion. For example, the splash of a raindrop has an etheric representation that changes continuously. The perceptual process transforms the changing etheric representation of the water to create the illusion of the splash in motion.

A common experience in the physical illusion is walking on a concrete sidewalk. A person's foot and the sidewalk each have a distributed etheric representation within the possible range of vibrations. The apparent physical resistance offered by the sidewalk must be due to the relationship between the two representations. The resistance suggests that the representations of the foot and sidewalk are not vibrationally aligned and so do not resonate.

The foot's sense of touch selects etheric potentials from the representation resulting from the interaction. These are transformed by the perceptual process into consciousness potentials that give the sensation of pressure. In the physical illusion, the pressure is interpreted as the foot encountering the concrete sidewalk, or the meeting of separate objects. A Zeta confirmed that consciousness determines the relationship between what are perceived as separate objects. If we understood that it were possible for the foot to pass through the concrete, then it could.

The perceptual process of a conscious being produces the illusion of matter, but what if no conscious being were present? It seems obvious that craters were formed on the moon when it was struck by other objects, even though no living beings were there to perceive the impacts.

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When this question was raised, a Zeta explained that all etheric forms are consciousness and have the physical vibrational state. Even an etheric representation of a stone has the capacity to interact with the etheric representation of its environment. So, an etheric comet may strike the etheric moon to create an etheric crater. But without the perceptual process of a conscious being, there would be no one to experience the physical illusion of the crater.

The kinds of basic information patterns that exist in the etheric realm would appear to be limited, perhaps restricted to the definition of matter at the sub-atomic or atomic scale. Possible candidates are patterns that define electrons, protons, and neutrons. These patterns would combine to create patterns that form atoms. Larger information patterns like that of a coffee cup, for example, would be formed from a conglomeration of these lower level patterns.

One could imagine that the basic definitions came into being at the time of the “big bang” proposed by astrophysicists. This event is thought to signal the beginning of what we now know is the physical illusion. Perhaps it was then that the basic set of etheric patterns were created by some higher-vibration beings.

A Zeta commented that physical beings reflect consciousness. We can now understand what was meant by that comment. The etheric body of an object is an energy pattern in consciousness. An observer’s senses select etheric potentials from the energy pattern. These are transformed to consciousness potentials by the observer’s perceptual process. Since the object and the observer are both facets of the higher consciousness, the process of perception closes a feedback loop. The experience by the being is consciousness observing itself.

The physical human body is encoded as an etheric pattern like any other physical object. The etheric pattern includes any limitations the body might have. A Zeta remarked that the sensory systems of an etheric human body may “*limit potential*”, suggesting that it may affect the quality of the illusory experience. For example, the range of colours experienced in the physical illusion is reported to be smaller than the range seen during out-of-body travels to higher realms. Or, a particular

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etheric visual system might reduce the number of colours that are normally seen in the illusion. In this case, we might say the person was colour-blind.

In the process of creating the illusion, 1) matter is represented as an array of potentials in consciousness, 2) particular potentials are selected by consciousness, and 3) selected potentials are transformed by the perceptual process of consciousness. Everything required to be aware of matter takes place in consciousness. So matter is created as an illusion by consciousness and has no independent existence of its own.

3. The human experience

In the human experience, a fragment of soul energy incarnates in the human body. This fragment is called a spirit, and is part of an entity known as the spirit's higher self. The incarnation process is controlled by entities in the spirit realm. The process lowers the spirit's vibrational state to that of the etheric realm. While in this state, the spirit is able to interact with objects of the etheric realm to experience the illusion of matter.

The following sections discuss various aspects of the human experience. These include how the human body heals itself, what the spirit and astral realms are like, what is meant by the incarnation and ascension processes, why there are multiple timelines, and how to deal with low vibration entities.

3.1 The human body

The human body is physical, so it too is an illusion. It is experienced by the same process as any other physical object, and so it is also based on an etheric body template.

The complete body consists of a blending of several separate processes. The spirit consciousness representing higher-self moves to integrate with the etheric body. The etheric body participates in the process that creates the illusion of the physical body.

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When parts of the body such as the hand or foot are seen, they are illusory like any other matter. The body's etheric eyes select potentials sampled from the etheric body parts. The potentials are transformed by the perceptual process of the spirit's higher-self consciousness. The transformation creates the sensations in consciousness that are interpreted as a body made of matter.

A Zeta said that a spirit in the spirit realm waiting to be born attaches itself to the prospective mother's etheric body before conception occurs. At conception, the male and female etheric genetic information is combined. The etheric fertilized egg continues to develop, giving the illusion of a growing physical foetus. The etheric form of the foetus changes according to a body blueprint held in consciousness.

Development of the child is controlled by the etheric genetic structure. Additionally, however, the spirit's higher-self can make adjustments to the etheric body if it chooses to do so. Perceived abnormalities of the physical body may be planned for the coming life experience.

The energies of the etheric body are of the nature of swirls that vary in their rate of spin. The energy is normally in a constant state of flux, with the spin rate affected by thought processes and by influences internal and external to the body.

The state of the etheric body is a direct reflection of its apparent physical condition and of the individual's state of mind. For example, a physical sore is different from the surrounding healthy skin, and the corresponding etheric swirls also differ. The visible sore reflects changes in the vibrational state of the etheric body.

A complete state of harmony exists when the etheric body has a single swirl. According to a Zeta, this can occur only when the etheric body is separated from the physical body. It follows that the practice of meditation leading to a state of harmony will reduce the number of swirls in the etheric body.

When the physical experience of the body terminates, the energy of the etheric body is no longer needed. It is transmuted and absorbed by the originating consciousness, and the spirit returns to the spirit realm.

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Since the spirit does not cease to exist, this change is often called a transition rather than a death.

3.2 Self-healing

The human etheric body template determines the form and function of the physical body. The physical body is illusory, so it appears to grow and develop as specified by the etheric body information. The body also has a local consciousness which is aware of its earthly existence. It has the relatively low vibrational state needed to exist in the etheric realm. As a result, it is often not aware of its higher self existing in the vibrational state of the spirit realm.

Both the local consciousness and the higher-self consciousness can adjust the function of the physical body. This is done by making changes to the etheric body which are reflected in the physical body illusion.

The body of a particular individual is specified by a blueprint held in its consciousness. The blueprint is based on the prototype for the human species. That is, the body it specifies has two arms, two legs, a torso, one head, etc. The blueprint also includes specifications for body type, eye, hair and skin colour. Any physical abnormalities required by the higher-self consciousness are also included.

The Zetas refer to the body blueprint as consciousness potentials. A healthy, uninjured physical body conforms to this specification while an injured or ailing body does not. The physical body heals when the etheric body is adjusted to match the original specification. The healing process is possible as long as the higher-self approves and the body's natural resistance to change can be overcome.

When the body is injured, an array of etheric vortexes form at the location of the injury, and their number reflects the size of the injury. A vortex appears to be a conduit for transmuting a consciousness potential to an etheric potential. The process provides the etheric body with the information needed to regain the state of wellness defined by the blueprint in consciousness.

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The local consciousness can cause an illness to be experienced in the absence of an actual illness. A Zeta explained that the belief that one is about to be ill can bring on the illness. The common cold was used as an example. When we meet someone with a cold, we have a short time to accept or reject the thought that we will also have the cold. If we accept, the etheric body complies with the conscious belief. A vibrational state is created that produces the experience of illness in the physical illusion. If we disregard the other person's cold, the etheric body will not create that vibrational state and the illness will not appear.

This ability of consciousness to control the experience of wellness may explain the placebo effect. Humans have been known to recover from a serious illness just by taking a medically inactive substance that they believe is powerful medication. The belief that they will not be ill may be sufficient for consciousness to bring about a recovery.

The higher-self consciousness will not always be prepared to heal the body. It may decide that healing should not take place and may intervene to prevent it. At some point in every person's life, the higher self will choose to allow the illusion of the physical body to fail. The etheric body will then terminate, and its energy will be absorbed by the higher-self consciousness.

3.3 The spirit realm

The human spirit realm, an "*energetic container*", did not always exist. It was created by an extraterrestrial race to support the development of the human race. Human consciousness needed a place to go after the body terminated, and so the spirit realm was created. It is a "*transitional holding ground*" for human consciousness.

When a human's physical body dies, the associated spirit is once again fully aware of its nature. It returns to the spirit realm where it can assess its level of development. If the spirit decides that another physical experience would help to expand its vibrational state, it may choose to reincarnate.

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The human physical vibrational state is lower than the lowest spirit realm vibrational state. However, there is communication between the physical and spirit realm existences. This has often been demonstrated using a human medium as the channel. So-called mental mediums may clearly perceive the activities of spirits in their minds' eye. These spirits often have had a recent physical existence, and send messages through the medium to humans still having the physical experience. The spirits may also work with a physical medium to manipulate the physical environment. Their purpose is to increase human awareness of the spirit realm's existence.

A Zeta used the analogy of an information field to explain the nature of the spirit realm. The spirit realm inhabitants were described as interconnected threads of information. Spirits are threads of consciousness that have returned from the physical experience.

After the physical experience, a spirit thread still has a strong belief that spatial dimensions exist. This expectation creates and activates the illusion of itself as a human, living in a place like its recent physical experience on earth. However, it may choose to create an alternative existence when it understands that it has the ability to do so.

The threads of consciousness are organized hierarchically in the spirit realm. The group of all threads is represented at the top of the hierarchy. It is subdivided into multiple groups in the first level below it. At each successive lower level, the groups in the level above are further subdivided into a larger number of smaller groups.

The Zeta described the levels of this hierarchy from the bottom to the top. At the lowest level are entities we know as the higher self. Facets of the higher self are spirits, entities like us who incarnate in human bodies. At the next higher level of the hierarchy, a number of higher-self threads combine to form an information field known as the oversoul thread. Similarly, at the next higher level, multiple oversoul threads are integrated into an even higher-level oversoul thread. Each oversoul thread is the collective consciousness of multiple entities.

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Although a number of higher-self threads form an oversoul group consciousness, each higher self retains its individual identity for as long as it chooses. The higher-self thread believes itself to be the form that a returning spirit created according to its belief structure. It is not aware that it is a thread entwined with others in a higher-level structure.

The Zeta described a consciousness as an information thread, but added that the consciousness does not see itself that way. It has the perception that it is an individual being living in a structured environment. The information field can create “*any construct, any belief system, any existence that a human soul requires.*”

The process of creation by the information field seems analogous to the process of creation that individual beings use to create with their thoughts. An energy pattern in the grid represents a created thought, while an information thread in the spirit realm represents an entity. The energy pattern and the information thread are both abstract representations that are not perceived until they are transformed by the perceptual process of a conscious being. It follows that the spirit realm thread must be of the same nature as the energy pattern produced by the individual being’s creation process.

3.4 The astral realm

Humans may interact directly with the astral realm while taking breaks from the physical illusion during sleep or while travelling out-of-body. Individuals who are “*conscious of consciousness*” can intentionally separate from the physical illusion by entering the higher vibrational state of the astral realm. The purpose is to practice being in separation from the physical body.

During an incarnation experience, the thoughts and creative processes of each individual human accumulate in the astral realm. For example, memories are represented there “*like an energetic stream bound intrinsically to the consciousness of an entity.*” Like other creations in the energetic realms, the memories are formed according to the vibrational state of the owner/creator.

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The combined mental processes of all humans form the collective mind of the human race. Since the state of the collective mind is determined by the quality of all the individual minds of the race, it is quite chaotic. The chaos is gradually being reduced as the overall vibrational state of the human race continues to increase.

3.5 Low vibration entities

The astral realm harbours entities who sometimes affect human lives. These entities are known as “collector” beings whose objective is to collect low-vibration energy wherever they can get it. They are organizations of the energy of consciousness that are more like objects than souls, so they are analogous to intelligent physical robots.

Given the opportunity, the collectors entice physical humans to generate more of the low-vibration energy that they need. Sources of this energy are people involved in activities motivated by physical pleasures that gratify the ego. For example, they may have behaviours that indulge various kinds of addictions. The collectors encourage these activities, since they benefit from the energy produced.

A Zeta taught us how to handle a persistent, low vibration entity. The Zeta said, you must “*know who you are*”, and you should “*stand in your energy*”.

To “know who you are” is to know that you are more than a physical being and are part of a higher-self. Further, you should not be fooled by the fears of the local consciousness, and should behave in a loving way toward the low vibration entity.

To “stand in your energy” means to recognize the difference between your own energy and the energy of others. It is necessary to be able to tell the difference between yourself and a collector, for example, in order to maintain the difference. The Zeta said there is no confrontation when standing within yourself.

The collectors will eventually move elsewhere to exist in other forms. When the human collective consciousness becomes sufficiently

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evolved, the vibrational state of the astral realm will be incompatible with these low-vibration entities.

3.6 Ascension

The Zetas believe that the human collective consciousness forming in the astral realm is becoming more coherent and will eventually be self-aware. The progress toward this goal has been slow, but they say there is a high probability that this will change. There will be a tipping point after which development will progress more quickly. It will become apparent as a predominantly more loving behaviour of the humans in the physical illusion.

Bringing about that state is known as the ascension process. The Zetas explained that the process is of a deeply personal nature and this is not always understood. Individuals are responsible for raising their own state of consciousness. No one else can do it for them.

When individuals change in that way, it will have an effect on the grid in which we all are immersed. Latent abilities will be uncovered that are now suppressed by our lower-vibration existence. Among other things, we will become aware of past lives and be able to communicate telepathically with each other.

The increase in the vibrational state of the collective consciousness will also remove the barrier to telepathic communication with extraterrestrial races. They are watching and waiting for this to happen.

3.7 Timelines

A Zeta explained that countless timelines exist and these are used by spirits to have physical experiences. The timelines differ in vibrational states, and this feature is an important aspect of the incarnation process. Multiple versions of a spirit being are brought into existence. Each has a vibrational state different from the others, and each finds itself on a matching timeline.

Physical events on one timeline are independent of physical events on other timelines. However, it is possible for a human on one timeline to

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be aware of events on other timelines. For example, humans occasionally have a strong feeling of *déjà vu*, that something has already happened to them. In fact, it may have, but on another similar timeline. A sequence of events playing out on one timeline may slightly lag a similar sequence on another timeline. The spirit consciousness on the lagging timeline may notice the similarity. It may erroneously believe that both events occurred on its own timeline.

The experiences of the incarnated spirit being on the various timelines will likely differ, primarily because the vibrational states are not the same. Yet, as difficult as it may be for us to comprehend, the sequences of experiences in the many vibrational states are all one experience from the spirit realm point of view.

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4. About the Zeta race

4.1 The home planet

The Zeta race has a home planet in the Zeta Reticuli star system. It is always dusk there, with no more than a faint glow on the horizon. They do not like bright lights so they live in semi-darkness. The planet's atmosphere ranges from -30 to 70 degrees C. Clothing is optional and is worn mainly on ceremonial occasions.

In a war with another race long ago, the planet's surface was devastated and it has never recovered. There is no surface water, and the land is bare.

The city inhabited by the Zetas is a single planet-wide catacomb. Transportation through the city is via shafts and elevators. Energy needed by the community is gathered by large towers positioned around the planet's circumference. Vegetation is grown inside the planet, and any animal life there are copies of earth fauna.

Their social structure is hierarchical in nature, but without dominance. Leaders are respected, and never lead with violence or by suppression of another being.

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4.2 Biology

The Zeta being is a carbon-based life form. There is said to be significant variation within the race, some having skin colours other than grey, such as black, brown, dull red, yellow and white.

The Zeta hand has three fingers, and each finger rotates in a socket to provide the dexterity for picking up small objects.

A Zeta's visual sensitivity is in the infrared part of the spectrum. Each of it's oval eyes slants slightly downward from the periphery, with a nictitating membrane that closes in the same direction.

It breathes an oxygen gas and has a circulatory system with a heart situated on the right side of the body. The heart has three chambers beating in sequence to provide a high rate of flow. A single organ carries out the functions of the human spleen, kidney, and liver.

The brain is a storage unit for information. It does not contain the self and is discarded with the rest of the body at the appropriate time.

The blood contains copper instead of iron, suggesting that the oxygen-carrying molecule is hemocyanin instead of the hemoglobin of human blood.

The Zeta DNA is octagonal and the molecule has a cylindrical shape.

The race has evolved so that they now have an atrophied digestive system. Food is a vegetable gel that is ingested by rubbing on the skin. Anything that is not used is excreted in the breath or through the skin.

4.3 Reproduction

The lifespan of the Zeta's physical body is approximately 1500 earth years. Because of this long lifespan, a pair of male and female parents has only one child.

The reproductive process has become somewhat depersonalized. Genetic material is now taken from the prospective parents, and the child develops outside the body.

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Two pairs of parents will each decide to create a child at the same time so that the two offspring may be mated together for life when they reach adulthood. The Zeta childhood lasts about 80 earth years.

A premature failure of the physical body may occur accidentally or otherwise, and processes exist to accommodate such an event. The consciousness of an adult is preserved in the collective mind while a new container is made for it. Children must learn to become part of the collective, so when a child's body fails prematurely, its consciousness cannot be held in the collective mind. Instead, it is maintained in a technology designed for that purpose while a new body is prepared.

4.4 Society

The Zetas function as individuals while, at the same time, they are elements of the Zeta collective consciousness. This means the knowledge of the collective is available to all whenever it is needed. When necessary, a Zeta speaks for a segment of the population, and only rarely for the entire population which numbers in the trillions.

Every member of the collective serves a particular function, and a Zeta mentioned what functions there are. There are Zetas who do *“connection, clearing of entities, travel, collecting information, storage of information, dissection and understanding of that information, modifications of energies for connection, teaching, processes related to the younger beings in our race for the progression of our race as a group.”* Also, some Zetas are specialists in their science and technology. The particular function of a Zeta is chosen for it, and is determined by its genetic makeup.

The Zetas decided as a race long ago to move toward a state where they are not trapped within a physical body. They created a level of consciousness that was equivalent to their physical construct but allowed development of a collective mind.

There was one facet of the race, a minority, who chose not to join the collective. These beings went their own way and continue to procreate using the human method. This group is known to abduct humans for its

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own benefit, and so it is referred to as the abductor race. The Zetas from the collective continually work to undo any damage done by this race.

The race has a group of elders who remain in the collective consciousness and take physical form only when required. They put forward suggestions and information to the other beings of the collective. For example, if the race were under attack by another race, the collective would decide if and how to defend itself. They have an ethic to not harm another entity, so they would have to agree as a collective to use technology against another race and to take a life.

A Zeta might sleep every seven of our days, although they do not cease to function while sleeping. Only part of the mind need be involved in the sleep process. Sleep is seen as not required.

The Zetas agree that there must be a Creator which is a “*non-local, universal, creative life force*”. They believe that all forms of existence have consciousness, and every living thing exists to strive for experience.

They do not have religious practices as we understand it. They seek to improve themselves and to make contact with higher minds. The collective mind has become the ultimate goal for the race, to exist purely in thought, to no longer need the physical body. Their interest in other species stems from a drive to return to the source of all things.

4.5 Time

The Zetas experience time differently than we do, and this is evident in their inability to measure time on an absolute scale. They say they live in the *now*, which has duration and contains sequences of events.

A rigid timescale is a human invention and does not exist naturally. For the Zetas, the passage of time is felt as an intuitive process. They “know” when a meeting with others is to happen. For example, when a Zeta was asked how it is known that a scheduled sitting with the medium is to occur, the response was, “*We feel the medium calling us and in energy, we understand that a sequence is coming.*” From this comment, we see that a sequence of events is experienced, not

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successive positions on a linear time scale. The experience is always in the *now*, but the contents of the *now* change in an orderly fashion.

In sittings with the medium, the Zeta always asks the time so as to know how long the medium has been sitting. Too long a duration could harm the medium. In the absence of a rigid time scale, an absolute time measurement cannot be made. In the *now*, the Zeta is only aware of relative position in a sequence.

4.6 Technology

The Zetas gave details about their craft and propulsion methods, as well as information about a technology used to simulate any desired environment. The means to enter this environment was shared with a group of humans who called it a “synthetic quantum environment”. The Zetas also have the ability to create portals in the energetic realms. These technologies are briefly discussed in the following sections. More details may be found in the original book.

4.6.1 Craft

A Zeta craft is a non-metallic, conscious, biological organism. It can camouflage itself by altering its thoughts about itself, and it is shielded from certain energies. For security, a craft can be keyed either to a particular Zeta’s DNA or to the DNA of all Zetas of the collective. When the craft exists in the etheric realm, it can materialize into the physical illusion and dematerialize from it. It can also enter interdimensional areas where physical rules do not apply.

The craft propels itself by using the creative process in the etheric realm. It enmeshes itself in a three-dimensional etheric matrix of “rails”. It pulls itself along the rails in any direction using the creative process and the energy of consciousness. The craft's intention to move invokes the creative process at a particular vibrational level of the consciousness field. Its intentions produce smooth movement of the craft’s etheric body in the etheric matrix.

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The Zetas are ethically bound to not harm another living being. Therefore, the craft must take extreme care to avoid contact with lifeforms in the air such as birds and insects, else they would be destroyed.

The craft is also able to create a bridge through hyperspace which enables it to jump instantaneously from one region of space to another. This method is typically used in deep space where there is minimal matter that might interfere.

To navigate, the Zetas use an intuitive feeling in consciousness. They feel when they are nearing a destination, and they feel when a meeting with others is about to take place. The amplitude of a telepathic signal informs when and where events are about to occur.

4.6.2 Synthetic quantum environments

The synthetic quantum environment, or SQE, is created by the Zetas as a simulation of a particular environment. The SQE is not experienced as part of our physical illusion. It is a non-physical space accessible to the consciousness of beings while they are in separation from their bodies. A human, for example, must be in separation from the physical illusion to enter an SQE.

An SQE is created by copying the original environment using a technological process that includes consciousness. A number of SQEs are connected as a network and have on-board intelligent operators that coordinate the activities of the network. The intelligence appears to be a component of the SQE itself.

When an SQE is a simulation of a physical environment, it may be used as a laboratory for performing experiments in that environment. This ensures that the experiments do not disrupt the original physical environment. For example, Zetas exist only on a single timeline, and so they cannot experience multiple timelines directly. However, humans experience multiple timelines as part of the incarnation process. So the Zetas have populated SQEs with simulations of human timelines to develop their theoretical understanding of the multiple timelines.

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Such simulations in SQEs also allowed the Zetas to predict probable events in humanity's future. For example, they expect humanity to develop technology to support telepathic communication within the next 30 years.

The Zetas also use SQEs as a space for educational purposes and as a place to live.

4.6.3 Portals

A portal is a doorway from one realm to another. When seen by humans, it usually takes the shape of a vortex or funnel. It is a device that allows information to flow from the vibrational state of one realm to a different vibrational state of another. The portal is described as “*an intermediate layer of a connectivity*” between vibrational states. The intermediate layer allows a stepping down from one vibrational state to another.

The ability to create and manipulate portals is important to the Zetas. For example, it allows them to connect with the vibrational state of our physical environment. The process creates a distortion in the room so it appears to bend. It allows the Zetas to present themselves to the medium from a distance.

Although difficult, the ability to manipulate portals is normal for a Zeta elder. The process includes functions that calculate the point of origin of the portal, the point of entry into the physical realm, and the amplitude of the portal's potential. The solutions are used to present the portal, and the portal is closed when it is no longer needed.

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5. Zeta involvement with humanity

The Zetas have had a presence in the earth environment for many years. In the past, they roamed the planet, taking samples and accumulating information about animal, human, and biological specimens, much as humans have done since.

The Zetas see earth as a prosperous planet, but there is concern for humanity as a race. They see that the human collective consciousness is in chaos, and that it could use some help to raise its vibrational state.

In order to help, many Zetas incarnate as humans by being born to a human mother. The result is a hybrid human containing both a spirit from the spirit realm and a Zeta consciousness. The main reason why a Zeta chooses to incarnate in human form is to facilitate Zeta communication with humans. In this form, the Zeta is able to contribute directly to raising the state of the human collective consciousness.

The hybrid humans often maintain a relationship with the Zeta race. They are sometimes removed from their natural environments on earth to be monitored by the Zetas. These activities may be interpreted as abductions, but the Zetas only take human forms that contain fellow Zetas in order to communicate with them. Some of these activities are

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negative experiences for the humans, but the majority appear to be life-altering in a positive way.

The Zetas do admit, however, that a smaller subset of their race abducts humans in order to acquire physiological material and data for their own purposes. This so-called abductor race does not belong to the Zeta collective and has much less concern for human feelings.

The abduction experiences may occur in several ways. When a true extraterrestrial race on a craft comes to a human, the physical body of the human is moved to the craft. Or, an extraterrestrial being may encounter the human in the astral realm during sleep where they may be more accessible. Alternatively, an astral entity may pretend to be an extraterrestrial being, treating the human according to what is expected in such a scenario by the human. Finally, a person who is in an unbalanced mental state may fantasize interactions with extraterrestrial entities. Their consciousness requires them to believe they are special and unlike other humans.

In our interviews with the Zetas, they often referred to us as friends. They define friendship as *"respect for another being, as one would respect self, but never interfere in the learning of another"*. Similarly, their understanding of love is treating each other as they would treat themselves.

With the exception of the abductor group, all Zetas have compassion for humans, and they particularly value their relationships with the human/Zeta hybrids. In general, the Zetas would never harm any other beings unless they were provoked to defend themselves.

In the past, the Zetas implanted humans with devices that collected physiological data. Some were also tracking devices which enabled them to follow and observe individual humans. The purpose was to understand the human race as a whole.

Monitoring with implants is not done now. The human collective consciousness has advanced to the point where devices *"based in energy"* can be used to track people. A telepathic technological process can locate Zeta beings who have incarnated in human form. The

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humans experience this contact as a loud tonal sound inside their heads lasting about ten seconds. They are typically unaware of their relationship to the Zeta race.

Some people have more contact with craft and ‘star people’ than others. According to the Zetas, these people are most likely genetically modified and have been placed in close proximity to groups of other people. They are used to communicate information to other humans that will enhance the vibrational state of the human race.

A number of extraterrestrial races besides the Zeta race cooperate to support the well-being of the planet and the lifeforms on it. A loosely formed group, coordinated by beings of the Pleiadian race, tries to manage what is taking place. The Zetas are represented by other races when this group meets, since their role does not require their direct participation. The Zetas are a technical race and well suited to carrying out the wishes of the group. The participating races work for the benefit of all.

A Zeta was asked if the work to heal the planet was being done in collaboration with earth governments. In reply, the Zeta disagreed that such coordination was required since the human race does not own the planet. Many races have lived here before the present human civilization. Even now, many humans are incarnations of spirits originating from races such as the Zeta race. All have a stake in supporting the planet. The increasing level of human consciousness should soon help us to realize this fact. The Zetas expect that level of awareness to develop within the next thirty years.

5.1 The primary agenda

The Zetas explained why they are interested in our planet. It is definitely not to steal our physical resources and exercise power over us, as many humans imagine. The main objective is to help the human race evolve to a higher state of consciousness. This is seen as necessary for at least two reasons.

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First, a higher state of consciousness is needed before humanity can establish telepathic communication with extraterrestrial races. The human vibrational state needs to match that of other races if communication is to occur. This would be analogous to tuning a radio to a particular channel in the electromagnetic spectrum. The extraterrestrial races are watching and waiting to accept us.

Second, a higher state of consciousness is required before humanity can be smoothly integrated into a larger community of civilizations. A Zeta explained that the human race is sending thoughts into the universal consciousness grid. These thoughts are having unwanted effects on the consciousness of other races. So the human collective consciousness needs to mature so that it can have more self-control over its thought processes.

According to a Zeta, the collective consciousness of each race exists in an energetic container. The container prevents internal telepathic processes from escaping to other levels of consciousness. Currently, the immature human collective consciousness is interfering with other races. They hope that the container will eventually have the control needed to eliminate such interference. Helping us raise our state of consciousness will facilitate reaching that goal.

5.2 Focusing love

Only humans existing in the vibrational state of the physical illusion can directly influence the human collective consciousness. The Zeta beings exist at a higher vibrational state, and so are prevented from doing so. That is why they choose to incarnate as hybrid humans. As humans, they can raise their vibrational state and work to support this process directly.

However, there is an indirect way for the Zetas to support the collective consciousness of the human race. They have implemented a process that enables them to focus higher vibrations on the planet. These vibrations are felt by humans as love. Hundreds of clear spheres are positioned near the planet at roughly the distance of the moon. Each holds a group of eight to ten Zetas. The groups focus on holding the planet's

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consciousness within their thoughts. The combined telepathic joining helps to stabilize the chaotic human collective consciousness. Their intention is to ease the transition to becoming self-aware.

Many humans support this activity of the Zetas. There are now millions of humans on the planet seeking to raise the collective consciousness of the race. While they are experiencing a higher state of consciousness, they are entry points for the Zetas' collective effort in aiding the planet.

The Zetas explained that the process has been in place for many years. They are not concerned that some humans might disrupt it, since humanity does not yet have the technology that would be required.

5.3 The human/Zeta hybrid

The human spirit is a fragment of soul consciousness from the spirit realm which incarnates to experience the physical body. In about 30 percent of humans, however, the spirit is accompanied by the consciousness of an extraterrestrial being who desires a human experience. Some extraterrestrial races are able to separate consciousness from the physical body and incarnate in physical forms of their choosing. In the Zetas' case, the body is held in stasis during the earthly experience.

There is a protocol that a Zeta consciousness follows in order to enter a human container. The Zeta communicates with the prospective human mother to ask for permission. She must consent to having her child host the Zeta consciousness. The agreement is sought after she has incarnated, perhaps while she is experiencing the astral realm in a dream state. When there is agreement, both the extraterrestrial and the spirit consciousness are placed fully in the child's etheric body when it is born.

When the physical body terminates, the energy of the etheric body is no longer needed and it is absorbed by the originating consciousness. The spirit realm consciousness returns to the spirit world, and the Zeta consciousness returns to the body waiting in its place of origin.

5.4 Experiencer illnesses

There are now many people, known as experiencers, who have had close physical contact with Zeta beings. Some of these people are left with unexplained illnesses. This occurs because the vibrational states of the human and the Zeta are so different.

A Zeta explained that when a human is in their presence, their energy interferes with the human's energy. The human's vibration is raised beyond its usual state, and this can interfere with normal body processes. The changes to the human may be temporary, or may persist as a serious illness such as fibromyalgia and chronic fatigue syndrome. A survey of experiencers by [Marden and Stoner](#) revealed that 38% of respondents were diagnosed with chronic fatigue syndrome or reactivated mononucleosis (also known as immune dysfunction syndrome). However, only 1% of the general population report the same diagnoses.

Actual physical contact may create a burn on the skin of the human. The higher vibrational state of a Zeta's etheric body interferes with the human etheric body and burns the skin that was touched. The injury is more likely when the human is aware of what is happening. The human may act defensively and create an energetic barrier around the physical body. The barrier has a potential that increases the likelihood that the skin will be burned by the contact. So harm is minimized when contact occurs while the human is asleep.

The study by Marden and Stoner also found that 22% of respondents who had close contact had suffered "burns, hair loss or conjunctivitis" following the contact experience. Burn marks on the upper back and sunburn-like rashes were reported, sometimes on the entire body.

Physical proximity to a Zeta's higher-vibration etheric body may also damage a human's mental health. It can cause disintegration of the etheric structure that holds the human consciousness and defines the physical body.

As a general rule, the more a human resists contact with higher vibration entities, the more potential there is for harm. Also, for their

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own safety, humans are advised to not approach closer than 30-50 meters from a craft, else the physical body would not be able to cope with the changes.

5.5 Healings

Every physical body is defined by a body of information in the etheric realm. In a body of living matter in particular, there is constant change that is reflected in the state of the etheric body. The etheric body responds to information from the consciousness of the being, and influences the physical and chemical processes we see in the physical body.

With their knowledge of how the physical illusion is related to the etheric body, the Zetas can heal various illnesses that resist human medical treatment. They are known to have healed many people, and the following examples are discussed more extensively in the original book.

Case 1: This case involved healing precancerous actinic keratoses, visible as a lesion on the surface of the nose. According to the Zeta, the lesion was healed by adjusting the etheric energy around the affected area. The person was advised to meditate on the nose as it was before the lesion appeared. A visible effect of the healing was almost immediate, and scar tissue was gone within a week.

Case 2: The case involved a woman with a formal medical diagnosis of [chronic mononucleosis](#). It was debilitating and reactivated whenever she became fatigued. The illness was precipitated by a particularly traumatic abduction experience after which she experienced burns on her back and head, weight loss, severe headache, and nausea.

Three days after asking the Zeta for a healing, she awoke experiencing excruciating pain and strong electrical tingling throughout her body. Finally, it stopped and she drifted off to sleep. When she awoke, she could feel none of the aches and pains. After two years, there have been no relapses.

Case 3: In this case, a man suffered from ADHD and a bit of OCD

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or anxiety. Most of the issues were resolved after talking to the Zeta and then experiencing a vibrational “flush”. The undesired thoughts vanished and he slept very well for days. Some of those thoughts have returned but are much easier to control.

Case 4: This case concerned a woman diagnosed with fibromyalgia, a condition characterized by widespread chronic pain, mood disorders and sleep disturbances. She was introduced to the Zeta by chatting with the medium. A few days later, the Zeta suggested that she be tested for heavy metal sensitivity. The test revealed extreme sensitivity to nickel.

The woman identified and removed foods containing nickel from her diet. Also, her dentist removed dental implants containing nickel. There has been some improvement in her condition. The Zeta was prevented from healing her since they could not remove the sources of nickel in the body. However, they did identify the nature of the problem and that suggested a treatment path.

The Zeta indicated that successful healing requires resonance of the Zeta and human states of consciousness. This is made possible when the human desires healing and harmonizes with the Zeta state of being. For healing to occur, the states of consciousness must be compatible or the Zeta cannot fulfil the request.

6. Mechanisms in consciousness

In the energetic realms, the energy of consciousness is recognized as the basis of all experience. The thoughts and intentions of conscious beings are the cause of all change. Beings create in a wide range of vibrational states, and a being who cannot rise above a particular vibrational state is unable to experience the creations of others in vibrational states that are higher.

Under certain conditions, things can materialize suddenly in the physical illusion. In a physical mediumship séance, for example, a spirit consciousness may create an etheric object. The object appears in the illusion as if from nowhere and is called an apport. An apport differs from other matter only in how it is introduced into the illusion.

The Zetas have made us aware of a general mechanism for controlling processes of consciousness. We call the method heterodyning because of its similarity to a physical electronics process with that name. The heterodyning mechanism enables a lower-vibration being to resonate with a higher-vibration being. It also transfers information from one vibrational state to another in the self-healing process, and is part of the process for creating a synthetic quantum environment.

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Knowing how these processes work will advance our understanding of the nature of consciousness, and they are briefly summarized in the following sections.

6.1 Materialization

As we have seen, all experiences are illusions created in consciousness by consciousness. A creation process accessible to every being is the basic tool for manipulating the energy of consciousness. An object in the being's thoughts is transformed into a shared representation when the being has the proper intention. The representation of the object is stored as a pattern in the energy of consciousness.

The energy pattern can be perceived by a perceptual process that is also common to all conscious beings. The process transforms the stored representation back to an object in a being's thoughts. The object appears as originally conceived during the creation process. We may call it an illusion because it exists only when the perceptual process is active.

When we apply the same perceptual process to etheric energy patterns in the physical vibrational state, the illusion is experienced as physical. These etheric patterns are combinations of a limited set of basic patterns in the etheric realm which define fundamental particles such as electrons and atoms. The etheric properties of the basic patterns govern how these particles interact in the etheric realm, and so provide the unique nature of the physical experience.

The basic patterns combine according to their properties and form higher-order energy patterns that define larger physical objects. The higher-order etheric patterns are sampled as etheric potentials by our etheric sensory systems. These potentials are transformed by the perceptual process of the higher-self consciousness into such familiar sensations as colours and smells. The sensations are irreducible properties of consciousness that give us the illusory experience of real physical objects.

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Humans in the physical illusion normally are not able to make noticeable changes to the environment with only their intentions. A Zeta explained, *“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.”* Humans may have little or no ability to adopt the state of mind required to create with intention.

Large anomalous physical effects have been observed in the context of physical mediumship séances. However, the medium’s spirit control rather than a human is responsible for these impressive phenomena. During séances, objects have flown around the room and physical objects have appeared suddenly out of nowhere.

A physical object that suddenly comes into existence in the presence of a medium is known as an apport. It is most often a copy of an object that already exists somewhere in space and time. The Zetas explained that a spirit can easily copy the etheric body of the original object, and the copy becomes the template for the new object. The medium’s body is a “*conduit*” or portal that allows the higher-vibration spirit control to work in the lower physical vibration of the etheric realm. The spirit seeds the conduit with a few molecules of the required material. They are etheric templates for creating more of that material with the energy of consciousness.

If material needed to form the apport is readily available in the environment, it may be added to the apport’s etheric template. The remaining gaps are filled with fine matter which is an undetectable substance created by consciousness. The fine matter is defined as a simple etheric template, and many are combined to form the etheric templates of carbon atoms. The carbon is then transmuted to other chemical elements as needed to form the apport.

When the etheric template for the apport is fully populated with the required atoms, the apport can be experienced in the physical illusion. Its etheric potentials may be transformed as usual into sensations by the perceptual process of an observer’s higher-self consciousness.

6.2 Heterodyning vibrational states

Heterodyning is a process that humans have developed for use in electronic circuitry. The process 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 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. Two entities having different vibrational states may interact to create a potential at the difference vibrational state. The potential enables the entities to move more easily into that vibrational state. The required non-linearity, analogous to the transistor device, is the intention of the participating entities.

6.2.1 Connection with other beings

The heterodyning process can help any human increase their vibrational state with the cooperation of a much higher vibration entity. Each provides an input to the process, and a potential at the difference vibrational state is created. The goal is to move to the difference vibrational state and feel the love.

The human begins by moving to the highest state of love that is possible. This increases the human's capacity to shift to the even higher vibrational state of the difference potential. The higher being is asked to participate in the process while the human holds both vibrational states in mind simultaneously. The sensation of a loving energy will be felt by the human when there is resonance with the difference potential.

Some people may be happy just to feel the love. Others may have additional goals in mind such as actual communication with another entity. The medium, Paul Hamden, once described how a process like heterodyning created a sequence of connections with other races that ended with the connection to a desired race. Of course, achieving such a result would be impossible without the cooperation of the extraterrestrial races.

6.2.2 Self-healing

Self-healing, as discussed in an earlier chapter, is analogous to the behaviour of a thermostat for controlling temperature. The body blueprint specifies the desired state of the body in the form of a consciousness potential, and healing processes minimize the differences between this blueprint and the current state of the etheric body.

The etheric body has many vibrational states that determine the various functions of the body, including the emotions. The physical body illusion is created when potentials are selected from these states by the senses. Any perceived changes to the physical body illusion occur because of changes to the vibrational states of the etheric body.

Before the concept of the physical illusion was understood, we assumed that the etheric body interacted with a corresponding physical body, and that they each existed in their own realms. At the time, the Zetas had to talk about the physical body in terms that we could accept. They explained that the physical body is encapsulated by the etheric body and has a physical potential that defines its state. But they have helped us recognize that the physical body is an illusion defined by the etheric body. We know now that the physical potential cannot be a property of the physical body. Rather, it is a property of the etheric body.

The purpose of the physical potential is to help maintain the integrity of the physical body illusion. When the state of the physical potential changes, it is an indication that the etheric body needs to be repaired in order to correct the physical illusion.

A continuous heterodyning process monitors the state of the physical potential according to the intention of the local consciousness. The physical potential is the lower frequency input to the process and it has a constant level in a healthy body. The consciousness potential defining the body blueprint is the higher frequency input, and it varies according to the blueprint information.

When the body is healthy and undamaged, the heterodyning difference potential follows the varying consciousness potential, since the physical potential is constant. When the body is damaged, an array of etheric

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vortexes outline the injury and create a distortion of the physical potential. The distortion causes the difference potential to deviate from the consciousness potential 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 healing of the etheric body when it is required. When the body is healed, the physical potential is restored and the difference potential is brought back into line with the blueprint information.

The human looks at the area being healed using the body's etheric visual system. It selects potentials from the etheric body vibrational states in that area. The potentials are transformed into sensations by the perceptual process of the higher-self consciousness, and the progress of healing is seen in the physical illusion.

6.2.3 Synthetic quantum environments

The synthetic quantum environment or SQE created by the Zeta race was mentioned in an earlier chapter. An SQE is a copy of a physical environment which has a number of uses. The Zeta consciousness and the heterodyning process are important elements of the technology for creating the SQE.

The inputs to the heterodyning process are 1) a constant, high-vibration state of consciousness provided by a Zeta being, and 2) a “*matrix of reality*” that defines the physical environment to be copied. The intention required to produce the heterodyning difference potential is provided by the Zeta.

The SQE container is designed to always hold a form, and the contents of the container will change when a new input is provided. When the technology is in operation, the difference potential exactly follows the variations in the “*matrix of reality*” since the vibrational state provided by the Zeta is constant. This difference potential becomes the input to the process that creates the SQE.

The Zeta emphasized that the SQE container is a technology separate

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from the forms created inside it. The stability of the created forms appears to vary under different conditions. The most stable result is determined empirically by viewing created samples. The difference potential for best stability is used by the SQE technology to create the energetic forms in the container.

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7. Concluding remarks

The Zetas have taught us a cosmology that places the physical universe in a much larger multidimensional consciousness space. Some elements of the cosmology are similar to existing concepts in human metaphysics. For example, they expanded our understanding of the spirit world, indicating that it is only one among many. Also, the physical illusion they often mentioned is the Hindu concept of *maya*. The Zeta cosmology removes the division between human science and religion, although each may find it difficult to accommodate the other.

Human scientists typically believe that they study an objective universe based on immutable physical laws. To accept the Zeta science, they would have to recognize that the universe was created in an etheric realm by conscious beings, and that the physical laws are part of this creation. They would also have to accept that the objects of the physical world do not really exist as such, but are illusions based on energy patterns in the etheric realm.

The Zeta race has technologies that incorporate conscious beings as a component. For example, a craft cooperates with its occupants instead of being controlled by them. The consciousness of the craft uses the creation process to propel itself, and it navigates using the telepathic

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process. Another example of Zeta technology is the synthetic quantum environment (SQE) which is also controlled by a conscious operator. Information to simulate an environment is transferred from the original vibrational state of the environment using the heterodyning process. To match the Zeta technology, human technology may need to integrate with human consciousness. It should then be possible to manipulate the physical illusion like some extraterrestrial and spirit beings are able to do. The knowledge shared by the Zetas may help us understand how we can change ourselves so that can be achieved.

When the role of the etheric realm in producing the physical illusion is recognized, humans may eventually be able to move more easily beyond the physical vibrational state and experience other realms. The ongoing ascension process described by the Zetas will result in a self-aware, loving collective consciousness associated with a higher-vibration human existence.

They have said that the evolution of our collective consciousness will speed up when it has the ability to do so. They believe “*a future event will cause matter to become non-matter*”, suggesting that something will happen which will enable us to leave the physical illusion at will. But they have also emphasized that the state of the collective consciousness depends on the combined vibrational states of individual humans. We are all personally responsible for making this happen.

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